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VIEWPOINT 5
Living Free and Equal



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GERMANY Where medieval meets modernity

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Renewable sources to provide 15 percent of energy needs

Kuwait plans to utilize renewable sources to fuel 15 percent of its energy needs by 2030, said Minister of Education and Minister of Higher Education, Dr. Bader Al-Essa. He also added that the State is methodologically and voluntarily, contributing to reducing greenhouse gas emissions, as well as attempting to diversify energy sources through major projects by KISR.



The minister was speaking at the Sixth Middle East and North Africa Renewable Energy Conference (MENAREC 6), which was held in Kuwait last week under the patronage of His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. The conference brought together energy ministers, decision makers and other stakeholders engaged in promoting sustainable energy from across the region and around the world.

The three-day conference was organized by Kuwait Institute for Scientific Research (KISR) and the Energy and Building Research Centre (EBRC) in partnership with the International Renewable Energy Agency (IRENA) and the Federal Ministry of Economic Affairs and Energy (BMWI) of Germany. The key objectives of this year's conference, held under the theme of 'Renewable Innovations Towards Sustainable Energy', was to promote renewable energy as an essential

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UN calls for global partnership to prevent violent extremism

The objective of violent extremists is not necessarily to turn on us - it is for us to turn on each other. Their biggest mission is not the action, it is the reaction. The aim is to divide communities. The goal is to let fear rule, says United Nations Secretary-General Ban Ki-moon.

The UN Chief was speaking at the 'Geneva Conference on Preventing Violent Extremism – the Way Forward', which was co-hosted by the Government of Switzerland and the United Nations on 7 and 8 April at the UN office in Geneva.

The conference provided an opportunity for the international community to share their experiences and good practices in addressing the drivers of violent extremism.

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Multi-million dinar investments to boost tourism by 2025

Kuwait, where investments in the travel and tourism sector are forecast to grow by 4.3 percent year on year, to total more than KD276 million over the next decade to 2025, is expected to showcase its tourism offerings at the upcoming Arabian Travel Market 2016 exhibition.



The 23rd iteration of Arabian Travel Market (ATM), which will be held at the Dubai International Convention and Exhibition Centre from 25 – 28 April, is expected to witness record crowds of buyers and travel trade visitors eager to participate in realizing the full tourism potential of the region.

With falling oil revenues, Kuwait is keen to diversify its economy and wean it away from being solely dependent on oil income. In this regard, the state is plowing ahead with plans to enhance its transportation

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Sowing the Seeds of Syria's Future



Gordon Brown
Former Prime Minister and Chancellor of the Exchequer of the United Kingdom, is United Nations Special Envoy for Global Education and Chair of the International Commission on Financing Global Education Opportunity.



We are at risk of producing a lost generation of young Syrians. Nearly six years of civil war have displaced them from their homes, denied them the chance to plan for their future, and stolen their hopes. And in hopelessness, as we now know all too well, lie the roots of future violence in the Middle East.

The end of Syria's brutal war may seem far off. But we must not behave as if peace will never come, because, when it does, Syria will have to call upon its best and brightest – the generation at risk of being lost – to rebuild their country.

Today, almost all of those young people have been denied training in the skills they will need in the future. If there is to be any hope for meaningful reconstruction, it will have to be built on the bedrock of a higher education.

We must, of course, be realistic and acknowledge the obstacles in the way of delivering higher education to refugees outside their country. There are language barriers. Academic credentials must be documented or verified in some way. And significant new funding will be necessary (with just 1.3% of global humanitarian aid directed toward education, such funding will be hard to come by).

Notwithstanding these challenges, there is one significant step we can and should take immediately: the creation of an international clearinghouse dedicated to providing access to higher education. The existing, if limited, resources available to refugees must be brought together in one place, providing comprehensive information for Syrians seeking to begin or resume their studies.

Many important initiatives are already underway. Turkey recently unveiled plans to open three institutions tasked with offering higher education to Syrian refugees. In Lebanon and Jordan, a European Union-funded program is providing 3,000 young Syrian adults with the skills necessary for higher education. And a coalition of Canadian higher education institutions and providers has joined with the World University Service of Canada to increase financial support for refugees.

With the support of Jusoor, an organization led by Syrian expatriates, the Institute for International Education has created the Syria Consortium for Higher Education in Crisis, a consortium of colleges and universities providing scholarships for Syrian students whose education has been disrupted by the conflict. The institute also provides educational opportunities to Syrians through its Emergency Student Fund, which issues grants to ensure that students from Syria can continue their studies in the United States.

At the grassroots level, individual donors such as George Soros have been generous in their support. Moreover, universities have offered scholarships, and organizations like the Dutch NGO Spark are reaching out to Syrian refugees still in the region to provide opportunities for higher education. The Scholar Rescue Fund offers fellowships to academics to continue their work in safety outside of Syria.

Meanwhile, digital advances are helping to close the gap between refugees and a university education. The University of the People is an accredited US university dedicated to providing a quality, traditional college education online at no cost (except for a small fee for processing exams) to students with no other accessible alternatives. It has created a scholarship program to cover the cost of the examination fees for 500 refugees, with the goal of serving 12,000 in the future.

To make these chances available to more young people, we need a clearinghouse linking refugees in need with universities and organizations in a position to help them. John Sexton, President Emeritus of New York University, is dedicating himself to creating such a clearinghouse; and, under his guidance, the newly formed Catalyst Trust has provided seed funding.

> ***"If there is to be any hope for meaningful reconstruction, it will have to be built on the bedrock of a higher education."***

The reasons to support this effort are manifold. Jorge Sampaio, a former president of Portugal, has spearheaded the Global Platform for Syrian Students, connecting universities offering scholarships with refugees (through his effort, some 150 students have resumed their studies). Sampaio says that a clearinghouse could increase awareness and mitigate the risks faced by refugee students, with dramatic positive effects.

By the time the World Humanitarian Summit takes place in Istanbul in May, we must establish a funding facility for education in emergencies. In addition to ensuring that conflict does not disrupt the education process, such a fund could provide ongoing support to the global clearinghouse – perhaps even providing financial aid to talented young people.

We cannot wait for the war to end to pick up the pieces and rebuild – not when there is work that can be done today. By removing barriers to information we will provide refugees with the opportunity to continue their studies. And, as hope takes root among Syria's lost generation, they will lay the groundwork for the reconstruction and revival of their country.



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EXCLUSIVE to THE TIMES KUWAIT

Living Free and Equal



Rebeca Grynspan
Secretary General of Ibero-American General Secretariat and former Vice-President of Costa Rica



In the quarter-century since the publication in 1990 of the first Human Development Report, the world has made astounding strides in reducing poverty and improving the health, education, and living conditions of hundreds of millions of people. And yet, as impressive as these gains may be, they have not been distributed equally. Both between countries and within them, deep disparities in human development remain.

Consider infant mortality. In Iceland, for every 1,000 live births, two children die before their first birthday. In Mozambique, the figure is 120 infant deaths for every 1,000 live births. Similarly, in Bolivia, babies born to women with no education are twice as likely to die within a year as babies born to mothers with at least a secondary education. And these disparities continue throughout a person's life. A five-year-old child born in a low-income household in Central America is, on average, six centimeters shorter than a child born in a high-income household.

Such differences have taken root for a variety of reasons. These include 'vertical inequalities', like skewed income distribution, as well as 'horizontal inequalities', such as those that exist within groups because of factors like race, gender, and ethnicity, and those that form between communities, owing to residential segregation.

Many people face different, simultaneous forms of discrimination, and the degree of exclusion they suffer is a result of the interaction among them. A combination of vertical and horizontal inequalities can generate extreme exclusion and marginalization, which in turn perpetuates intergenerational poverty and inequality.

Fortunately, the world has become increasingly aware of inequality's pernicious effects on democracy, economic growth, peace, justice, and human development. It has also become clear that inequality erodes social cohesion, and increases the risk of violence and instability.

Ultimately, economic and social policies are two sides of the same coin. Besides the moral argument for reducing inequality, there is also an economic argument. If inequality continues to rise, higher growth will be needed to eradicate extreme poverty than if the economic gains were more evenly distributed.

High levels of inequality are also correlated with the possibility of political capture by elites who defend their interests by blocking egalitarian reforms. The problem with inequality is not only that it obstructs the pursuit of collective goals and the common good; it also erects structural barriers to development, for example, through meager or regressive taxation and underinvestment in education, health, or infrastructure.

Growth alone cannot guarantee equal access to public goods and high-quality services; deliberate policies are required. Recent history in Latin America, the most unequal region in the world, provides a good example of what is possible when such policies are put in place. The region made significant gains in social inclusion during the first decade of this century, through a combination of economic dynamism and sustained political commitment to fighting poverty and inequality as interdependent problems.

Thanks to these efforts, Latin America is the only region in the world that managed to reduce poverty and inequality, while continuing to grow economically. More than 80 million people have joined the middle class, which for the first time has surpassed the poor as the largest segment of the region's population.

To be sure, some have argued that this was made possible by favorable external conditions, including high commodity prices, which supported economic expansion. However, evidence from the World Bank's LAC (Latin America and Caribbean) Equity Lab confirms that growth explains only part of Latin America's social gains; the rest was due to redistribution through social spending.

Indeed, progressive policies were at the heart of the economic expansion itself: a new generation of better-educated workers entered the labor force, earning higher salaries and reaping the dividends of social spending. The largest wage increases occurred in the lowest income brackets.Now that Latin America has entered a period of slower economic growth, these achievements are being put to the test. Governments have less fiscal space, and the private sector is less able to create jobs. Efforts to reduce poverty and inequality are at risk of stalling – or even of losing hard-won gains. The region's policymakers will have to work hard to maintain progress on long-term human development.

The importance of tackling inequality is enshrined in the ideals of the French Revolution, the words of the United States Declaration of Independence, and in the targets established by the United Nations Sustainable Development Goals. The effort is at the root of shaping a world that is not only fair, but also peaceful, prosperous, and sustainable. If, as the Universal Declaration of Human Rights puts it, "all human beings are born free and equal in dignity and rights," should we not all be able to continue to live that way?



Egypt to ban rice exports

Egypt will ban the export of rice grains in an attempt to end a surge in prices partly driven by local traders hoarding the grain with the intention of raising prices.

The ban, which came into effect on 4 April, aims to help "achieve stability in rice prices for consumers," said the ministry of trade. The ban comes just days before the government's plans to buy rice through an international tender.

Egypt currently produces a surplus of rice and had lifted in October 2015 an earlier six-month ban on rice exports. But in recent weeks the country has been hit by rice scarcity as local traders began hoarding the grain with the aim of pushing up prices. This left stores



selling state-subsidized food with a short-supply of rice. A tender for domestic supplies on 19 March was cancelled because of traders quoted substantially high prices.

President Abdel-Fattah El-Sisi and his government are well aware of the importance of state-subsidized food for large sections of the public and the political fall-out from rising prices. After all, it was protests over rising food prices that eventually led to the toppling of former Egyptian strongman Hosni Mubarak.

Egypt is already battling a drop in foreign currency inflows as liberal handouts from oil-rich Gulf countries have almost depleted on the back of low oil prices; moreover remittances from Egyptians working in neighboring oil producing countries have also thinned in recent months. In addition, the tourism industry, a key source of revenue, has also taken a hit following terror attacks.



First edition of Next Einstein Forum hosted by Senegal

Last week saw top scientists, policymakers and start-up companies from across Africa gather in the Senegalese capital Dakar for the first-ever 'Next Einstein Forum'. The three-day forum aimed to find ways of stemming the brain-drain affecting the continent, as well as encourag governments to nurture research in various fields.

Stating that some of the continent's brightest talents have had to go abroad to work in the field of research and to seek greener pastures, attendees at the forum called for reversing this trend.

Attending the forum was Rwanda's President Paul Kagame and host President Macky Sall, who called on Africans to whip up their interest in scientific innovation. "The pressure is on to catch up and keep pace so Africa is not left in the wake of technological progress.

