THE TIMES

KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE

Issue No 649 Established 1996 28 July - 03 August, 2013 www.timeskuwait.com

250 Fils



Kuwait goes to the polls, yet again

Times Report

In the second parliamentary elections to be held within eight months, voters in Kuwait went to the polls on Saturday. Since morning, voters queud up to cast their votes at one of the 100 schools set up all over the country, with over 11,000 police officers mobilized by the Interior Ministry keeping watch and with international observers monitoring the fairness of elections.

Voter statistics in a country with a population of around 3.9 million people are quite telling; only 439,715 voters oAround us everything is changing and evolving. I have no qualms about change, as long as good work is being donei population over 1.2 million, over the age of 21, are eligible to cast their votes. Among the 321 candidates in the fray, eight are women, the lowest number of female candidates since women won political rights in 2005. The total number of contenders to the 50-seat National Assembly has increased around 15 percent from the polls in December 2012, when 279 candidates including 13 women contested the polls.

Other than some opposition groups boycotting in protest against the amended electoral law, the pace of the run-off to the elections were generally muted. With no main issues to stoke voters and no mass demonstrations or rallies held by the opposition, as happened ahead of the December polls, the lead-up to the polls was generally low-key. Since the amended electoral law was upheld by the constitutional court in June, supporters of the National Democratic Alliance, a liberal grouping, and most Bedouin tribes that had boycotted the previous polls, decided to take part in this election.



Kuwait is divided into five constituencies with ten members representing each constituency, and while the country bans political parties, loose alliances are formed between contestants based on religious or political leanings. Under the amended law voters are eligible to cast their vote only for one candidate; in previous elections a Kuwaiti voter was able to vote for a maximum of four candidates. Opposition politicians contended that the four-vote system enabled them to form alliances by offering reciprocal backing from their supporters. The government said the voting changes brought Kuwait into line with other countries and would ensure stability.

The elections, which took place for the first time in Kuwait's history during the Holy Month of Ramadan amidst the scorching summer heat, continued uninterrupted from 8am to 8pm. Many of the early turnouts at the booths were young voters exercising their franchise for the first time. The number of eligible voters to Saturday's poll increased by 17, 146 from the previous poll numbers, with 9,342 men and 7,804 women newly joining the electorate ranks.

Political analysts are predicting a stronger voter participation in this election, with some expecting turnout to be around 60 percent, especially since members of two of the largest tribal groupings in Kuwait, the Al-Wazem and Al-Mutran tribes, will be taking part in the polls. There are also indications that more than a dozen new faces will enter the new parliament along with thirty or so former MPs, including two women, from the previously annulled assembly.

Independent candidates representing various social sects, including urbanites, Bedouins and Shiites are likely to capture around three dozen seats while the remaining could go to political and Islamic blocs. But analysts also warn that with political disputes simmering and boiling over since mid-2006, there appears to be little chance that the new elections will bring political stability to Kuwait.

Reflecting the cynicism felt by some voters at the frequent parliamentary elections that have beset Kuwait in recent years, Abdullah al-Shayji, chairman of the political science department at Kuwait University said, "People are fed up of electing parliaments, especially if the constitutional court upends them. People are not really in the mood for politics. They are thinking about where they want to spend their holidays after Ramadan. Some people are already out of the country."

Kuwait Lifestyle choices

KD 820 on recreation and entertainment; KD 138 on health and education



A recent survey conducted by the Central Statistical Bureau (CSB) on the spending habits of people in Kuwait found that Kuwaiti families spent an average of KD 3,723 dinars a month.

Of this total amount, around 14 percent is devoted to food, drinks and tobacco while 6.6 percent is spent on clothes and shoes. According to Abdullah Sahar, the head of CSB, recreation and entertainment take up 21.8 percent of the expenses, while 8.8 percent is spent on transport and communication. Restaurants and hotels use up 2.6 percent of the expenses and cultural activities account for a further 3.8 percent. Not surprisingly, a Kuwaiti family spends only 1.9 percent of its monthly

Continued on Page 4

Beware! Speedsters under constant vigil with new hi-tech cameras



Times Report

A slew of measures including use of hi tech cameras, punitive levy of fines and issuance of instant tickets for traffic violations have been undertaken by the Traffic Affairs Department to ensure safety and security of the people and also streamlining traffic movement.

As a part of its ongoing effort to track rising cases of over speeding, the Traffic Affairs Department has introduced a number of new hi-tech speed cameras in various locations, which effectively calculates vehicles speed within a defined area. By introducing the two camera system, the traffic department hopes to accurately determine average speeds and catch more speeding drivers, as well as other traffic violators. As many as 120 cameras have been erected with many of them pointing at the mains road and across to zoom in on the speeding vehicles, Lt.General Abdul Fattah Al-Ali, Assistant Undersecretary for Traffic Affairs said. "The new technology has proved efficient as around 12,000 tickets have been issued in a month, he added. Each of these cameras has a coverage radius of 1 mile and is equipped with a zoom feature. Tickets will be issued for anyone who is driving rashly on the road, especially for cars driving hazardously on the left lane. Also, the cameras show the department the cars responsible for accidents on the road, ensuring they reach the spot quickly.

According to Lt. General Al-Ali, the Department has plans to increase the number of cameras by the end of this month, from 120 to 250. Unlike the traditional speed cameras, which work by photographing speeding vehicles, the new one uses a system of two separate cameras. The first one photographs each car, registering its details and time of entering the precisely measured zone covered. The second camera, meanwhile, registers the exact time at which the vehicle leaves the zone. Motorists driving at normal speeds will take 10 minutes or more to drive the distance between one camera and the next. But those breaking the speed limit will take a shorter period.

Lt. General Al-Ali said that the fine should be settled within a period of two months, failing which a travel ban will be issued. That person will not be allowed to fly or leave the country until he has settled his traffic fine through either the online site or traffic department. This is similar to the measures taken by the phone and telecom companies, who have stamped travel bans on people who have failed to pay their bills.

However, the new system does not only target speeding drivers, they also enable the traffic department at the Ministry

Continued on Page 4

Bangladesh Ambassador honored with The Times issue



A framed copy of The Times Kuwait issue which featured an exclusive interview of the outgoing Ambassador of Bangladesh H E Syed Shahed Reza was presented to him by the Managing Editor of the Times Mr. Reavan D'Souza recently

In his brief address, Mr D'Souza stated that since taking over in Aug 2009, Ambassador Reza has earned the Bangladesh community's trust and praise for his earnest efforts in dealing with their issues, while also endearing himself to the local authorities with his warm and friendly approach.



Kuwait deters investment, says report

Kuwait's economic and legal framework is "repellent" to investment, including from within the country, a damning independent report has found.

Kuwaitis invested about $37bn internationally in 2012 compared to only $398m domestically, according to the report by Leaders Group, a Kuwaiti consultancy and event management company.

"The figures are a clear indication that Kuwait's environment remains repellent to investment," the report says. Kuwait receives only 1 percent of all foreign direct investment into Arab states, while it accounts for 35 percent of Arab FDI within the region, the report says. The lack of local investment was particularly harming the Gulf state's virtually non-existent tourism sector, driving Kuwaitis to holiday outside the country while it spent $7bn on touristic ventures in other countries.

The government was failing to create initiatives to attract investment or promote touristic projects that would entice Kuwaitis to holiday at home, as well as draw in international tourists and the country did not market itself as a touristic destination or have organized tours, the report added.

Little land is allocated for tourism activities while vacant land is expensive, encouraging investors to look elsewhere. Complications in project licensing, compared to the UAE, Saudi Arabia and Qatar, also is a hindrance, according to the report. Investors can only participate in Kuwait under a buy-operate-transfer arrangement.

The report highlights Kuwait's lack of development, particularly along its coast, while neighboring states build artificial islands that attract billions in investment and tourist receipts.

The International Monetary Fund warned earlier this year Kuwait was failing to make the most of its oil wealth, with little to no investment for the future.

It said the country's oil revenues would no longer out-weigh its spending, causing the first deficit since 1998, by as early as 2017. The IMF forecasts that in 2017-2018 Kuwait's oil revenues will be about KD25bn ($87.9bn) compared to KD29bn in spending.

"Kuwait is at a crossroads for conserving wealth for the future," IMF deputy division chief of the Middle East and Central Asia Department, Ananthakrishnan Prasad said. "Our estimates show that government expenditure will exhaust all oil revenues by 2017, which means no portion of these oil revenues would be available for future generations."There has to be a shift in policy in Kuwait and Kuwait will have to start saving more and have to start reducing their spending."

Joyalukkas

announces 8 new Joyalukkas Money Exchange showrooms in Kuwait





Joyalukkas hosted their brand ambassador, Sherya Ghoshal at their Al Rai showroom located in Lulu Hypermarket on 26th July, 2013. The visit was a part of a special Middle-East road-show planned by Joyalukkas with their Brand Ambassador to give her a first-hand experience of a couple of Joyalukkas Middle-East showrooms and get her to meet and interact with the Joyalukkas customer base.

"The association with Shreya, the princess of melody, has been wonderful and hence we thought it would be great if we get her to the Middle-East and let her experience some of our showrooms here. Also we feel it's a great idea for her to meet and greet our customers who are her big fans. This trip also commences our mission to achieve the '100 jewelry showrooms across 10 countries' milestone and the announcement of the opening of 3 showrooms in Panasonic Tower, Kuwait i.e. Joyalukkas Jewellery, Joyalukkas Money Exchange and Jolly Silks", said Joy Alukkas, Chairman, Joyalukkas Group.

The Joyalukkas showroom located in Lulu Hypermarket, Kuwait features over a million choices in gold, diamond, platinum, precious stone, polki, platinum and pearl.

"We are associated with Shreya, thanks to her immense popularity and we thought we should use the association and give our customers and her fans an opportunity to meet her live. She received a fantastic response both in Dubai and Kuwait and thoroughly enjoyed her trip," said John Paul Joy Alukkas, Executive Director, Joyalukkas Group. During Shreya Ghoshal's visit, Joyalukkas also announced mega expansion plans of their money exchange business. Joyalukkas Money Exchange will see rapid expansion during the current year with 8 new outlets to be opened soon in Kuwait, 4 new outlets in Oman, 4 outlets in India and 2 more outlets in UAE. "The plan for Joyalukkas Money Exchange is to also make it a 100 outlet chain within the next 3-4 years," said Antony Jos, Director, Joyalukkas Money Exchange.

Other than this the Group plans to expand the presence of its Fashion & Silks chain 'Jolly Silks' to Kuwait and Qatar this year. Joyalukkas also launched their refreshed JGR – Joyalukkas Golden Rewards Card by handing over the first card to Shreya Ghoshal in Dubai. "Breathtaking is how I would like to describe my visit to Joyalukkas. The choice, the collections the exquisite designs, made me want to wear and own everything. I am incredibly proud to be associated with Joyalukkas the 'Superbrand' and whenever I see their jewelry, my heart breaks into a song," said Shreya Ghoshal during her visit to Joyalukkas.

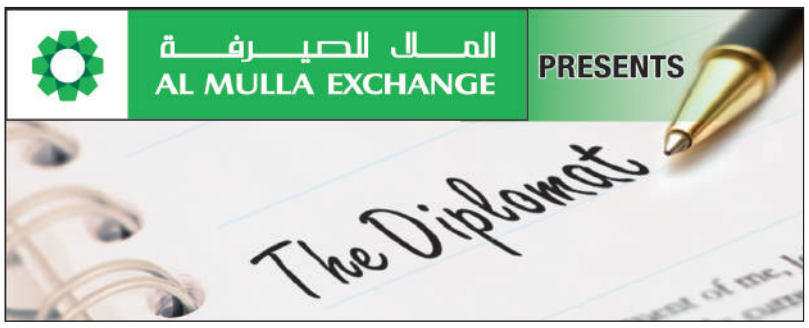
"We would like to thank Shreya for this visit and also thank our valuable customers for their overwhelming and warm response at our 2 showrooms during her visit," concluded John Paul Joy Alukkas, Executive Director, Joyalukkas Group.

Czech Republic

land of stories and spas

H.E. Ambassador Martin Vávra

Staff Report



I graduated from the Faculty of Law in former Czechoslovakia before moving to Austria to continue my law studies there. After that I then spent two more years at the Diplomatic Academy in Vienna before returning to Prague and joining the Ministry of Foreign Affairs in 1995, said His Excellency Martin Vávra, Ambassador of the Czech Republic to the State of Kuwait, at the beginning of an extensive and exclusive interview with The Times. My first posting came in 2002, when I was assigned as Ambassador to a five-year term at our embassy in the Republic of Cyprus. Then, in November 2008, I arrived here as Ambassador to the State of Kuwait and Non-Resident Ambassador to the State of Qatar. Since then, I have been enjoying my work here as we strive to strengthen existing cordial relations between our two countries.

Saying that bilateral relations could be divided into distinct periods — before and after the establishment of the Czech Republic — the envoy pointed out, "The history of our relations goes back to the 1960s, when former Czechoslovakia was among the first countries to recognize the sovereignty of Kuwait and establish diplomatic ties in May 1963. The following years and decades witnessed cooperation between the two countries on the political, economic and military fronts."

"In the 1970s, Czechoslovak companies were involved in various construction projects across Kuwait, including in building of the iconic mushroom shaped water towers that you find all over the country. Then, in the late seventies and early eighties, we entered into agreements purveying the health and medical services. People in Kuwait traveled to spas and resorts in Czechoslovakia for medical and recuperative services, as well as for relaxation, while Czech medical personnel arrived in Kuwait to provide their experience and expertise."

"The late eighties and the early nineties were turbulent times for both our nations. In 1989, following the 'Velvet Revolution' and the fall of the Communist regime, Czechoslovakia became a free-market economy with its own foreign policy. And, in 1990, during the invasion and occupation of Kuwait by Saddam Hussein's troops, Czechoslovakia joined the United Nations coalition that was formed to drive out the aggressors and reassert Kuwait's control over its lands. In 1993, the former state of Czechoslovakia peacefully dissolved into the Czech and Slovak Republics."

"While there may have been periods in the early nineties when both countries were preoccupied with their own political and social vagaries, the two have remained strong allies, sharing viewpoints and lending support to each other in regional and international forums. This year, in May, we marked the 50th anniversary of establishing diplomatic relations and the strides we have achieved in our strong, cooperative and friendly mutual relations. Strength of the long-standing bonds between the Czech Republic and Kuwait lie in their multi-dimensional approach to inter-relations based on the principle of mutual respect and partnership in development on the political, economic and social fronts."



