

Why Climate Change Is an Education Issue

THE TIMES

KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE



IOM study calls for new foreign permit system



The International Organization for Migration (IOM) Kuwait conducted a consultation for government officials from the Public Authority for Manpower (PAM) during which the organization published the result of its study on the effect of social and family connections on Kuwait's labor market.

Main findings of the study showed that the misuse of social connections or informal ties, between workers and their respective family and friends in the country of origin, can facilitate the recruitment of unskilled foreign workers, as well as be a platform used for conducting visa trading transactions. *Continued on Page 2*

Influence of Brexit on Kuwait investments in UK limited



Kuwait's Minister of Finance, Anas Al-Saleh, has reiterated that the recent referendum in Britain, which resulted in a vote favoring exiting the European Union (EU), will have only a limited impact on Kuwait's investments in the United Kingdom.

Addressing a cabinet meeting, called to discuss the country's investments in the United Kingdom in the wake of a vote that rattled global financial markets and

pushed the British pound to its lowest level in 30 years, Minister Al-Saleh said Kuwait's investments in Britain were "high-quality and long term".

The minister was quoted as saying that Kuwaiti investments in Britain are considered tangible assets in real estate, infrastructure and government stocks and bonds. They are high-quality and long-term investments that would be

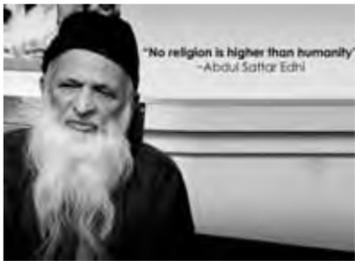
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Abdul Sattar Edhi a legend of compassion passes away

Humanitarian and renowned Pakistani philanthropist Abdul Sattar Edhi died aged 88 in hospital bed late on Friday.

Revered as a 'living saint' among many in Pakistan, Mr. Edhi was the founder of the country's largest non-profit, social welfare organization, the Edhi Foundation, which provides 24-hour emergency assistance across Pakistan and abroad.

"When my ambulance takes a wounded person who is in pain to



the hospital, when people reach the hospital, I find peace in knowing I helped an injured person who was

in pain," Edhi said in an interview in 2013. "My mission is to love human beings ... Each day is the best day of my life."

Founded in 1951, as a one-man operation from a single room in the port-city of Karachi, the Edhi Foundation today runs more than 300 charitable service centers all over Pakistan. These centers deliver free medical care and emergency assistance, provides shelter to the

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Why Climate Change is an Education Issue



Felipe Calderón

Former President of Mexico, is Chair of the Global Commission on the Economy and Climate.

Climate change affects us all, but we still are not acting as quickly as we should to address its causes, mitigate the damage, and adapt to its effects. Many people don't understand the risks climate change poses to global economic and social structures. And, sadly, many who do understand are dismissive of the far-reaching benefits a global shift to sustainability and clean energy would bring about.

According to a recent Pew study, seven out of ten Americans classified as political independents were not very concerned that climate change would hurt them. Worse still, Yale University researchers recently found that 40 percent of adults worldwide have never even heard of climate change. In some developing countries, such as India, that figure climbs to 65 percent.

These figures are discouraging, but they can be improved. The Yale study concluded that, "educational attainment tends to be the single strongest predictor of public awareness of climate change." By investing in quality education, we can set the next generation on the right path to addressing this global problem.

Education and climate action work together in three ways. For starters, education fills knowledge gaps. Understanding how climate change is already having an impact on one's life can have practical benefits. This is especially true for poor populations that are most vulnerable to crop failures and natural disasters, such as landslides and floods, caused by climate change. Populations that must rebuild from scratch after each new catastrophe miss out on opportunities for rapid development. By understanding that their world is changing - and that the likelihood of future disasters is increasing - these populations can build resilience and learn to adapt to the sudden and slow



stresses of a changing climate.

Second, education challenges apathy. Knowing the measures available to address climate change can open up vast opportunities for economic growth. Global investors should be made to understand that

sustainable solutions can increase wellbeing and create additional economic opportunities. To take one example, in Niger, education and improved farming techniques helped double real farm incomes for more than one million people, while

restoring huge tracts of severely degraded land. In the US, as of 2014, there were more jobs that depended on solar energy than on coal mining.

Still, many people insist that implementing measures to mitigate the effects of climate change is too

costly to our current way of life. According to the Pew study, almost seven out of ten people believe that, given the limitations of technology, they would have to make major lifestyle changes. This does not have to be the case, and education can challenge the kind of skepticism that forecloses opportunities for climate-smart living.

Finally, education furnishes the technical knowledge needed to build a better future through innovation - one that includes clean and safe energy, sustainable agriculture, and smarter cities. Broadening access to education would lead to more homegrown innovation - entrepreneurs spotting opportunities to address local problems. Globally, we cannot rely on knowledge centers such as Silicon Valley or Oxford to develop a silver bullet to the climate problem. Solutions may come from tech hubs, but they will also come from villages and developing cities, from farmers and manufacturers with vastly different perspectives on the world around them. And this will create a virtuous cycle. It is easier for educated people to migrate and integrate into new societies, sharing the knowledge they've brought with them.

Fortunately, younger generations today are better educated and more committed to reducing their own carbon footprint than previous generations were. They are leading the way and forcing us all to reconsider our own actions. But we must broaden the availability of education worldwide to ensure that their efforts are not in vain.

In recognition of education's importance, the government of Norway, under the visionary leadership of Prime Minister Erna Solberg, has established the International Commission on Financing Global Education Opportunity, of which I am a member. We will meet this week in Oslo, and it is my hope that we will confront the challenges of our time and act on the knowledge that education is the best problem-solving asset we possess.

Addressing the dangers of climate change is not only an existential imperative; it is also an opportunity to move toward a cleaner, more productive, and fairer path of development. Only an educated global society can take the decisive action needed to get us there.

Reforming the UN to reflect climate change

Out of the ashes of World War II, the United Nations (UN) was founded in 1945 to maintain global peace, rights and security. In the 70 years since its founding, the UN has helped institutionalize human rights across the world, assisted millions of refugees fleeing persecution and built agreement to address emergent global challenges like climate change.

These successes are grounds for hope, not complacency. Today, the risks to international peace and security have also transformed and our international systems are faced with interconnected and increasingly prolonged periods of challenge and volatility, including from climate impacts.

Peace building efforts are unraveling where communities compete for access to climate stressed food and water supply. People are migrating from resource depressed climates in search of stability and challenging the UN's ability to deliver humanitarian aid at scale. And amidst multiple crises, the capacity to prioritize fundamental pillars of UN governance such as human rights and international law is thinly spread.

The UN has consistently reformed to keep pace with global change, creating new institutions to improve oversight, responding to challenges and accommodating new global threats, such as that posed by human induced climate change, by establishing the United Nations Framework Convention on Climate Change (UNFCCC) in 1992.

However, by 2015 climate impacts were not a

future threat but a contemporary reality presenting an existential future threat if not reduced. During 2015 three agreements came together to mark a turning point in the fight to tackle climate change. Firstly, the Sendai Framework for Disaster Risk Reduction offered a toolkit for reducing the risks of extreme weather events. Secondly, the Sustainable Development Goals (SDGs) formed the 2030 Agenda explicitly recognizing that there is no sustainable development without addressing climate change. And finally the Paris Climate Agreement kicked off an iterative process to build climate resilience and achieve net zero greenhouse gas (GHG) emissions in the second half of the century.

Today the UN system has a choice to make. It can either implement the 2015 agreements or face the impacts of worsening crises which will eventually inhibit the UN from fulfilling its core mission to maintain peace, rights and security. As the race for the new Secretary General gets underway, the former UNFCCC chief Christiana Figueres has joined the race to become the new UN Secretary General. Whoever becomes the new UNSG, they must radically reform the UN to make it fit for purpose in a climate changed world or see its core mission undermined.

A thorough approach to climate risk will help improve the quality of life for the most vulnerable, and reduce the risk of globally fragility. These reforms will need strong prioritization from the new UN Secretary General.

IOM study calls for new foreign permit system

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In addition, social connections can contribute to an increased mismatch in skills of foreign labor and the Kuwait labor market, where workers can get a job that does not match their skill set simply because the intermediary, i.e. person in their social and family connection, is able to persuade the employer to hire the unqualified worker.

The key recommendation from the research study included the establishment of a new foreign workers permit system that is built around increasing employment of Kuwaiti nationals, gradually decreasing the number of unskilled foreign workers and transforming Kuwait's economy from labor intensive to capital intensive.

To establish the new permit system, the Kuwait government should conduct a national labor market assessment as well as profile its national labor. Using the results of these assessments, the Kuwait government will have the data to update its national training and education strategies, in

an effort to match skills of national labor with labor market needs. Participants voiced their support for the recommendations as they address critical challenges to the Kuwait labor market.

Ms. Iman Eriqat, IOM Kuwait Chief of Mission stated that "This study by IOM has provided an innovative alternative system to estimate the demand for foreign workers. This will help relevant stakeholders to develop mechanisms to efficiently manage Kuwait's labor market and its composition."

This research was conducted through in-depth interviews with employers, employees, members of the employees' social networks, community representatives and government officials, in Kuwait and two Asian labor sending countries.

This research study was carried out under the Joint Program for the Support of PAM that is implemented by IOM, UNDP and ILO. The Joint Program is implemented under the guidance and funding of the General Secretariat for the Supreme Council for Planning and Development.

Influence of Brexit on Kuwait investments in UK limited

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impacted only to a limited extent by any decision of the United Kingdom to leave the EU. The Kuwait Investment Authority (KIA) which, according to the Sovereign Wealth Fund Institute (SWFI), is reported to have US\$592 billion in assets under management, is also a major investor in the United Kingdom through its London-based Kuwait Investment Office and is said to have more than doubled its investment in Britain to around \$24 billion in the past ten years.

Kuwait owns London landmarks such as the More One riverside development which houses the headquarters of the mayor, as well as buildings in Canary Wharf. It has focused on infrastructure investments through its Wren House Infrastructure Management arm, set up in 2013. While noting that the direct effects of a drop in the British pound and interest rate pricing following Brexit could have a bearing on investments, the minister said that Kuwait's central bank was ready to ensure financial stability in the country. With regard to the country's

investments abroad being leveraged to cope with a deficit budget at home, the minister was quoted as saying that while the oil decline "has clearly shown the structural issues in our economy", having low debt, strong local and international reserves would help make reform "quite steadily" without "reacting aggressively" with steep spending cuts.

The minister made clear that despite lower oil prices, Kuwait is "spending as much as possible" to boost economic growth in the country. He reiterated that the government will not cancel any projects, despite tightening finances and instead would work to cut wasteful spending in order to plug the budget deficit, which is projected to exceed 13 percent of GDP in 2016.

He pointed out that the government is pushing through measures designed to reduce subsidies on utilities, introduce corporate taxes, merge state entities and tap local and international debt markets in order to tide over the income crunch and prevailing tighter economic conditions following a fall in oil revenue.

EXCLUSIVE to THE TIMES KUWAIT

How to Transform an Education System



Jakaya Kikwete

A former president of Tanzania, he is a member of the International Commission on Financing Global Education Opportunity.



It is worth noting that in his address to the US Congress, Modi invoked the word "partner" or "partnership" no fewer than 15 times. The official joint statement released by the two governments described India as a "Major Defense Partner" of the United States, eligible for advanced technologies with military applications.

The relationship between India and the US has evolved from one of cool distance to strategic proximity in a generation - lightning fast for geopolitics. The factors underlying this shift merits attention, for many of them are likely to bring the two countries even closer. The Cold War's end was a significant part of the bilateral rapprochement, because it eliminated the possibility of India's continued association with the Soviet Union, as well as its rationale for embracing non-alignment.

A second factor is Pakistan. For a long time, the US pursued an even-handed policy toward South Asia's two most strategically important countries. Nonetheless, during most of the Cold War, Pakistan was seen as a friendly country, whereas its great rival, India, was viewed as difficult. This view was

reinforced when Pakistan became the essential conduit of weapons to Afghans fighting the Soviet occupation of their country.

But the bond between the US and Pakistan weakened when Soviet forces withdrew from Afghanistan in 1989. Relations suffered further from Pakistan's development of nuclear weapons, its provision of sanctuary and support to the Taliban, and its willingness to extend hospitality to some of the world's most dangerous terrorists, including Osama bin Laden. As a result, US ties to India were no longer constrained by fear of complications in Pakistan.