This starts with a change in our mindset. We really cannot be satisfied with just ending extreme poverty. Our aim is shared and sustainable prosperity. And the key to that is science and innovation, bound by research," said President Kagame.

He also touched on the apparent waning interest by students to pursue science-related courses at the tertiary level and the lack of investment and collaboration between governments and the private sector to develop the field. President Macky Sall urged Africa's youth to revive the spirit of research which made the continent shine in the past.



Kenya - geothermal energy power-house

With over a dozen potential sites located along the country's Rift Valley, Kenya is set to become one of the world leaders in geothermal energy production.

Geothermal energy comes from a mixture of water and steam under pressure drawn from nearly two kilometers beneath the earth.

The pressure and heat separates water vapor from water as it rises to the surface, which turns the turbines and produces electricity.

"It is a clean energy, or green, because its carbon footprint on the environment is minimal," said a spokesman for Kenya Electricity Generating Company.

Only a third of 45 million Kenyans have electricity. For a long time, Kenya depended on its hydroelectric network but recurrent droughts have made this source of energy less reliable.

The Kenyan government has made access to electricity in the country one of its priorities and hopes to triple production by 2020 to compensate an annual increase of 11 percent in demand.

The geothermal potential distributed over 14 sites along the 6,000km long Rift Valley, is estimated at about 10,000 megawatts.

The installation of two new production units at Olkaria 120km to the north-west of Nairobi has doubled the production of geothermal energy to 609 MW. Oklaria is the largest production center of geothermal energy in Africa. Kenya, which accounts for 5 percent of global production, is now the world's 8th largest producer of geothermal energy.

Uganda rolls out Africa's first solar bus

Africa's first solar powered bus rolled out of Kiira Motors in Uganda to ecstatic cheers by engineers and workers. Called 'Kayoola' the bus uses two batteries that are charged from solar panels fitted on the vehicle's roof. Chief Executive Officer of Kiira Motors, Paul Isaac Musasizi said the bus has a power train architecture which enables primary and secondary energy storage.

"The Kayoola bus is the first electric and the first solar bus to be built in Africa. What makes this bus pretty different from the ordinary buses is that it is electric battery vehicle. We use energy from the sun that is stored in batteries and then converted into mechanical energy by a motor. This mechanical energy is multiplied by the transmission to give us the propulsion needed at the differential unit of the vehicle," explained the CEO. Musasizi added that production cost of each bus is estimated at around $58,000 and would create employment opportunities for thousands of Ugandans once operations commence on various routes. With the capacity to travel a distance of 80 kilometers on a single charge, Kayoola is expected to ply between the country's international airport at Entebbe and the capital Kampala.



The bus, which produces no fumes, is being showcased as a sustainable form of transportation. The automobile industry is the main source of air pollution in Africa. According to a 2012 World Health Organization survey, air pollution causes an estimated 176,000 premature deaths annually in Africa.

A recent study by the UN estimated that the world's entire electricity needs could be met by harvesting solar power from an 800 kilometer square area in the Sahara desert. The International Energy Agency in a 2014 report said the sun could – with a radical shift in investments – be the world's largest source of electricity by 2050.



Huge natural gas reserves found in Tanzania

The Dodsal Group, an Indian-owned, Dubai-based business conglomerate with operations in India, Middle-East, North Africa and East Africa region, has struck an expansive sweep of over 2.7TCF (Trillion cubic feet) of natural gas deposits on their onshore concession in Tanzania. Based on the current market prices, the gas resources are valued at over US$8 billion.

Dodsal Resources, the holding company for hydrocarbon exploration, mining and production activities of Dodsal Group, announced last week that its wholly owned subsidiary, Dodsal Hydrocarbons and Power – Tanzania, which discovered the gas field in July 2015 and appraised it to be around 2TCF had revised their initial estimates to 2.7TCF with a potential upside of 3.8TCF, following recent studies conducted on the reservoir.

The biggest onshore gas discovery in Tanzania is located in the Ruvu Basin of Coast Region, just 50 kilometers west of the country's capital Dar es Salaam, on a Dodsal-owned oil and gas concession. The new discovery, which takes the total estimated recoverable natural gas reserves in Tanzania to over 57TCF, will contribute to increased reliability of clean energy resources and help drive all-round social and economic growth in the country.

"It's a game changer, this will change the economy of the country," said Rajen Kilachand, chairman and president of the Dodsal Group. Pointing out that most of Tanzania's earlier-discovered gas reserves are located off its coast, Mr. Kilachand said the gas discovery will help to eliminate the country's fuel importation bills. He added that the gas discovery will stimulate the local economy by creating jobs and boost Tanzania's competitiveness.

Renewable sources to provide 15 percent of energy needs

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and strategic part of the energy-mix for all countries in the region. The meeting highlighted the growing investment opportunities throughout the region in this field and called for supporting and strengthening regional partnerships on renewable energy development. During its deliberations, the conference also examined the national renewable energy programs of countries in the region to identify challenges and seek potential solutions. In her opening address at the conference, the Director-General of KISR, Dr. Samira Ahmad Omar revealed that Gulf Cooperation Council (GCC) member states plan to pump up to $100 billion into renewable energy projects over the coming two decades. She added that such robust funding aims to meet the growing energy consumption in the GCC states, which is estimated at three percent a year.

"The GCC states, as well as other countries in the Middle East and Africa, have promising opportunities in the field of exploitation of the solar energy, given the fact that they enjoy an equatorial climate and sunlight hours of up to 1,400 to 1,800 hours a year," said Dr. Samira. She noted that Kuwait was one of the first countries that sought to tap into the renewable energy, when in 1978 KISR designed and operated a pilot solar energy station with a generating capacity of 100 kilowatts.

KISR continued to pursue research into renewables and their utilization in seawater desalination and electricity generation. A few years ago, KISR launched the Al Shaqaya Renewable Energy Complex, which covers an area of 100 square kilometers, with a compound capacity of 200,000 megawatts, she said, adding that the project will go operational by the end of 2016. Studies conducted by the Institute have shown that a 10 percent renewable energy contribution of electricity to the nation's energy mix by 2030 would save approximately 40,000 barrels of oil equivalent per day (boed) and reduce CO2 emissions by 10 million tons per year (mty).

For his part, the Minister of Water and Electricity Ahmad Al-Jassar said that securing energy sources is one of the major challenges facing the MENA region. The minister pointed out that Kuwait is considered one of the top water and electricity consumer countries due its geographical location, hot temperature during the summer and urban expansion. This, he said, has led the ministry to discover new and innovative ways to clean energy, including utilizing solar power.

The quadrennial MENAREC conference, which was last held in Morocco in 2012, provides an opportunity for regional experts and international specialists to discuss latest innovations in the field of renewable energy, as well as find solutions to challenges posed in its implementation. The outcomes of MENAREC-6 will hopefully allow for further development of a comprehensive, inclusive and workable action agenda for renewable resource development and integration in the MENA region.

Globally obese people now outnumber underweight

Data published recently reveal that for the first time there are now more people who are obese than underweight in the world.

The research, led by scientists from Imperial College London, compared body mass index (BMI) among almost 20 million adult men and women from 1975 to 2014. The study found that during the 40-year period, obesity in men tripled and in women it more than doubled. Meanwhile, over the same time frame, the proportion of underweight people fell from 14 percent to 9 percent of men and from 15 percent to 10 percent of women.

The study showed that number of obese people in the world rose from 105 million in 1975 to 641 million in 2014, with obesity rates rising from 3 percent to 11 percent among men and from 6 percent to 15 percent among women.

On average, people worldwide have become an average of 1.5 kilograms



heavier each decade. At the current pace, about 18 percent of men and 21 percent of women will be obese, and more than 6 percent of men and 9 percent of women will be severely obese by 2025, the study found.

Over the past four decades, the world has changed from one in which underweight prevalence was more than double that of obesity, to one in which more people are obese than underweight.

The researchers said that to avoid an epidemic of severe obesity, new policies that can slow down and stop the worldwide increase in body weight must be implemented quickly and rigorously evaluated, including smart food policies and improved health care training.

Despite the findings, extremely low weight remains a serious public health problem in the poorest parts of the world, the researchers noted. For example, nearly one-quarter of people in south Asia are underweight, as are 15 percent of men and 12 percent of women in central and east Africa.

Sociologists note that the study findings reflect 'a fatter, healthier but more unequal world'. A focus on obesity at the expense of recognizing the substantial remaining burden of under-nutrition threatens to divert resources away from disorders that affect the poor to those that are more likely to affect the wealthier in low-income countries," they warned.

Warning against spurious teeth whitening products



Health authorities warn that some of the risks from using illegal teeth whitening treatment include mouth infections and damage to teeth, gums, nerves and tooth enamel. Teeth whitening is one of the most common cosmetic treatments availed of by both men and women.

Concerned about the availability of DIY whitening kits, with high concentrations of bleach in them, the authorities are cautioning that only dentists and certified dental health professionals are qualified to give whitening treatment.

Illegal DIY teeth whitening kits aimed at shops, salons and home use may promise fast results and a brighter smile, but they may often contain more than 33 percent hydrogen peroxide while the maximum legal limit for consumer use is 0.1 percent or six percent for dentists.

Dentists warn that using high levels of bleaching gels can cause among others, mouth infections, blistering and burns to gums, nerve damage, tooth enamel damage and gum shrinking.



Stem cell therapy helps in fight against heart failure

According to recent clinical trials, conducted at the University of Utah in the United States, end-stage heart failure patients treated with stem cells harvested from their own bone marrow had 37 percent fewer cardiac events than those who received a 'dummy' placebo.

While findings from the trials are promising, further long-term data on improved levels of heart efficiency and performance would still need to be seen before the procedure becomes a recommended intervention in heart cases. In heart failure, a weakened or damaged heart no longer pumps blood the way it should. The new study involved 126 heart failure patients. Sixty received the stem cell treatment, while the other 66 got a placebo.

After one year, 4 percent of the stem cell therapy patients had died and about 52 percent had been hospitalized for heart failure. That was an improvement on the group receiving the placebo, where 8 percent of patients died and more than 82 percent ended up in the hospital.

If further studies are successful, stem cell therapy may one day offer an alternative to current treatments for end-stage heart failure, such as heart transplantation and left ventricular assist device therapy, the researchers said.

In what is potentially good news for heart failure patients, a 10-year study found that bypass surgery plus medication appears to work better for heart failure patients, compared to the use of only medications.

In the study, all of the patients got standard heart drugs, but those who also underwent coronary bypass lived a median of 16 months longer. They also suffered fewer heart attacks, strokes and hospitalizations, the study found.

Switch triggering penetration of egg by sperm discovered

Researchers have pinpointed the 'switch' that triggers the sudden tail whip, which sperm use to penetrate and fertilize an egg.

The new finding could help identify a possible cause of male infertility and could also lead to developing contraceptives that work in both women and men.

The investigators found that the surface of a sperm's tail has thousands of protein receptors that respond to the hormone progesterone released by the egg. When sperm get close to the egg, these receptors react to the progesterone and cause the tail to snap like a whip in an attempt to reach the egg. If the receptor protein does not recognize progesterone, it could lead to infertility, said the research



team at the University of California in the US. Currently, the cause of nearly 80 percent of cases of male infertility is unknown. Sperm may be the problem in half of all cases of infertile couples, the researchers said.

In addition, the study authors suggested that a drug capable of deactivating progesterone receptors on sperm might prove an effective contraceptive for both men and women.

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The Breakfast Club



One of the most popular breakfast and brunch restaurants in Kuwait, The Breakfast Club offers an array of flavorful breakfast dishes, delightful sweet treats and remarkable sandwich options. A visit is enough to convince you why this hip and cozy breakfast spot, which offers traditional Middle Eastern dishes, American-inspired classics, as well as International cuisine, is so popular with people. Their menu, which features a wide variety of superbly prepared dishes, includes Italian frittata, beef eggs Benedict, and Kinder egg pancakes. If you are looking for a flavorsome meal with a bit of everything then stop by The Breakfast Club and find out what the fuss is all about.