The Czech Republic is a land of stories and spas, of myths and legends, of cities lined with architectural gems and towns with Kafkaesque alleys. Tourism to the Czech Republic is another attractive sector for private businesses to pursue, pointed out the ambassador.

Economic exchanges between our two countries have been growing steadily and future trends are positive, said the ambassador, adding, "Nowadays, bilateral trade is largely on the business to business level with little or no interference from the two governments. And, while there is no flagship product or sector which predominates, the annual volume of bilateral business between the two nations stands at a little over $52 million, the bulk of which is made up of exports from Czech companies to Kuwait. Exports include a wide variety of goods, including automobiles, crystal glassware, food, meat and dairy products. From the Kuwaiti side, there is a steady flow of people who visit the Czech Republic seeking medical and recuperative services."

Acknowledging that there is always potential for further growth and development in economic and commercial ties, and that one should never be satisfied with past achievements, the envoy noted, "The embassy is here to encourage, point the way and facilitate the meeting and interacting of business interests in both countries, but it is up to individual businesses and investors to take business relations to the next stage. While governments in both countries can lay the necessary framework and create an environment conducive to business and investments, eventually the onus of further trade development lies with individuals and enterprises."

On the government to government level, there have been, and continue to be, several high-level exchanges between the two countries. In 2010, the President of the Czech Republic, His Excellency Václav Klaus, paid a state visit to Kuwait at the invitation of His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. President Klaus held discussions with His Highness the Amir, the Prime Minister, Speaker of the National Assembly and the Executive Director of the Kuwait Investment Authority, on a wide range of bilateral issues and topics of mutual concern. The president, who headed a high-level trade delegation that included the vice-president of the Czech Confederation of Industry, also inaugurated the Czech – Kuwaiti Business Forum, organized by the Kuwait Chamber of Commerce and Industry, and witnessed the signing of several bilateral agreements between the two sides.



The Czech Republic is a land of stories and spas, of myths and legends, of cities lined with architectural gems and towns with Kafkaesque alleys. Tourism to the Czech Republic is another attractive sector for private businesses to pursue, pointed out the ambassador. "Ever since the initial launch of health and medical services agreements in the early eighties, there has been a steady stream of visitors from Kuwait and the region to the Czech Republic. Today, thousands of visitors from Kuwait are attracted by the high quality and value attached to medical services provided by Czech hospitals, spas and health resorts around the country, as well as the scenic beauty of the surrounding countryside. Unfortunately, there are no direct flights from Kuwait to Prague and travelers have to fly in from UAE in the Gulf, or go via other European hubs."

Describing cultural exchanges on the popular level as important to strengthening ties between two countries, the ambassador stated, "The embassy has held several concerts and workshop to highlight and introduce people in Kuwait to the rich culture and art of the Czech Republic." Last year, the embassy in association with Czech Tourism organized a spa workshop to promote the numerous specialized spas, with their healing mineral springs and other natural resources, and to showcase the country as a wellness destination.

"Every year, usually in May, we also hold a Czech musical concert in Kuwait, in association with the Dar al-Athar al-Islamiyah (DAI). Our cooperation with DAI extends over many years and we are proud to partner with them in conducting these events, which are well-attended, and reflect the strong attraction and attachment for music among local people," said the envoy. In 2011, audiences where enthralled by two of the most renowned Czech classical-jazz performers, violoncellist, Jiri Bárta and pianist Milan Svoboda. Last year, DAI invited pianist Adam Skoumal and violinist Roman Patocka for another full-house musical performance. And this year, the 50th anniversary of the diplomatic relations was celebrated in a very dignified way by the Bohemian Saxophone Quartet (Pavel Fiedler, Antonín Muehlhansl, Pavel Škrna, Lubor Pokluda).

"Similarly, on the education front, we have several Kuwaitis studying at Czech universities and for the next year Kuwait University has again offered Arabic language scholarships for Czech students who have already been selected and approved. I believe that living in a country, and gaining knowledge of local language, is an important tool in building and strengthening people to people relations, as well as between governments."



IAA holds Ghabqa

at the newly revamped Crowne Plaza Grand Ballroom



It was an evening with a difference when International Advertising Agencies (IAA) held its annual Ghabqa jointly with the Crowne Plaza recently which unveiled its newly makeover and luxurious Al-Baraka Grand Ballroom at the Crowne Plaza Kuwait. The event was attended by VIPs, Ambassadors, advertising agencies, public relations companies, consultancy firms and market researchers, media in addition to the top clients of Crowne Plaza.

Ramy Haykal, GM of Crowne Plaza welcomed over 600 guests at the event and wished them all a blessed Ramadan Kareem. Hyakal listed some of the major achievements of the Crowne Plaza such as the recent unveiling of the Al-Baraka Grand Ballroom which has been created to meet the desires of those who are looking to have their lavish boutique weddings, corporate affairs, and social soirees. "Guided by your wishes and our expertise, we are dedicated to make your event come to life", he said.

"Created by the world renowned 'FAUCHON' Paris – the name itself is synonymous with gourmet luxury that will set your event apart from the rest, "he added. He also highlighted that the hotel's one-of-a-kind SPA Aquatonic had recently received the prestigious internationally acclaimed Award for Best SPA Design for Middle East and Africa.

Extending his good wishes the President of the IAA Kuwait chapter Waleed Kanafani welcomed Kuwait's advertising agencies and other companies working in the same field to the event. He disclosed IAA activities during the last six months and highlighted that the IAA Kuwait Chapter had attended and participated in many seminars and conferences organized by VIGOR events as well as participated in the Cannes Lions Festival for creativity; a worldwide reputed event, gathering the top agencies in this industries from all over the world.

Kanafani also honored Rami Hakal, Madi Al-Khamees , Suleiman Arab,Fatema Al-Mousawi and Mohammed Attwa for their support to IAA.

To mae the evening memorable, interactive Games and prizes were carried out throughout the night organized by Adnan Saad and Marwan Farah. A generous raffle draw was also held and guests had a thoroughly enjoyable evening.







Dr Hashim asserts Islam is a religion of peace; applauds Kuwait for its role

Indo-Kuwait Friendship Society President Dr. Ghalib Al-Mashoor met Dr Ahmed Omar Hashim, a worldly known Islamic Scholar and Chairman of Al Azhar University, during the "Gabka Event" organized by Ministry of Awqaf & Islamic Affairs at Crowne Plaza Hotel recently.



Dr. Hashim has arrived in Kuwait at the invitation of Ministry of Awqaf. Both Dr Mashoor and Dr Hashim discussed various contemporary issues of the world especially in the Islamic world

Later Dr. Hashim said in his inaugural speech that Islam is a religion of peace, tolerance and stability. "It does not call for aggression or injustice. Those who are trying to describe Islam as a religion of extremism and violence are wrong," he asserted. On the other hand he has praised the efforts of the Government of Kuwait under the leadership of the H.H. Sheikh Sabah Ahamed Al-Sabah for its support to all over the world.

Dr Hashim expressed his thanks and gratitude to Dr. Adel Al-Falah, for arranging such a generous welcome and hospitality and said that relations between the State of Kuwait and Islamic world especially Egypt are historical and lauded the role of Kuwait in the service of Islam and Muslims.

Various Community Leaders, Ambassadors, Islamic Scholars and Imams also attended in the event. Dr. Al-Mashoor also met Dr. Adel Falah, the Undersecretary of Ministry of Awqaf & Islamic Affairs and Waleed Al-Ammar, Director of Foreign Relations, Mohamed Ali Abdullah, Supervisor of Community Dept at Grand Masjid and Ministry of Awqaf. IKFS Patron Sayid Nasir Thangal, A K S Abdul Nazar, General Secretary and IKFS Executives Engineer Sayid Fadal Nizar and Sayed Zoheb also accompanied the delegation.

Speedsters under constant vigil with new hi-tech cameras

Continued fram Page 1

of Interior to be constantly aware of the road conditions, particularly traffic bottlenecks, congested roundabouts as well as the functionality of traffic lights.

These new cameras alert the traffic department as to how to deploy its fleet of cruisers and at what hours to ensure the smooth flow of traffic, in particular during rush hours. The cameras are also being used to supplement the work of traffic police, who have recently been carrying out an inspection campaign to weed out bad drivers and penalize those who violate traffic rules and regulations. The cameras are located mostly on the main roads, and can even catch drivers who are parking their vehicles in no-parking zones. Since Lt. General Al-Ali has been in charge of the Traffic Affairs Department, the results are optimistic. There have been 53 deaths due to vehicle accidents, but the number has dropped to 21 in this month. This means that the officers in charge are taking care of the roads, and upholding the traffic laws, observed Lt. General Al-Ali, who believes the law should apply to everyone. The Ministry of Interior has urged all drivers to drive at the speed limit stipulated by the law, to pay attention to road signs, avoid texting and/or using cell phones in general while driving and to wear their seat belts. This new system enables the Traffic Department to be alert and monitor all the problems and violations that occur on the road, in an effort to improve the current situation in the country.

Kuwait Lifestyle choices

Continued fram Page 1

income on education and 1.8 percent on health care, due to the free education and health services provided by the state.

According to Mr. Sahar, a non-Kuwaiti family, with the means to enjoy a lifestyle similar to the average Kuwaiti, spends KD 927 a month, with a breakdown percentage very similar to that of the Kuwaiti family.

Meanwhile, about two thirds of Kuwait's total population of 3.8 million people are expatriates, mainly Asians who predominantly work in the construction and service sectors. Indians make up the largest expatriate community with over 700,000 people and Egyptians with 455,000 members comprise the largest Arab community. The authorities, concerned about the dangers associated with a large non-Kuwaiti community, earlier this year said that they were looking into addressing the demographic imbalance by reducing the number of foreigners by one million in ten years, with an average of 100,000 expatriates repatriated every year.

THE TIMES
KUWAIT'S PREMIER WEEKLY MAGAZINE

Publisher & Editor-In-Chief
Tareq Yousuf Al-Shumaimry
tareq@timeskuwait.com

Managing Editor
Reaven D'Souza
reaven@timeskuwait.com

P O Box 5141, Safat 13052, Kuwait
Tel : 24814404, 24810109
Fax : 24834815
Email : info@timeskuwait.com
Printed in: Arwa Universal Printing Press

Shreya Ghoshal

More than a Melody Queen

By Sangeeta Jamwal
Special Report

Meet Shreya Ghoshal, the melody heart throb, the accomplished playback artist, the brand ambassador for Joyalukkas, the judge at Junior Indian Idol a reality show, the daughter, the sister, essaying all her roles with grace and perfection.

In Kuwait to visit the Joyalukkas showroom at Lulu Hypermarket at Al Rai, Shreya Ghoshal commented on Joyalukkas' interesting concept of "the purity of my voice likened to the purity of gold". "I am really honored to be associated with Joyalukkas, 'the world's favorite jeweler'. To me, gold is the quintessential metal, the epitome of purity and glamour, and it is forever."

The excitement at meeting Shreya Ghoshal quickly turned to admiration, as Shreya humbly spoke of her work, her dreams, and her grounded upbringing. Bedecked in a red and green Kanjeevaram, the vibrant colors only emphasized her charming persona, both warm and magnetic.

Speaking of her early years Shreya attributed her musical journey to her parents. Her mother Mrs. Sarmistha Ghoshal, also a singer, was her very first teacher. Her father Mr. Bishwajit Ghoshal, has been the strongest influence and he is the figure she looks up to "in every aspect of my life".

Shreya candidly admits that having talent is one thing, but life lessons she learnt from Dad are a whole lot more. "Dad guided me on the philosophy of life, how to conduct oneself in any given situation, and how to remain real and rooted. As a result, this so called achievement or success of mine, I am not attached to it, if for some reason tomorrow everything were to vanish, I would still be very happy, as long as I could sing or even listen to music, as music is a part of my soul."

Shreya's honey dipped voice echoes melodiously in the room as she speaks of her aspirations, "as there is so much more to do! Indian music is so rich in style and variety; however Bollywood songs are naturally bound by the concept of the film, the director and the scene itself. Bollywood is one of the most successful industries, contributing in a major way to the commerce of the country. I am glad to be a part of this industry which is sometimes larger than life. There are some forgotten genres of music, I would love to explore those, and for my personal growth, sing independent non-film songs which I have not done for a long time."

Commenting on the rapid change in the music industry vis-à-vis the digitization of recording and the trend of multiple music directors per film, Shreya said she is comfortable with it and loves to work with the flow of the industry. "Around us everything is changing and evolving. I have no qualms about change, as long as good work is being done." 'Good work' reminds us of some song lyrics she was recently unhappy with. Referring to the increasingly bold lyrics in few songs Shreya felt that she would like to stick to certain principles, in the sense that "I have sung seductive songs as well, but there is a certain style to them, they are not in-your-face cheesy."

Being the judge on Junior Indian Idol is one of Shreya's major assignments. The popularity of the reality show is unprecedented."Yes, the success of the show is unbelievable and something I had never imagined. The children on the show are amazing, and the good part is that though they are given a theme, they are given a lot of freedom as well. They take just a day to learn the song — I would say each one of them is blessed with something more than just vocal ability; they are great artists, not just singers. I expect that some of the future playback singers will definitely be from this crop."

It must be heartbreaking to see them eliminated? "Oh yes, in the last episode Emon left us, and Priyam had to be consoled more than Emon, as they are such good friends. They are competitive contestants, but at the end of the day they are babies." To all budding singers who feel they have it in them to make it, Shreya had just one piece of advice "It's not easy, you have seen plenty of reality shows, singers come and singers go. To stay, you have to keep the passion of your art alive, stay focused and work very hard."

Shreya Ghoshal is a highly decorated artist, right from winning the National Award for her debut song 'Bairi Pia' as Paro's voice in Devdas in 2002, to an IIFA Award for 'Chikni Chameli' in Agneepath in 2013. Award functions are the norm of the day, but how many are too many? "I feel the sanctity in the National and Filmfare Awards, and to a certain extent in the IIFA Awards, as it addresses a global audience. I agree, now award functions are neatly packaged with sponsors and have become more a means of entertainment, and in that sense have lost their essence."

In the span of a decade Shreya Ghoshal has accomplished more than other artists can dream of. "Yes I lead a life where my days are tightly packed with assignments. But when I get a breather, I feel is this all happening to me? I cannot thank God enough for everything I have achieved. I thank my fans and audiences for bringing me to where I am today. Somewhere along my journey, I realized that it was not just limited to my voice, people genuinely loved me. I would like to use this adulation to achieve bigger and better things. There are great singers in the industry and I would love to get together with them and produce some power packed independent work."