China is also animating the improvement in India-US ties. The motivation is far more fundamental

than the fact that India and China still have an unresolved border. China's rise has created a strong incentive for countries with a stake in Asia to increase their cooperation with the US, as well as with one another, to ensure that they can stand up to China's political, military, and economic might.

Domestic politics also loom large in the relationship's development - on both sides. The decline of India's Congress party reduced the influence of the political force most associated with maintaining distance from the US. Meanwhile, there are now more than three million Indian-Americans, and, as with many other immigrant populations, they have become ever more prominent and powerful. Supporting closer ties with India has become a rare example of

bipartisan US foreign policy, and it can be expected to continue regardless of which party controls the White House or Congress after this November's elections.

The breakthrough in bilateral ties came a decade ago, when the US lifted sanctions introduced in response to India's nuclear weapons program and then signed an accord paving the way for US involvement in India's civil nuclear energy program. India, unlike both Pakistan and North Korea, is seen as a responsible nuclear power, a country the US now supports for membership in various groups designed to stem the further spread of nuclear materials and weapons.

Economic ties are also growing, along with India's economy. Bilateral trade

has increased to more than \$100 billion a year. High-level visits have become commonplace. Closer economic ties and large-scale collaboration on clean energy are a high priority. One can also predict increased cooperation between the two countries' military and intelligence establishments.

Indeed, joint efforts to keep the Indian Ocean open and safe are already a reality. The US and India need not be formal allies for their relationship to have the desired effect on Chinese strategic calculations.

Challenges remain, of course. Bureaucracy, corruption, and poor infrastructure continue to hold back India's economy. Indian leaders must also be careful not to do or say things that could alienate the country's large Muslim minority.

And they must still ensure that close ties with the US are not simply the policy of one prime minister or party. This means getting the Congress party fully on board and overcoming the resistance of career officials to new ways of thinking and acting. It is difficult to overlook the irony in much of this. More than a half-century ago, in the early years of the Cold War, many in Washington saw India as a potential model of non-Communist political and economic development. For many reasons, things did not work out that way, as India became economically statist, for a time politically authoritarian, and geopolitically closer to the USSR than US officials liked.

Now, however, India is emerging as a successful example of a market-oriented democracy with close ties to the US. Second chances are rare in life, but both India and the US may be getting just that.

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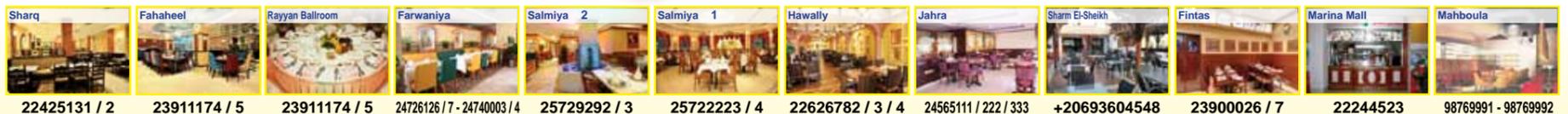
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Africa spearheading a green development trajectory

As a latecomer to industrialization, Africa is in a position to be able to define and design its own pathway based on its own realities and learning from history and the experiences of other regions to leapfrog traditional, carbon-intensive methods of growth and champion a low-carbon development trajectory, says the United Nations' Resident Coordinator in South Africa, Tobias Takavarasha.

Speaking during the launch of the Economic Report on Africa (ERA) 2016, Mr. Takavarasha said that the report was a catalyst for driving a new African order and the Africa that people wanted, which was being championed by the Economic Commission for Africa (ECA).



ERA 2016 highlights that Africa is poised for growth through green industrialization, with case studies of projects in several countries, among them Kenya and Malawi, showing how countries can develop through green industrialization. The report however, notes a lack of or inadequate infrastructure conducive for greening Africa's industrialization process but acknowledges the willingness of African governments to transition from coal to greener pathways of

development. Pointing out that industrialization was at the heart of Africa's structural transformation agenda, Mr. Takavarasha said, "ECA is championing Africa's industrialization using a clean, inclusive and sustainable pathway."

He added that with significant opportunities to transform the agricultural sector with value added agro processing, Africa could reverse the trend of countries on the continent spending an estimated US\$30 billion a

year exporting processed foods." For his part the Director Microeconomic Policy Division at ECA, Adam Elhiraika said greening Africa's industrialization was both beneficial and possible for Africa. "Green industrialization is the way to go for Africa - it's good for long term inclusive growth, it ensures ecosystem integrity, climate-resilient development and is a cost saving measure through the use of advanced technologies." However, another discussant, Saul Levin, Executive

Director, Trade and Industrial Policies cast doubt on the practicality of Africa pursuing a green industrialization agenda with no clear path of how to achieve it.

He argued that every country that had industrialized used all forms of pathways including high-carbon coal. "I don't know any country that has industrialized using the model of green and renewable energies. This requires lots of investment and high skills - we are short of both in Africa" he said.

Levin said the concept of leapfrog industrialization was not clear enough and that "Structural transformation does not mean going green" Further, he argued that African economies were energy intensive, requiring constant supply of energy and wondered if renewables would meet such a demand. "The challenge is how to industrialize without halting the continents development and its already beleaguered industries and factories" Levin said.

New helium find in Tanzania could be life-saving

A new approach to gas exploration has discovered a huge helium gas field, which could address the increasingly critical shortage of this vital yet rare element.

Helium is critical to many things we take for granted, including MRI scanners in medicine, welding, industrial leak detection and nuclear energy. However, known reserves are quickly running out. Until now helium has never been found intentionally, only having been accidentally discovered in small quantities during oil and gas drilling.

Now, a research group from Oxford and Durham universities, working with Helium One, a helium exploration company headquartered in Norway, has developed a brand new exploration approach. The first use of this method has resulted in the discovery of a world-class helium gas field in Tanzania.

Their research shows that volcanic activity provides the intense heat necessary to release the gas from ancient, helium-bearing rocks. Within the Tanzanian East African Rift Valley, volcanoes have released helium from ancient deep rocks and have trapped this helium in shallower gas fields. The research is being presented by Durham University PhD student Diveena Danabalan at the Goldschmidt geochemistry conference in Yokohama, Japan. Diveena Danabalan, of Durham University's Department of Earth Sciences, said: "We show that volcanoes in the Rift play an important

role in the formation of viable helium reserves. Volcanic activity likely provides the heat necessary to release the helium accumulated in ancient crustal rocks. However, if gas traps are located too close to a given volcano, they run the risk of helium being heavily diluted by volcanic gases such as carbon dioxide, just as we see in thermal springs from the region. We are now working to identify the 'goldilocks-zone' between the ancient crust and

enough to fill over 1.2 million medical MRI scanners. To put this discovery into perspective, global consumption of helium is about 8 Bcf per year and the United States Federal Helium Reserve, which is the world's largest supplier, has a current reserve of just 24.2 Bcf. Total known reserves in the USA are around 153 Bcf. This is a game changer for the future security of society's helium needs and similar finds in the future may not be far away.'



the modern volcanoes where the balance between helium release and volcanic dilution is 'just right'."

Professor Chris Ballentine, Department of Earth Sciences, University of Oxford, added: "We sampled helium gas (and nitrogen) just bubbling out of the ground in the Tanzanian East African Rift valley. By combining our understanding of helium geochemistry with seismic images of gas trapping structures, independent experts have calculated a probable resource of 54 Billion Cubic Feet (BCF) in just one part of the rift valley. This is

For his part, Dr. Pete Barry, Department of Earth Sciences, University of Oxford, who sampled the gases, said: "We can apply this same strategy to other parts of the world with a similar geological history to find new helium resources. Excitingly, we have linked the importance of volcanic activity for helium release with the presence of potential trapping structures and this study represents another step towards creating a viable model for helium exploration. This is badly needed given the current demand for helium."

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Map-making and War-mongering in Africa



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Why are some regions plagued by seemingly endless instability? In the Middle East, one widespread argument, which even the Islamic State expounds, puts much of the blame for chronic conflict on the Sykes-Picot Agreement, the secret deal agreed 100 years ago by France and Great Britain to divide between them the soon-to-be-former Ottoman Empire. According to this view, while the "lines in the sand" drawn by the diplomats Mark Sykes and François Georges-Picot served the short-term interests of the colonial powers, the arbitrary partition of the region spurred a century of violence, organized and otherwise.

Whether or not the Sykes-Picot Agreement is the main reason for the Middle East's troubles, one thing is certain: the imposition of capriciously drawn borders by colonial powers has not been a uniquely Middle Eastern phenomenon. African countries have had the same experience - and may have suffered even more as a result.

During the 'Scramble for Africa' (which lasted from roughly the late 1860s until 1905), European powers signed hundreds of bilateral and multilateral agreements that partitioned the largely unexplored continent into protectorates, free-trade areas, and colonies. The event that most symbolizes the colonial carve-up is the conference that Otto von Bismarck organized in Berlin from November 1884 until February 1885, where an area twice the size of Germany and France, the Congo Free State, was presented as a gift to Belgium's King Leopold II.

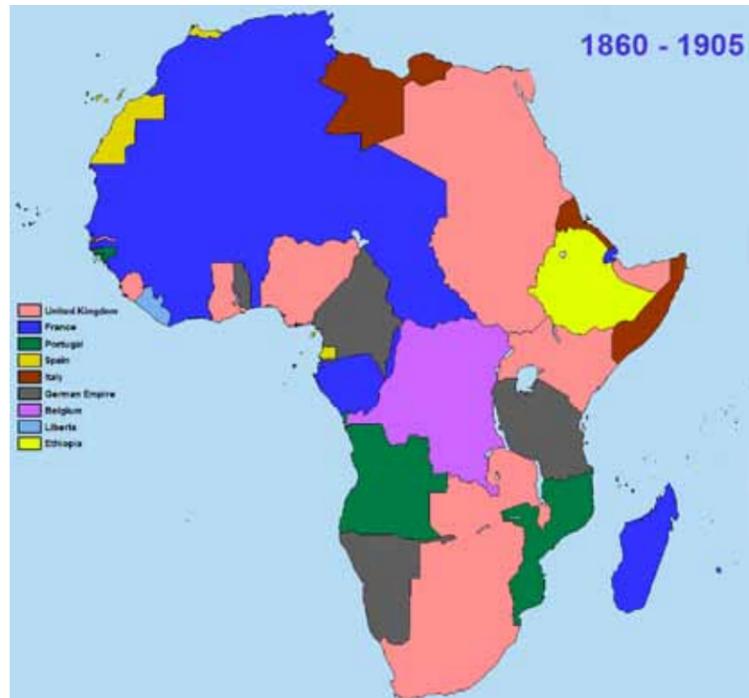
In drawing these lines, diplomats focused on preventing Europeans from fighting one another on African territory, not on local geographic, cultural, or political conditions. African leaders had no say in any of the negotiations. As then-British Foreign Secretary (and subsequently Prime Minister) Lord Salisbury famously put it, Europeans "engaged

in drawing lines upon maps where no white man's feet have ever trod."

At first, the colonial arrangements had little impact on Africans, who were allowed to move freely across the new borders. Upon independence in the 1960s, however, the borders became salient. While there were calls to redraw the colonial lines, neither departing Europeans nor local elites were interested in the thorough reshuffling that this would have required.

Ultimately, all African countries except Somalia and Morocco accepted the colonial borders. That decision had far-reaching consequences. As the historian Henk Wesseling has explained, rather than reflecting political, institutional, and economic reality, the map of Africa "helped to create it" in at least three key ways.

First, Africa has the largest share of landlocked countries of any continent. Countries like Burkina Faso, Burundi, Chad, the Central African Republic, Niger, Rwanda, and Uganda have suffered, as their access to global shipping routes - and thus to world markets - depends on their unstable neighbors. Second, vast geographic differences across ethnic homelands in many African countries, together with these countries' sprawling size and inadequate infrastructure left by the colonial powers, has meant that national governments have struggled to govern effectively beyond the



metropolises. Even countries with relatively strong institutions find it difficult to project power in remote areas.

Third, the homelands of about one-third of African ethnicities straddle international borders. The Diolas in the Casamance region have been divided among Senegal, Guinea, and Guinea-Bissau. The Togo-Ghana border divides the Ewe. The Maasai live in Kenya and Tanzania. And the

list goes on, affecting around 400-500 million Africans (roughly 40% of the continent's total population).