Popular dish: *The Big Sandwich, fried eggs, Swiss cheese, cheddar cheese, maple bacon, arugula and aioli sauce on brioche bread.*

Sharq (Kipco Tower, M1 floor) and Fintas (Block 1, Street 1). Call 2294 3212 or 2390 0470.

Society by Supreme



To walk through the doors of Society by Supreme is to step into the ambiance of a luxury lounge. The richness and dedication jumps at you from the deep red couches, old prints of diners framed in gold, black and white and chandeliers hanging from the high ceilings. Choose your dining options from a menu the restaurant dubs its menuzine — a mix of a detail menu and informative magazine. All the elements of a menu with mouthwatering pictures, detailed descriptions are in it along with interesting reads. The European based menu has perfectly crafted pies, tarts, pizzas, pastas and burgers. Have a perfect scone with homemade clotted cream or try their special tricolor chicken tikka, in three flavors — green coriander based, yellow saffron and a red tomato tikka that complement the juicy and tender meat.

Popular dish: *Roulade of chicken and mushroom: Roulade, dish of filled rolled meat or pastry, consisting of chicken with mushroom and baked potatoes, covered in mushroom sauce.*

Levels restaurant complex, Mahboula. Call 2239 9322.

Container 75

Taking 'thinking outside the box' to a new level, Container 75 is basically two shipping containers piled one on top of the other. Do not worry about being boxed-in; the place is more spacious inside than it appears from the outside. Offering an extensive menu, ranging from appetizers such as Nitro shrimp bites and halloumi and lemon jam, to a variety of burgers and sliders of chicken, fish or beef – the options at Container 75 are practically innumerable. Creative names, such as Pearl Harbor, Cancun Port and Fry Ship, adorn their sliders menu; they also have a wide selection of mains and pastas that are sure to satisfy any craving. Also do not forget to try their Peanut Butter Fondant; break it open and enjoy the creamiest peanut butter and chocolate.



Popular dish: *Club Container, grilled chicken, topped with roasted mushrooms, beef bacon, devils egg, melted cheddar, fresh tomato, lettuce and Caesar sauce in a triple-decker ciabatta, accompanied by French fries and salad.*

Jabriya Block 1A and Seaview Complex, Abu Halifa. Call 2531 0075.

Every week, our 'Dining in Kuwait' section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our 'Dining in Kuwait' section and reach out to our wide reader base? Email us at dining@timeskuwait.com with a brief about your restaurant along with images in high resolution.



DIY crispy homemade nachos

Nachos, or tortilla chips covered with cheese or cheese-based sauce, is a traditional Tex-Mex dish from northern Mexico that has gained popularity as a snack in recent years. More elaborate versions add more ingredients to the base preparation and can be served as a main dish.

Though easy to whip up at home, there is a world of difference between gooey-cheesy-spicy-crunchy-salty-delicious nachos...and soggy nachos. To avoid soggy nachos, and get something delicious, follow the given steps:

Choose your chips wisely: A thick, sturdy restaurant-style tortilla chip is the one to be used when it comes to homemade nachos, because a thin chip may be crunchy and crisp, but it will not be able to take the weight of all the toppings. Whether you opt for an expensive brand chip or an artisanal, small batch brand, be sure that it is hearty and heavy.

Pick the perfect combination of cheese: When picking cheese, the price should be the least of your worries. Choose a combination of cheeses after taking into consideration both flavor and its melting factor. Do not choose packaged, pre-shredded cheese as these contain stabilizer which hinder their melting, instead shred your own cheese. Shredding cheese, rather than chopping or tearing it, has the added advantage in that it tends to melt faster, which means your nachos will be perfectly gooey without being charred or overdone.

Layer like a pro: One layer of chips



and toppings will taste good, but a double layer makes it even better. For maximum crunchy texture, start with a layer of chips that completely covers the bottom of your tray. Then, slather it with any toppings that need to be hot and/or melted, like beans, shredded meat, and cheese. Finally, do it all over again with another layer of chips and another of toppings. Once you reach the top, add a layer of cheese. The cheese will give you a bubby and golden look while keeping the underneath layers moist.

Keep everything bite-sized: Nachos are meant to be messy, but not so messy that they are impossible to eat. So make sure that every element of the dish is bite sized; shred the chicken finely, cut the steak into small pieces and break ground meat into smaller clumps.

Separate your hot and cold ingredients: Remember that hot items go in the oven and cool items



outside. Your meat, chips, and cheese are delicious when hot so they should be placed in the oven together, while fresh herbs, sour cream, salsa, guacamole, or avocado should be kept out and used just before serving.

Experiment with flavors: Everyone loves a classic cheese, bean, meat, and salsa dish, but also many are



excited to experiment on new recipes. So when experimenting, stick to the basics and add a bit of your favorite flavors, for instance, tamarind chutney.

Do not forget the cleanup: Cleanup can be condensed into two words: Aluminum foil. While melted cheese is delicious, it is also the most difficult to scrape off a baking sheet.To avoid the hard work, line your rimmed baking sheet with foil, and when the feast is over, all you have to do is crumple and toss it in the trash.

COOKING Tips



To shred cheese easily, place it in the freezer for 30 minutes. This will turn the cheese firm and easy to shred.



To clean a burnt vessel, add about two tablespoons of baking soda to the pan and cover with some vinegar. Let it rest for one hour before cleaning with dish washing liquid and baking soda.



To chop raisins without sticking, sprinkle some flour and then cut with a small kitchen scissors.



Celebrating music with Sonam Kalra

Award winning singer and composer Sonam Kalra will be performing live at the 'Music for Peace' benefit-concert, on 15 April at the Indian embassy auditorium.

Staff Report

Sonam Kalra is that rare breed of musician who has been trained in both Indian and Western traditions of music and is equally adept at both. Her unique brainchild, 'The Sufi Gospel Project' which blends the many voices of faith, through poetry, prayer and music to create one universal voice of faith, has earned her international critical acclaim.

In her music, traditional Western gospel melds with Indian classical sounds, and Eastern spiritual texts are enriched by elements of Western poetry to create sounds that touches every soul. Her compositions reveal that no matter what the language of the lyrics or the ethnicity of the sounds, there is but one language, the language of faith and that is the universal truth.

Sonam's ability to flow seamlessly, from one music genre to another, stems from her training in both Indian Classical and Western musical traditions. She has been trained in Hindustani Classical music under Shubha Mudgal and Sarathi Chatterjee and has also studied Gospel and Jazz with Ashley Clement in Singapore and classical opera under the noted tenor, Hur Chul Yung.

She is well known for her powerful yet sensitive voice and ability to blend styles while remaining true to the music. Her singing reflects the special meaning it holds for her and she brings to it a raw truth that can move you from deep within.

In addition to performing with her group of highly talented musicians, Sonam has collaborated with many musicians from different musical traditions, and has shared the stage with legendary musicians like Abida Parveen, Sir Bob Geldolf and also performed for world renowned musician Sting.

Sonam's vast research into understanding Sufism, its true essence and her unique creative and contemporary interpretation of it has been greatly appreciated across the world. Owing to her versatility and unique perspective, Sonam is fast becoming a familiar voice at prestigious venues and festivals and has performed in numerous countries, including in the UK, Sri Lanka, Singapore, Pakistan, Oman, Kuwait, Lebanon, Tunisia, Mauritius, Egypt, South Africa and the US.



In 2015, Sonam was awarded the L'Oréal Paris – Femina Women Award for Music and Performing Arts, by Femina, India's leading women's magazine. In 2013 the Mail Today newspaper listed her as one of 'the 50 creative powerhouses and impresarios who have elevated Delhi from a cultural desert to one of the world's leading art capitals.

Elle magazine profiled her in its list of 'Transformers: Women Who Own the Future'. Sonam has also been invited to share her work on Secularism through Music at various TED (Technology, Entertainment, Design) talks.

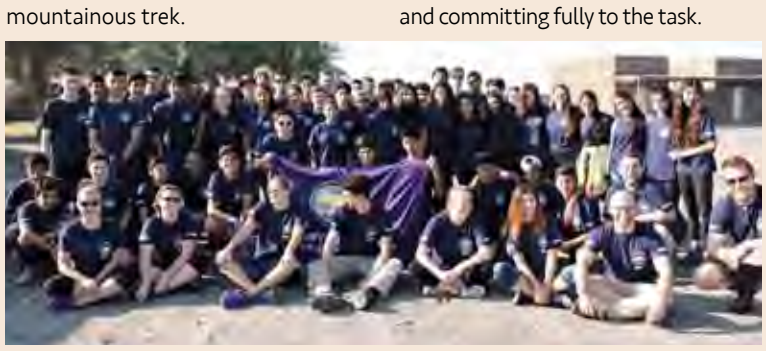
She has been recognised and appreciated for her all inclusive definition of Sufism and her message of peace and oneness has made her a popular voice at prestigious festivals and venues.

Among the more notable recent performances of Sonam Kalra and The Sufi Gospel Project are: Women in the World Summit, New Delhi; The International Sama'a Festival for Spiritual Music, Cairo; Kabir Festival in Mumbai, Jaipur Literature Festival, The World Sufi Spirit Festival in Nagaur, The Khushwant Singh Festival in Kasauli, Saif Khan and Kareena Kapoor's wedding reception in New Delhi, The India Show in Toronto, The UNESCO Palace Theatre in Beirut, Rama Krishna Mission 100 year Celebrations in Singapore and several others.

BSK students visit Ras Al Khaimah for the Bronze International Award

Over the past year a large number of students from The British School of Kuwait (BSK) have been training, planning and preparing for their adventurous journey as part of the 'Duke of Edinburgh International Award'. During the recent holidays, a group of 53 BSK students and their teachers embarked from Kuwait airport to Ras Al Khaimah, UAE, to complete training and undertake a mountainous trek.

The trip consisted of a day of travel and preparation followed by two days trekking in the mountains, camping in the night, and a final day of team building skills and debrief. The trip also required the assistance of 9 members of the BSK staff who received training on how to navigate from a map and compass. The students who completed the expedition were a credit to themselves, accepting new challenges and committing fully to the task.





The Netherlands opens new visa application center in Kuwait City

Residents of Kuwait can now apply for visas to the Netherlands at a new Visa Application Centre launched by the Embassy of the Kingdom of the Netherlands in Kuwait City. Applicants can visit the VFS Global center to submit visa applications and enroll for biometrics in a centrally-located and comfortable environment.

Kuwait is the seventh country in the Middle East, from where applicants can apply for a visa to the Netherlands. The center is located at 1st Floor, Albanwan Bldg, Ali Alsalem Street, Kuwait City. Services at this location started from 4 April, 2016.

The Netherlands joins 8 other Schengen client governments offering visa services at the same center, making it more convenient for travellers planning multiple business or leisure trips abroad to apply at a single location.

Speaking about the launch, Ambassador of the Kingdom of the Netherlands to Kuwait H.E. Frans Potuyt said, "As the number of visa applications has risen sharply over the last couple of years, our embassy is not able to extend the necessary services anymore to the many Kuwaiti's and others, who would like to travel to the Netherlands".



Also present at the launch, Srinarayan Sankaran, COO – Middle East, VFS Global, said, "Our long-standing partnership with our esteemed client government, the Kingdom of the Netherlands, is reflective of the trust they have bestowed on us through this time-honored and successful relationship. We are privileged to further extend our services in Kuwait to them and remain committed to providing comprehensive end-to-end visa services for applicants".



Al Nahil Int'l Clinic hosts free Diabetes Awareness Camp

On the occasion of The World Health Day, Al Nahil Int'l Clinic, Jleeb Al Shuyoukh, Division of Shifa Al Jazeera Medical Group, Kuwait announced a 'Free Diabetic Checkup' open to the public till 31 May.