"As I go through life, I feel it's my time for realization – I want to understand what my final spiritual role is." Aren't you too young for this? Shreya throws back her head, her laughter ringing like music itself "Oh God am I sounding like an old lady?"

"But honestly speaking, where I belong is in the studio, if not recording, at least humming. Since the morning, this Geeta Dutt song from yesteryears 'Meri jaan, mujhe jaan na kaho' is buzzing in my head, it's like a recurrent dream. I would never touch legendary work, but yes, I would love to do a cover on it."

Shreya Ghoshal, not just one of India's finest voices, but truly a pure gold experience - humility, compassion and power house talent coexisting in a beautiful human being.





Remembering Aug 2, 1990

The brutal Iraqi invasion of Kuwait

LETTER HOME is a true story of the life of a British woman married to a Kuwaiti during Saddam Hussein's invasion of Kuwait on Aug 2nd 1990. Karen Al Aniza MBE, writes a day to day account of her experiences during those eventful days... The Times features an abridged version of the book below

"I wrote this letter to my family during the invasion, in the hope that I might find a way of getting it back home. I met my husband Salem in England in 1980 and in April of 1981 we were married. A couple of years before the invasion we moved into our house in Andalus, which overlooked one of the main roads towards Iraq.

Salem's older brother, Marwan, worked for the C.I.D. He and his family were ordered to leave the country in the early days of the invasion. This did not prevent the Iraqis from continuing their search for him. My friend Heather and her Kuwaiti husband, Yousef, lived close by.

On the 1st August 1990 I was chatting to Heather on the phone when she said how bored she was feeling and that she really wished something exciting would happen.

Be careful what you wish for.....

The Letter ...

Today is Sunday 5th August 1990. I was woken up on Thursday morning by gunfire. We had been invaded and the Iraqis were already in the City. It didn't seem real until all the tanks and armoured cars started pouring down the road.

They set up camp outside with six anti-aircraft guns pointing at the house and twelve more at the side. Two plumes of smoke rose from the army camps and one from the city. The sound of gun fire went on until 9pm.

On Saturday we went out for a drive. What destruction, burnt out army tanks, great big holes in walls, hundreds of burnt cars.

The British Embassy and Kuwait Towers had their windows shot out. Along the sea front there are tanks and missile launchers, about thirty or so opposite us.

Andalus has started a kind of Neighbourhood Watch. Guns have been distributed to all the houses.

Day 8

Every night we sleep in Uncle's basement. I sleep with a loaded handgun under my pillow.

Day 16

The Iraqis are taking everything they can out of Kuwait. Yesterday all the Kuwaiti tanks went out. Lorry loads of furniture too.

Day 25

We heard the news today that those found harbouring foreigners will be hung.

Day 28

Yesterday, while we were at Heather's, they started searching the houses. This is the most scared I've been since this began. If the Iraqis discover that Heather and I are westerners they will execute our husbands. They searched Uncle's house and our house, but didn't get to us and haven't been searching today.

Day 30

Saddam Hussein has declared that Kuwait is now officially the 19th Province of Iraq.

Day 32

Last night was fantastic! The word had got around that everyone should go on their roofs at midnight and shout "Allah Akbar". You could hear it start, way off in the distance, and then get louder and louder as everyone joined in.

Day 55

A load of soldiers have just arrived next door with a big truck and taken all the furniture away.

Day 65

Well it looks like we might be leaving. Salem has gone to see a man this afternoon. This man is providing fake Iranian I.D.'s. They drive everyone in a bus through Iraq and into Iran.

Day 66

Last night at 12.30 there were suddenly around twenty soldiers surrounding the house. They wanted to know why there were so many cars coming and going.

Later. I'm booked on Wednesday's flight. Most of the family will be going the day after tomorrow and Salem will follow as soon as I'm on the plane.

Well almost 50 pages.... I'm pleased to be able to deliver this to you personally and put your minds at rest, but I'm heartbroken to be leaving Kuwait, not knowing when and in what circumstances I'll return.

The Journey Home

This is the hardest day of my life. We set off on the journey to Safeway, and for the first time in two and a half months I see how dense the occupation has become. There are Iraqi check points everywhere.

We pile on to coaches and finally arrive at Basra Airport. A short time later we are descending into Baghdad where we



disembark, as Saddam Hussein wants us shown on TV as proof of his generosity at letting us leave. Seven hours later we touch down at Gatwick.

As we walk down the steps of the plane and the cold autumn air hits our faces, the Red Cross are there with blankets. The relief is palpable, but I feel strangely numb, and quite stunned, by the fact that everything is so normal here while there is so much suffering in Kuwait.....and I feel guilty that I have left it all behind, along with my husband and friends.

I'm exhausted now, I've been awake for over 24 hours but all tiredness leaves me as I see the faces of my parents. I keep telling them that Salem is coming soon. I don't know how wrong I am.

Waiting

We get back home. Strangers come up to me in the street saying how happy they are that I'm back. I'm happy too, but I'm aching inside....still no word from Salem. He should be out by now. What could have happened?

One evening the phone rings. I pick it up and over a crackly line..... I hear Salem's voice. He's in Saudi Arabia at the border! I can't stop crying with relief. Our conversation is brief, everyone is OK but Granddad is not with them, he wouldn't leave.

Salem eventually arrives at Heathrow at 5.30am on 28th December and I'm in his arms, holding on to him for dear life.

My first question is why didn't you leave the day after me, as planned? Over the next few days I get to hear the whole story. Some of which chills me to the bone.

Salem's story

The day after I left, the family decided to wait until they got a message from me that I was safe. Salem felt a lot freer and able to move around.

One evening in late November the door bell rang.

A man whispered to Salem that he had been taken by the Iraqis and while in custody he had seen a file with Salem's name on it. He must leave as soon as possible, before they came to take him.

They buried all the weapons in the garden, in case the house was searched.

A few days later, around 7pm, they suddenly heard shouting outside. Soldiers surrounded the house. Sara started to yell insults at them. They grabbed hold of Salem, held a gun to his head and released the safety catch. Salem's mother started begging them not to shoot, pleading for her son's life.

The soldiers said that they knew that Marwan was still in Kuwait and began to search the house.

They were taken to the police station in Ardiya. One by one they were questioned. Eventually they were released..... except Salem and Jamal, who were put into jail.

In the early hours of the morning they grabbed hold of them and put them back in the truck. As they took them back to the house and stopped the truck seventy metres from the gate, they became fearful that they would be shot in the back before they reached home. The truck drove away and with a sigh of relief they made it back inside the house.

Once arrested your file goes to the Mukhabarat from whom few people ever returned alive. They must leave.... and as soon as possible.

They quickly packed a few belongings and set off in convoy towards the Saudi border. Around 5.30am they joined the queues waiting to be given a permit, allowing them to leave the country.

Around 2pm they reached the check point and handed over their passports and I.D.'s. They had to sign a paper stating that they held no claim to anything in Kuwait. For Salem it felt as if his very existence was being stripped from him. As they headed towards the border there was no going back and the tears began to flow.

At the Saudi border they were given accommodation in a school building and Salem got to phone me.

A week later Faisal arrived. He told them that the day after they had left the Iraqis came to the house looking for them again. After searching they went to Uncle's. The soldiers moved into the house for three days, waiting to see if Salem would return.

On the 16th January, the Liberation of Kuwait began and on 26th February we sat in amazement and joy, and not without some envy, as the Kuwaitis emerged from their houses and greeted the victorious allied troops as they made their way into Kuwait.

Return to Kuwait

When Salem reached Kuwait the skies were black with smoke from the oil fires and there was damage and destruction everywhere. Grandad was so pleased to see them and told them of how he had sent the Iraqis away when they tried to steal the cars and loot the house.

It was a year after I had left Kuwait that I finally returned. It was very emotional. I was so grateful that our friends and family had survived.

It wasn't long before we carried on with our lives as if nothing had ever happened. But, always in the back of my mind was the fact that, even after all this, Saddam Hussein was still in power in Iraq and that it was only a matter of time before we would hear his drums of war pounding again.

The full version of Letter Home is available for sale at The Kuwait Bookshop at Muthanna Complex, Fahad Al Salem St and Jarir Bookstore in Hawally. More details at http://www.karenalanizi.com/.

Enhance the Spirit and increase benefits of Ramadan

During the Holy Month of Ramadan it is desirable that one attempts to enhance the spirit and increase benefits of Ramadan. Here are ways that one can accomplish these much-desired goals.

Enhance the spirit of Ramadan through:

Dua: Beseech Allah to make this the most spiritually uplifting Ramadan you have ever had. Only He can make it happen and totally relying on Him is one step in boosting your spirits.

Connect to the Qur'an: The Holy Qur'an is God's way of talking to us; it is one of the most important keys to spiritual uplift. This Ramadan, connect to the Qur'an in a new way. If you already read the Qur'an regularly, perhaps you can choose a new theme to focus on, or select a Surah you have not read in a while. If you do not read the Qur'an regularly, maybe you can read just two minutes of the Holy Book every day, reading only from the first page you encounter when you open up the Book.

Use those Nights of Power: Use the precious time during the last ten nights of Ramadan for deep, heartfelt Dua (supplication), self-analysis, reflection and serious thought.

Focus: Turn out all other distractions for at least 10 minutes a day. Find a quiet place, close your eyes, connect with God and focus your mind on three things:

Allah, the Almighty
Your purpose in life
Fulfilling your life on purpose

Do this every day of Ramadan if you can. If that is not possible, try it at least three times a week.

Take care of others: Make an extra effort this Ramadan to help others out. The spiritual boost you get in return is well worth it.

Feeding the hungry: While your stomach shrieks in protest, give that panhandler some change, volunteer at a soup kitchen, get involved with your local food pantry or make a couple of bag lunches to give to the hungry you meet on your way to school or work.

Give up one lifelong bad habit: Ask yourself what some of your defining traits are and then decide which one is the worst. Is it a hot temper, apathy, laziness, impatience? Whatever it is, use this Ramadan to put an end to it. Practice the opposite of your bad habit every day until the end of the month. By then In'sha Allah, you will look back and be amazed at what a change you have made for the better.



Increase the benefits of Ramadan:

Ramadan is not just a time of fasting by itself. It is not a diet plan, nor just a test of willpower. It is a time to worship, purify, and glorify the One and Only God.

While the Qur'an gives the basic framework for fasting in Ramadan in Surat (Chapter) Al-Baqara, Ayahs (Verses) 183-187, there are still many things that one can do to heighten their spiritual awareness and bring one closer to God (Allah).

These acts are found in the Sunnah of Prophet Muhammad, peace be upon him, via the Ahadith (sayings or narrations).

Recommended Acts: There are many acts that receive a higher reward during Ramadan than at any other time. Among them are:

Increasing one's charity ("sadaqa") to others, Muslims and Non-Muslims alike, as long as they are in need

Providing food for someone to break the fast with

Feeding the poor, in general

Curbing one's anger

Glorifying God (Allah) by frequent remembrance (Dhikr)

Making Dua. (Supplicating to God, asking of Him, calling upon Him for the needs of one's self or others)

Performing extra Salat (formal prayers), such as Taraweeh (before midnight) and Qiyam el-Layl (prayed usually after midnight, just before Fajr prayers)

Doing good deeds - especially during the last 10 days of Ramadan

'Itikaaf during the last 10 days of Ramadan (for men); 'Itikaaf is when one cloisters himself in the Masjid during the last 10 days for the sake of worship - cutting him off from all worldly affairs.

Permitted Acts: There are also acts that fall under the category of 'permitted', as they are actions that one might question without being aware of its source. These are acts that Prophet Muhammad had done himself while fasting, according to those who observed him doing so and/or questioning him about them. They are:

Using the miswak (a toothbrush made from the fragrant sticks of the Peelu tree)

Taking a bath or shower

Using Kohl (eyeliner made from a particular rock that has been crushed, believed to have curative properties)

Kissing or caressing between husband and wife that does not lead to intercourse

Rinsing one's mouth out, without swallowing the water

Tasting the food while one is cooking – this means just tasting with the tongue for flavor, not taking a bite to chew and swallow. This is basically done to taste for salt or other flavors so that the food does not get ruined.

Blood-letting (including cupping or blood tests), although it is preferred to avoid it if possible, due to conflicting narrations in Sahih Al-Bukhari even though it is mostly agreed among jurists that the ruling that it is permissible is more likely based on Ibn 'Abbas' claim that he observed the Prophet, pbuh, being cupped while fasting.

Vomiting (as something comes out and not into the stomach)

This is not a comprehensive list. More can be found in Sahih Al-Bukhari's Kitab El-Saum (Book of Fasting), Volume 3 of the English translation. The important thing is to remember that fasting is not intended to be an "imposition". It is a beautiful, cleansing experience for those who take it on for the right reasons.

Ramadan Recipe

Light Basbousa with Almond

Ingredients:

100g butter melted
400g fat-free sweetened condensed milk
1 tsp baking powder
320g semolina
100g ground almonds
250ml water
For the syrup:
100g sugar
250ml water
1 tsp lemon juice
1 tbsp cornstarch
Half cup cold water
1 tbsp ground almonds
1 tbsp rose water



Preparation:

To prepare the syrup: Add sugar and 1 cup of water to a saucepan. Bring to boil and simmer for 6-8 minutes. Dissolve the 1 tablespoon of cornstarch in the remaining half cup of cold water and add to the simmering sugar and water, stir constantly on heat for 2 minutes until syrup thickens. Remove from heat and stir in lemon juice, rosewater and ground almond.

To prepare Basbousa: Combine butter, fat-free sweetened condensed milk and baking powder and stir well. Add semolina, ground almond and water and stir until well combined.

Pour and level the mixture into a 28 x 24cm baking tin. Bake in a 190°C preheated oven for 35 minutes or until top is golden.

Remove from oven and allow cooling to room temperature. Cut into diamond shapes and pour all over with the cooled syrup. Place in refrigerator to cool completely and then serve.

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		

1985 - 2012 27th ANNIVERSARY
Haveli حويلي
Quick Bites وجبة سريعة
MULTI CUISINE
SINCE 1985
MUGHAL MAHAL
مغل محل
Everyone's First Choice
rayanhall@mughalmahal.com - mughalmahalfahaheel@yahoo.com - www.mughalmahal.com



Bangladesh Ambassador hosts reception



Bangladesh Ambassador H E Syed Reza hosted a reception at his residence recently to mark the end of his successful tenure in Kuwait. The reception was attended by diplomats, media persons and businessmen who bid farewell to the ambassador.