The long-run consequences of colonial ethnic partitioning on contemporary political violence are profound. By comparing anthropological maps of the spatial distribution of African groups during colonization with detailed georeferenced information on violent events, we have confirmed what

has long been suspected: ethnic partitioning has played a key role in spurring conflict and animosity in Africa since independence.

Specifically, we found that homelands of partitioned ethnicities have been disproportionately affected by armed conflict between state forces and rebels with the explicit goal of overthrowing the government. Violence against civilians - including the destruction of villages or churches, conscription of children, kidnapping, and rape - is also linked to ethnic partitioning.

We also learned that partitioned ethnicities are significantly more likely to engage in civil wars that have an explicit ethnic dimension. Since the early 1960s, roughly one-third of such groups have participated in an ethnic-based civil war; only about one-fifth of non-partitioned ethnic groups have engaged in such conflicts.

Partitioned ethnicities are also much more likely than their non-partitioned counterparts to face institutionalized discrimination from the national government (25%, compared to 15%). As econometric evidence and case studies reveal, one reason for this is that neighboring countries often use divided ethnic groups to destabilize one another's governments, including through proxy wars. Target governments use such activities as a pretext to discriminate against those groups.

Somalia is a poster child for the impact of ethnic partitioning. Immediately after independence, Somalia became embroiled in two devastating wars over the overwhelmingly Somali-populated Ogaden region, which the British and the French ceded to Ethiopia for its support in their war against Somali clans in the late nineteenth century. Then, in the early 1960s, Somalis in northern Kenya, with support from the Somali government in Mogadishu, fought for secession, further eroding regional stability and setting the stage for the failure of the Somali state in the early 1990s.

There is no denying that external powers' mapmaking has had a powerful influence on Africa's development. While the evidence does not necessarily carry over to the Middle East, it seems reasonable to assume that the Sykes-Picot Agreement did, indeed, help shape that region's development - perhaps by spurring conflict. Acknowledging the lingering consequences of the West's colonial behavior is the first step toward redressing them.

Charting Africa's Development Progress - MapAfrica 2.0

The African Development Bank (AfDB) has released a new online tool that enables anyone in the world to see at a glance how the Bank's projects are boosting Africa's economies and making Africans' lives better.

MapAfrica 2.0, which was launched on 30 June, is an interactive online portal that shows where the Bank is making an impact on the continent and how 800 of the Bank's projects relate to its "High 5" development priorities: Light up and power Africa, Feed Africa, Industrialize Africa, Integrate Africa, and Improve the quality of life for the African people.

As well as making the Bank's work visible to a global audience, the portal will give the Bank's stakeholders a better understanding of how the Bank's activities contribute to local development - and help the Bank to ensure it allocates its resources to greatest effect. Unveiling the platform, Simon Mizrahi, Director of the AfDB's Quality Control and Results



Department, said, "This dynamic tool enables the Bank to provide transparent and equal access to its work across Africa. It is an effort to showcase our results and to track our projects on the ground."

Web users can track the Bank's projects throughout Africa, zooming in on a region or country and browsing

the icons corresponding to the Bank's "High 5" priorities. In the future, the Bank aims to use the tool to improve the planning of its projects on the ground and to understand where development gaps lie.

MapAfrica 2.0 is available at mapafrica.afdb.org on desktop and mobile devices.



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Sample the finest flavors of authentic Chinese cuisines at Tang Chao in the Holiday Inn. They offer dishes inspired by the Szechuan, Canton, and Jiangsu cultures that are carefully crafted to offer you a variety of flavors. The décor is also influenced strongly by Chinese

Popular dish: Crispy fried chicken served with dry chili and mixed vegetables.



Holiday Inn, Salmiya. Call 2576 0000.

SABAIDEE



A small and unassuming restaurant, nestled on a nameless, dusty street in Mahboula, Sabaidee is an exquisite dining destination for anyone with an affinity for Thai cuisine. The Tum Salad, a chopped vegetable salad with your choice of cucumber, carrot or long bean as the main ingredient, certainly

Popular dish: Gai Satay, grilled chicken marinated in peanut sauce



Mahboula (6592 5355); Fintas (6996 6163); Salmiya (6996 6165); and Mangaf (6996 6161).

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 editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.

A non-chef's guide to preparing

PANCAKES

A basic pancake is one of the simplest foods to cook; you need just a few ingredients to form a batter that is cooked in a shallow pan to create thin, lacy pancakes. But look further and you will find that not only have each ingredient an important role to play, but also that the ingredients are versatile and can be easily substituted to give pancakes different tastes and flavor.

Here, we have come up with a basic pancake recipe along with a few pancake variations and tips to create simple and delicious pancakes.



Basic pancake recipe:

- Preheat the oven to 93 degree Celsius; have a baking sheet or heatproof platter ready to keep cooked pancakes warm in the oven.
- In a small bowl, mix together one cup all-purpose flour, two tablespoons sugar, two teaspoons baking powder and ½ teaspoon salt and set aside.



- In a medium bowl, whisk together one cup milk, two tablespoons of unsalted melted butter or vegetable oil and one large egg. Add the prepared dry ingredients to the milk mixture and whisk until just moistened. Make sure not to over-mix; a few small lumps are fine.



- Heat a large skillet or griddle over medium heat. Fold a sheet of paper towel torn in half and moisten with one tablespoon of vegetable oil and carefully rub the skillet with the oiled paper towel.
- For each pancake, spoon two to three tablespoons of batter onto the skillet. Use the back of the spoon to spread the batter into a round. With this you will be able to fit two to three pancakes in a large skillet.



- Cook for one to two minutes and flip carefully with a thin spatula and cook for another one to two minutes. Transfer to a baking sheet or platter and cover loosely with aluminum foil and keep warm in the oven. Continue with more oil and remaining batter. Serve warm.
- The basic pancakes can be topped with desired extras, such as blueberries, sliced bananas or peaches, chocolate chips or nuts. Just remember to sprinkle them on the pancakes before flipping.

Pancake Variations

For these pancake variations, refer to the main recipe and substitute the ingredients accordingly.

Buttermilk: Add 1/2 teaspoon baking soda to the dry mixture and replace milk with low-fat buttermilk.

Yogurt: Add 1/2 teaspoon baking soda to dry mixture and replace the milk with 2/3 cup plain low-fat yogurt and 1/3 cup milk.

Whole-Grain with Yogurt: Replace the all-purpose flour with ½ cup whole-wheat flour, ¼ cup cornmeal and wheat germ, and ½ teaspoon baking soda. Also,

replace the milk with 2/3 cup plain-low fat yogurt and 1/3 cup milk.

Pancake Tips:

- To keep pancakes tender, take care not to over-mix batter; small lumps are fine.
- Make sure the skillet is at the right temperature by testing with water droplets which should 'dance' on the surface.
- Use as little oil as possible in the skillet; a quick wipe with an oiled paper towel is enough.
- For thinner or thicker pancakes, add more or less liquid, respectively.
- For coin sized pancakes, use 1 to 2 tablespoons of batter per pancake.

Preparing and storing pancake premixes:

Whisk together three cups flour, six tablespoons sugar, two tablespoons baking powder, and 1 1/2 teaspoons salt; store in an airtight container in a cool, dry place. This makes enough for 12 servings of three to four pancakes per persons.

Freezing pancakes: Stack cooled pancakes between squares of waxed paper; place in a re-sealable plastic bag or airtight container. Freeze for up to three months. Reheat on a baking sheet in a preheated 180 degree Celsius oven or toaster oven. Avoid reheating in a microwave as they tend to get rubbery.

Tools: The right tool is key when flipping and removing pancakes. Look for a very thin spatula; it should slip right under the pancake without tearing it.



COOKING Tips



How to End Hunger

Hilal Elver
and Jomo Kwame Sundaram

Last September, world leaders made a commitment to end hunger by 2030, as part of the United Nations Sustainable Development Goals (SDGs). It sounds like a massive undertaking. In fact, the world already produces enough food to feed everyone. So why does the problem persist?

Poverty and hunger are intimately connected, which is why the SDGs target elimination of both. For someone living at the World Bank's poverty line of \$1.90 per day, food would account for some 50-70 percent of income. The Bank estimates that almost four-fifths of the world's poor live in rural areas, though those areas account for less than half of the world's population. The obvious conclusion is that raising rural incomes sustainably is required to eradicate hunger.

That will not be easy. Most developing countries nowadays are burdened by high rates of unemployment and underemployment. And with current economic prospects bleak, especially given low commodity prices, and insistence on fiscal austerity continuing in most places, downward pressure on rural incomes is likely to worsen.

But even if countries do manage to achieve inclusive growth, it will not be enough to eliminate hunger by 2030. The only way to do that will be to implement well-designed social protection and scale up pro-poor investments.

According to the World Bank, one billion people in 146 low- and middle-income countries currently receive some form of social protection. Yet 870 million of those living in extreme poverty, mainly in rural areas, lack coverage.

Unsurprisingly, the greatest shortfalls are in low-income countries, where social protection covers less than one-tenth of the population, 47 percent of which lives in extreme poverty. In the lower-middle-income countries, social protection reaches about a quarter of those living in extreme poverty, leaving about a half-billion people without coverage. In the upper middle-income countries, about 45



percent of those living in extreme poverty receive social-welfare benefits.

This is clearly not good enough. Improved social protection can help to ensure adequate food consumption and enable recipients to invest in their own nutrition, health, and other productive capacities. As such investments sustainably raise incomes, they enable further increases in productive personal investments, thereby breaking the vicious cycle of poverty and hunger.

Governments, too, have investments to make, in order to ensure that those who are currently mired in poverty reach the point where they can invest in themselves. An early big investment push would generate additional incomes sooner, reducing longer-term financing costs. Moreover, it would boost aggregate demand in a world economy that badly needs it.

The world can afford the needed investment. According

to estimates by the Food and Agricultural Organization (FAO), the International Fund for Agricultural Development (IFAD), and the World Food Programme (WFP), it would cost the equivalent of 0.3 percent of the world's 2014 income. All that is needed is for wealthier countries

than a half-century since the adoption of the Universal Declaration of Human Rights and its Covenant on Economic, Social, and Cultural Rights, which treats the material needs of all persons as a fundamental human right. A few years earlier, US President Franklin D. Roosevelt called "freedom

as for creating the conditions for ensuring that both are permanently overcome. The upcoming High-Level Political Forum on Sustainable Development presents an important opportunity to forge the path ahead, setting near- and medium-term priorities.

Ending hunger and poverty in a sustainable way is morally right, politically beneficial, and economically feasible. For world leaders, inaction is no longer an option.

Hilal Elver is UN Special Rapporteur on the Right to Food and Research Professor of Global Studies at the University of California, Santa Barbara. Jomo Kwame Sundaram was Assistant Director-General and Coordinator for Economic and Social Development in the Food and Agriculture Organization of the United Nations, and received the 2007 Wassily Leontief Prize for Advancing the Frontiers of Economic Thought.



to provide budgetary support and technical assistance to the low-income countries that need it. (Most middle-income countries can afford the needed financing themselves.)

It should not be difficult to generate the political will to provide the needed support, at least in theory. After all, it has been more

from want" - which, presumably, includes freedom from hunger - one of four essential freedoms of which people "everywhere in the world" should be assured.

Now, with the adoption of the SDGs, governments everywhere are obliged to take responsibility for ending poverty and hunger, as well

An advertisement for Royal Dansk Butter Cookies. It features several images of the product: a large blue tin of 'Danish Butter Cookies' with the lid off, showing the cookies inside; a smaller tin of 'Chocolate Chip' cookies; and a close-up of a single cookie. The text 'ROYAL DANSK' is prominently displayed in a gold, arched font at the top. Below it, it says 'The Original Danish Butter Cookies'. At the bottom, it says 'Also available in "Chocolate Chip"' and 'Made In Denmark' with a small Danish flag icon. On the right side, there is contact information for the distributor: 'Sole distributor in Kuwait', 'AI-Othman & Al-Bisher Trd. Co. W.L.L.', 'P.O. Box: 22984 Safat 13090 Kuwait', 'Tel: +965 247 16 819 / 247 55 074', 'Fax: +965 24755073 / 24760108', 'Email: obtckwt@qualitynet.net', and 'www.obtckwt.com'. There is also a '40 years of Continued Excellence' logo and an Instagram handle '@obtckwt'.