"We want to create awareness and educate people on the measures to curb the rise of diabetics as part of our social commitment to create a better, healthier generation," said Al Nahil General Manager Abdul Aziz.

General Physicians' Dr. Pethuru Davadason and Dr. Liansa Philips shared their findings, saying that lack of awareness regarding consequences of this disease, lack of interest in maintaining a proper lifestyle due to various factors and failure to follow healthy food habits have led to the number of patients diagnosed with diabetes increasing steadily.

"Regular sugar check along with thyroid tests at least once a year can reveal sugar level in one's blood and help curb diabetes in the long run. Also, frequent consultation will provide proper guidance on the best practices and food that would help prevent diabetes. A study revealed that 40 percent of diabetic patients are prone to fall under depression, certain cases also show destructive complications to other organs," said Medical Director, Dr. Unnikrishnan Nayanar.

One of the most common pregnancy complications, gestational diabetes affects one in 10 expectant women — and because it occurs more often among obese women, rates of GDM have been rising along with obesity rates. "While the potential complications from untreated GDM are serious, the condition can easily be managed if diagnosed early and well controlled," added Dr. Himali Chowdhari, Gynecologist, Al Nahil.

Pediatric specialist Dr. Diana Thamby also shared her experience where children with diabetes tend to be depressed and in constant need for parental attention.

For more information: Visit: info@alnahilclinic.com or call:60057477.

MNSS launches the all-new Toytoa Innova

Mohamed Naser Al Sayer (MNSS) held a press conference on 5 April at the Toyota showroom in Al-Rai to unveil the new 2016 Innova, the popular multi premium vehicle from Toyota.

Johan Heislitz, Senior Business Director Toyota MNSS welcomed delegates from Toyota Motor Corporation, Koichi Ikemoto, Project Manager, Toshihiro Kuroki, General Manager Middle East and North Africa Representative Office (MENARO) of Toyota Motor Corporation, Hironatsu Tanigawa, Sales and Marketing Manager MENARO along with representatives of the press and media.

Speaking during the event, Mr. Heislitz said: "This event marks Toyota's dedication to continue its journey with the introduction of ever better cars, staying ahead of competition and at the same time always aiming to exceed customer expectation."



Toyota is once again redefining conventional notions of a Multi-Purpose Vehicle (MPV) with the launch of the all-new 2016 Toyota Innova in the Middle East. The new Innova, which can comfortably seat up to eight passengers, combines the essence of an MPV with the tough, emotional elements of an SUV to introduce the ultimate family vehicle. It has a sophisticated design with spacious and refined interior. Since its debut in 2004, the Innova's versatility, impressive performance and excellent value have earned it customers and admirers over the world.

"The new Innova will not only satisfy existing customers who love its legacy, but it will also win over customers looking for a spacious and more stylish vehicle with additional features," said Takayuki Yoshitsugu, Chief Representative MENARO. He added, "The model has received significant upgrades that extend beyond just its appearance. Our team had held extensive interactions with customers to determine the design and mechanical direction the vehicle should take. The new Innova has been built to exceed customer expectations throughout its model life."





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FROM 9 A.M. TO 5 P.M. (SUNDAY – THURSDAY)

KMC participates in the 32nd Gulf Traffic Week

In collaboration with the Kuwait Traffic Department, Kuwait Motoring Co. (KMC), the premier driving school, recently participated in the 32nd Gulf Traffic Week. All GCC countries celebrate the GCC Traffic week that is marked by activities ranging from workshops and seminars to distributing awareness leaflets in collaboration with ministries and official bodies. This year KMC hosted a visit by senior officials from Kuwait Traffic Department, visiting Gulf delegations as well as local media. The dignitaries were offered a tour around the modern facilities of the driving school and witnessed a motorbike test on the special testing track.

At the event, Public and Governmental Relations Manager Saqer Al Rashoud stated that KMC`s goals are, to provide road safety education and driving training for all vehicle categories with high quality standards and to improve motorists` traffic safety awareness, thus reducing traffic accidents and traffic related injuries.





KUWAIT OUT AND ABOUT

11 APRIL

GUIDED TOUR: HOUSE OF MIRRORS

A guided tour around the House of Mirrors will be held at 5pm. The fee per person is KD3. The tour is for adults only and the number of participants is limited to 8. To register: Email, joumana@aware.com.kw and for further details, visit, http://aware.com.kw/EventsDetails.aspx?ID=579

12 APRIL



The Fawzia Sultan Rehabilitation Institute Kuwait will be holding a conversation event titiled, 'The emotions of cancer' at its location in Baghdad street, Salmiya at 10:30am. This event will be conducted by Saima Bhatti, a cancer survior who will provide helpful tips and advice on the emotions related to cancer. This event is open to patients, survivors, families, friends and healthcare providors. For more information and to register: Contact, 97784045 or email, n.omar@fsrikuwait.org

14 APRIL

PHOTOGRAPHER'S BAZAAR

An open day event to buy and sell used photo and video gear equipment will be held in the basement of Symphony Style Mall, Salmiya, from 4pm to 10pm. This event will gather photographers and videographers from all over Kuwait. Special discounts will be given to attendees on many brand new products in the Symphony showroom. Table reservations will be KD20. For more information and booking call 25770700.

Don Giovanni Opera

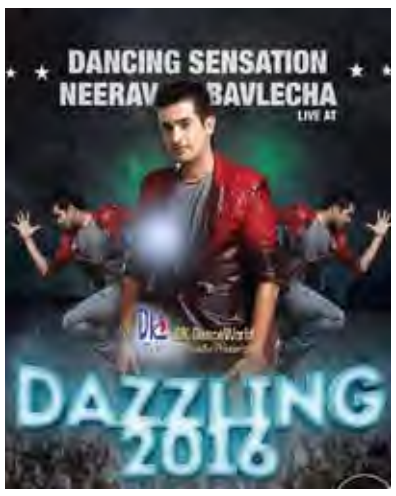
Ahmadi Music Group presents Mozart's immortal classic Don Giovanni in Abdulhussain Abdulridha Theatre in Salmiya on 14 and 15 April, at 7pm. The event will include live orchestra, chorus, international soloists and the ballet company of Center for the Arts, and will combine drama, comedy and Mozart's music. For more information: Call, 66184192 or visit, www.ahmadimusicgroup.com.

15 APRIL

An evening with PAWS Kuwait



In partnership with Canadians in Kuwait Organization, Michael Lea and friends will be holding an entertaining program with vocals, acoustic guitar and their unique brand of humor, at Al Hamra Tower, on 25 floor, at 6pm. The event will include vendors and raffle prizes, all proceeds of which will be given to PAWS. For further information and to reserve your seat: Whatsapp, 99835252.



Dancing sensation Neerav Bavlecha will be performing live at the Marina Hall Abbasiya, at 6pm. For more information: Call, 51792829 or 66891847 or email, dkdanceworld@gmail.com

16 APRIL

The Harry Potter adventure



Imaginit will be hosting the Harry Potter adventure, where one will get a chance to help Harry and his friends on their quest to defeat Voldemort. The event will be held from 4pm to 8:30pm, the location of which will be revealed after registration. Seats are limited and the ticket price for adults is KD10 and children under ten is KD5. To register: Email, imaginitq8@gmail.com.

18 APRIL

KERA to hold Vasantholsavam

Prominent NRI association from the Ernakulam district, Kuwait Ernakulam Residents Association (KERA) will be celebrating their fourth annual day celebrations branded Vasantholsavam 2016, a cultural extravaganza at the United Indian School, Abbasiya from 3pm onwards.

Arabic Courses at AWARE

Registration for the Summer I Arabic courses schedule (April 18 to May 28, 2016) has started at the AWARE Center. Beginners will be offered weekday evening and weekend morning courses. AWARE members are eligible for a 20 percent discount off each course and group registration of five or more will be eligible for a 10 percent discount. For more information and registration: Visit, www.aware.com.kw/class. or email, saleha@aware.com.kw or call: 25335280.

19 APRIL

'Freya: Letters from Kuwait'

A unique monodrama which has been chosen to participate in the International Monodrama Festival as part of the Kuwait Capital of Islamic Culture 2016 will be held at the Dasma Theatre at 8:30pm. The monodrama festival, performed by solo artists will present over 12 productions from all over the world between 16 to 23 April. Directed by international actor and director Abdulaziz al Haddad, the role of British explorer and author (Dame) Freya Stark on her visit to Kuwait in 1937 is portrayed by Alison Shan Price.

GELL workshop and seminars

Led by Jason Rothman, Michelle Hartman and Alice Guthrie, GELL workshops and seminars will be held from 19 to 21 April, at GUST (Gulf University for Science and Technology) from 10am. The event will cover the topic of 'Language at the Crossroads of Bilingualism, Translation and Culture.' For more information: Visit, https://www.gust.edu.kw/

22 APRIL

Living Yoga Festival 2016

The Jivamukti Yoga Kuwait Collective will be holding the Living Yoga Festival 2016, over two days and two venues –Al Shaheed Park on 22 April, where Sydney-based Advanced Certified Jivamukti Teacher Chris Johns will lead a free Electro Jivamukti Yoga class, and the Contemporary Arts Platform rooftop on 23 April were Chris will lead a challenging, intelligently sequenced two hour workshop.All money raised will be donated to a local Kuwaiti charity. The fee on 22 April is free but on 23 April is KD 15. For more information and to get your tickets: Visit, http://livingyogakw.com/

23 APRIL

KTAA Bazaar

Original designs, quilts, bags, table linens, silks, hand embroidery, designer jewelry and more will be exhibited and sold at the historic Beit Al Sadu, Sadu House, Arabian Gulf Street, Kuwait City, from 10am to 6pm.

29 APRIL

KALA Balakalamela 2016

Kerala Art Lovers Association (KALA) Kuwait will be conducting KALA Balakalamela – 2016, an Inter School Cultural Competition for Indian Sudents at United Indian School Abbasiya from Classes 1 to 12. Registration must be done before 21 April. For more information and online registration: Visit, www.kalakuwait.com or call, 97262978, 55926096 or 96639664.



30 APRIL

Vertical marathon

Peak of Al Hamra, a unique race to test pain tolerance in participants will be held at the Al Hamra Tower, starting 9pm. To win, the participants will have to complete the race in the shortest time by climbing stairs up to the 60th floor which is almost 2000 steps. Both male and female participants between the age groups of 16 to 55 can take part. For more information and registration: Visit www.events.pro-vision.com/event/detail/35



For publication of your announcements, upcoming activities or local events please email us at editor@timeskuwait.com
To publish images kindly send pictures in high resolution.





Indian Embassy organizes yoga session



The Embassy of India, in association with the Kuwait chapters of 'Art of Living', 'Harmony House' 'Artistic Yoga', 'Isha Foundation' and 'Sahaj Marg Meditation', organized a yoga session for the public at the Al-Shaheed Park on 8 April.

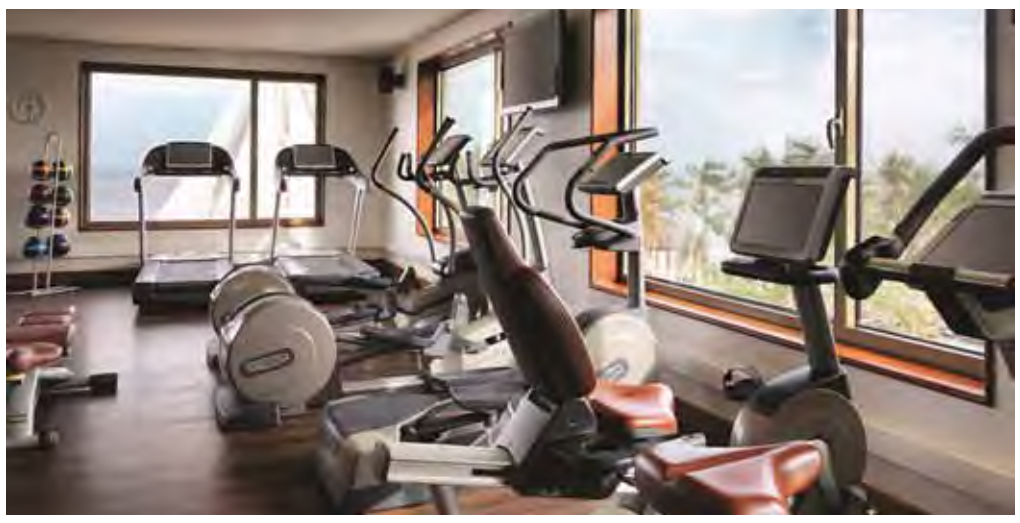
A large gathering of Indians and people of other nationalities attended the event and participated in the simple yoga movements and meditations designed to strengthen and revitalize the mind and body.