Kuwait goes to the polls...















Al Mulla International Exchange Co. hosts a grand Iftar party



"The period of Ramadan is all about losing hatred and spreading love for each other. I am pleased to see the gathering of Al Mulla Exchange staff, irrespective of race, caste and creed,celebrate ifthar". These were the words of Mr. Mohammed Haded who took the lead in guiding the annual staff ifthar party of Al Mulla Exchange. The ifthar party was conducted at one of the best hotels in Kuwait, The Safir International Hotel.

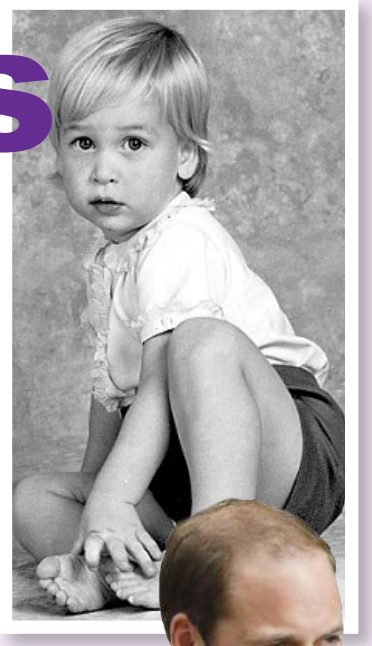
Mr. Hormuzda Davar, the Director of Financial Services at Al Mulla Group took the opportunity to thank the staff of Al Mulla Exchange who he proclaimed was instrumental in taking Al Mulla Exchange to the premier position in State of Kuwait.

The staff strength which was close to 500 members then had the sumptuous meal arranged by the Hotel after offering the Maghrib prayers.



Royal Babies

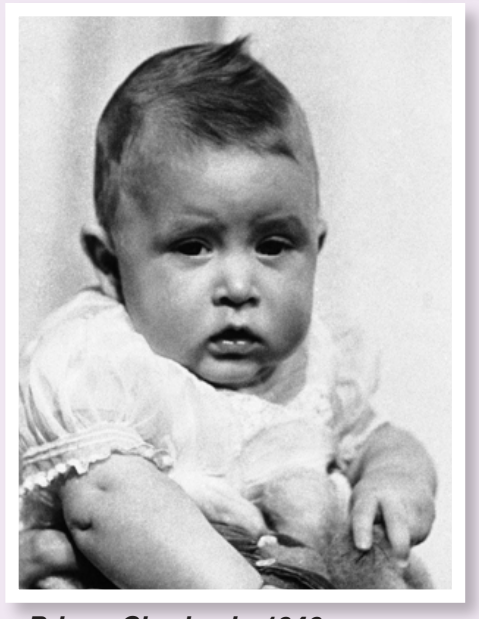




Prince William in 1985



Prince William and his father Prince Charles in 1983



Prince Charles in 1949





Queen Elizabeth in 1927

Prince George: Bearing the pain of privilege

Being born into a royal legacy, the baby prince will miss the wealth of freedom to choose the paths of life.

So the waiting is over and Kate's royal duty is done. On Monday — to circumstances of pomp, press and popular approval — little Prince George Alexander Louis weighed into the world at 8 pounds 6 ounces (3.8 kg) — excluding the silver spoon in his mouth – in a London hospital.

Third in line to the throne of the United Kingdom and the future head of the Commonwealth, little boy George's future is laid out for him as no other — other than his father, Prince William, and his grandfather, Prince Charles. He is the latest in line into the family business of the House of Windsor — little boy George is born to be king.His proud parents have said that they want to raise him as normally as possible — but can such a sentiment be at all possible under the glare of prying lenses and the weight of responsibility and the crown that will one day be placed on his head?

For all of his birthright and privilege, his future life is preordained as most of us can never imagine. Little boy George can never know the pleasure of learning to ride a bicycle, his first wobbling pushes of the pedals steadied by training wheels and his father's guiding hand. No, there will be watchers and minders to ensure that those scrapes and scratches of childhood never amount to anything that might endanger the future work of the little boy George.

And in school, he can never pick and choose who will come around to his house for those birthday parties, balloons and cakes — the Royal Protection Squad of Scotland Yard will decide who is suitable from the class. And you can rest assured that those from his class will be of the right class. Let's face it, Prince George isn't going to hang with a posse of quirky boys, reminiscent of quirks of history and palace intrigues of the past. Nor will he ever mix on the terraces of Manchester or London, Liverpool or Leeds, drinking watered down and overpriced Bovril to subsidize the exorbitant weekly wages of football players on the field below. He will never know what it is like to build a set of stumps out of broken sticks or discarded bricks and hit for the boundary of a bumpy sandy patch of earth.



And for that matter, Prince George will never know what it are like to be sneaky, misleading towards his towaparents, getting up and down to the things that normal teenagers get up and down to. Those Royal Protection Squad officers will see to that.

Yes, there will be appeals to the editors of those newspapers in London that make their money from telling and selling the tales of the House of Windsor to please give Prince George his privacy. And yes, those palace appeals will be honoured until such a time as he is drunk, naked and partying in Las Vegas, or chooses to wear a Nazi uniform at a Halloween costume party. That type of behaviour, after all, runs in the blue blood of the House of Windsor.

Prince George will never know what it is like to make a mistake as only normal people do. He will never have to worry about getting the right grades to get into the right schools and work hard to get into a good university. For him, that is all preordained. It will be a top public school, a top university and a nominal role in the military to pass the time until such a time as he must don that golden and bejewelled crown.

His first kiss will be captured and peddled and published. His first love will be followed and turned into the subject of those editors and their pages and pictures. For all of his life of privilege, Prince George is a prisoner to his ancestry, to the quirks of history and palace intrigues of the past. He is no more free to make choices in life for there is but one purpose for him.

For those who are born without palaces and privilege, there is the wealth of freedom to choose the paths of the life. The words of poet Robert Frost's The Road Less Travelled spring to mind:

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less travelled by,
And that has made all the difference.

By birth, we are shackled to the inevitable in life other than death itself. And there is a freedom that we share in being able to make out our own decisions, create our own destiny. That is our privilege. The price of privilege for little boy George is to be deprived of that freedom. How lucky are we!

Staying active in hot Summer



The dog days of summer are here, but you don't have to put your workout routine on the back burner just because it feels too hot to exercise. Instead of using the heat as another excuse to skip on your workout, you can get creative with your summertime activities to keep up your fitness goals

Stretch with the sun: On days when you know it is going to be a scorcher, set your alarm for an early morning yoga session. It is a win-win idea: you get your workout done before it gets too hot and you start the day on the right foot.

Take your toughest workouts inside: You may love training outdoors whenever possible, but exercising in an air-conditioned gym or house is the best way to keep cool. Pick the toughest workout of the week like running intervals and try them on the treadmill indoors. Don't even bother attempting them outside in the summer. Get a wet workout: This one might seem like a no-brainer, but exercising in a pool or lake is an instant way to cool off. Try new water-based activities like surfing, check out your local gym for a water aerobics class, or round up some friends for a competitive game of water volleyball. Whatever you decide to do, you will get a great workout.

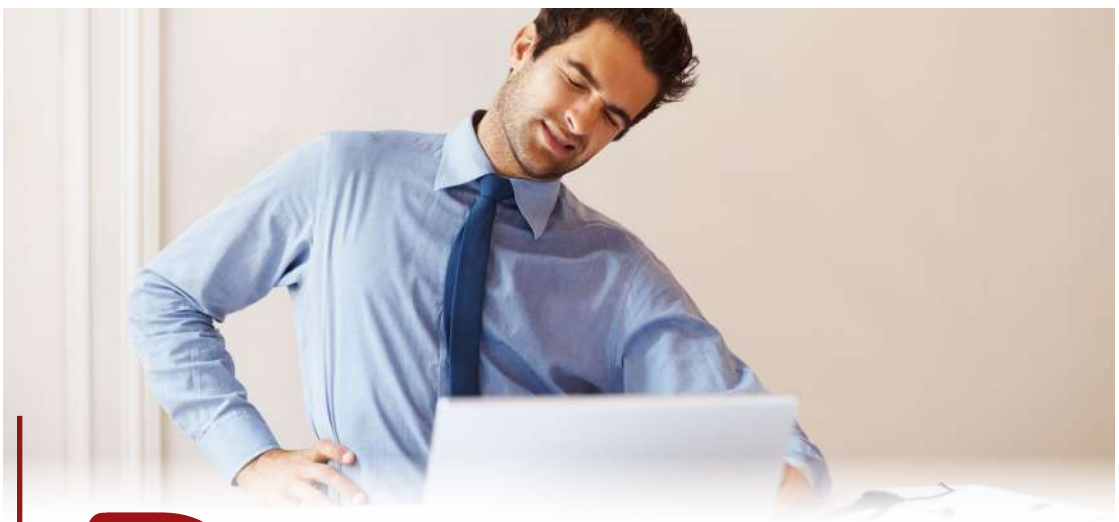
Plan a mini triathlon: Have a free morning on the weekend? Plan a mini triathlon for you and a friend, but finish with the swimming part so you can cool off at the end of your workout. Try this: Run for 20 minutes, bike for 30 minutes, and then swim a few laps in your favorite watering hole.

Walk it off: Instead of just lying on the beach all day, take a walk along the shoreline. The extra effort that it takes to walk briskly on the soft, sandy surface will contribute to the overall fat burning effect.While vacationing at your favorite summer getaway, steer clear of cars and cabs, and walk wherever and whenever possible. Wear a pedometer and make a goal of 10,000 steps or 6km per day as you walk from various hotels, restaurants and other activities. This will help balance out the extra calories you may take in.

Hit the mall: Too hot to take a lunchtime walk outside? Take your workout to a nearby mall with air conditioning. Lace up your sneakers and get your heart pumping without overheating.

Join a night group: Some might find it more enjoyable to exercise without the sun blazing down on you. Stay motivated to exercise once the sun sets by joining a team that meets in the evenings. From football to running groups, there a lot of fun sports that can be called intense workouts.

Travel light: Bodyweight alone can provide all or most of the resistance you will need to improve both strength and endurance, while at the same time burning fat and toning up the entire body. The addition of some very lightweight, inexpensive items can provide you with a level of variety, safety, and an overall more effective approach to staying fit. When traveling, you can get a workout by simply packing lightweight exercise tools and taking in the sights. End your day with a walk: When the sun is low in the sky, take an evening stroll around the neighborhood with your family or friends. It is one of the best ways to socialize when the temperatures aren't as high, and also to relax after a long day.



DANGERS of sitting continuously

Emerging research shows that sitting for long periods of time contributes to risk of metabolic syndrome, heart attack and stroke risk and overall death risk, among others. Those who sit a great deal also have lower life expectancies, larger bottoms and slower metabolisms. Unfortunately, research shows that trips to the gym –– running the mornings before work or hitting up a post-office spin class — can't undo the effects of a day spent on one's behind.

That means the only available option is to remake our work and home environments. How can you avoid the dreaded effects of the insidious office sit-in? Here are a few strategies to help incorporate more activity during the work day:

Squat before you sit: Stand about one inch in front of your chair, holding in your abdominals. Squat as if you're going to sit, but just as your backside touches the chair, stand back up and squeeze the glutes, the muscles that make up the buttocks. Doing this for one minute each day will burn approximately 50 calories.

Stretch your hips while you type: When we sit at our desks, in our cars or on the train, we fold our legs at the hip and shorten our hip flexors; this leads to stiffness and causes pain in the lower back. To open up the hips, try this discreet stretch: While sitting with one knee bent and feet on the floor, place the other ankle on the opposite thigh so that your lower body forms the numeral 4. Exhale as you lean forward over the legs, keeping your back straight. Hold for three deep breaths and then switch legs. Work up to switching legs three times — or as many times as you can during one conference call.

Tone your arms in the bathroom: Push-ups are a great way to sneak fitness into the workday. The only equipment they require is a flat surface — and it doesn't need to be horizontal. Archer suggests doing push-ups with your hands on the wall instead of on the floor, which makes them easier. A bathroom stall is a good choice.

Take the stairs—even when sitting at a desk: Even 'pretend-marching' has important benefits. Sitting all day can cause poor circulation. The blood pools in your lower extremities, causing the ankles to swell and varicose veins to become more pronounced. (Added to the list of sitting hazards is that it makes us look frumpier.) Moving the muscles in the lower body can help pump the veins to bring blood to the heart, brain and lungs so it can be re-oxygenated. About once an hour, stomp your feet like you are marching in place while seated in your chair. Keep it up for 45 seconds to a minute — or as long as it takes to read an email.

IMPROVE YOUR SMILE TO IMPROVE YOUR APPEARANCE

The next time you are getting ready to go out, whether it is to work, or for friend's night out, take a moment and check out your smile. Is it as healthy and white as you want it to be? With the surging popularity of television makeover shows, people are realizing that improving their smile can have a dramatic effect on improving their appearance, boosting their self-confidence and changing their life. However, there is a lot more to taking care of your pearly whites than just brushing every day. Check out the following to start out on the road to optimum oral health.



Off-white is not your color: Over time, habits like drinking coffee and sodas or smoking can stain the enamel of your teeth. If you think that drinking through a straw will help to bypass your teeth, think again — if you can taste what you're drinking, it is touching your teeth. Even straws cannot prevent harmful sugars and staining liquids from doing their damage. To keep your teeth looking naturally bright, limit or eliminate these unhealthy habits and remember to brush regularly.

Put your body to work for you: Beverages like soft drinks, fruit juices and even your favorite sports drink contain high amounts of harmful acids that erode the protective enamel on your teeth, causing serious and sometimes irreversible damage. The good news is that the best defense against these harmful acids is already in your mouth. Saliva is your body's natural protection for hard and soft oral tissue. So keep your mouth hydrated by drinking plenty of water –– it not only helps to boost your metabolism and quench your thirst, it keeps your mouth moist so your saliva can do its job If you have to reach for soda pop or a sports drink, be sure to chew a piece of sugar-free gum or candy afterwards to get your saliva glands going.

Find your perfect brush: Pay close attention to the toothbrush you select. Most dentists recommend using a soft toothbrush with rounded bristle ends that fits the size of your mouth. Remember to replace your toothbrush every two to three months or when the bristles appear to be fraying. There are also some great electric toothbrushes on the market. Ask your dentist for a recommendation on which model would be best for you.