Turkish embassy announces online Visa services



The Embassy of Turkey would kindly like to remind the public that prior to visiting Turkey, Kuwaiti citizens could obtain their visas online from <https://www.evisa.gov.tr/en/>

Issuing of a stamp visa at airport has also been in practice for a while. In this regard, both transactions are free of charge. Nationalities for whom e-visa are not available, they are expected to fill a visa form online by www.visa.gov.tr. If the applicant is found eligible thereafter, the Embassy shall request only KD 18.5 fee for single entry, or KD 61 for multi entry visa.

Turkish Embassy would like to underline that it does not give any authorization or responsibility to any person or company in issuing visa or consulting applicants by filling their applications. The Embassy receives visa applications only at two counters of its Consular Section, during the office hours (08:30 to 13:00 from Sunday to Thursday).

Safety advisory to avoid fire incidents

The Embassy of India has released an advisory on the precautions to take to avoid fire accidents in your residential areas:

- All rooms in a flat or villa should be properly ventilated. Residents should know the fire escape routes.
- Curtains must be kept away from electrical points as they can catch fire if the power points emit a spark due to a short circuit.
- Smoking should be totally avoided in the house. If unavoidable, smoking may be done in the balcony of your house or in any open area without encroaching into the private area of your neighbors.
- Cigarette butts should not be thrown in dust bins, but in ashtrays, after being properly extinguished. Invariably, these all should be flushed with water after being crushed completely.
- All inflammable articles should be kept safely away from the kitchen.
- All houses and apartments should always have fire extinguishers. It is incumbent to get them checked annually by the authorities.
- All electrical gadgets like air-conditioners, T.V., heaters, Iron, toaster, washing machines and other electrical items should be switched off prior to a long stint away from home. Plugs must be taken out from the electrical sockets for safety.

Failures rock Kuwait's postal services department

At a time when 72 countries are demanding compensation from Kuwait over the loss of parcels sent via mail and failure to deliver on schedule, some Kuwaitis have expressed displeasure over the consistent faulty website of Ministry of Communications hindering follow up of parcels since Wednesday, especially as most parcels contain "Eid clothing".

A source said the postal services department is not prepared for holiday seasons and the image of Kuwait should be protected against embarrassment from countries where the parcels are coming from. This is important, especially in Ramadan and other festivities when small



scale entrepreneurs are very busy, he noted.

He observed that the ministry did not plan for provision of stamps for parcels or courier services in the headquarters, indicating

employees are also grumbling about inadequate capacity to deal with the situation.

He disclosed that several outgoing and incoming parcels are either missing or not delivered on schedule to the

extent that the Indian Postal Services has stopped dealing with Kuwait in sea mail and surface mail, while Hong Kong has been demanding \$48,000 in compensation for lost parcels.

He reiterated that security breaches have been detected in the method of parcel delivery and failure to inspect the parcels with machines which is dangerous to employees.

He stressed that enemies of the country could capitalize on the lapse to send parcel bombs. He also mentioned that the Turkish Airlines has suspended mails from Kuwait on its flights, because the ministry does not abide by international standards in packaging and breaches safety conditions.

Traffic at Kuwait International Airport normal, flights on schedule during Eid holidays

Traffic at Kuwait International Airport is normal and flights are on schedule despite crowds, said an official of the Directorate General of Civil Aviation (DGCA) late Thursday.

Termining "baseless" reports on social media of "extremely" dense traffic at the airport that required travelers to show

up five hours before their trips, Saleh Al-Faddaghi, director of operations at DGCA told KUNA that the public should verify these information through official means.

He added that such rumors contributed to the unnecessary overcrowding, calling on travelers to show up 3-4 hours before their scheduled flight.

Al-Faddaghi also urged travelers to cooperate through following DGCA instructions. He predicted that passenger traffic at the airport would rise starting on Sunday, as many are returning home after the Eid holiday. He also noted that some 250,000 people left the country in the last three days.

Philips unveils the Viva Collection Airfryer TurboStar

Philips - the world's leading low fat fryer brand, has unveiled its next generation Viva Collection Airfryer TurboStar. The efficient kitchen appliance makes it easier to prepare food in a healthier way, without compromising on taste.

The Airfryer's new TurboStar technology swirls hot air continuously throughout the whole cooking chamber, resulting in more homogenous heat distribution and more evenly cooked food. The product is available at all leading supermarkets and electronics retailers.



TRASSK conducts Iftar meet

Thrissur Association of Kuwait (TRASSK) conducted its annual 'Iftar Meet' in a grand way on 1 July at Rhythm Auditorium, Abbasiya.

The association's acting President Mr. Sugunanadh presided over the event and spoke on the importance of the Iftar meet for developing communal harmony among the members.

KIG President Faisal Manjeri delivered

the Ramadan message that emphasized the values and stressed on the significance of fasting during Ramadan, which helped a person to improve their self-esteem and transform into a kind human being.

Many well-known personalities attended the meeting including Hameed Keloth, Mubarak Kambrath and TRASSK Vanitha Vedhi Coordinator Ambika Mukundan.



Eid Mubarak عيد مبارك
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DWAIHI PALACE مطعم القويحي بالاس
A Dream Fine Dining Restaurant Spacious dining & family cabins

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Griezmann's double sends France into Euro 2016 final

Antoine Griezmann scored twice Thursday as France beat world champions Germany 2-0 to seal a place in the Euro 2016 final against Portugal. Having converted a controversial first-half penalty for Bastian Schweinsteiger's handball, Griezmann put the result beyond doubt with a sweetly struck second half shot.

"We suffered but we knocked them out," said French coach Didier Deschamps after the game in which Germany dominated possession.

France's first win over Germany in their fifth meeting at major finals came out of a controversial penalty just before half-time.

A weak Griezmann shot and a Dimitri Payet free-kick straight at Manuel Neuer were France's best chances early on. At the other end, Germany were sloppy with a string of chances in front of goal while Schweinsteiger fired over from range. Then there was panic in the German



defense moments later when Olivier Giroud broke clean away.

Only a perfectly-timed tackle from the furiously back-peddling Benedikt

Hoewedes blocked his shot.

France was content to sit deep, letting Germany rule the midfield with Griezmann and Moussa Sissoko

waiting to counter-attack with little success. The penalty swung the game.

Griezmann showed a cool head by gratefully slamming his shot past Neuer in the second minute of added time. France led 1-0 at the break, even though Germany had 64 percent of the first-half possession and 11 attempts on goal to France's six. The goal breathed life through the French team for the second-half as the Germans became ever more frustrated.

With 25 minutes left, Germany's problems were compounded as defender Jerome Boateng went off with injury with 61 minutes gone. Griezmann settled the matter when Paul Pogba's cross from the left was cleared by Neuer into the Atletico Madrid stars path to fire home on 72 minutes. The German team tried a last gamble to avoid their first defeat at a finals since the Euro 2012 semi-finals, but France held firm.



Record man Cristiano Ronaldo ends Wales' Euro fairytale

in Marseille on Thursday. It will be only Portugal's second major final after Euro 2004, when a 19-year-old Ronaldo was left in tears on the Estadio da Luz pitch in Lisbon after the hosts were beaten 1-0 by Greece.

While Ronaldo - whose three goals leave him one short of France's tournament top scorer Antoine Griezmann - closes in on what would be his first international trophy, Bale and Wales's dreams of emulating Greece ultimately came up short.

Missing the suspended Aaron Ramsey, they failed to test a Portugal team who had not previously won inside 90 minutes at the tournament.

But having reached the last four in their first major competition since the 1958 World Cup, Chris Coleman's side and their redoubtable red-shirted fans leave France with their reputation immeasurably enhanced. Ronaldo had to wait until the 44th minute until his first sight of goal, heading over from Adrien Silva's inswinging left-flank cross, while Joao Mario dragged a shot across goal and wide.

With Ramsey absent, there was even more onus than usual on Bale to make things happen for Wales and he was the stand-out player in an otherwise flat first period. From Joe Ledley's training-ground corner he swiped a shot into the stands, while a galloping run down the right wing culminated in a shot that flew straight into Rui Patricio's gloves. But if the first half was all about Bale, the second was all about

Ronaldo. A short corner on Portugal's left yielded the opening goal five minutes after the restart. Raphael Guerreiro curled a cross to the back post and Ronaldo leapt above James Chester, seeming to hang in the air, before powering a header past Wales goalkeeper Wayne Hennessey's flailing left hand. Wales had taken control of the game after falling behind to Belgium in the quarter-finals, ultimately winning 3-1, but Portugal gave them no chance of doing that by scoring a second goal within three minutes.

Ronaldo was this time the provider, albeit inadvertently, as his mishit shot was prodded into the net by his former Manchester United team-mate Nani. Coleman made three attacking changes, sending on Sam Vokes, Simon Church and Jonathan Williams for Joe Ledley, Hal Robson-Kanu and Collins.

Bale twice worked Rui Patricio with swerving efforts from range, but Portugal remained a threat, with Nani, Jose Fonte and Danilo all testing Hennessey.

By the end Wales's fire had burnt itself out, but their fans continued to sing as the seconds ticked away on their unforgettable French adventure.

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GROUP A

FRA 2	June 10 22:00 St. Denis	1	ROM
ALB 0	June 11 16:00 Lens	1	SUI
ROM 1	June 15 19:00 Paris	1	SUI
FRA 2	June 15 22:00 Marseille	0	ALB
ROM 0	June 19 22:00 Lyon	1	ALB
SUI 0	June 19 22:00 Lille	0	FRA

GROUP B

WAL 2	June 11 19:00 Bordeaux	1	SVK
ENG 1	June 11 22:00 Marseille	1	RUS
RUS 1	June 15 16:00 Lille	2	SVK
ENG 2	June 16 16:00 Lens	1	WAL
RUS 0	June 20 22:00 Toulouse	3	WAL
SVK 0	June 20 22:00 St. Etienne	0	ENG

GROUP C

POL 1	June 12 19:00 Nice	0	NIR
GER 2	June 12 22:00 Lille	0	UKR
UKR 0	June 16 19:00 Lyon	2	NIR
GER 0	June 16 22:00 St. Denis	0	POL
UKR 0	June 21 19:00 Marsekke	1	POL
NIR 0	June 21 19:00 Paris	1	GER

GROUP D

TUR 0	June 12 16:00 Paris	1	CRO
SPA 1	June 13 16:00 Toulouse	0	CZE
CZE 2	June 17 19:00 St Etienne	2	CRO
SPA 3	June 17 22:00 Nice	0	TUR
CZE 0	June 21 22:00 Lens	2	TUR
CRO 2	June 21 22:00 Bordeaux	1	SPA

GROUP E

IRL 1	June 13 19:00 St. Denis	1	SWE
BEL 0	June 13 22:00 Lyon	2	ITA
ITA 1	June 17 16:00 Toulouse	0	SWE
BEL 3	June 18 16:00 Bordeaux	0	IRL
ITA 0	June 22 22:00 Lille	1	IRL
SWE 0	June 22 22:00 Nice	1	BEL