The yoga session was held as a run-up to celebrations marking the Second International Day of Yoga which will be held at the embassy premises on Friday, 24 June.

The Indian Ambassador to Kuwait H.E. Sunil Jain extended his warm greetings to the gathering before joining in the session, which was led by instructors from different yoga groups.

The United Nations General Assembly had declared 21 June the International Day of Yoga following an address by Indian Prime Minister Narendra Modi at the UN General Assembly on 27 September, 2014. The initiative won overwhelming support from 177 countries, including Kuwait.

Jumeirah Messilah Beach Hotel & Spa reveals an array of experiences



Talise Spa, the award-winning haven of tranquility, is offering the exclusive Sensory Energy for unprecedented rejuvenation treatment. The promotion involves an exclusive 90-minute Diamond Lifting Multi Sensorial facial coupled with a complimentary 60-minute relaxing Swedish massage. For treatment of the month, Talise Spa is offering the deeply relaxing Luminescent Indulgence treatment designed to leave the skin radiant and refreshed after a thorough organic body scrub followed by a massage to promote circulation and energize the muscles. Guests visiting Talise this month will enjoy the Green Detox signature beverage; a nutrition-packed smoothie of green tea, kiwi, and lemon to hydrate the skin ahead of summer season.For the ideal wellness experience, the luxurious landmark recently introduced Talise Spa and Talise Fitness memberships to offer members wide-ranging benefits through a combination of invigorating workouts and luxurious pampering.



As part of its unique dining experiences, the idyllic resort carries on with its ever popular 'Indian Nights' in the all-day dining venue, Garden Café. Guests are welcomed to taste home-cooked Indian specialties starting every Tuesday at 7:00pm. Families can also savor the best of every cuisine at Garden Café's weekly Amazing Friday Brunch from 1:00 to 4:30pm.

The Gym Team members applaud Tabata and Zumba workouts

Ricky Laxa
Staff Writer

Members of the Gym Team spent an hour on a fitness workout approach called Tabata, a power-packed workout involving core muscles and upper body strengthening. Filipino instructors, Stella Munch, Sofie Omar, Donnalyn Ilagan and Melrose Antonio filled the hour and half with series of routines intended to develop cardio vascular and weight reduction.

The full hour and half class started with Antonio's floor aerobic workout followed by four Zumba routines from Ilagan. Omar led another Zumba set to the delight of the participants. Munhc, on the other hand, perked the class with basic Tabata routines that included punches, kicks, torso twists and light cardio. Few more routines from Omar and Ilagan followed, and the class ended with a great cool down.

"People should try this combination of workout a fun Zumba and power packed Tabata. It provides fantastic results and an immediate difference in your core muscles," added Munch. The organizer of the class announced also that the following Friday class will be special as the Zumba class will revert to the decades of 70's and 80's music with ten instructors on stage alternately giving the routines.



Harley-Davidson Kuwait dealer hosts premiere screening of Being Evel

The Harley-Davidson Kuwait dealership hosted the exclusive screening of 'Being Evel' documentary movie – the untold story behind the iconic daredevil Robert 'Evel' Knievel on 31 March, as part of their 'Good vs. Evel' event, which was open to those with a passion for motorcycling or motorcycling genre films alike.

Harley-Davidson Kuwait also revealed their own custom bike entry to the 'Battle of The Kings' competition at the event. The contest, now in its second year, has over 240 authorized dealerships across Europe, the Middle East & Africa (MENA) competing against each other to demonstrate their originality and creative customization skills using a new Sportster Iron 883. The dealership's participation marks the first time the GCC has been represented and is testament to Harley-Davidson's increasing custom expertise in the region.





Harley-Davidson collaborated with up-and-coming visual artist, Ryan Quickfall to create a series of exclusive 'Good vs. Evel' prints, inspired by Evel Knievel and Harley-Davidson's unique custom culture. Just 100 art sets, containing four posters, have been created for each dealership and given to the first 100 guests to attend the 'Good vs. Evel' events. Each dealer also has one limited edition framed print of Quickfall's Harley-Davidson XR750 artwork to giveaway.

Filipinos head to the polls for presidential election

Ricky Laxa
Staff Writer





Overseas Filipino Workers (OFWs) in Kuwait headed to the polls yesterday at the Philippine Embassy in Faiha to elect the country's new president. The Overseas Absentee Voting is a voting program designed for Filipinos living and working abroad that allows them to cast their votes within a month's time prior to the actual national election in the Philippines.

The Philippine Embassy premises opened yesterday at 8 in the morning for voters, with an estimate of at least a thousand. Embassy personnel were prepared to receive the voters along with ten voting stations and machines to read the results of the votes, brought especially from the Philippines. Although there are four candidates that are running for the seat of the president yet only one camp located adjacent to the embassy premises was visible campaigning for the candidate. Popular Mayor of Davao City and presidential candidate Rody Duterte's supporters filled the initial hours of the embassy, a camp was set adjacent to the embassy, and supporters chanted his name to Filipinos arriving in the place. A supporter of Duterte, Chef Antonio said in an interview, "There is no one else who OFWs will choose but Duterte. We want our families secure and safe from crimes and we believe in the change he has promised. OFWs decision in Kuwait is one in saying that there is only one president of us and that is Duterte".

To add, Raz Sauradjan of OFW Agila Movement in Kuwait said that the call for change is evident and that OFWs have no choice. "We have tried all sorts of presidents, many of us have labored for years and the government and economy have remained as corrupt, now we find a new hope with Duterte and we believe the whole Philippines share our sentiments. Duterte will definitely win," commented Sauradjan.

Thousands of Filipinos are expected to turn up and vote in the coming weeks until the 9 May when Philippines hold its national election. "The votes of the Overseas Filipino Workers are essential and their voices need to be heard, it is their national duty as well to choose the right person to lead the country and we should not take them for granted, with full consideration that the OFWs are the biggest contributor to the economy of the country," commented Labor Attaché Atty. Cesar Chavez Jr.

Harvey Nichols launches Kaftan apparels



As women count the days to the Holy Month of Ramadan, they are eager for a full social calendar of Iftar and Ghabga invites. To prepare for the special occasions, a stylish kaftan in all its traditional glory offers the perfect addition to your wardrobe this Ramadan.

Harvey Nichols Kuwait has collaborated with local and regional designers to bring you unique options that you can find exclusively at their store. The Al Meida Design studio's collection, which is exclusively created for Harvey Nichols Kuwait reflects the designer's vision of elegance, modernity, power, and beauty. Anfal designs are all about being young at heart with a variety of boho-chic designs that transition smoothly from daytime to evening.



Azalea kaftans designs are traditional with a modern twist, using patterns that reflect Kuwait's rich heritage. Nouma's inspiration this year was modern Arabic culture, mixed with whites, beiges, golds, flowers, and embellishments.

I_Love_Dara3a was cofounded in 2013 by four Kuwaiti designers, who are famed for their modern and stylish designs. Meanwhile, QE63A Collection is a fun and playful ensemble of bright colors and bold prints that centers on making a statement and commanding attention when you enter the room.

Other fantastic popular designers that have showcased their remarkable collections at Harvey Nichols are Zayan The Label, Zena Presley, Ayakhair, Baruni, By Reem A.K., Dar Al Aseel by Amal Al Raisi, Double De and Elegant by Laila, KLD & DT, Loodyana, Montaha Couture, Seam Kaftans and Yasmin Sultan.



Courtyard by Marriott
conducts successful fire drill

The Courtyard by Marriott Kuwait, in collaboration with the Department of Civil Defence, conducted a successful fire drill involving all hotel employees. The drill was an opportunity to provide the required knowledge and training to all associates as well as empower them to handle and face circumstances that might arise during emergencies, especially fire.

The management team notified all guests well in advance, to avoid any kind of inconvenience. The fire drills are conducted on a quarterly basis to ensure that the hotel is in line with its safety and security goals and also all guest rooms, meeting rooms, and restaurants are equipped with the latest smoke detectors and cutting-edge fire-fighting equipment that are in line with international standards to ensure maximum security.

Indian Embassy announces holiday

The Embassy of India will be closed on Thursday, 14 April 2016 on the occasion of the 125th Birth Anniversary of Dr. B.R. Ambedkar. Nevertheless, the Embassy will provide emergency services in Consular, passport and Visa sections on that day.





Kerela Challengers clinch the 40th edition UGC Football Tournament

United Goans Centre (UCG) completes a huge landmark by celebrating its presence in Kuwait for forty years and its 40th edition football tourney in front of a packed Bayan stadium Friday morning. The chief guest for the day was Al Amaz shipping company CEO Mr. Hakim. The inter school childrens' final was played between United Indian School (UIS) and Indian Central School (ICS).

As the final whistle blew, UIS celebrated their 1-0 win and their inter school U-14 football trophy overcoming eight schools in the tournament.

Under 14 Inter School Football Tourney Awards went to Carmel School as the Best Discipline Team, Shaheen of UIS was the UGC Man of the match and the UGC Top Scorer of the Tournament. Meanwhile, Joshua of UIS was the UGC Best Goal Keeper and Anol of Indian Central School was the UGC Best Defender of the Tournament.

Both Goa Maroons and Kerala Challengers were vying for the iconic title of Winners of the 40th edition UGC football Edition. Kerela Challengers comprehensively converted their spot kicks and deservedly took home the UGC trophy after a 4-2 penalty shootout win with Sajesh, Sanjil, Haris and Jagadeesh all scoring.

Tony Gonsalves, founder member and president for 25 years, was also honored by The Times and other clubs for his contributions in establishing UGC and making football prominent in Kuwait for expatriates over the last forty years. The Best Discipline Team (in memory of late president Joe Fernandes) went to AVC Sports & Cultural Association. The man of the match was Jamsheel for his crucial equalizer and the Top Scorer of the Tournament was Ben.

Kalyan Jewellers announces first-round of winners in ongoing campaign



Kalyan Jewellers, one of the most trusted and leading jewelry brands in the region, held the first draw of their 'Win 100 Grams of Gold Everyday' campaign, on 7 April. The first draw saw 11 lucky winners each receiving 100 grams gold.

The ongoing 'Win 100 grams of Gold Everyday' campaign, which is running from 27 March to 10 May, is the first of its kind in the country and has drawn enthusiastic response from shoppers. With the launch of this innovative promotion, Kalyan Jewellers is looking to further expand their already well-established customer base in Kuwait.

During the campaign period, shoppers can buy gold jewelry worth KD50 from any Kalyan Jewellers outlet in Kuwait and receive a coupon to enter the daily lucky draw for 100 grams gold. Also, customers who buy diamond jewelry worth KD50 get two coupons and double their chances of winning in the daily raffle draw.

Former ICSK student passes away



Daniel Lewis, former student of Indian Community School Kuwait (ICSK) who graduated in 2015, passed away on 6 April in Bangalore, India following a tragic motorcycle accident. May his soul rest in peace.

IKEA recalls LATTJO Bat cape



IKEA is recalling LATTJO Bat cape after reports of three children who have received marks and scratches on their neck while using LATTJO Bat capes.