Go ahead... stick out your tongue: Many people don't realize the benefits of consistently brushing your tongue. Whether you brush your tongue with a toothbrush or specially designed tongue cleaning instrument, both options will keep the bacteria levels of your mouth down and will in turn, keep your breath much fresher.

Sites that transform Traveling



The spirit of generosity, when applied liberally, has the power to profoundly change the world for the better. Connecting with and accepting the kindness of 'strangers' can strengthen our faith in our fellow human beings and help us all to become better people.

Taking their inspiration from Web sites like Facebook, Tumblr and others, a flourishing category of social sites are aiming to connect travelers and their friends — especially those going solo — to help them save money, stay safe and enjoy more authentic cultural experiences. Well known social travel sites such as Couchsurfing, Airbnb and Planely, are not the only ones on the block, a new genre of newcomers are striving to make touring a city full of strangers, a little less intimidating, a little less costly and lot more friendly.

Airbnb

Since launching in August 2008, San Francisco, California, based Airbnb has become a trusted community marketplace for people to list, discover, and book unique accommodations around the world — online or from a mobile phone.

With over 10 million nights booked and more than 300,000 listings in 33,000 cities across 192 countries, Airbnb is the place



to head to if you are looking for boarding and lodging in a strange city or town at a value price.

Whether it is an apartment for a night, a castle for a week, or a villa for a month, Airbnb connects people to unique travel experiences, at any price point. And with great customer service and a growing community of users, Airbnb is the easiest way for people to monetize their extra space and showcase it to an audience of millions.

People can use the search page on airbnb.com to find a property. Enter the dates they need it for and browse by availability. Once a suitable place is found they can message the hosts with any question through the onsite messaging system.

One then enters their credit card information and clicks the Book It button. A host will accept the request within 24 hours and at that point contact information, the address of the property and other important information will be shared.

If you have a property for rent, you can also list it free on Airbnb by logging and completing your profile along with photos of the place, naming a price and setting the availability period.

You then answer guest inquiries using the onsite messaging system. Once you receive a reservation request, go ahead and accept or decline it. Then contact your guest directly to confirm details. You'll be paid 24 hours after they check in.

Couchsurfing

Similar to airbnb, couchsurfing.org envisions a world made better by travel and travel made richer by connection. Hotels and tour companies can give you a bed or show you the sites, but they can't make your trip truly meaningful or memorable. People do that. Couchsurfing is a service that connects members to a global community of travelers

With a global network of six million travelers, adventure seekers and lifelong learners in tens of thousands of cities in all corners of the world, Couchsurfers are able to connect with each other, share their lives and homes with other couchsurfers, foster cultural exchanges and mutual respect.

Using the services of Couchsurfing, one can stay with locals in every country on earth. Learn about a new culture first-hand or practice a language; travel like a local, stay in someone's home and experience the world in a way money can't buy. Couchsurfers can also give back by opening their home to other couchsurfers and help make the world a little smaller; a little friendlier.

Couchsurfers also organizes thousands of events in cities around the world, so there is always something to do and new friends to meet. Participate in the one closest to you and connect with fellow couchsurfers. Moustafa Cheaiteli crossed the Sahara Desert using only local transportation and Couchsurfing. As he traveled, he discovered the dreams of the locals living in these isolated areas, in the world's most unforgiving environment and during a time of political instability. His 'Sahara Dreaming' is a photography project accompanied by stories shared by locals along the way and available on saharadreaming.com

To join, you visit couchsurfers.org and fill out your profile to reflect your lifestyle, mission and what is important to you. The more complete your profile, the easier it becomes to connect with like-minded people — whether it is going to your city's weekly event or hosting a guest. On the site you can tell people if you're traveling or would like to host. Be sure to include photos. Click 'Join' and you are on your way to having and sharing a whole new experience.



Browse through other profiles and references to find people you might want to stay with. When you find a few interesting potential hosts, carefully review their profile and send a Couchrequest for the dates you'll be there. You can also consider making your couch, spare room or air mattress available to travelers.

Whether you're hosting a guest, surfing or hanging out with fellow Couchsurfers, you need to ensure your safety. If a person, situation or profile seems unsafe for any reason, move on. Don't worry about seeming rude. Communicate clearly with others and take care of yourself. Don't give out your phone number and email address until you meet and feel comfortable with a new person.

Friends of Friends travel

A promising social network for travelers around 18 to 35, foftravel.com with its tagline of 'Travel the world one friend at a time', allows members to share accommodations, luggage lockers, travel tips or a cup of coffee in a foreign city with friends and friends of friends.

The aim is for travelers to meet new people, save money and have a more intimate experience with a city. For solo travelers, the network, which is free of charge, provides an extra layer of security by connecting them with friendly faces in unfamiliar places, which is why the site intentionally limits users to friends and their friends.

By purposefully limiting your connection to friends and friends of friends only," the founders explain on the Web site, "you get the best of both worlds: the reliability of friends, and the excitement of meeting someone new."

Yes, you could just mine your own Facebook account for such connections. However, Friends of Friends Travel puts a map of the world on each member's dashboard, enabling them to easily see the location of everyone in their network. Also, members who opt to join their 'premium members club', by paying around $18 a year, can score deals from the site's partners, which include STA Travel, Hostelworld.com and World Nomads.

Planely

For over 60 years the air travel industry has been a largely unsociable experience for its customers. Travelers, especially frequent fliers who spend a lot of time alone on flights usually use the time to catch up on work, sleep or read. Now there is a whole new productive way to spend the time stuck onboard planes by using Planely, an online service that promises to change your concept of flying.

Airports and planes are incredibly busy places full of people you've never met. Ever



wondered who those people were? Maybe they have similar interests to you (e.g. music, film, sport, business, traveling, food etc)? Ever sat next to someone you'd have preferred not to? Ever spotted someone that you would've loved to be sitting next to, but couldn't?

Planely remodels flying into a social and learning experience; after all, new experiences in new places in far off lands are the ultimate university. Use the services of Planely to generate new business, make new friends, get feedback on concepts or simply to guarantee a quiet, comfortable flight. The next time you are flying on business or leisure, sign on to Planely.com and enter your flight details and the site will connect you with other Planely Fliers who are on the same flight, or at the same departure or arrival airports as you.

You can then make arrangements to sit together on the plane, have a coffee on the ground or share a cab home. Your fellow fliers are the greatest untapped resource of knowledge and entertainment on your plane journeys.

Hobbies
for a better life

If you love learning, collecting, researching and developing new skills that could empower your career, provide an outlet from stress or simply give you enjoyment, then picking up a new hobby is the way to go. Let's take a look at some fabulous hobbies that will make you feel like an interesting and charismatic woman, and more importantly – challenge you to get out of your comfort zone.

Ballroom dancing: A fantastic way to improve your posture and work on your poise and grace. If you are in a relationship or married, ballroom dancing is a fun hobby for the both of you. You will certainly grow together and develop rhythm.

Singing: Music enthusiasts can take singing lessons, or just start singing along to your favorite tunes at home or in the car. It makes you more cheerful and an absolute delight to be around.

Learning a Foreign Language: Women are great at connecting with other human beings, so if you are planning to visit any new country, or simply want to become bilingual or trilingual, learn a new language.

Jewelry-making: Sparkly, glittery and shiny things are always a delight for women and a great way to express your femininity and creativity. You can also give away the jewelry as gifts, and since it was made by you, it's more personal and memorable. Femininity is all about color; so you can make some colorful jewelry that you can wear. Take classes on jewelry making, or just get together with friends to follow the instructions available online.

Candle-making: Candle-making is simple; you can purchase candle-making supplies from different arts and crafts stores.



Create a sensual or romantic mood using your own artistic candles created the way you want. Play with materials and ingredients to create candles in different shapes and scents.

Knitting: Knitting is really quite a traditional feminine hobby. Although some may think it old-fashioned, knitting is a great creative outlet for women. Many feel satisfaction on seeing their loved ones wear the knitted garment they made with their own two hands.

Volunteering: If you are the kind of woman who is charitable, this is for you. If you are not, perhaps it is time to be? Volunteering is one of the most noble and admirable things a woman can do for others. It is also a great way to seek fulfillment and to appreciate your own life more.

Flower arranging: This is a very feminine art form, and you can start in your own home. If you don't want to keep buying fresh flowers, you can even use fake flowers in your flower arranging class and place them in vases throughout the house. This is an accessible hobby for anyone, even if you are not a florist or professionally trained.



Mirror 'fasts'

There is one constant in your life that affects you more than you will ever realize: your reflection. So, what would happen if it were gone; if you were not able to look in a mirror or any other reflective surface for an entire month or a whole year?

Mirror fasts are a new fad with some women and involve giving up looking at their reflections for a set amount of time.

Taking a break from mirrors could help remind us that there are more important things to focus on, says Vivian Diller, PhD, a psychologist in New York City and author of 'Face It: What Women Really Feel as Their Looks Change'. She says it could be a good behavioral tool to help us recognize how often we rely on mirrors for confirmation or criticism of ourselves, and help encourage us to rely on internal judgments, rather than external ones.

Whether or not you decide to try your own mirror fast, here's one thing to keep in mind: "We can take a break from mirrors in order to help us think about why we are so dependent upon them," says Dr. Diller, "but the adjustments we make have to be on our own view of ourselves — not on the reflections created by mirrors."

Supercharge your motivation

Stuck! Bored! Spinning your wheels? Call it what you want, but all women know the feeling that comes for those days when you feel flat, listless, blocked and uninspired. Wouldn't it be great, when you sink into that bland space, to know that you can get yourself out of it and into an upbeat state quickly and easily? Well, here are some strategies that you can use to do just that.

Plan to succeed: Without a doubt, the first step of any successful life or venture is to take time for careful planning. It is crucial to plan your road-map for success. Your starting point should be to make a list of end goals and then break those big goals into smaller steps to make the process more manageable. Once that has been achieved, put these goals into a time-line or a mind map to help you visualize the steps needed to get where you want to go.

Make a list of "whys": Having reasons behind your goals will add positive emotion to the equation. Emotion brings energy and momentum and will help you get your goals clearer in your mind.

Monitor your progress: Keeping track of how you are doing is really important to maintaining your energy and commitment. As you complete each task make sure that you circle or star it so you can easily map your progress.

Eliminate negativity: There will always be people who will want to upset your plans. You won't be able to eliminate all the negative people; however you can reduce the impact they have on your success. The first step is to understand that you shouldn't take their negativity or disbelief personally, and just move forward.



Another way to eliminate negative energy is to eat and enjoy a diet that is as free of toxins, sugar, and refined foods as you can. Getting rid of empty calories and noxious chemicals will really improve your mental clarity and focus, and give you more energy.

Clean up and de-clutter your life: When you eliminate clutter from your life, you eliminate clutter from your mind. Have a scheduled time each day to manage and maintain both your living and work-space. Dirt and clutter are a distraction, and when surrounded with extra stuff, your mind is not free to focus on the essential tasks– the ones that get you closer to your goals every day.

Practice meditation regularly: Meditation is a form of prayer and a vehicle through which women are able to access higher states of consciousness and connection. When you meditate your brain produces frequencies (brain waves) that allow for deep states of relaxation, reflection, and rejuvenation. There are a number of ways to learn to meditate and many different methods you can try. As meditation fundamentally alters your brain waves you can achieve similar results quickly, and reap the benefits.

Get a dose of daily inspiration: Motivational quotes are great way to get a boost of inspiration for your day. Each quote is a reminder that you have the power to create and change your life for the better.

Get yourself a makeover: A makeover usually enhances your self-esteem, and makes you feel more confident and special. It is simple and easy, try out a different hairstyle or lipstick, buy new clothes, get a different perfume and brighten up your accessories.

Rest, Reward and Recuperation: Take a proper vacation to allow yourself time to reflect and rejuvenate. Women return after a couple of weeks off, full of renewed energy and ready to sprout new ideas.

Cultivate an attitude of expectation: Without great expectations it can be a challenge to focus on the future in a positive manner. Cultivating great expectations helps to subdue the inner voices of self-doubt, and transforms negativity and pessimism, into enthusiasm, confidence and an optimistic attitude to life.

Motivation is a habit that requires practice. So, make it a priority to take better care of your mind, body, feelings and your dreams.

Eight movies

to watch out for in summer 2013

The Lone Ranger



Johnny Depp stars as American spirit warrior Tonto and Armie Hammer as the eponymous hero, in a new film from director Gore Verbinski and producer Jerry Bruckheimer – the team behind the Pirates of the Caribbean series.

Blue Jasmine

Woody Allen makes a return to the States and to serious drama after a string of comedies set in Europe. The film stars Cate Blanchett as Jasmine, a high-society New Yorker who flees to San Francisco after her husband's crooked financial dealings are exposed. According to the director, she enters "the realm of absolute unknown, moving from one coast to the other, from one social set to the other, one class to another." As with each new Woody Allen picture, critics and movie buffs will be asking: is this the master's return to form.



The Wolverine



The mutant Wolverine returns, this time to Japan to engage in a lengthy battle, in the sixth instalment of the X-Men series, following X-Men: The Last Stand. Hugh Jackman reprises his role as Logan/ Wolverine, with Famke Janssen returning as Jean Grey. James Mangold directs.

Only God Forgives



It caused a commotion when it was premiered at the Cannes Film Festival, but how will audiences react to the second,uber-violent collaboration between Drive director Nicholas Winding Refn and star, Ryan Gosling?

Ain't Them Bodies Saints



Rooney Mara and Casey Affleck star as an outlaw couple in Texas in the '70s, in this indie flick penned and directed by David Lowery. The film won several plaudits at the Sundance Film Festival, including the Grand Jury Award.

Lovelace



The film is based on Eric Danville's biography, The Complete Linda Lovelace, about the woman made famous by the 1972 porn film, Deep Throat. Les Miserables' Amanda Seyfried fronts an eclectic cast, which includes Sharon Stone (playing Linda's mother), Peter Sarsgaard, Wes Bentley and James Franco as Hugh Hefner.

The Act of Killing

The Indonesian genocide of 1965-6 is a little-known but horrific episode in the history of the 20th Century: between 500,000 and 2 million Communist party sympathisers, many of them ethnic Chinese, were butchered following a failed coup by leftist elements in the Indonesian military.



In Joshua Oppenheimer's documentary, real-life perpetrators re-enact the killings in the stylised manner of genre films, from gangster flicks to kitschy musicals. The film has collected swag of awards at international film festivals.