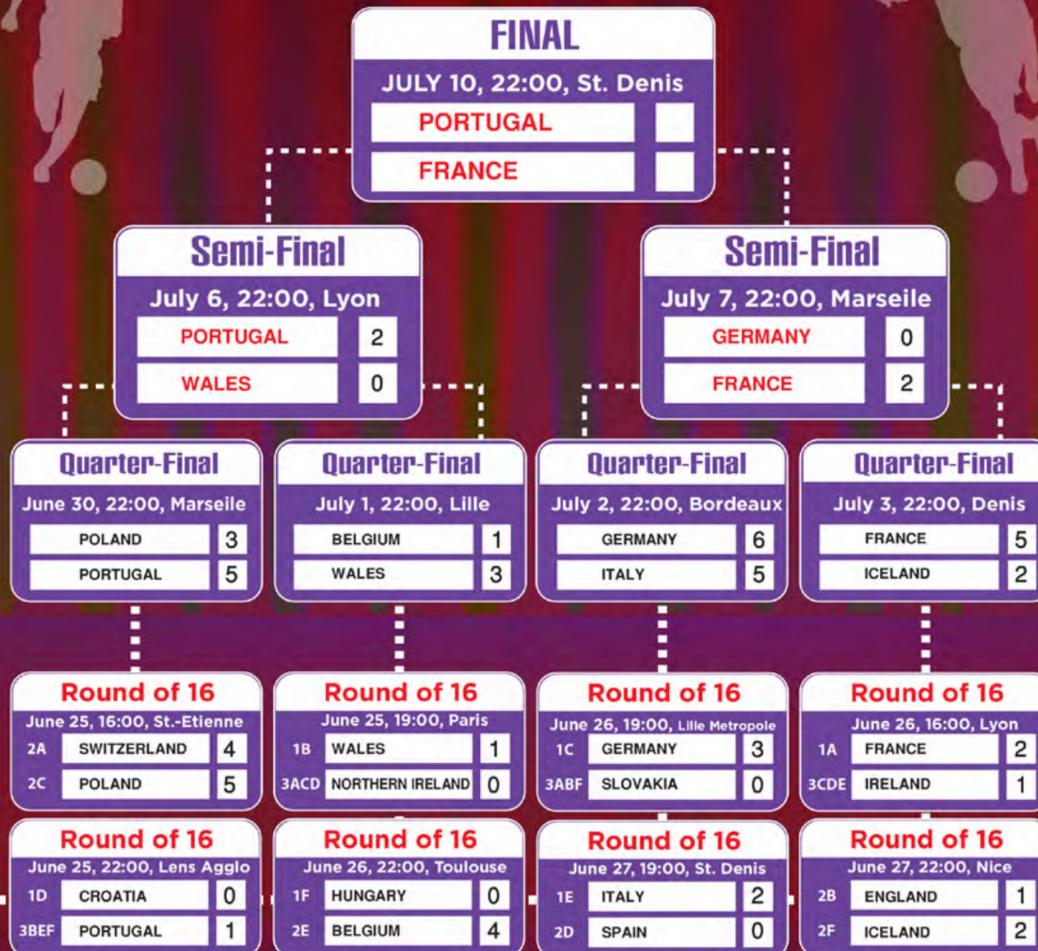
GROUP F

AUT 0	June 14 19:00 Bordeaux	2	HUN
POR 1	June 14 22:00 St Etienne	1	ISL
ISL 1	June 18 19:00 Marseille	1	HUN
POR 0	June 18 22:00 Paris	0	AUT
ISL 2	June 22 19:00 St. Denis	1	AUT
HUN 3	June 22 9:00 Lyon	3	POR

EURO 2016

FRANCE

(JUNE 10 - JULY 10)



GROUP A

TEAM	MP	PTS
FRA	3	7
SUI	3	5
ALB	3	3
ROM	3	1

GROUP B

TEAM	MP	PTS
WAL	3	6
ENG	3	5
SVK	3	4
RUS	3	1

GROUP C

TEAM	MP	PTS
GER	3	7
POL	3	7
NIR	3	3
UKR	3	0

GROUP D

TEAM	MP	PTS
CRO	3	7
SPA	3	6
TUR	3	3
CZE	3	1

GROUP E

TEAM	MP	PTS
ITA	3	6
BEL	3	6
IRL	3	4
SWE	3	1

GROUP F

TEAM	MP	PTS
HUN	3	5
ISL	3	5
POR	3	3
AUT	3	1

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Best of the past Euro Finals

Every World Cup final – even a game as dull as the Italy/Brazil goalless draw at USA '94 – remains in your minds long after the trophy has been lifted, this has more to do with impressive plays and fantastic sportsmanship. Since its inception in 1960, the UEFA tournament has arguably provided far more entertaining final encounters than its global counterpart. Here is a look back at every European Championship final, the top four ranked by quality, drama and pure entertainment value.

Euro 2004 – Portugal 0-1 Greece

Those who see Cristiano Ronaldo as public enemy number one may well place the biggest shock in Euros history in pole position. But although it was a little satisfying to see Portugal's golden boy burst into tears after losing to the tournament's rank outsiders – and for the second time in a matter of weeks – the game itself was a dreary affair in which Greece continued



to play their anti-football style to winning but neutral-unfriendly effect.

Euro 2008 – Spain 1-0 Germany

Perennial underachievers up until that point, Spain finally fulfilled their true potential at Euro 2008 with what would be the first of three successive victories at major tournaments. Fernando Torres'

composed chip over Jens Lehmann was worthy of winning any final, but with a below-par German side offering virtually nothing in response, the historical importance of the result was more interesting than the one-sided game itself.

Euro 2012 – Spain 4-0 Italy

The most commanding performance in a final came courtesy

of reigning European and World Cup champions Spain in 2012. Indeed, Vicente del Bosque's men made Italy look like a pub side as they cruised to a 4-0 victory with a lethal combination of exquisite passing and decisive finishing. The Spaniards' demolition job may not have made for a nail-biting affair, but it was a joy to watch one of the greatest international sides of all time at the top of their game.

Euro 2000 – France 2-1 Italy

Beating Spain to the punch by 12 years, France became the first country to win the World Cup and Euros consecutively with a riveting 2-1 victory over the Italians. The result looked unlikely when Roger Lemerre's men were still a goal down with three minutes of injury time already played. But after Sylvain Wiltord came to the rescue Les Bleus with a low drive, a crestfallen Italy were given another sucker punch in extra time with David Trezeguet's spectacular golden goal.

Best plays from the semi-finals

Viewers saw a stunning set of matches in the semi-finals, and many were awestruck by the impressive show of sportsmanship from some of the players.

Portugal made short work of Wales with a 2-0 win thanks to the heroics of Cristiano Ronaldo while France knocked Germany out – one of the pre-tournament favorites and world champions – with a similar scoreline. The two semi-finals were contrasting in nature but the game between Germany and France was arguably the best of the tournament so far. There were some fine performances and any observer can appreciate the sporting feats of players which are mentioned here.

Goalkeeper - Portugal's Rui Patricio made three saves to deny Wales a goal.

The position between the sticks was a toss-up between Portugal's Rui Patricio and France's Hugo Lloris – both of whom kept clean sheets in their respective semi-finals. Rui Patricio won because he was well in control of shots that were on target. He looked composed, never spilled the ball and denied a frustrated Gareth Bale many times when the Welsh forward took shots from distance.

Defense - Laurent Koscielny and Samuel Umtiti ensured Thomas Muller remained invisible

France's Laurent Koscielny was arguably the best center-back in the semi-finals.

The Arsenal defender was a rock at the back for the French defense and kept Germany at bay with his timely clearances. He made a total of 11 clearances – more than any other player in the semis. Koscielny's partner Samuel Umtiti, playing in only his second game at



Euro, also stood strong at the back, making nine clearances. And both players ensured Thomas Muller was neutralised.

Midfield - Toni Kroos and Paul Pogba completed the most passes for Germany and France respectively

Toni Kroos ran the game for Germany making a match-high 95 passes. The set-piece expert also put in two accurate crosses into the box to trouble the French defense. And he made 3 key passes which Germany could not pounce on. France was more than happy to concede possession to Germany while they looked to press and hit them on the counter.

But their midfield duo of Paul

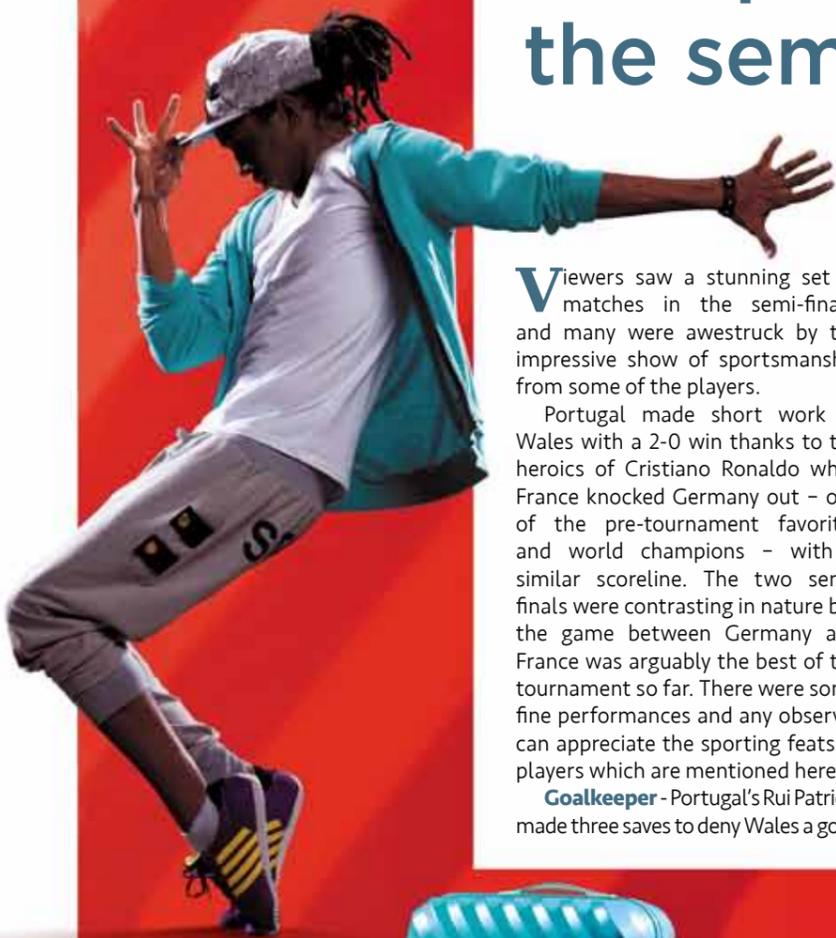
Pogba and Blaise Matuidi linked defense with attack and looked to release their forwards at any given opportunity. Both players combined played seven long balls.

Attack - Both Cristiano Ronaldo and Nani have scored three goals at Euro 2016. Portugal made it to the knockout stages by the skin of the teeth and their first win in normal time came in the semi-final and it was down to the unorthodox strike partnership of Cristiano Ronaldo and Nani. Both players have an understanding and look to vacate space to give the other more room. It's no wonder then that they have both scored three goals and have a combined three assists.



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Coastal marine life threatened by plastic waste

The rise of plastics in shallow sea waters does not bode well for marine life along coastal countries, including all the GCC states, because micro-plastics are mistaken for food by small fish still in development, says a new scientific study.

The study by Uppsala University in Sweden revealed that larval perch which had access to micro-plastic particles only ate plastic and ignored their natural food source of free-swimming zooplankton. "Small fish prefer to eat the plastic and gorge themselves on tiny plastic pieces smaller than five millimeters resulting in 'changed behaviors and stunted growth which lead to greatly increased mortality rates', the study authors said.

Micro-plastics are found in high concentrations in shallow coastal areas posing risk for marine creatures. Micro-beads, for example, are found in high concentrations in everything from toothpaste, laundry detergent and personal care products and are washed down the drain, ending up in water environments. In a statement, the university said that for "the first time, scientists have now been able to show that development of fish is threatened by micro-plastic pollution".

In a latest study by Jenna Jambeck, an assistant professor of environmental engineering at the University of Georgia, it was estimated that eight million metric tonnes of plastic are entering the world's oceans annually.

"We calculate that 275 million metric tonnes (MT) of plastic waste were generated in 192 coastal countries in 2010, with 4.8 to 12.7 million MT entering the ocean," the study stated. Jambeck said the eight million MT estimate equates to 15 grocery bags filled with plastic for every meter of coastline



stretched around the world. Divers in many GCC states have confirmed that plastics witnessed in recent dives in local waters pose deadly hazards for fish and sea turtles that ingest the pollution believing the debris to be food. Environmental organizations and divers' association in GCC countries have spearheaded various awareness campaigns among the public and in schools, as well as conducted underwater clean-up drives of coastal areas to regularly remove plastics and other garbage from the sea-floor.

At a recent Federal National Council meeting in the UAE, it was noted that the

country uses over 11 billion plastic bags annually; this comes despite ambitious measures by Dubai Municipality and the federal government to slash consumption in the millions.

Dr. Thani Bin Ahmad Al Zeyoudi, Minister of Climate Change and Environment, said that the ongoing issue of plastic waste is a top priority under current study. "The ministry has done so many activities in the last seven years. We came up with several ministerial decrees," Al Zeyoudi said in an interview. "We're going to have more attention on the topic. We're going to activate those decrees."

Student on mission to give better vision to poor

Maathangi Anirudh, a 12-year-old Indian student of Millennium School, Dubai, is collecting used spectacles donated by members of the public and is aiming to donate it to hospitals running free eye camps in Pakistan.

The charity drive that she initiated, called 'Donate Spectacles, Give Vision', which aims to reach out to less privileged people with vision problems and encourage them to read, has so far collected 60 pairs of eyeglasses.