No injuries which required medical treatment have been reported, but due to the risk of strangulation or injuries to the neck, IKEA takes precautionary measures and recalls the product.

IKEA is not willing to risk children´s safety and therefore, urges all customers that have a LATTJO bat cape to immediately stop children from playing with it and to bring it back to any IKEA store for a full refund.

LATTJO Bat cape has been sold on all IKEA markets except Russia and Indonesia since November 2015.

The LATTJO Bat cape can be returned to IKEA store for a full refund. Proof of purchase (receipt) is not required.

KENZO releases special collection of 'The Jungle Book' clothing



To celebrate the worldwide release of Walt Disney Pictures' live-action adventure 'The Jungle Book' in April 2016, Parisian fashion house KENZO is delighted to announce its exciting return to the jungle, producing a limited edition collection of men's and women's ready-to-wear pieces. The collection, inspired by the story's classic characters, will arrive in-store on the 16 April and reawaken the spirits of all fans of Mowgli and his gang of unlikely heroes and friends.



KENZO Creative Directors Carol Lim and Humberto Leon delved deep into the Disney archives to source some of the original drawings from the classic animated movie, 'The Jungle Boo'. Once they discovered these fantastically joyful sketches, the prints swiftly followed and Mowgli, Bagheera the panther, King Louie the orangutan, Hathi the elephant, Baloo the bear and Akela the wolf suddenly came back to life in two abundant and richly colorful jungle scenarios. The prints will be featured on a women's collection of silk and cotton summer shirts, dresses, jackets and tops and on the men's collection which features light jackets, trousers, shorts and Hawaiian shirts.

For this first collaboration with Disney, one of KENZO's most renowned emblems has been cheekily usurped on a line of sweaters and tee-shirts by none other than the fearsome tiger, Shere Khan.

Massimo Dutti introduces its exciting new S/S 2016 collection





This year's collection displayed a fusion of colour and lines that could well be considered the stars of the new season at the Massimo Dutti store in Marina mall on Wednesday, 6 April.

Welcoming the 2016 Spring/ Summer collection through an entertaining evening with its experienced staff, were Massimo Dutti Kuwait's loyal VIP customers, media personnel and trendy influencers, who were also presented with gift vouchers to shop at their favourite store while browsing this year's finest attires.



Setting the trends every season, the line ranges from olive greens to the khaki and petroleum blues of the Industry collection, right through to the arabesque airs and reddish tones of the Asilah Collection followed by the Ikat motifs, prints and earthy colours that make up the small Atlas Collection. The 2016 Spring Summer collection can be viewed exclusively at its stores in Marina mall and The Avenues mall.

Hyundai wins prestigious Red Dot Design Award



Hyundai Motor has once again received international acclaim in the prestigious Red Dot Design Awards, with the forthcoming IONIQ eco-friendly model recognized for its outstanding design in the coveted Vehicle category.

The Red Dot Design Award, granted by the Design Zentrum Nordrhein Westfalen in Germany, acknowledges international excellence in product design. In the Vehicles category, the 2016 awards recognized the future-orientated design of Hyundai's first dedicated eco-friendly model.

Halt the rise: Beat diabetes

World Health Day, marked each year on 7 April, draws focus this year on diabetes, a non-communicable disease that, for the most part, can be prevented and treated. The goals of World Health Day in 2016 are to increase awareness, scale up prevention, strengthen care and enhance surveillance of diabetes around the world.



Diabetes, which was once considered a lifestyle disease afflicting mainly affluent people in developed countries, has also become an impairing ailment in many developing and less developed nations.

Statistics from the World Health Organization (WHO) speak for themselves: In the last 35 years, the number of people living with diabetes nearly quadrupled, from 108 million adults in 1980 to 422 million, or more than 8.5 percent of the global adult population, in 2014. More than 1.5 million deaths in 2012 were directly attributable to diabetes, while risk from cardiovascular and other diseases related to high blood glucose levels led to another 2.2 million deaths.

In the Middle-East the prevalence of diabetes has soared from 5.9 percent of adults in 1980 to 13.7 percent in 2014, with an estimated 43 million adults in the region suffering from the disease. In Kuwait, more than 20 percent of the population are diabetic; and in the 45 to 60 year-old age-group the prevalence is even higher, ranging between 30 to 40 percent.

Also, the prevalence of diabetes has in recent years risen more rapidly in middle- and low-income countries, where awareness, preventive measures and access to affordable treatment are hard to come by. Poorly managed diabetes causes health complications that include blindness, kidney failure, heart attacks, strokes and foot ulcers that lead to amputations, which in turn impact the lives and livelihood of many people in these countries.

While diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications, it is unfortunate that awareness and access to such technologies and medicines are not readily available to many in the developing world. For example, basic technologies necessary for diagnosis and monitoring of diabetes, such as measuring glucose levels in blood and urine, are generally available in less than half of low-income countries, while in 90 percent of high-income countries it is a standard health test. Similarly, less than a quarter of low-income countries report that insulin needed to manage diabetes is available in publicly-funded primary-care facilities; in contrast it is readily available in 96 percent of high-income countries.

In her message on World Health Day, the Director-General of WHO, Dr. Margaret Chan, pointed out that people with diabetes can live long and healthy lives if their disease is diagnosed early and managed effectively. Dr. Chan called on diabetic patients, healthcare providers, medicine and health equipment manufacturers, civil society and governments to work together to prevent deaths and complications from diabetes.

Saying that preventing deaths and complications from diabetes requires access to affordable health-care services with equipment sufficient to diagnose and monitor diabetes, she called for better awareness and patient education to promote healthy diet, physical activity and self-care. Essential medicines for diabetes management, including life-saving insulin; regular screening for complications and early treatment when they are found; and a referral system across various levels of health care, are also critical to beating diabetes, said the WHO director-general.

Diabetes is a disease characterized by elevated blood glucose levels. Type 1 diabetes, which commonly affects children and adolescents, requires daily insulin for survival; it is currently not preventable. Type 2 diabetes, which is associated with poor life choices, such as an unhealthy diet and lack of exercise, is manageable and to an extent preventable.

Though the staggering diabetic numbers reported combine type1 and type 2 diabetes, the surge is primarily due to an increase in type2 diabetes, which is linked to an unhealthy diet, lack of exercise and obesity. The increase in type 2 diabetes can be directly correlated to growing number of obese in the world. Alarming figures show that one in three adults is now overweight and more than one in 10 around the world are now obese. Interestingly, there are now more obese people in the world than there are underweight people.

WORLD HEALTH DAY

Shortly after the United Nations was formed in 1945 there was growing realization among members that a global organization was needed to direct, promote and coordinate international health. The World Health Organization (WHO) was established in 1948 and at its first World Health Assembly it was decided to celebrate 7 April of each year as World Health Day. The day marks the coming into force of the WHO constitution.



Every year WHO celebrates World Health Day around a health subject; the theme for this year is 'Halt the rise; beat diabetes.

In remarks on World Health Day 2016, the WHO official in charge of leading efforts against diabetes, Dr. Etienne Krug, said, "Diabetes is a silent disease, but it is on an unrelenting march that we need to stop. We can stop it, we know what needs to be done, but we cannot let it evolve like it does because it has a huge impact on people's health, on families and on society."

He pointed out that diabetes triples the risk of a heart attack and leaves people 20 times more likely to have a leg amputated, as well as increasing the risk of stroke, kidney failure, blindness and complications in pregnancy. Diabetes itself is the eighth biggest killer in the world, accounting for 1.5 million deaths each year.

He called for governments to regulate the fat and sugar content of foods to ensure there were healthy options available to people. Better urban planning that enabled people to cycle and walk was also essential as was encouraging breastfeeding, he added. He also called on the food industry to act responsibly to ensure it reduced the fat and sugar content of foods, and to cease marketing unhealthy foods to young people.







DDI marks World Health Day; launches mobile diabetes clinic

Christina Pinto
Staff Writer

Dasman Diabetes Institute (DDI), the premier diabetes research, education and care facility in the region, in association with Zain Telecom, the leading telecommunications provider in Kuwait, held an event at the DDI premises in Sharq on 6 April, to promote and focus on this year's World Health Day theme: 'Halt the rise; Beat Diabetes'.

Among special guests attending the event were the DDI Director-General, Dr. Qais Al Duwairi, the former Minister of Health Dr. Hilal Al-Sayer, Director General of Kuwait Institute of Medical Specialties Dr. Ibrahim Hadi, and the CEO of Zain Telecom Iman Al-Roudhan.

A large number of visitors, including children, DDI staff and members of the media attended the colorful event, which saw over a dozen private and public organizations and companies providing information on diabetes and its management. Highlight of the event was the launch by DDI of a mobile diabetes clinic designed to spread awareness and provide diabetes screening to the public. Speaking on the occasion Dr. Duwairi underscored the mobile clinic's goal of spreading awareness about diabetes in society by providing relevant health information and helpful advice, while also delivering preliminary diabetes screening to the public.

Revealing the alarming rise of diabetes in Kuwait and providing statistics on the disease, Dr. Duwairi said, "Prevalence of type 2 diabetes among adults in Kuwait is around 20 percent; while type 1 diabetes, among children below the age of 15, was 37 cases in 100,000; this places Kuwait third worldwide."

He added that DDI plans to hold various activities to promote the theme of this year's World Health Day, 'Beat Diabetes' and to support the Institute's mission of limiting the effects of diabetes and its related complications in Kuwait. He added that the cooperation of Zain Telecommunications was necessary as they could help spread awareness of diabetes by leveraging their technology and communication tools.







For his part, Dr. Sayer stressed the danger that diabetes held for Kuwait and GCC countries. He noted that people in the region are unaware of the danger of the disease and its complications that are now contributing to a higher mortality rate. He disclosed that the Kuwait Foundation for the Advancement of Sciences was working to provide assistance by supporting programs that educate school students on the best living and eating habits, and by encouraging them to be active. These steps, he said, were very important to beating diabetes and keeping the population healthy.

GCC states dip into wealth funds to withstand low oil revenues

Following more than a year and a half of low oil prices, the multibillion-dollar Sovereign Wealth Funds (SWFs) of oil-rich Gulf Cooperation Council (GCC) states are slowly being pried open to plug budget deficits and fund growth.



The International Monetary Fund (IMF) estimates that Gulf countries together lost more than $300 billion of hydrocarbon revenues last year. Monetary data provider eVestment published data in February showing that sovereign funds pulled at least $46.5 billion from asset managers in 2015 — greater than the sovereign outflows recorded at the height of the financial crisis.

Analysts believe SWFs in the region have begun liquidating their assets or reorienting their portfolio towards liquid assets, in a bid to fund among other things the deficits in their budgets. According to Moody's rating agency Saudi Arabian foreign reserves fell to $642 billion in September 2015, a drop of $89 billion from the figures in August of the same year. Meanwhile, in an attempt to liquefy its assets, the Saudi Arabian Monetary Agency (Sama) was also reported to have withdrawn between $50 and $70 billion from its Wealth Fund asset managers.

Other SWFs in the region have also reportedly cashed in on some of their assets. In October 2015, Qatar Investment Agency (QIA) sold a 10 percent stake in German construction company Hochtief and also announced stake sales in French construction giant Vinci and two London office buildings. Kuwait Investment Authority (KIA) reportedly sold $30 billion of assets in 2015, while Abu Dhabi's Mubadala also made redemptions. According to Moody's, SWF outflows would be at least 25 percent higher in 2016 due to the decline in oil price.

Analysts point out that the primary purpose behind the creation of SWFs in the GCC was to provide a safety cushion for future generations, given the heavy reliance the GCC economies have on oil. As a result, most SWFs take a very conservative investment approach focused on international diversification by region and asset class.

However, there has historically been a tendency for those SWFs to increase allocations to local equity markets at times of deep distress. So a substantial portion of SWF assets is likely to be diverted into local investments, most likely through funds and external managers. This serves two purposes: firstly, it allows long-term-focused SWFs to take advantage of short-term price dislocations, thus generating added growth for the fund itself. Second, it supports local markets by providing needed liquidity and acting as a signal of value to the broader market.