Kick-Ass 2

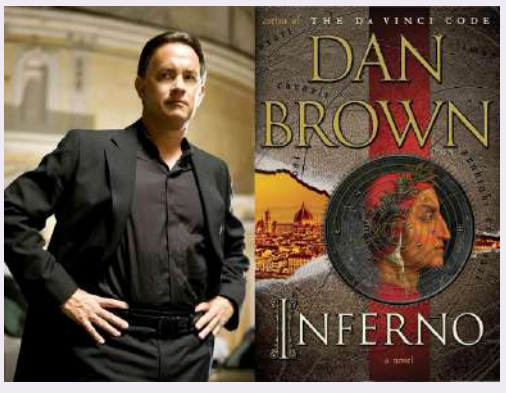
Chloë Grace Moretz and Aaron Taylor-Johnson reprise the roles of Hit Girl and Kick-Ass in the sequel to the 2010 tale of self-made masked crusaders. The first picture featured extreme violence and fruity language that some viewers found distasteful – and the sequel has already attracted controversy. The film's star Jim Carrey tweeted last week that he "cannot support" such a violent movie after last year's massacres at Sandy Hook.



Tom Hanks 'to star in next Dan Brown film

Actor Tom Hanks is to reunite with director Ron Howard for the film version of Dan Brown's latest best-selling novel, Inferno.

Hanks will reprise his role as Harvard professor Robert Langdon in the mystery thriller, according to film industry website Deadline.



Howard previously directed the 2006 adaptation of The Da Vinci Code and its prequel, Angels and Demons, in 2009.

The new film is due to be released in December 2015. David Koepp, who penned the script for Angels and Demons, is also set to return to the franchise.

Brown's latest book, which was published in May, sees Langdon try to stop a threatening plague, following clues in Dante's The Divine Comedy that take him to Florence and Venice in Italy. Hanks is expected to take on the role of Langdon for a forthcoming adaptation of The Lost Symbol, the third novel in Brown's book series, but Howard opted out of the project.

The film franchise has been a high earner for Sony Pictures. The Da Vinci Code made $758m at the worldwide box office while Angel and Demons took in $486m.

Prior to the Brown adaptations, Hanks and Howard previously worked together on the films Splash and Apollo 13.

Revelations by Rowling

Nearly everything about the publication of "The Cuckoo's Calling," a detective novel released by Little, Brown & Company in April, has been a little mysterious.

Its real author, it was revealed last week, was not Robert Galbraith, as the publisher originally claimed, but J. K. Rowling. That disclosure only led to a flurry of questions: Why had Ms. Rowling, whose Harry Potter series made her famous, wealthy and widely admired, written a book under a pseudonym? Who had unmasked her, apparently against her will? And was it, as the cynics muttered, all a clever marketing ploy to juice sales?

Some of those questions, to the relief of Ms. Rowling's fans, have now been answered.

The name she chose, Ms. Rowling explained, is a mash-up of that of one of her heroes, Robert F. Kennedy, and Ella Galbraith, a fantasy name she chose for herself as a girl.

Ms. Rowling wrote the book under a man's name, she said, to take her writing persona "as far away as possible" from herself.

She said she intended to continue writing the series as Robert Galbraith, and that she had just finished a sequel that will probably be published next year. Ms. Rowling provided the answers only days after it was revealed that



her London law firm, Russells, was the source of the leak of her identity. A partner in the firm told his wife's best friend, who then tipped off a columnist at The Sunday Times of London. The Sunday Times identified Ms. Rowling as the author in a front-page article on July 14.

Until Ms. Rowling emerged as the author, the book had sold only about 500 copies in hardcover in the United States, since then it has risen to the top on Amazon's list.

Body language at job interviews

On paper, the applicant looked like a strong candidate for chief financial officer: graduate of a top business school, solid work history and top-notch references. But at the initial interview with a major headhunter, the candidate offered a dead-fish handshake, slouched and fidgeted in his chair, failed to make eye contact with the interviewer and mumbled responses to basic questions.

Was he unprepared for the interview or just nervous because so much was on the line? It made no difference — his weak body language killed his chances despite strong credentials.

A bad first impression is difficult to overcome, no matter how solid your credentials. But with the following tips, a little work and practice, you can buff up your body language skills to boost your chances of nailing the interview and taking the next big step in your career.

Practice: See and hear yourself as others see and hear you, practice your presentation in front of a mirror while speaking into a tape recorder. No one can fault you for being too formal in an interview, but being sloppy, or even too casual, will kill your prospects.

Pay attention to little things: Posture, sitting up straight, planting your feet squarely on the floor, hand position and making eye contact with the interviewer are important in the interview. There is no dictionary for body language, and it's impossible to say this or that gesture means X, Y or Z. But in general, here's how some basic body language will be perceived:



• Arms folded across your chest is often seen as a defensive posture or, at best, as reserved and uninterested in the conversation.

• Standing with your hands in your pockets suggests a lack of confidence or unease.

• Sitting with legs crossed while shaking one leg or wiggling a foot suggests nervousness or severe discomfort.

• Slouching in the chair suggests you are unprepared for the interview, or that, deep in your heart, you know you're not up to the task.

None of this is carved in granite — you may rub your nose simply because it itches. But simple actions may betray your inner thoughts. You don't want to test how these seemingly innocuous actions will be interpreted in an interview, so it is best to avoid them.

Project self-assurance: You want to project confidence, not arrogance. Arrogance is the antithesis of confidence and shows a profound lack of self-confidence. At the interview, always grasp the interviewer's hand firmly and look him straight in the eye when introduced. Thank the interviewer for taking the time to talk with you. When responding to a question, speak directly to the person who asked it. If there are several people at the interview, glance briefly at them, but always return to the questioner before ending your response. No one expects you to sit ramrod straight, but you need to sit up to project an image of alertness and interest in the interview.

Use gestures for emphasis: You are not a cheerleader, and you don't want to fidget unconsciously. This is why it is important to practice before a mirror. Reflect the interviewer's body language, but don't mimic it. Underscore your seriousness, interest and confidence by making eye contact, cocking your head to catch questions and smiling. But don't follow the interviewer's every twitch, jiggle and jump with a twitch, jiggle and jump of your own, because that quickly degenerates into self-parody, and what you hope to project as earnestness becomes nonsense.

Keep the comments on a professional level: Stop the jargon and computer analogies, and don't sound like a high school kid who is talking with his best friend or trying to impress the class. Don't swear in the interview. You should know better. Your lack of proper language will put off the interviewer and kill your chances.

Giving constructive criticism

The term "constructive criticism" was surely invented as a cruel joke for employees and managers alike. But, as a manager, you are going to have to get really comfortable delivering it. And while it is a challenge to give tough feedback to anyone, it is particularly difficult when it's to an under-performing employee, or the one who grates on your last nerve. In short, in these situations, a bit of tact is required.

You have to deliver the feedback your employee needs to hear, while keeping things constructive and avoiding hard feelings.

Pretend the employee is someone you deeply respect: When you have to deliver some tough talk to a person you don't particularly care for or are already frustrated with, it is tricky to get the words right without sounding like a jerk. So, to help you keep the conversation both civil and fair, imagine you are speaking to someone you really respect.



When dealing with someone you respect, you are usually careful with your words, and are naturally conscious of how the other person might feel upon hearing your feedback. Approach your colleague with diplomacy and humility, but don't sugar-coat it either — your employee can handle the truth, and deserves your honest opinion.

Set the stage: Giving feedback can be an emotional process for both parties. Sentiment alone won't cut it; you need examples to share to illustrate your point.

Before your meeting, think back to a clear-cut, specific example of your employee doing whatever it is that drives you crazy or has been causing problems with their performance. But, try to pick something that could have happened with anyone on the team — you don't want them to get on the defensive before you make your point.

Turn the tables: Once you have set the stage with your example, it is time to put your employee in the driver's seat. It is empowering for anyone to be asked how they would suggest for a situation to be managed — and that is exactly how you want your employee to feel. This opens up a discussion that allows both professionals involved to share what works and what doesn't in a meeting.

Ideally, by the end of your discussion, your employee will have identified their challenges, and will offer some suggested solutions that they thought of on their own. You may have guided the conversation, but the advice will be theirs, and that can be a motivating tool.

Give them a chance: You are an important player in your employee's career, and it is up to you to help position them for success. And part of that means giving them a chance to put their carefully crafted advice into practice.

Choosing between job offers

With the job market so competitive, it may be unusual and a dilemma to have two job offers to choose from. The decisions you make can have long-term ramifications for your career and your future happiness. Here are few things that you need to factor into your choice when faced with a job offer choice.

Permanent or temporary job: It seems obvious to conclude that a permanent job is 'better' than a temporary one, and it certainly does have advantages. You won't have to be on the job market again in only a few years. You will have a chance to become completely integrated into one department unlike temporary staff who are often left feeling like 'outsiders' because they do not take part fully in the life of the department. As a permanent staff member you usually get more benefits and recognition. However, if it seems better in other aspects, do not immediately turn down a temporary job.

Personal circumstances: There are other reasons why a full time permanent position might not be suitable for you, perhaps due to family commitments or because you want to sample office life first before committing yourself. Depending on your household situation, you may not want or need a permanent position.

Job description: The fundamental thing to consider when choosing between two jobs is to find which one will leave you more fulfilled. Taking a job for more money or for security is an understandable choice, but if you end up miserable because you hate the chosen job and start looking for work soon again anyway, why not pick the job that you enjoy doing? Questions to ask when considering this includes: are you looking to challenge yourself and move into something new? Or would you prefer to take the safer option, the one that builds on current strengths and is more familiar to you? Is this a career building move or are you simply desperate to have any job?

Location: Job seekers can't afford to be selective when it comes to location of work. They have to be prepared to move a long way from friends and family, or start commuting long distances. However, for some people location is a key factor. People have had bad experiences working in an isolated, quiet environment and did not want a repeat. Others may really dislike the thought of fast-paced corporations. Starting a new job will give you a new lifestyle and the 'whole package' must be considered, not simply what you will be doing during your hours of work.

Work-life issues: Many people advise against turning down a permanent position at the moment because the job market is so uncertain. As an individual job seeker, you need to weigh your need for a secure future against other factors such as job satisfaction and achieving a work-life balance. A permanent job might mean that you can fulfill certain dreams (such as buying a house or getting married), whereas it might also trap you into a lifestyle that you are not ready for or do not want.



Meatless meals



It can be challenging to serve healthy meals on a budget, but with planning you can eat better for less. Meatless meals are built around vegetables, beans and grains — instead of meat, which tends to be more expensive. Meatless meals also offer health benefits.

The health factor: A plant-based diet, which emphasizes fruits and vegetables, grains, beans and legumes, and nuts, is rich in fiber, vitamins and other nutrients. And people who eat only plant-based foods — aka vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than non-vegetarians do. Just eating less meat has a protective effect. A National Cancer Institute study of 500,000 people found that those who ate 113 grams of red meat or more daily were 30 percent more likely to have died of any cause during a 10-year period than were those who consumed less. Sausage, luncheon meats and other processed meats also increased the risk. Those who ate mostly poultry or fish had a lower risk of death.

How much protein is needed: The fact is that you probably get enough protein in your diet from your regular meat consumption. Adults generally need 10 to 35 percent of their total daily calories to come from protein. Based on a 2,000-calorie-a-day diet, this amounts to about 50 to 175 grams a day. Of course, you can get protein from sources other than meat. You can choose from a variety of protein foods, including eggs, beans and peas, soy products, and unsalted nuts and seeds. Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories. The fats in meat, poultry and eggs are considered solid fats, while the fats in seafood, nuts and seeds are considered oils.

Introduce meatless meals more often in a week: You don't have to go cold turkey. Instead, try easing into meatless meals; consider going meatless one or two days a week. If you don't like the idea of a whole day without meat, start with a couple of meatless dinners each week. Plan meals that feature entrees you like that are typically meatless, such as lasagna, soup or pasta salad. Or try substituting protein-rich foods for meat in your favorite recipes.

When your meals include meat, don't overindulge. Choose lean cuts and avoid oversized portions. A serving of protein should be no more than 85 grams — or about the size of a deck of cards — and should take up no more than one-fourth of your plate. Vegetables and fruits should cover half your plate. Whole grains make up the rest.

Preserving leftovers in refrigerator



Most of us have probably thrown out food due to spoilage, but doing this regularly is terribly wasteful and expensive. However, you can safely preserve the quality of your food and make it last longer by learning a few food storage techniques. Here are a couple of things to keep in mind when storing food.

Separating foods: Keep raw meat, poultry, and fish away from other foods so they don't contaminate them. This is probably why many fridges have a meat compartment in the bottom of the fridge; if yours doesn't, store uncooked meat/seafood on the lowest rack to prevent their juices from leaking onto the other foods.

Storing Leftovers and Perishable Food: Freeze or refrigerate perishable food within two hours or one hour if the temperature is over 30°C. A general guideline is to eat leftovers within four days. Pizza and cooked meat or poultry usually lasts for three to four days, while lunch meats and egg, tuna, or macaroni salads may last three to five days.

Containers: Store the food in the best-fitting, shallow containers. Glass storage containers have the benefit of being easy to check the contents, may be microwavable, and are more eco-friendly. If you have plastic containers already, just check to make sure they are labeled BPA-free; if the number on the recycling icon on the container has a "7"; it likely has BPA in it, which may be hazardous. If your kitchen is drowning in food containers, it may be time to trim your stash to include only the most essential types of containers.

One trick for making sure your leftovers actually get eaten, not just stored prettily, is to put the most recently cooked food behind earlier leftovers. If you have trouble remembering when you put the food in the fridge, try using a dry erase marker to note the date on the cover.

Storing fruits and vegetables: Produce can be tricky to store because some fruits and vegetables are incompatible when stored together. Some fruits emit ethylene gas which can cause vegetables to spoil prematurely. Keep these "gas releasers" out of the fridge: avocados, bananas, nectarines, peaches, pears, plums, and tomatoes.

Healthy Picnic Foods

Once the heat of summer simmers down and you decide to head outdoors to parks and beaches to spend time with friends and family, here are some great healthy picnic food ideas to help you create a picnic basket that is nourishing and satisfying.



Watermelon: Nature's perfect picnic food, watermelon is packed full of vitamin C, extremely hydrating, and it can be cut up in advance, or carried whole and chopped up at your destination.

Homemade trail mix: Try mixing dried coconut chips, chopped almonds, walnuts, sprouted sunflower seeds and dried berries like dried mulberries and dried gogi berries. You can simplify by just adding your favorite nuts and seeds to this pre-made energizing mix. If you soak and then dehydrate and even sprout the nuts and seeds first, it makes a big difference nutritionally, because you'll release the enzyme inhibitors and make the nutrients more available.