"These eyeglasses are still functional and can be reused by the poor and needy who cannot afford a new pair," said Ms. Maathangi, who is currently the president of a UAE-based youth group called Students for the Earth and was the only Ambassador to be chosen during the country's bid for the Expo. Maathangi says she has been getting overwhelming support from people, including from her peers at school and her parents' colleagues and followers of the Students for the Earth Facebook page. She is trying to reach a target of 150 pairs of eyeglasses.

"I wanted to launch a charity drive that was a bit different, one which will help someone read well and see the world better, especially as this year was announced as the Year of Reading," she said. "Reusing old glasses also helps the environment; as otherwise, the glasses would end up in landfills, causing pollution." The grade-eight student said she will be handing over the eyeglasses to an Abu Dhabi-based resident, who has been previously involved in a similar sight-saving initiative to help patients in Pakistan.



Latest edition of Dubai Summer Surprises launched

The 19th edition of the annual Dubai Summer Surprises (DSS) shopping and entertainment extravaganza was inaugurated on Saturday, 9 July with a host of great events, family fun and exciting deals across the city.

seasons in the region, with amazing deals and promotions that are expected to create many memorable moments.

The DSS, organized by Dubai Festivals and Retail Entertainment (DFRE), is part of the agency's remit to position

DFRE and the Dubai Shopping Malls Group (DSMG) offers shoppers the opportunity to win 12 Infiniti cars, in addition to big surprises offered by participating malls.

The DSS 2016 reflects DFRE's understanding of the diverse tastes and interests of the millions of visitors who have made the festival the most successful of its kind for almost two decades and one of the region's longest running summer extravaganzas.

The DFRE is an integral part of the Department of Tourism and Commerce Marketing (DTCM), the principal authority responsible for planning, supervising, developing and marketing tourism in Dubai. The department, which is committed to strengthening the Dubai economy through attracting tourists, inward investments and delivering Dubai's tourism vision for 2020, which includes welcoming 20 million visitors per year by 2020.

Dubai as an international events and entertainment hub and increase competitiveness as a retail destination through festivals and promotions.

Some of the activities planned for DSS 2016 include cartoon character shows, and dining/shopping promotions - one by



Held under the theme 'Own the Summer', this year's festival is aiming to outdo previous iterations both in its scope and in visitor attendance. For the next 43 days the city will be transformed and, residents and visitors in Dubai will be able to enjoy one of the best shopping

Abdul Sattar Edhi a legend of compassion passes away

Continued from Page 1

destitute, widows, orphans and the handicapped, conducts drug rehabilitation programs and engages in national and international relief efforts. With a fleet of over 1,800 ambulances and air-ambulances stationed in areas across Pakistan, the Foundation has since 1997 held the Guinness Record for being the largest volunteer ambulance organization in the world.

The unassuming Mr. Edhi with his flowing white beard and traditional cap lived an austere

life in a bare room in Karachi. He won respect from every strata of society for an ascetic lifestyle that was devoted to helping the poor regardless of their background. In a country with sparse public health facilities and welfare service, the Edhi Foundation was often the only solace.

Paying tribute to the legendary philanthropist and describing him as a "great servant of humanity", Pakistan Prime Minister Nawaz Sharif said, "There are few men who have done as much good and made as much a difference to the lives and livelihood of Pakistani people as Abdul Sattar Edhi."

Weakening global economy threatens ending extreme poverty

Today, roughly 700 million people live in extreme poverty, a reduction of more than 1 billion people than 15 years ago. But the weakening global economy threatens our progress toward ending extreme poverty by 2030 said World Bank Group President Jim Yong Kim in his opening press conference at the recent World Bank-IMF Spring Meetings 2016, held in the US capital.

Pointing to a dismal global economy, Mr. Kim said, "There are not many bright spots around the world — the United States is one among the developed economies and India is another among the middle-income countries. Growth remains weak in Europe and Japan, and among emerging economies, Russia and Brazil are projected to post negative growth once again. We have just downgraded our global growth economic forecast this year to 2.5 percent from 2.9 percent.

As they gathered for the latest round of talks, finance ministers of the world's top economies came under growing pressure to do more for global growth and to crack down on tax evasion. The G20 though will also have to answer to the broad worries voiced by the World Bank and IMF that world growth could slow to 'stall speed' if nothing is done.

In April, the International Monetary Fund (IMF) cut its 2016 global growth forecast for the fourth time in a year, to 3.2 percent from 3.4 percent, amid weakening global demand and geopolitical risks. A fifth straight global growth mark down by the IMF looks almost certain.

The World Trade Organization expects 2016 to be the fifth consecutive year of less than 3 percent growth in global trade, and Director-General Roberto Azevedo said trade would remain sluggish going into the third quarter of the year.

The two powerful institutions said demand for financial support from struggling governments has risen to levels normally seen during crises. "In the global economy, there are not many bright spots," said World Bank President Jim Yong Kim. "The weakening global economy threatens our progress toward ending extreme poverty by 2030."

China's trade minister Gao Hucheng speaking at the start of a two-day meeting of trade ministers from G20 economies in Shanghai last week, said the global economic situation is grim and major economies



must lead the way in tackling problems including sluggish growth and weak trade. Uncertainty hangs over the outlook for a slow-growing global economy now beset by post-Brexit reverberations. "Global trade is dithering, international investment has yet to recover to levels before the

financial crisis, the global economy has yet to find the propulsion for strong and sustainable growth," he said.

Meanwhile, the emerging economies of the G24 group said that things have not improved for them. "We continue to face weaker global

demand, tighter financial conditions, more volatile capital flows, and heightened security challenges. These headwinds could further weaken our growth outlook and contribution to global growth," the group said.

G20 ministers also faced calls to take action to boost job-creating

investment and fight off rising protectionist sentiment. In addition, they were confronted with an ambitious proposal from Europe's top five economies in reaction to the Panama Papers scandal that has exposed the extent of banking secrecy worldwide.

Germany, Britain, France, Spain and Italy released a proposal calling for an international registry of the beneficial owners of anonymous shell companies to help fight tax evasion and money laundering. The move was a reaction to the leak of millions of documents on anonymously owned shell companies from Mossack Fonseca, a Panamanian law firm that specialized in setting up such firms.

"The current events show that identifying the ultimate beneficial owner behind corporate structures is key to fighting tax evasion, money laundering and illicit finance effectively," German Finance Minister Wolfgang Schauble said in a news conference.

However, this could put the countries of the elite group at odds among themselves: some, including the United States, allow company owners to hide their identities in anonymous companies and trusts.

When you hear of a 'tax haven' the picture that comes to mind is of a small island with great weather and beaches. You probably have the picture in mind of a tiny island with superb year-round weather and obliging tax and banking systems. In many cases this picture may not be entirely wrong, but then you would only be seeing part of the picture. According to the International Monetary Fund there are more than 60 'offshore financial centers' around the world, some of them quite far removed from the sun-drenched beaches that you imagine.

Countries, states or territories that have a system of financial secrecy in place or where certain taxes are not levied or levied at a very low rate are generally referred to as tax havens. Havens providing financial secrecy allow foreign individuals to park their funds in these areas to circumvent certain taxes in their home countries.

Aside from avoiding taxes, shell companies in tax havens are routinely used by terrorist organizations to hide assets, by political donors to sidestep campaign finance laws and



by criminals to launder money.

A 2012 report from the Tax Justice Network estimated that between US\$21 trillion and \$32 trillion is sheltered from taxes in unreported tax havens worldwide. If such wealth earns 3 percent annually and such capital gains were taxed at 30 percent, it would generate between \$190 billion and \$280 billion in tax revenues, more than any other tax

shelter. If such hidden offshore assets are considered, many countries with governments nominally in debt are shown to be net creditor nations. A study of 60 large US companies found that they deposited \$166 billion in offshore accounts during 2012, sheltering over 40 percent of their profits from US taxes.

The US is a magnet for offshore wealth, notably South Dakota,

which has guaranteed secrecy for family trusts. Among the more than 80 family trusts that have chosen South Dakota to park their funds are the heirs to the William Wrigley chewing gum fortune, the Carlson family, owners of the Radisson hotel chain and the family of John Nash, the late hedge fund giant. Assets held in South Dakota are believed to have jumped from around \$32 billion in 2006 to \$226 billion in 2014. But South Dakota is not the only state providing such services, Nevada, Wyoming and Delaware have similar lenient corporate tax laws that make them attractive tax havens.

After years of having accused and brought litigation against banks in Switzerland for helping Americans hide their wealth and sanctimoniously introducing Foreign Account Tax Compliance Act (FATCA), it is nothing less of ludicrous that the US should provide similar service to the rest of the world. Undisclosed foreign sources who wish to park their billions in select US states are exempt from taxes and reporting.

THE TIMES KUWAIT

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Parents who attempt to micro-manage every aspect of their kids' activity and push their children to excel in studies and games, may find their children are prone to becoming highly self-critical or anxious and depressed.

When parents become intrusive in their children's lives, it may signal to the children that what they do is never good enough, said researchers behind a five-year study in Singapore.

The study found that children, whose parents acted intrusively — had high expectations of academic performance or overreacted when the child made a mistake — were at

Kids harmed by 'hovering' parents

increased risk of being overly critical of themselves. The researchers also found that children who were highly self-critical had higher levels of anxiety or depression symptoms, although the study did not prove that parental pressure caused anxiety or depression.

As a result of having 'hovering' parents, children could become afraid of making the slightest mistake and will blame themselves for not being 'perfect'. The researchers say that over time, such behavior, known as maladaptive perfectionism, may be detrimental to the child's well-being as it increases the risk of the child developing symptoms of



depression, anxiety and even suicide in very serious cases.

The researchers said their findings indicated that in a society that emphasizes academic excellence, which is the situation in Singapore, parents may set unrealistically high expectations on their children. They added that children should be given a favorable environment to learn, and part of learning always involves making mistakes and learning from them. When parents become intrusive, they may take away this beneficial learning environment to the detriment of the child's development.

Tastes that you can really taste

Most people will be familiar with the classic 'tongue map', where sections of the tongue responsible for detecting sweet, sour, bitter, and salty tastes are clearly demarked.



This theory is taught widely at schools and is considered to be a fact by most people.

However, in reality, we taste different flavors using taste buds spread across all parts of the tongue. So where did the tongue map come from? It was actually a mistranslation of a German thesis, written

by Edwin Boring in 1901, that was disproven in 1974. But, for some reason, the map has persisted.

It is true that certain areas of the tongue are more sensitive to certain flavors - for instance, sweet or sour - but the differences are small, they vary between individuals, and are not as neat as the famous tongue map. Also, many of us were taught that there are just four primary tastes: bitter, sour, salty, and sweet. In fact, there is a fifth - umami - a savory, meaty taste associated with monosodium glutamate (MSG).

Sun protection comes in many forms

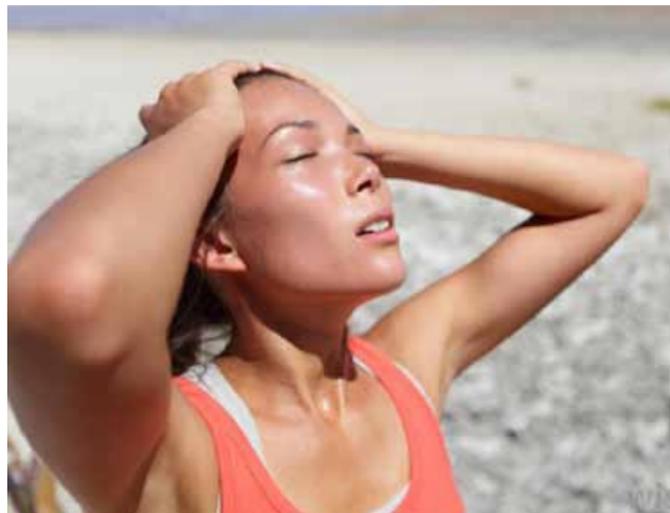
Scorching sun, soaring temperature and wilting energy makes us all want to just stay indoors under the cool blast from air-conditioners. When we do venture out into the sun, the best bet is to apply sunscreen liberally. Exposure to Ultra Violet A (UVA) and Ultra Violet B (UVB) rays is always harmful, only that its intensity tends to be greater under the summer sun.

The damage from these UV rays may be obvious right away in the form of a tan or sunburn, but they can lead a range of problems, from wrinkles to skin cancer, caution doctors.

Though many people are savvy to the importance of applying sunscreen, the sheer number of lotions, sprays and the ingredients in them can often confuse users. Most sunscreens on the market offer broad spectrum protection from both UVA and UVB rays, but their Sun Protection Factor (SPF) values can range widely, from 2 to 100.