More than $7 billion was withdrawn from passive funds offering global equity exposure in the fourth quarter of 2015, while SWFs increased their exposure to less liquid asset classes such as private equity and infrastructure. This selling impacts global financial markets at a wider level as oil-dependent sovereign wealth funds play a major part in these markets, providing both solid long-term positions in large corporations and supporting share prices via their demand. Therefore, selling could well contribute to higher volatility on equity markets, and may also affect the long-term shareholder stability of many European corporations.

Most GCC funds provide little information on their investments or performance, but the latest data from the US-based Sovereign Wealth Fund Institute (SWFI) shows that the five largest SWFs — in Norway, Saudi Arabia, China, UAE and Kuwait — each hold between $500 billion and $900 billion and collectively manage at least three-quarters of total SWF assets. SWFs of GCC states are estimated to manage about 37 percent of total assets. ADIA holds about $773 billion, while Saudi Arabia's SAMA has about $632 billion, KIA has about $592 billion and QIA holds about $256 billion.

UN calls for global partnership to prevent violent extremism

Continued from Page 1

It also aimed to build support for the Plan of Action to Prevent Violent Extremism (PVE), which was put forward by the Secretary General to the UN General Assembly in February.

Opening of the high-level segment of the conference on 8 April, the Secretary-General said, "Let us be absolutely clear from the outset: the phenomenon of violent extremism conducive to terrorism is not rooted or confined to any religion, region, nationality or ethnic group. Let us also recognize that today, the vast majority of victims worldwide are Muslims.

"Violent extremists pose a direct threat to the UN Charter and the Universal Declaration of Human Rights. They undermine our collective efforts to maintain peace and security, foster sustainable development, promote the respect for human rights and deliver much needed humanitarian aid.

Today, terrorist groups control territory, resources and populations. They are fuelling protracted conflicts. They have blurred borders between sovereign States. The spread of violent extremism, which can be conducive to terrorism, has further aggravated an already unprecedented humanitarian crisis which transcends any one region. Local populations are paying the highest price. Millions are fleeing their homes in horror and fear, in a desperate search for safety for their families.

This challenge is all the more imperative because of the growing threat that chemical, biological, radiological or even nuclear materials could be acquired and used by violent extremists. This is a clear and present danger and the UN is working to prevent such a complex emergency.

Violent extremism is clearly a transnational threat that requires urgent international cooperation.

The Plan of Action puts forward a comprehensive and balanced approach for concerted action at the global, regional and national levels. It is based on five inter-related points: Number one, we must put prevention first.

Evidence shows that security and military responses alone cannot defeat this scourge. Sometimes such responses have proven to be counter-productive. For example, when efforts ignore the rule of law and violate fundamental rights, they not only betray the values they seek to uphold, but can also end up further fuelling violent extremism.

Policies that turn people against each another and alienate already marginalized groups play into the hands of the very violent extremists that we seek to counteract. We need to engage earlier and address the drivers of violent extremism.

There is no single pathway, and no complex algorithm that can unlock the secrets of who turns to violent extremism. But we know that violent extremism flourishes when aspirations for inclusion are frustrated, marginalized groups linger on the sidelines of societies, political space shrinks, human rights are abused and when too many people, especially young people, lack prospects and meaning in their lives.

The Plan emphasizes conflict prevention, conflict resolution and political solutions that are based on listening and responding to the legitimate demands of people. Resolving long-standing conflicts, and giving hope to those enduring oppression, will help eradicate the breeding ground of violent extremism, leading to terrorism.

The Plan urges full implementation of the Sustainable Development Goals, because fulfillment of these goals will address many of the socio-economic drivers of violent extremism. The plan highlights women's empowerment and youth engagement, because we know that societies with higher equality and inclusion are less vulnerable to violent extremism. Number two, national ownership. The Plan offers a menu of recommendations for Member States to forge their own National Plans of Action based on national ownership.

These National Plans of Action should use an 'all-of-government' approach and engage 'all-of-society' to be effective. Preventing violent extremism also requires support from religious and community leaders, women's leaders, heads of youth groups and leaders in the arts, music and sports, as well as the media and private sector. We must break down the silos between the peace and security, sustainable development, human rights and humanitarian actors at the national, regional and global levels.

Number three, preventing violent extremism requires increased international cooperation. No country or region alone can address the threat of violent extremism. We need a dynamic, coherent and multi-dimensional response from the entire international community. I pledge to leverage the universal membership and the convening power of the UN to further strengthen international cooperation at the national, regional and global levels.

Number four, United Nations support. Under the framework of Pillars I and IV of the UN Global Counter-Terrorism Strategy, the UN stands ready to share expertise among Member States and support them in addressing the drivers of violent extremism through an 'all-of-UN' system-wide approach. There is much that the UN is already doing to implement these Pillars at the global, regional and national levels.

I plan to create a UN system-wide High-Level PVE Action Group to spearhead the implementation of the Plan at both the Headquarters and field levels, which will review these recommendations in June.

Number five, the Plan of Action is an urgent call to unity and action. I hope our discussions will galvanize unity for a strong consensus outcome in the General Assembly in June. Preventing violent extremism has many dimensions, but there is nothing more urgent than the need to protect and empower our young women and men. They are victims twice over — they are lured into the ranks of violent extremists and deliberately attacked by them in parks, schools and universities. We will not be successful unless we can harness the idealism, creativity and energy of 1.8 billion young people around the world. They are looking to us to demonstrate vision, courage and leadership. I am appealing to you to show exactly that," concluded the UN Chief.





Hide allergy symptoms with makeup

Your eyes are watering, your face is puffy, and your nose is a shade a red that no one's nose should ever be. You have allergies. You also have things to do, people to see and places to go, so you need those symptoms hidden, pronto. If you are looking for solutions so you can walk out the door feeling put together and looking good, here are some tips on how to cover allergies with makeup.

Watery eyes: One way is to use disposable mascara wands because allergens get on everything, especially when spring arrives and your windows are open. Another method is to use waterproof mascara. If you're not a fan of it because it dries your lashes, use a regular mascara first and then apply a waterproof one as a top coat. That way it is not going directly on your lashes, but it is still sealing everything in so your mascara doesn't run. Waterproof eyeliner can create an amazing smudged eyeliner look so even if your eyes get watery, it still looks pretty organic.

Puffiness: You can mask puffiness with contouring. An easy trick is to make a fish face so the hollows of your cheeks are really prominent, then taking a cream or powder, apply it to your cheekbones. Add a little bit underneath your chin, because that is an area that can get a little puffy too.

Redness: It is all about color correcting, so your best option is to use a green to cancel out the red or a finely-milled creamy concealer that will ease into your skin.

Master the perfect winged eyeliner

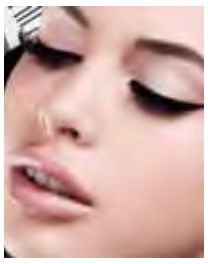


Applying liquid eyeliner is one of the most challenging makeup skills to master. You cruise through beauty gurus on the Internet flaunting their flawless, graphic wings and wonder how they manage it.

As it turns out, there are a few key liquid eyeliner tips that make the difference between a perfect eyeliner job and an amateur one. Here is some advice on how to apply eyeliner and master a photo-ready flick every time.

Take your time: The easiest way to step up your liquid eyeliner game is simply to set aside a good five minutes to do it right. Blasting through it quickly results in a mess, while carefully studying your eye and taking the time to cater to its contours will give you flawless winged eyeliner.

Find the right applicator: Just as you don't always use the brush that comes with your blush compact, don't feel obligated to use the felt tip applicator included with your liquid eyeliner. What about trying a small angled brush for a more angular look, or a fine-tip brush for a thinner, more precise line, whatever makes you feel confident will do the job right. That said, if you are comfortable with the felt tip and have been using it forever, you don't have to switch up your technique. But if it is giving you trouble, try swapping it for a separate tool.



Stop tugging: This is a top rookie mistake. When you pull your lid during application, it causes the skin to bounce back when you let go, taking the eyeliner with it. Consequently, there are bumps, smudges and an overall uneven liner. Instead what you should do is leave your eyes open and relaxed. Then, anchor your elbow against the mirror in front of you so you can pivot with it as the applicator sweeps over your lid. This allows the tool to do the work for you.

Focus on symmetry: You are making a mistake by closing one eye while applying eyeliner; it is a surefire recipe for janky, lopsided liner. With both eyes open, apply your liquid eyeliner at a 45-degree angle, extending from your bottom lash line. Once you have drawn your angle, draw a line across the lid from the inner corner out, connecting to the tip of the angle. Then fill in the middle of the wing. With practice, you will find this creates symmetry every time.

Understand your eye shape: Believe it or not, the classic cat eye isn't flattering on every eye shape as lids come in all shapes and sizes — almond, round, hooded and monolid. Though a graphic swish-and-flick looks nice on almond or round eyes, it will transfer and smudge on those with hooded eyes or monolids. Instead, draw on a tight line against your top lashes with a thin wing pointed upwards at the outer corner.









Style upgrade for summer dresses

Dresses are liberating, from their variety of silhouettes to their never-ending color and pattern options.

Moreover, fans can be overjoyed that the most unconventional of dresses are having their moment right now: think gothic florals, off-the-shoulder necklines and 3-D embroidery that remind even the most naysaying frock-haters that there is a way to integrate these exciting pieces into your wardrobe.

There is no item that makes you feel as good as the perfect summer dress and there is so much more to it than the 'throw-on-and-go' mentality. Here are some sartorial suggestions below for you to wear the piece of your dreams.

Dress things down: There is something pretty amazing about the juxtaposition of a cool pair of kicks with a fancier frock, it works. For a more subtle take on your footwear, opt for a one solid, and one patterned piece; and for those daring to go all-out, double the prints means your look is twice as good. You can also try pairing a loud and colorful pair of sneakers with an equally vibrant dress. The look is eclectic and interesting. If you want to emphasize the feminity in your dress embossed with flowery print or bright colors, go for minimalist sneakers.

Embrace wacky prints: Establishing your personal aesthetic is all about experimentation, and what better way to do so than by playing with loud patterns, like florals and tie-dye. Though the two may seem expected, opting for colors and cuts that tread outside the typical pretty pastels and A-line dresses will feel fresher for summer.

Innovative sleeves: Spaghetti sleeves. Bell sleeves. Balloon sleeves. If there is one thing you have to learn this year, it is that the style of your sleeves doesn't go unnoticed. For example, a one-shouldered dress gets a more casual feel with a short sleeve, and a simple white dress is made more modern with some lampshade-style ones.

Play up the neckline: If prints or out-of-the-ordinary sleeves aren't your thing, getting creative with the dress' neckline can also help your piece stand out. For sure the ruffles on the collar can be both stylish and flattering. This is one of those low-maintenance outfit additions that will leave you surprised by how universally flattering it is.

Pull inspiration from decades past: With a chiffon overlay and a print, like polka dots, you can get a vintage feel which can look pretty exciting. Modern summer dresses that give the slightest illusion of being from a past decade can help you stand out from the crowd.

Accessorize: Some dresses really take almost no effort to look put-together. But when you want to add a little oomph, splashing some accessories into the mix can go a long way. Sure, a printed or colorful summer dress can say so much on its own — but just think of how much more creativity, self-expression, and fun comes into play with anything from a layer of funky statement necklaces to neck scarves. Accessories are a way to add even more of an edge and personal element to an otherwise simple piece: a lapel pin or a pair of shoes. It is the little things that make clothing truly feel like your own.





Multi-million dinar investments to boost tourism by 2025

Continued from Page 1

infrastructure by expanding its road network, developing a green-field urban metro rail link and undertaking a major expansion of Kuwait International Airport. Kuwait's strategy for long-term tourism growth received a boost in 2015 with airport passenger volume growing from around 10 million travellers in 2014 to just over 10.2 million last year.