Finger food veggie tray with hummus dip: Create a platter of cherry tomatoes, snap peas and some firm cut up veggies like zucchini, carrots and bell peppers. Serve with hummus dip for a nutritious grab and go snack.

Quinoa Salad: Serve cooked quinoa chilled with some veggies like diced avocado, corn and red peppers. Stir in a yummy cilantro lime dressing for a tasty high protein, mineral rich and gluten free salad.

Ants on a log: Cut celery in about 3-inch long pieces, fill with almond butter and top with 3 raisins in a row for a fun presentation and great nutrition.

Antioxidant Fruit Salad: Mix blueberries, blackberries, strawberries and grapes for a sweet salad packed with antioxidants.

Easy superfood brownies: For some reason brownies have become a staple at picnics. Sadly they are usually packed with all the refined white powders we should be avoiding when we are trying to be healthy. Try some online recipes made with raw sprouted flour and a host of superfoods for a far healthier version of an old favorite.

Tomato and provolone sandwiches: There is something magical about a simple bread-and-tomato sandwich, but this one is even better topped with melted provolone cheese and tarragon-garlic mayo.

Deviled eggs: This version of deviled eggs replaces some of the egg yolks with nonfat cottage cheese — keeping the filling velvety and rich while reducing some of the fat. No one will know the difference.

Lemony hummus sandwich with cucumber, radish sprouts, and red onion: The hummus in this sandwich incorporates whole chickpeas, which add great texture, and a pinch of cumin, which makes it especially interesting and flavorful. The recipe makes about twice as much as you will need for the four sandwiches, but the leftover makes a terrific dip for crudités and crackers.

Over 500m cell-phones vulnerable to Software bug

A flaw in the encryption technology used by some SIM cards in mobile devices can be exploited to remotely take control of the device, and also clone certain mobile SIM cards, says German research firm, Security Research Labs.

In a recent interview with the media, Karsten Nohl, the head of Berlin based Security Research Labs, who led the research team, said the flaw would allow attackers to send spoofed text messages to obtain the 56-bit data encryption standard (DES) key used by the targeted phone's SIM card. With the key in hand, attackers would be able to install malicious software and perform other nefarious operations on the device. He added that his firm would disclose the full details at the Black Hat Hacking conference that is slated to open in Las Vegas on July 31.

About half of the SIM cards in use today still rely on the older DES encryption rather than the newer and more secure triple-DES, said Mr. Nohl, adding that the industry should use better filtering technology to block spoofed messages and to phase out SIM cards using DES. Consumers using SIM cards more than three years old should request new cards (likely using triple-DES) from their carriers, he recommended.

"Give me any phone number and there is some chance I will, a few minutes later, be able to remotely control this SIM card and even make a copy of it," Mr. Nohl told the media. "With the SIM encryption key in hand, I can send another text message to install software on the targeted phone to perform a wide range of malicious activities, including reading SMS, sending out text messages to premium-rate numbers, eavesdropping on calls, re-directing incoming calls to other numbers, or even carry out payment system fraud," he claimed.



The International Telecommunications Union, a United Nations group, said the research was "hugely significant," and that the group will be notifying telecommunications regulators and other government agencies in nearly 200 countries. ITU will also reach out to mobile companies, academics and other industry experts.

GSM Association, a mobile industry group based in London, which represents nearly 800 mobile operators worldwide, said it had already notified network operators and SIM vendors who could be affected. Nicole Smith, a spokeswoman for Gemalto NV, the world's biggest maker of SIM cards, said her company supported GSMA's response. "A minority of SIMS produced against older standards could be vulnerable," said the group's spokesperson.

With the information about vulnerability now public, cyber-criminals will likely take at least six months to crack the flaw, Mr. Nohl said. This will give wireless carriers sufficient time to implement the fixes. Mobile phone users in Africa could be among the most vulnerable because banking is widely done via mobile payment systems with credentials stored on SIMs. All types of phones are vulnerable, including iPhones from Apple, phones that run Google's Android software and BlackBerry smartphones, he said.

Google's new Chromecast streams Internet content to TV

Google Inc. has unveiled a gadget that will lean on its widely used Chrome Web browser to make it easier for people to access Internet content on their TVs. Chromecast is a small stick roughly the same size as a thumb drive that can be plugged into an HDMI port on flat-panel TVs. It brings Netflix, Google's YouTube site and other Internet content to what is usually the biggest screen in households.



Chromecast could undermine Apple in the still-nascent market to plug streaming devices into TVs, just as the Nexus tablets have siphoned some sales away from Apple's iPad.

Google's previous products designed to connect TV sets to the Internet haven't worked out well. The company initially tried to embed an operating system called Google TV into sets made by TV manufacturers, but that flopped. Last year, Google introduced an orb-like device called the Nexus Q in hopes of delivering more Internet video to flat-panel TVs, only to quickly pull the product from the market.

Google wants to have a presence on TVs because it could open up a lucrative new channel for it to sell more ads, which bring in most of its revenue.

In a show of its determination to make inroads on TVs, Google started selling Chromecast for just $35 on Wednesday. That price undercuts the most popular Internet-streaming devices made by Apple and Roku. An Apple TV box sells for $99, while the least expensive Roku box capable of showing high-definition video goes for $80. Roku, a company that formed within Internet video subscription service Netflix Inc., also sells an Internet streaming stick similar to Chromecast for $100.

Earlier this year, Apple revealed that it has sold more than 13 million of its streaming boxes. Roku said its sales of streaming boxes surpassed 5 million units this year.

The Chromecast device connects with smartphones, tablets and personal computers to beam Internet connect to TVs. The Apple and Roku streaming boxes rely on a standard remote control to select Internet content.

As an enticement to get people to try Chromecast, Google is offering three months of free Netflix service with a purchase of the Internet-streaming stick. That translates to a $24 value, leaving the cost of the device at $11 for those who would have gotten Netflix anyway.

Leap Motion brings Touch-free computer interaction



The keyboard and mouse have long been the main bridge between humans and their computers.

More recently we've seen the rise of the touchscreen. But other attempts at re-imagining controls have proved vexing.

But after years of development and $45m in venture funding, Leap Motion, a San Francisco-based start-up has come up with what it claims is the "most natural user interface possible. "It's a 3D-gesture sensing controller that allows touch-free computer interaction," said Michael Buckwald, chief executive and co-founder of Leap Motion.

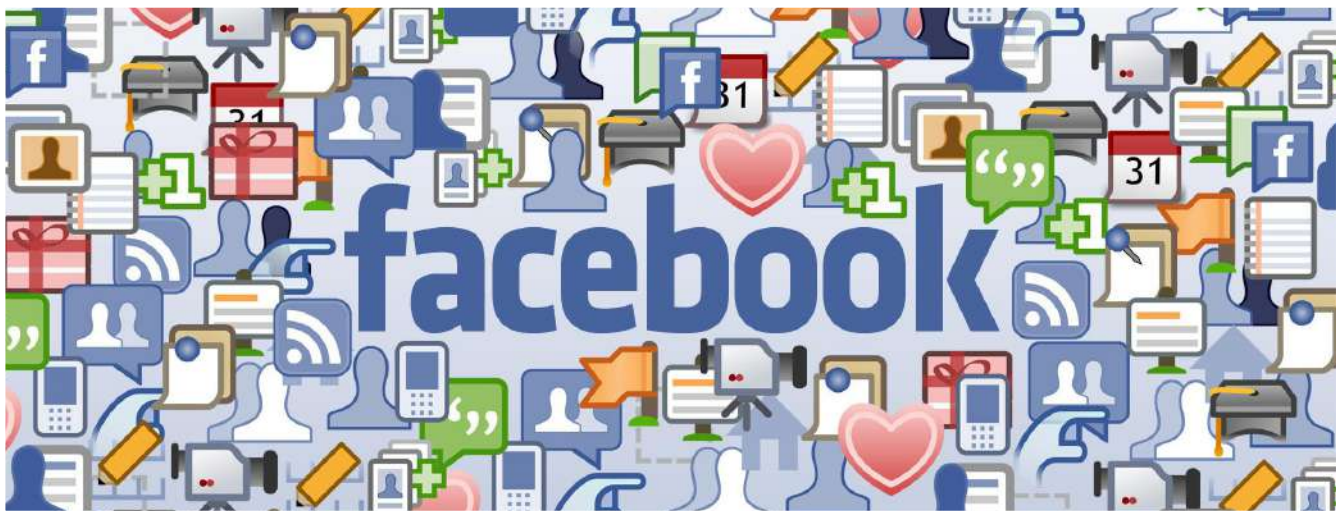
Using only subtle movements of fingers and hands, within a short distance of Leap Motion it is possible to accomplish virtual pointing, swiping, zooming, and painting. First deliveries of the 3in (7.6cm)-long gadget are expected to begin late July. "We're trying to do things like mould, grab, sculpt, draw, push," explains Mr. Buckwald. "These sorts of physical interactions require a lot of accuracy and a lot of responsiveness that past technologies just haven't had."

Adding that it's the only device in the world that accurately tracks hands and all 10 fingers at an "affordable" price point, Mr. Buckwald claimed that his product was 200 times more precise than Microsoft's original Kinect. It works by using three near-infrared LEDs (light emitting diodes) to illuminate the owner's hands, and then employs two CMOS (complementary metal-oxide-semiconductor) image sensors to obtain a stereoscopic view of the person's actions.

Hundreds of thousands of pre-orders have poured in from around the world, and thousands of developers are working on applications, Mr. Buckwald says. Leap Motion is convinced it has a shot at making gesture controls part of the mainstream PC and Mac computing experience. The company already has its own app store called Airspace with 75 programs, including Core's Painter Freestyle art software, Google Earth and other data visualization and music composition apps. The New York Times also plans to release a gesture-controlled version of its newspaper.

Leap is already looking beyond the PC and says it hopes to embed its tech into smartphones, tablets, TVs, cars and even robots and fighter jets in future.

The 'Other' folder in



Even if you are a Facebook veteran chances are you do not know all the nooks and crannies of your homepage. Recently someone posted the alarming note that they had just discovered a secret folder full of Facebook messages that they had never seen. It is likely that many more among the 1.1 billion users of Facebook are unaware of the folder called 'Other'.

If you have no time to read further, here's the bottom line: Go to your Facebook page. In the left-side panel, click Messages. There, next to the boldfaced word 'Inbox', you see a light gray word 'Other'. Click it to see your hidden stash of messages. You might be surprised at how much important stuff has been waiting for you there. It turns out that the 'Other' folder is part of Facebook's weird $1-a-message program. If you try to send a message to someone who is not one of your Facebook friends, a dialogue box appears. It offers you two choices: either pay $1, or condemn your message to that 'Other' folder.

The program may not be quite as ham-handedly greedy as it seems; Facebook explains that this program is intended to eliminate spam. By limiting Inbox-bound traffic to messages from people you actually know (and people who've paid a dollar), Facebook can better ensure that you'll never see junk messages there.

That is fine, but then why should the 'Other' folder be so buried. You don't get any kind of alert or notification when new messages arrive there. And, as you now know, it takes two knowledgeable clicks to find it; which is why you probably didn't even know your 'Other' folder existed.

Face powder
to ensure flawless makeup



The makeup artists who work on the red carpet circuit have a difficult task — making sure actresses have flawless makeup that stays in place all day and night. To achieve this minor miracle they rely on setting powder.

Even a minimal amount of powder will set your makeup, smooth your skin, and give you longer wear. However, it is not always the easiest product to apply — especially when you are already fighting off dry winter skin. Here are a few tips on daily wear, and why face powder is worth the extra step in the morning.

Always match your skin: Whether you are planning on being in harsh lighting or taking a lot of photos, your powder should always match your skin. Be careful: your powder's color can change once it has been on your skin for a few hours. If you are going to be in hot lighting or think that you may get shine, be especially wary not to go darker because the powder may oxidize on your skin and become even darker as you are wearing it.

Avoid the outer edges of the face: Powder should be primarily applied to the center of the face; in the T-zone, on the outer corners of the nose, and to your chin and cheeks. Avoid going too far on the outer edges of the face as you still want the natural radiance of your skin to show through. Apply a highlighting product at the edges instead; most people don't get shiny around the perimeter of the face, anyway.

Boost concealer with loose powder: Use a powder to keep concealer in place all day. Make sure to always use a loose powder, not a compact, because it won't fall into line creases.

Create a natural-looking finish: Powder shouldn't look dry on your skin. To make your powder invisible, dampen a makeup sponge and pat it over the skin. This removes excess product and creates a silky finish.

Touch up with blotting papers: Instead of piling on layer after layer of powder throughout the day, control excess oil with blotting papers. Layers of powder can look cakey; oil absorbing sheets remove the grease without messing with your makeup.

Cleanliness: Face powder should be applied on a clean face, and with a clean brush or applicator. Change your brush or applicator as often as necessary so that the oil and dirt from your face doesn't get trapped in the bristles or the sponge. This can lead to clogged pores, and eventually irritation and infection.

Healthy nails and great-looking hands

Taking care of your hands and nails is as important as taking care of the skin on your face. Yet your hands often don't get the attention they deserve. By following a few simple steps every day, you can keep them looking and feeling young and supple.

Keep hands moisturized and sun-protected: You may have a dedicated routine to keep your face hydrated and protected from the sun, but what about your hands? They need moisture to keep them supple, and they are also at risk for sun damage, which can cause wrinkles and dark spots. It is important to keep them protected every day. Look for a moisturizing sunscreen with an SPF of 15 or higher, and try to choose one with emollient ingredients like shea butter (which also offers some sun protection) and vitamin E (which has been shown to reduce wrinkles and skin roughness).



Take care of your cuticles: Just like your hands need to be moisturized, so do your nails. Rub a little into the base and sides of your nails, including the cuticles, the protective barrier between your nails and the skin underneath. Moisturizing your nails and cuticles keeps those areas more pliable and less at risk for cracking, tearing and hangnails, which can open the door to skin infections. If your cuticles are very dry and prone to tears, you may want to consider applying nightly cuticle oil to offer an extra dose of moisture.

Wear gloves during chores: Water, especially hot water, can strip your skin of its own natural oils, leaving your hands and nails dry and chapped. Exposure to the chemicals found in some cleaning products can cause contact dermatitis, which is a skin reaction that results in redness, itching and dryness. Wearing a pair of the cotton-lined rubber gloves while you clean helps to minimize your contact with water and chemicals, keeping hands shielded while you work.