The SPF number indicates how many more minutes the sunscreen will allow someone to remain in the sun without getting burned than if they had no protection on their skin.

What people do not realize is that SPF is really a personal number that depends on skin



type. The amount of protection that one person gets from an SPF 30 is different than what someone else with a different skin type would get. So what SPF should you use?

Doctors recommend that

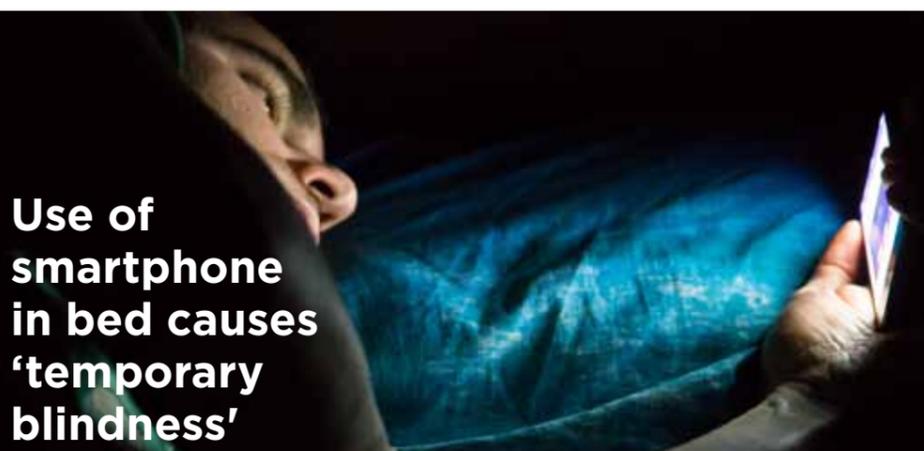
most people should apply sunscreen with a minimum SPF 30 and a maximum of 55. It has been shown that lotions with SPF higher than 60 have diminishing returns and paying higher price for a higher SPF number may lead

to a false sense of security.

The important aspect about sunscreens is applying them properly. It needs to be applied about 15 minutes before we venture out and has to be reapplied every two hours, especially we are out at the beach and after swimming, in order to work correctly. If you pay a lot of money for a sunscreen and then use it sparingly, you are not really getting the SPF you think.

Those who would rather not apply sunscreen to their skin can opt for UV clothing, which is now available at many mass retailers and sporting goods stores.

A regular white T-shirt has an SPF of 3 but UV clothing is rated between SPF 30 and SPF 50. Unlike sunscreen that wears off and needs to be reapplied, UV clothes will protect people from the sun as long as they are wearing them.



Use of smartphone in bed causes 'temporary blindness'

Eye experts warn that using your smartphone in bed in the dark, while lying on one side, can cause a temporary loss of vision.

People, who experience recurring episodes of temporary blindness, especially if it is in one eye, should check if they have been indulging in using smartphones in bed.

Doctors have had patients who reported temporary loss of sight or visual impairment in one eye for extended periods. When they were examined by neuro ophthalmic specialists it was found that the symptoms developed in patients minutes after they had viewed their smartphone screen in the dark while lying in bed. Further investigation revealed that the patients typically looked at their phones with only one eye while resting on their side and that

their other eye was covered by a pillow.

Experts explained this temporary blindness by pointing out that by lying on one side, one eye covered by the pillow would get adapted to the dark while the other eye, by observing the phone's bright screen, would be adapted to light.

When patients attempt to get out of bed immediately, the eye adapted to light would not be able to cope with the surrounding darkness, leading to a sensation of blindness. The two eyes would adapt to the darkness only after a few minutes.

The experts say that as smartphones are increasingly being manufactured with brighter screens and are used day and night, this phenomenon is likely to become more common.

Deoxygenated blood is blue, right?

If you have ever glanced at the thin veins on your wrist, you could be forgiven for thinking that the blood within them is blue. We are taught this from an early age: deoxygenated blood is blue, and once the lungs have furnished it with oxygen, it is red.

However, when we cut ourselves, the blood is always red. This, we have been told, is because the blood is oxygenated as soon as it touches the air. Deoxygenated blood is blue, right?

Despite the way things appear, none of the above is true. Blood is never blue. When it is deoxygenated, it is a deep shade of red, and, once oxygenated, it is cherry red.

So why do the veins look blue? It's actually a rather complex answer that involves at least four factors:

The way in which the skin

scatters and absorbs light is complicated. Because the skin is made of numerous compounds with a variety of optical properties, the way that light travels through it, or bounces off it, is difficult to



predict. Blood's oxygenation state affects the way that light is absorbed. When it is deoxygenated, its absorption coefficient is altered.

The depth and diameter of the blood vessels has an effect. For instance, smaller

vessels near to the surface appear red, whereas a larger vessel, at the same depth, will look bluer.

So, why veins look blue is a very simple question with a very complicated answer.

Another blood-based misconception is that the iron within the hemoglobin gives blood its red color. In fact, it is hemoglobin's interaction with other molecules, such as porphyrin, that produces the redness.



Peru

Once in a lifetime journey

Peru is a country of history, culture, beauty, and adventure, with a full spectrum of possibilities for travelers. The ancient Inca City of Machu Picchu is one of the highlights of any trip to South America, but there is much more to discover throughout Peru. Visitors can take a boat trip on the highest navigable lake in the world, look out over one of the deepest canyons in the world, try their luck sandboarding in the dunes, hike in the Andes, fish for piranha in the Amazon, explore the mysteries of the Nazca Lines, walk through ancient ruins in the Sacred Valley, or experience modern Peru while wandering the streets of Lima. The diversity of the landscape, the people, and the experiences here make Peru one of the most unique destinations in South America.



Lima: After Cairo, this sprawling metropolis is the second-driest world capital, rising above a long coastline of crumbling cliffs. To enjoy it, climb on the wave of chaos that spans from high-rise condos built alongside pre-Columbian temples, and fast Pacific breakers rolling toward noisy traffic snarls. Lima is also sophisticated, with civilization that dates back millennia. Stately museums display sublime pottery; galleries debut edgy art; solemn religious processions recall the 18th century and crowded nightclubs dispense tropical beats. No visitor can miss the capital's culinary genius, part of a gastronomic revolution more than 400 years in the making.

Sillustani: Situated outside the city of Puno and not far from Lake Titicaca, Sillustani is the site of some of the area's most impressive funerary towers. Standing as high as 12 meters, these structures were built by the Colla people around AD 600 to bury their nobility. Most of the towers are set in a scenic area along the bank of Lake Umayo.

Arequipa's Historical City Center: At more than 2,300 meters, Arequipa is often regarded as Peru's most beautiful city. Set against a

Machu Picchu



Perched high upon a ridge, 300 meters above the Urubamba River, the majestic Inca City of Machu Picchu is one of the most dramatic settings of a ruined city anywhere in the world. Almost as impressive as the ruins themselves is the spectacular backdrop of steep, lush, and often cloud-shrouded mountains. Standing near the caretaker's hut, looking out over Machu Picchu, the jungle covered mountains, and the river far below, it is not hard to imagine why the Incas chose this place to build their city.

backdrop of snow-capped mountains, the city center is a designated UNESCO World Heritage Site. The city's main claim to fame is the old architecture constructed of sillar stone, a



volcanic rock that radiates a bright color in the sunlight. Most of the colonial buildings in the historic city center are made from this stone, giving rise to its nickname of the 'white city.'



Lima's Plaza de Armas: One of the most pleasant places in Lima is the main square, Plaza de Armas (Plaza Mayor), in the heart of the city's historic district. Most of the buildings on the square, a UNESCO World Heritage Site, date to the mid 18th century. The highlights around the Plaza de Armas are the cathedral on the east side and Government Palace on the north. Also of interest are the Archbishop's Palace and the Casa del Oidor.



Cusco's Architectural Treasures: Walking through the streets of Cusco is like wandering through a museum, with history built upon history in this UNESCO World Heritage Site. Inca ruins have been used in the foundations of many of the lovely old colonial buildings lining the narrow roads, showcasing the city's long history. The main square, Plaza de Armas, in the city center is home to the Cathedral and La Compania, two equally impressive structures.



The Inca Trail: The famous Inca Trail is a four-day hike, which terminates at Machu Picchu, and is regarded by many as the highlight of their trip to Peru. This scenic trail is often more demanding than what many people are expecting, but also more rewarding. There are a couple of different starting points for the Inca Trail, but the traditional four-day hike begins at km 82 of the Cusco - Aguas Calientes rail line. From this point, the trail passes more than 30 Inca ruins and traverses through some spectacular scenery. The most difficult portion of the trail is the second day of the hike, with a climb of 1,200 meters in elevation gain and two high passes.

Lake Titicaca



The sparkling blue water of Lake Titicaca is surrounded by rolling hills and traditional small villages, offering a mix of beautiful scenery and culture that sets it apart from other regions of the country. Sitting at 3,820 meters above sea level, Lake Titicaca is known for being the highest navigable lake in the world, but it is also an extraordinarily scenic area where visitors can relax and enjoy some tranquility. A boat trip to the islands and surrounding villages is the best way to appreciate the lake. One of the main tourist attractions is the Uros Floating Islands (Islas Flotantes), which sustain small communities of Uros Indians. These are man-made islands constructed of reeds that have sustained a traditional way of life since the time of the Incas.

Nazca Lines: The mysterious Nazca lines are an unusual sight that will leave visitors with a sense of awe. These huge images on the desert floor were relatively undiscovered until planes

flying over the area in the 1920s saw the lines from the air and realized they formed distinct patterns and images. From the air, it is possible to see 70 different plant and animal drawings as



well as hundreds of lines and other geometrical shapes. Although it is not known exactly who created the lines or how and why, theories hold that the lines were the product of the Paracas and Nazca cultures sometime between 900 BC and AD 600.



Colca Canyon: Although it was once thought to be the deepest canyon in the world, Colca Canyon, twice as deep as the Grand Canyon, is the second deepest after nearby Cotahuasi Canyon. The canyon reaches a depth of 3,400 meters and is the result of a seismic fault between two volcanoes. At the base far below is a winding river.



Puerto Maldonado and the Amazon: Just a half hour flight from Cusco, Puerto Maldonado is a key jumping-off point for tours of the Amazon. This is a completely different experience than visitors will find in other parts of Peru, with hot humid jungle and a chance to see all kinds of unique wildlife. Caimans, capybara, monkeys, parrots, turtles, and piranhas are what visitors can expect to find in this part of the country.



Is MBA worth it?

As global tuition rates continue to rise and the economy languishes, the cost of obtaining an MBA has never been greater. But the question lies, is an MBA really worth it? To answer this question, one would have to consider the do's and don'ts in reference to the field that they are heading to. So read along and decide for yourself if an MBA is really worth it.

Assess your long-term career goals: If your long-term career goal is to run a factory or to work in politics, for example, you will likely not need an MBA. Take some time to think carefully about your future. Just remember, MBA will not actually qualify you to do anything in particular. You will need to be creative out of school to land a job. So before you decide to go to business school, do some research to gauge whether or not you really need the degree.

Consider the costs carefully: The bottom line is: attending business school is very expensive. Some will be lucky enough to have their companies pay for their MBA tuition, but there are still many who are not able to afford the same. Consider your living, travel and study material expenses, and after all if you think you can manage then you are in luck.

Consider the long term, not the short term: Many are willing to sacrifice and pay

a huge amount for studies because they are looking at the long term point of view. If you have made an informed decision about going to business school, you should earn that 'lost' income back in a relatively short time.

Take into account the different types of MBA programs: There has never been a more robust set of MBA offerings available to applicants. There are full-time programs, part-time programs, executive programs (EMBA), professional programs, international programs, online programs, and countless hybrids of all these. Full-time programs are best for students who tend to be a bit younger (ages 22-30), while Executive programs are best for middle managers looking for an extra boost in their careers. Part-time programs can be very flexible and draw a very diverse group of students.



Assume you cannot afford it: There is no doubting the fact that it is expensive to attend business school. However, before you give up and stop reading, slow down a bit and consider the option of taking a loan. There is no better way to leverage yourself than your education, and a good MBA program makes it very easy to obtain loans.

Get sucked into less-than-accredited programs: Always remember that there are no shortcuts, you get what you pay for. With several fraudulent schools waiting to take money from unsuspecting applicants, it is imperative you pay heed and not fall for these scams. Be sure to do your research, and remember – the next time you see an ad for a school you have never heard of, offering something that is too good to be true, be very careful. The education space is a huge profit making



area and many 'schools' are little more than a handful of dishonest 'entrepreneurs' trying to turn some quick money.