According to a World Travel & Tourism Council (WTTC) report entitled 'Kuwait Travel and Tourism Economic Impact 2015', tourism accounted for 1.5 percent of total GDP in 2015, and is set to rise by 0.3 percent to reach 1.8 percent or KD1.6 billion by 2025, although this is being re-visited given the current low oil prices scenario.

The WTTC report also showed that tourist arrivals are expected to reach 440,000 by 2024, an increase of 62 percent from the 270,000 arrivals in 2014. The increased capacity will be the catalyst for sector gains moving forward with leisure travel spending set to rise by 6.2 percent per annum to reach KD2.4 billion by 2025, and business travel, which saw a dip in 2015, forecast to pick up in the next 10 years with annual growth of 5.6 percent to reach KD457 million by 2025.

Kuwait is also focused on adding new high profile brands to its hotel mix with several luxury and more affordable accommodation options under development. High-end brands such as Four Seasons, which will open its first 263-key Kuwait property at Burj Alshaya at the end of 2016, will be joined by the Mercure Kuwait (2017), Hilton Olympia Kuwait in 2019 and a Grand Hyatt in 2020. The country is also looking ahead to enter the mid-market territory with a number of upcoming projects including the 160-room Novotel Sharq (2017) and several Rotana properties, with a Centro Rotana set to debut in 2018 with 200 rooms.

GERMANY

Where medieval meets modernity



Not many countries have had an impact on Europe and the world as Germany. During its tumultuous past and in its peaceful present, Germany has influenced and continues to shape international political dynamics. In Germany, the past is very much present wherever you go.

But Germany is a whole lot more than the sum of its politics, this complex and forever changing country is a traveler's kaleidoscope of places to visit, sites to see and things to do. From the picture perfect outdoors of the Bavarian Alps and the Mosel Valley, to lovely old cathedrals and grand palaces that are everywhere; from urban chic lifestyles of cities with its museums, galleries and theaters, to smaller towns and villages, where centuries-old traditions continue unabated, Germany is the place to visit this summer.



Black Forest: Home of the cuckoo clock, the Schwarzwald (Black Forest) gets its name from its dark, slightly sinister canopy of evergreens. The vast expanse of hills, valleys, rivers and forests of the Black Forest stretches from the spa town of Baden-Baden to the Swiss border and from the Rhine almost to Lake Constance. Some of the Black Forest's most impressive sights are in the triangle delimited by the lively university city of Freiburg, 15km east of the Rhine in the southwest; Triberg, cuckoo clock capital in the north; and the charming river-valley city of St Blasien in the southeast.



King's Lake: This lovely Bavarian lake is one of the great beauty spots of the region known as Berchtesgadener Land. One of the most popular routes is the attractive footpath along the east side of the Königssee to the Malerwinkel, or Painters' Corner, with its superb views of the lake and the mountains. Another equally attractive sightseeing option is a boat trip to the 17th-century Pilgrimage Chapel of St. Bartholomew at the south end of the lake, and to walk from there to the Obersee. Berchtesgaden, at the end of the Deutsche Alpenstrasse, is perhaps the best-known tourist town and one of the most popular mountain resorts in the Bavarian Alps.

Hamburg: In the heart of the historic Hamburg, the magnificent Miniatur Wunderland, the world's largest model railway, is an attraction that appeals equally to young and old alike. Boasting more than 12,000 meters of track, this massive scale model includes sections dedicated to the USA and Scandinavia, as well as to Hamburg, and incorporates 890 trains, more than 300,000 lights and in excess of 200,000 human figures. It is not unheard of for guests to spend many hours exploring this fascinating world with its remarkably detailed miniature airports, crowded cities, quaint rural scenes, and bustling harbors.

Charlottenburg Palace: This palace is one of the few sites in Berlin that



still reflects the one-time grandeur of the Hohenzollern clan that ruled the region from 1415 to 1918. Originally a petite summer retreat, it grew into an exquisite baroque pile with opulent private apartments, richly festooned festival halls, collections of precious porcelain and paintings by French 18th-century masters.



Würzburg Residenz: The vast UNESCO-listed Residenz, built by 18th-century architect Balthasar Neumann as the home of the local prince-bishops, is one of Germany's most important and beautiful baroque palaces. Top billing goes to the brilliant zigzagging Treppenhaus (Staircase) lidded by what still is the world's largest fresco, a masterpiece by Giovanni Battista Tiepolo depicting allegories of the four then-known continents — Europe, Africa, America and Asia. The complex also houses collections of antiques, paintings and drawings in the Martin-von-Wagner Museum

Pergamon Museum: Opening a fascinating window onto the ancient world, this palatial three-wing complex unites a rich feast of classical sculpture and monumental architecture from Greece, Rome, Babylon and the Middle East, including the radiant-blue Ishtar Gate from Babylon, the Roman Market Gate of Miletus and the Caliph's Palace of Mshatta.



Kölner Dom: The towering Cathedral of St. Peter and St. Mary, Kölner Dom, on the banks of the Rhine is Cologne's most impressive landmark. This masterpiece of High Gothic architecture, one of the largest cathedrals in Europe, was begun in 1248 and was the most ambitious building project of the Middle-Ages. As imposing as its façade, its magnificent interior covers an area of 6,166 square meters and boasts 56 huge pillars.





Cuisine:
Sauerbraten: This dish is a pot roast that is regarded as one of the country's national dishes. It can be made from many different meats, which are marinated in vinegar, spices, herbs and seasoning for up to 10 days.



Berlin

Hip, energetic Berlin has grabbed the world's attention with its exuberant urban life and vibrant arts scene. In this cosmopolitan and affordable capital, neighborhoods like Mitte, Friedrichshain, Prenzlauer Berg, and Kreuzberg bustle with restaurants, cafés, and nightlife. Museums and sights such as the Pergamon on Museum Island, the Brandenburg Gate, and the Jewish Museum provide a window into Berlin's rich history.



Neuschwanstein Castle

Appearing through the mountaintops like a mirage, this castle was the model for Disney's Sleeping Beauty castle. King Ludwig II planned this fairy-tale pile himself, with the help of a stage designer rather than an architect. He envisioned it as a giant stage on which to recreate the world of Germanic mythology, inspired by the operatic works of his friend Richard Wagner. The most impressive room is the Sängersaal (Minstrels' Hall), whose frescos depict scenes from the opera Tannhäuser.

Facebook uses AI to describe photos to blind users

While it is difficult to imagine Facebook without photos, for millions of blind and visually impaired people, that has been the reality. Now all that is about to change; Facebook announced last week that it would use Artificial Intelligence (AI) to automatically describe the content of photos to blind and visually impaired users.

Created by Facebook's Accessibility Team, the feature labeled 'automatic alternative text' recognizes objects in photos using machine learning. Machine learning helps to build artificial intelligences by using algorithms to make predictions. If you show a piece of software enough pictures of a dog, for example, in time it will be able to identify a dog in a photograph.

Today, the primary way that blind people access the internet is through a screen reader — software that describes the elements displayed on a screen (a link, a button, some text, and so on) and makes it possible to interact with them. But much of the web has long been out of reach for blind people. For instance, the message conveyed by the picture of a smiling child is inherently out of reach for a blind person. In order to assist people, who cannot see and understand photos, to become part of the community and get the same enjoyment and benefit out of the platform as the people who



can see, Facebook's Accessibility Team turned to its artificial intelligence division that is building software to recognize images automatically. Though the technology has been around for a while, powering keyword searches in programs such as Google Photos and Flickr, it is still prone to errors and millions of objects remain to be parsed.

Nevertheless, the team is already pushing hard on two new tools: recognizing objects in videos, a technology it first demonstrated in November; and something it calls "visual Q&A," which will allow users to ask questions about pictures and receive an answer from Facebook's AI. You might ask who is in a photo, for example, and it would tell you the names of the Facebook friends who appear in it.

WhatsApp rolls out end-to-end encryption

Nearly a year and a half in the making WhatsApp's end-to-end encryption has now been fully implemented on its platform and across all mobile platforms for which it offers apps.

The messaging app noted that users running the most recent versions of WhatsApp on any platform will now get by default, full end-to-end encryption for every message they send and every WhatsApp call they make, when communicating with each other.

What end-to-end encryption means for the user is that the content of their communications will no longer be stored in plain text on



WhatsApp's servers. Moreover, the company will not be able to decrypt the user's messages as they will not have access to the encryption keys; this will make it impossible for them to comply with any warrant for access from the authorities.

The company has been working on encryption since 2013, the year that National Security Agency whistleblower Edward Snowden revealed the level of government mass surveillance programs. Since then, WhatsApp has been integrating the industry-respected Signal Protocol, an end-to-end encryption framework from Open Whisper Systems.

WhatsApp users will be able to confirm the person they are chatting with is the person they think it is, rather than an imposter performing a man-in-the-middle attack, by verifying the authenticity of the encryption session via scanning a QR code or reading aloud a number string.

Android Auto arrives in 18 more countries

Google has nearly tripled the number of countries that can access Android Auto, its in-car interface software. The list now includes potentially huge markets like India and Brazil, as well as Brazil



and nearly all other countries in Latin America. Android Auto is at present available in Australia, Canada, France, Germany, Ireland, Italy, New Zealand, Spain, the UK, and the US.

Android Auto connects your smartphone to your car's touchscreen infotainment system so the two can work together, helping you navigate, make calls, play music and perform other tasks hands-free. Using Android Auto requires a phone running Android 5.0 Lollipop or higher, a USB cable and a compatible car.

Accessibility to the software from many more countries will probably encourage auto-manufacturers in these places to preload the system on their vehicles.

Even if car manufacturers do not pre-install the software in their vehicles, consumers can purchase and install third-party after-market systems that are compatible with Android Auto.



Google Calendar on the web to get Reminders

Google is bringing its popular and practical Reminders to the web after having already introduced Google Calendar on Android and iPhones. The feature, expected to roll-out to Calendar web users this week, works basically the same way as they do on mobiles. Reminders appear just like events, slotted in at the date and time you set them for. But unlike events, a Reminder will not disappear when the day is over — it will stick around at the top of your calendar until it is marked complete.

Reminders have been rolling out across Google properties over the last year. They started in Gmail's Inbox app, and then came to Keep and Calendar (they can also be created and viewed in the main Google app). Reminders will sync across all of Google's properties that support them, so if you create a reminder in Inbox, it will show up in Calendar, too. Now with support from Calendar on the web, Reminders are across most of Google's core organization apps. Perhaps Gmail on the web is next on the list.

Echo Dot - Amazon's echo to its Echo

Echo, Amazon's original wireless speaker, has over time grown to become one of the best ways to control smart home devices, such as lights, thermostats, locks, and more with just your voice, making it one of Amazon's best-selling products to date. In addition to its capacity to listen to voice commands and perform activities such as setting alarms, grabbing the latest news and, of course, buy things for us from Amazon, the Echo's wireless speaker capabilities have also expanded to include Pandora and Spotify. Building on this success, Amazon has now introduced a smaller version of Echo and called it the Echo Dot. At less than half the price of Echo, the $90 Echo Dot has all the amazing features of its bigger sibling while occupying a smaller space.



The Dot is easy to put in every room in your house; giving you voice control access points all over for a relatively low cost. About the size of a tuna can, the Dot has the same circular volume ring, mute button and Action button as the Echo, as well as the blue status light that illuminates whenever it detects its wake-up voice command. It also has the same seven omnidirectional microphones and the super-responsive, far-field voice recognition as the larger-sized Echo.

Though the Dot only has a small built-in speaker, it comes with a3.5mm audio output jack to connect to larger speaker; or you can even pair it with a Bluetooth speaker for a wireless connection. When it was first shipped, the original Echo could perform about a dozen tasks, it can now do over 300; the Dot can achieve the same tasks but at a much lower cost and with a smaller footprint.



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