Remove polish: A fresh coat of nail polish adds a pop of color to your hands, but you don't want to leave it on for too long. In addition to unsightly chips, an old coat of polish (especially if you tend to prefer darker shades) can cause discoloration or yellowing and weakening of your nails. Aim to keep polish on for no longer than a week, and remove it with a cotton pad and non-acetone polish remover, which is gentler on nails than a remover with acetone. Once your nails are polish-free, check them for any irregularities, such as white spots, vertical lines or dark streaks.

File your nails: When it comes to the best length for your nails, be smart: nails that are too long are more likely to split or tear, as well as harbor bacteria, while nails that are too short may not adequately protect your fingertips. Aim for nails that are 'just right', with tips that extend two to three millimeters beyond your fingertips.

FASHION

Peplum
— the latest trend on catwalks



Peplum is one of the hottest trends for the runways and celebrities, but there is a myth out there that this style is only for slim and trim figures. Whether you are a size 2 or 22, you can make this trend work for your body type, provided you pay attention to the following:

Start with shapewear: Peplum is amazing for creating an hour-glass figure because the frilly part of the top or dress expands outward right at the top of the hips, making your waist look smaller and your hips wider — remember it is all about that waist-to-hip ratio. Still, in creating that silhouette, you want the glass to be smooth and flare out only where the shirt does, not because of belly bulges or back fat. A good one-piece slimmer can straighten all that out.

Cinch: If shapewear isn't enough to give you the ratio you are looking for, you can always cinch the waist more with a belt. Placing a wide belt over the mid-section not only covers anything you don't want seen, it also adds more dimension to the dress and, while it brings the tummy in, the hips stand out more which is perfect for this look. A skinny belt is also a nice accessory to add if you are not self-conscious about your middle.

Keep it simple: Peplum is already an exaggerated look so there is no need to go overboard with wild patterns or bright colors. You can if you want to, but if you are nervous about pulling this style off, keep it simple with monochromatic colors, or better still black, to draw less attention. If you still want to add color, do it with accessories. Though some women look great with accessories at a minimum, and instead they play with waist belts to create the style they want.

Also, skip the designs with extra-large poofs on the hips and try more structured tops and dresses that flow away at the hip rather than add a huge boxy layer of fabric around that section.

Swap pants for skirts: Some of you might be thinking it is not your waist you are worried about, it is your hips. Try a peplum top with a pair of pants rather than a skirt. The pencil skirt bottoms that typically go with the peplum look tend to fit snug in order to accentuate the overall silhouette, but swapping out a pair of pants with a peplum top gives you a little bit more control over the fit. Instead of leggings or a mini-skirt you could do a straight leg or even wide-leg trouser that won't fit so tight on the hips and make you feel like they stand out too much. Thigh mini-minimizing shapewear can also ease your fears.

Choose the right peplum: Peplums can have both sliming and voluminous effects, so you can cover your flaws and highlight your best assets. To accentuate your waist, go for a peplum on a jacket that is short and cute and that ends right above your hips. For extra volume to the hips, think a skirt or a dress with puffy and fancy peplum that ends on your body's mid-section.

Or you can make your hips look narrower by selecting a sleek peplum with no volume that ends after the widest section of your hips.

Birthday party themes



Birthday parties are easier and more fun to plan when all the party details can fall within a theme. You can choose from any number of themes, ranging from girly to off-beat or simple. The theme you choose should reflect your child's age, the number of guests you plan to have and their interests.

Themes for girls

Girly themes can work for little princesses or divas-in-training. Choose from common themes, such as a spa day where the girls rotate through stations for facials, hairstyles and pedicures, or elegant themes, like a garden tea party with fancy teas and hats. A princess dress-up party might work best for younger girls, whereas a diva party would be more fitting for a 'tween or teen girl. Have little girls dress up with shoes, dresses, boas and tiaras and have older girls create new fashions out of scrap fabric or aluminum foil and put on a fashion show.

Adventurous Themes

Use an active-based theme for your son's birthday party. For example, arrange for sports and games lessons or self-defense lessons. These will wear the young guests out, while providing fun and educational activities. Plan an "around the world" theme where each part of the party relates to a different country or continent. For example, send airline ticket invitations and decorate the entrance of your party space like an airport. Make passports for each guest with their picture on it and stamp it after each "location." For example, watch a movie about Antarctica, partake in French cuisine, paint African warrior masks and listen to music from Hawaii. This might work best for a sleepover, which will give you more time and more opportunities to try different foods.

Simple Themes

Simple themes can be the easiest to pull off, yet still provide room for creativity and fun. Choose a single color, such as hot pink for girls, where the color is represented on the decorations and food. Guests should bring gifts wrapped in the designated color. Use shapes as the theme of the party, such as polka dots. Polka dots will be visible on the invitations, the decorations and the birthday girl. Serve round foods, especially pizza, crackers, cookies and sandwiches.

Popular Themes

Incorporate the latest band, movie, character or reality show into your child's birthday party. For example, if there is a new singer that your son or daughter and their friends are crazy for, send them to a concert or create one at home. Play the band or singer's music during the arrival and games, and watch their music videos while eating.

Considerations

Don't force a color or theme just because you think it is cute. Instead, choose something your child likes. If you want the theme to be a surprise for them, always take their preferences and hobbies in consideration to decide on the theme.

For example, host a craft-theme party, which could include making T-shirts, pillow cases, scrapbooks or jewelry for girls. Plan extra games or activities in case your son's guests aren't interested in some of the things you have planned.

Give your child a personal style

Shopping for back to school is one of those really fun and exciting activities that kids and parents do together. There is nothing quite as exciting for kids as choosing new outfits to show off in the school halls or on an outing. What about trends? Today's moms think fashion is fun and many enjoy shopping for the best clothing wear and will involve their kids in the decisions. If you want to your kids to dress well, then it is important to teach them how to select the right clothes for them in the right styles and meet the clothes budget. Here's how.

Color matters: It is no secret that some people wear certain colors better than others — and that is true for kids too. So, be color aware. Step one is to find the child's best colors. These are not necessarily his or her favorite colors but the ones that are most attractive on them. Go to a fabric store and see what colors really work with your child's skin tone. Once you know the best colors,



you can shop with fabric swatches or paint chips and know that what you buy will go with other items already in the closet. This saves time and money and avoids mismatches.

Teaching kids to highlight their best features when they are young will help set the stage for later discussions. Point out differences, like colors that complement your daughter's complexion but wash out your own. These conversations will make it easier to one day discuss how best to dress for body proportions, and consider any flaws as a feature to be carefully flattered instead of hidden or ashamed of.

Find out what they like, within your parameters: You want to encourage your child to find their own style... but you want it to be within reason. So, how do you accomplish that? Easy if you put together a section of photos (from catalogues, magazines, etc) of varied styles that you approve of and falls within the style range your child gravitates towards. When you have representative samples, you can show them to your child and elicit feedback. Do this with only one child at a time, so they get personal time and are not bothered by negative comments from siblings.

Teach them value: Kids have no idea how much things including clothing cost. It is your responsibility to teach them how to create a great wardrobe on a budget. Most kids are apt to lean towards the 'name brands' that everyone else is wearing, even if they cost five times more than an unbranded T-shirt or sweatshirt. What can you do? Stress the importance of saving on the staples — like t-shirts, sweats, socks and more — and splurging on just a few statement pieces. For older kids, give them a budget for clothing and if the kid wants to spend more than is allotted (for name brands, etc.), the child will have to pay the extra amount.

Teaching manners to children

Do your child's manners leave a little something to be desired? From saying "please" and "thank you" to greeting guests when they come over, teaching kids good manners is an important part of building character. The good news is that teaching children manners do not have to be an uphill battle. Following are some positive ways to teach your child manners.

Lay down the ground rules: Make sure children know exactly what is expected from them when it comes to good manners. Explain the differences between being rude and being polite and go over how you would like them to behave. And, don't forget to be specific.

Repeat yourself: Repetition is the best teaching tool. So, on those occasions where your youngster does something that is improper or rude, offer a gentle reminder of the polite thing he should do the next time.

Give plenty of praise: Kids respond best to positive reinforcement, so give plenty of praises when your little learner does something right. Avoid scolding or nagging your kid and instead embrace the moment. Let them know that their behavior is commendable.

Role play: Teaching your child through role play works with just about any behavior you would like to explain, including manners. Acting out the etiquette you wish to see your superstar exhibit will both help them understand what is expected and give you both a chance to have a little fun.

Understand their actions: Help your children understand the harm they can cause by doing or saying thoughtless and unkind things. Ask them, "How would you feel if someone pointed at you, and started to laugh?" In the beginning, you may simply be doing damage control, but eventually you will be helping them to avoid harmful words or actions.



Point out the good behavior of others: Parents aren't the only role models when it comes to manners for children. Point out the courtesy and politeness that family members and others are exhibiting so they can see good manners in action.

Practice family politeness: Everyone in the family must be involved in a "please" and "thank-you" policy in which, for example, no request is considered unless the person asking says "please." When your children forget, just give them a look that says, "I'm waiting." They soon catch on. Use the same approach for saying "thank you."

Reward good behavior: Set up a sticker chart to track their good manners. Then, reward their progress with a prize or privilege. The visual reminder will help them stay on task while giving a little incentive to perfect their etiquette.

Keep kids healthy: Children tend to behave badly when they are tired or hungry. Kids need sleep and nutritious foods to live fulfilling lives. It is that simple.

L'azurde's latest collection

When: July 25- July 29
Where: Avenues Mall



Discover L'azurde's latest collections, an exquisite assortment of jewelry that emphasizes the brand's quality and craftsmanship, at the Avenues Mall Jewelry Event. L'azurde has received industry recognition at the highest level: the "Gold Virtuosi International Award" for design excellence in gold jewelry awarded in Italy and the "International Quality in Gold Jewelry Award" by the Trade Leaders' Club in France. Marvel at the beautiful pieces specially designed for L'azurde's 2013 collection, lovely and inspiring is the essence of each piece. A sight to behold!

Super Brand Bazaar Exhibition

When: July 23 - July 26
Where: Al-Baraka Ballroom, Crowne Plaza Hotel, Farwaniya

Attend the Super Brand Bazaar Exhibition to purchase a variety of amazing brands under one roof. The Bazaar is filled with a range of quality clothing from popular brands, all within reasonable prices to make it affordable to the public. These brands are well-known around Kuwait and loved for their style and exquisite craftsmanship. Their amazing clothing is probably not available elsewhere. Attendees will appreciate an exciting opportunity to buy beautiful and creative designer wear that appeal to varied tastes.



Walking for Health

When: July 25 - August 7
Where: 360 mall, Al Zahra Area

The Rijeemy walkathon is organized by the Kuwaiti nutritionist and diet expert, Dr. Abdulla Al Mutawa, owner of the Rijeemy Center. The walkathon is held at 360 Mall place daily, a safe, weather-controlled environment that give participants plenty of room to move freely. Last year there were additional benefits like educational facilities for weight-loss, healthy practices and diet tips. The goal of the walkathon is to encourage the public to live a healthier lifestyle and be more active. Timings are from 5 to 6pm daily.



TIES Ramadan Quran contest

When: July 30
www.tiescenter.net.



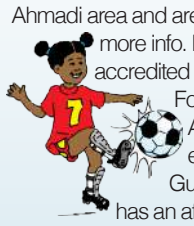
TIES Center is happy to host a Quran memorization competition for new Western Muslims including men, women and children. Competitors should memorize the following surahs (chapters): Al-Fatihah (The Opening, 1), Al-Ikhlaas (the purity or sincerity, 112), Al-Falaq (The Daybreak, 113) and An-Naas (Mankind,114). The first prize will be KD60, second prize is KD50 and third prize is KD40. The competition will be held on July 30 and the prizes will be awarded on August 6. For more information, please call 25231015/6 or email: info@tiescenter.net or log onto: www.tiescenter.net.



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.



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.

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



Biryani Festival

When: July 1- July 31

Zafran aims to satisfy the Indian palate that loves biryani in authentic flavors and rich spices. The Zafran's special, 'The Biryani Festival' provides a genuine bountiful Indian meal of flavorsome biryani accompanied by a complimentary portion of raita. Choices include Prawn Dum Biryani (stir-fried shrimps, caramelized onion masala and cooked with basmati rice) and Chicken Awadhi Biryani (boneless chicken cooked in Indian spices, rose water and aromatic basmati rice), and the incredible vegetarian dish, Subz Dum Biryani (Carrot, beans and corn kernels cooked with yogurt and basmati rice). Spend the evening at the Zafran restaurant savoring the distinctive Indian cuisine.

Fantastic Fruity Goodness

When: July 18 - July 31

A new delicious flavor that evokes a feelings of complete fulfillment, with its fresh, zesty taste; enjoy the new Pinkberry Apricot flavor created exclusively for Ramadan. Every cup has the greatest essence of Apricot, and provides a gratifying delicacy this month. Visit any of Pinkberry's stores at The Avenues to savor this new exciting flavor.



Tantalizing treats

When: July - August 17

Celebrate Iftar in a grand way with The Cheesecake Factory. In celebration of the bakeries one year anniversary in the Middle East, enthusiastic bakery lovers are invited to sample the tremendously tasty 7 inch and 10 inch cheesecakes under the offer, The "Sweetest Delivery". Flavors are subject to availability. Choices presented are many



scrumptious cheesecakes like Fresh Strawberry, OREO Dream Extreme Cheesecake, Hershey's Chocolate Bar Cheesecake, Reese's Peanut Butter Chocolate Cake Cheesecake and Piña Colada Cake Cheesecake.

Amazing Barbeque special offer

When: July - August 17

Dine at the Naz Persian Soul Food restaurant that features a selection of hearty, delicious barbeque options and other assorted food



items. The menu is comprised of the best meats and side dishes that are meant to provide a fun, satisfying experience. The prices are reasonable for well-cooked with many special ingredients for flavorful dishes. Visit the restaurant to relish delectable Persian soul food for Iftar and enjoy their Ramadan special!

Promotion starts on 31st July 2013

رمضان كريم

RAMADAN KAREEM

DIGITAL DELIGHTS



IT'S BACK

BUY 2 GET 1 FREE

*The lowest priced item will be FREE

25th July to 15th August 2013

GARMENTS
SAREES
CHURIDARS
FOOTWEAR
LADIES BAG

* Except Undergarments

Permission No. TH/2374/2013 *تطبق الشروط والأحكام

Lu&Lu HYPERMARKET لولو هايبرماركت

Where the world comes to shop