Go at it alone: Never feel as though you are on your own, trying to figure things out without any support. Reach out to any number of possible allies and supporters: friends, family, coworkers, schools, professors, admissions consultants. Every MBA program will love to speak with you over the phone, send you their materials, and direct you to their contacts and student admissions advisers. There are countless resources, all of which will cost you nothing.

When deciding whether to obtain an MBA, there are many factors to consider, including whether you really need one; what the best reasons are to go; and, of course, where you should attend given the option. If you do your research carefully, an MBA can be a transformational experience. But as you make this important decision, do not fall for the many pitfalls that await you along the way.

Mock exams are great for students' brains



Mock tests are nothing but trial exams that people take before appearing for the final exam so that they can assess their level of preparation.

Mock exams are usually taken by students who are about to appear for an important exam. From Class 10 Board Exams to the CAT, every course has mock tests of its own. These exams are extremely helpful to any student looking to do well on these tests. Here are five ways mock tests can help students make sure they are on the path to exam success:

Motivation for early revision: Research suggests that a majority of students consider themselves to be procrastinators, with many doing so regularly and to a level that is considered as a problem. If exams are held on yearly basis, their value reduces, while on the other hand, having a mock exam halfway through the year, while on the other hand, having regular mock exams provide an opportunity for students to focus their attention and efforts earlier rather than later.

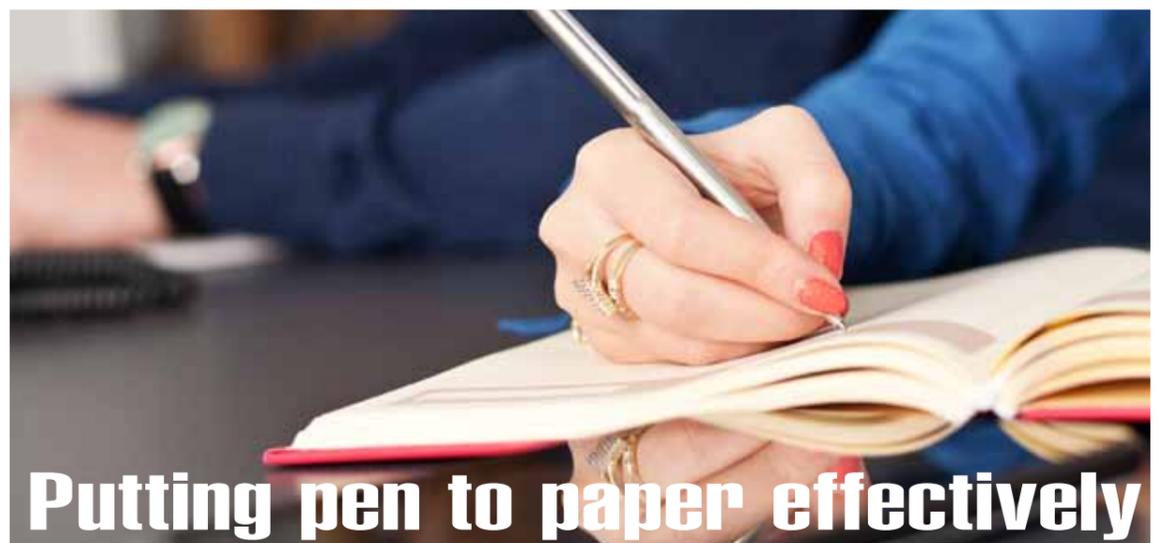
Practicing effective revision strategies: Mock exams let students practice revision strategies that are proven to be more helpful. Some of them include: Spacing out revision sessions, teaching the material to someone else and switching

between topics every now and then. Another technique called 'elaborative interrogation', where one asks oneself 'why?' This method helps students remember a large portion of their material more affectively compared to others.

Improving knowledge: Testing yourself is an effective way to improve your knowledge and ability to recall information. Instead of seeing an exam as a potentially threatening event or as some sort of judgment on your ability, it would be helpful if you will see mock tests as a handy way of improving knowledge and memory.

Practicing under exam conditions: Pressure can do funny things to students. For some, it can lead to nervousness, anxiety, frustration and sloppy mistakes, culminating in a poor performance. For others, pressure allows them to concentrate more, work harder and perform better. It takes time and practice to perform well under pressure. If the final exams are the first time students experience these conditions, it is lottery as to how they react.

Mock exams help students figure out and practice what works best for them. Techniques to manage exam nerves could include actively slowing down, channeling nervousness into helpful behavior or listening to some relaxing music beforehand.



Putting pen to paper effectively

Notetaking is a skill that students will take with them into their careers. Whether they are in meetings, participating in brainstorming sessions, or making annotations during reading, notes are an effective way of learning, retaining, and recalling ideas and concepts. This article talks about the three best techniques for taking notes in the classroom and how students can benefit from them.

The most common mistakes: Before getting to the techniques, here listed are three major mistakes that students make when taking notes in class.

Mistake #1

Writing down every single word the teacher says without listening: Taking notes should be 75% listening and only 25% writing. When listening, students should constantly be working the new concepts in their head in order to solidify them. This is the best time to consider questions that they may have about ideas they do not completely understand. When writing, notes should be short, and right to the point. Each sentence should be no more than 1-5 words long. This forces students to record only critical information.

Mistake #2

Students do not think about the topics their teachers are saying: It is important to take notes in order to remember ideas, but it is

more important to understand the new complex ideas that are being introduced at a fast pace. Notes are useless if you do not understand the underlying concept.

Mistake #3

Students do not ask questions in class: This is so commonly said that it is almost cliché, but if a student has a question, it is likely that another student has that same question. Regardless, questions show the teacher that the students are actually listening and not pretending to.

Note-taking tips every student should follow:

Pay attention to what the teacher says and does, such as writing on the board or repeating information. This is usually important information, which means it is likely to end up on the exam.

If possible, do some work before class, whether it is reading or looking at a set of math problems. This primes the brain and prepares it for class by

familiarizing it to the topic. When taking notes, write in your own words. This reinforces understanding of the topic and strengthens the memory.

Use a shorthand system that makes writing notes quicker. One technique is to remove all vowels from words. For example:

Without shorthand: Drinking water will improve your health.

With shorthand: Drnkng wtr will imprvr hlth

Doing this allows one to nearly double your note-taking speed, which means that students are better able to listen and take notes more efficiently.

Notetaking is an important skill that is useful in school as well as in many careers because it helps one remember important information. Notetaking is a very personal practice, so methods will vary from person to person depending on personality and so it is important for students to explore own their style.



LIPSTICK MISTAKES IN SUMMER

Depending on who you ask, makeup either gets more fun or more terrifying in the summer. It is more fun because the colors get brighter and your skin is inevitably more luminous, but it is more terrifying because of the excessive sweating. Worst-case scenario, the stuff pools under your eyes and onto your clothes in terrible, clownish ways. Not alright.

Here to help you enjoy summer makeup in all its bold, beautiful glory without issues is lipstick mistakes to avoid in these sweltering months.

Not exfoliating your lips as often as your face:

It is very important to remove dead skin from your pout on a regular basis—especially if you are into bright lipstick, which you want to look smooth and also stay put. A time-saving tip is to just use your toothbrush to quickly exfoliate lips in a pinch.

Using a lipstick formula with too much shine:

It is better to go more matte with your lipstick in the summer. When it is hot, especially if you are outside and perspiring, you don't want everything on your face to be super glossy. The matte-formula lipstick balances your glistening skin rather than challenging it to a very public shine-off.

Skipping the liner:

Liner can be your best friend or your worst enemy in the summer months – it has to do with finding the right lip liner formula that works for you. The best is a matte as it will stop your lipstick from feathering throughout the day. Go for a clear lip pencil with a silky smooth texture, and focus on a formula that uses a well-hydrated base, which is key to drawing clean lines, by keeping the pencil from tugging against the skin.

Lip liners also work as a summer lipstick because the formulas tend to be a little drier, so they last longer than some lipsticks. Then there is the added control, which lets you craft a more accurate shape that persists in the heat. A tip, to get rid of a visibly lined look, however, you will want to soften the edges with a fingertip or brush. If the liner-alone finish is too flat for your taste, add a balm on top.

Applying too many coats on top of one another:

When it comes to matte lipstick, if you feel like you need to reapply, take off what is left with a tissue, so you can start with an almost clean slate. Matte lipstick can get a little goopy when layered up too much.



Wear your favorite clothes more often



The hardest part of being a clothes enthusiast is choosing what to wear each morning. It is difficult to decide on just one shirt when you have so many favorites, or choose the jacket that expresses the right mood.

For fashion-lovers, creative layering is a very helpful tip:

the more items you wear at once, the more opportunities you get to wear each item. Here are the most interesting layering moves and ways you can play favorites with your best items.

The strong arm move:

When done right, this trick can transform the way your sleeveless tops and dresses look. You simply wear a flattering solid-colored turtleneck in a complementary, bold color underneath your shift dresses and tank tops. For the best effect, choose an undershirt that fits skin-tight throughout to give your outfit a seamless, color-blocked effect. Bonus points if your shirt has a bit of a texture.

Keep in mind that a white T-shirt is the ultimate summer layering tool. Wear it under strappy or strapless summer dresses for the added oomph.

The hem-on-hem move:

Women love playing around with mixing skirts with dresses – wearing pleated midi-skirts with shift dresses, A-line skirts on top of maxi-dresses, pencil skirts underneath

sundresses, or a dozen other clever permutations. The trick is to make sure the top layer is substantial enough to hide any bunching or bumps underneath. Besides that, though, go wild. Double the hems to play with textures, colors, patterns, and shapes.



The jacket-shirt move:

Button up one slimmer-fit jacket all the way to the top, and wear with a coordinating jacket on top – and keep that one unbuttoned. If you keep the rest of your outfit on the simpler side, the layered collars and hardware on your jacket-on-jacket top will be clever, not fussy.

The cover-your-bases move:

One of the hardest things to figure out about layering is when



to stop. If the point is showing off a wide variety of patterns, colors, shapes, and textures, you are doing it wrong; you are simply bulking up while hiding what is underneath. You should instead find pieces with an element that covers or exposes a part of your body, whether that is your chest, your neck, your back, your arms, or your midriff. Then, keep those parts in mind as your layer up, and try not to cover any part more than twice. For an example, take a cropped, long-sleeved shirt and place it under a longer-length sleeveless turtleneck and a halter-neck dress. While that is technically three layers, there is not a lot of actual fabric-on-fabric happening, which cuts down on the bulk and lets each item shine.

Summer nail trends

Many women prefer to stick with a regular beauty regime all year around, wearing the same combination of tinted moisturizer, concealer, mascara, and blush almost every day, switching up products only to test new ones. But without fail, the one thing they change with the seasons is their nail polish color.

Anyone that has ever stepped into a nail salon knows the



paradox of choice is a very real phenomenon and have felt the thrill of trying on new colors. Here are the top three nail polish trends for the summer.

Tangerine: If there is ever any time to ditch classic holiday red in exchange for a citrus hue, it is now. Orange-y reds are fair game for medium skin tones

and summer brights are always stylish—especially on your fingers. This season is all about making a fun statement and using nail color as an accessory.

Rich tangerine is also good for darker skin tone because



they create a contrast without being too shocking. Darker skin looks incredible and chic against orange shades, but even with bright polish, you want it to be

complementary and not too over the top.

Sheer peachy-nude:

A sheer peachy-nude is a low-maintenance girl's dream. Try layering just one coat of polish over a basecoat for a glossy finish with a hint of color. The shade also works wonders for women who dislike pink nail polish. Just beware of yellow undertones: for medium skin, avoid nudes with yellow undertones because instead of enhancing it, the polish will bring out the subtle yellowness common to this skin tone, and it is simply not flattering.

Sheer creamy peach tones work well with medium skin tones because they highlight the inherent tan hue of the skin while providing just the right amount of contrast. Find your best peach by holding a sheer peach -nude toned polish up to a bottle of your foundation. Another option for those with pale olive skin is peach nail polish, which makes your skin look warm and glowing. It is especially pretty in

the summer months when skin tends to have a bit more of a tan.

If you have dark skin, you have got options. Dark skin tones can handle the greatest variety of colors, but choose a slightly darker peach that can contrast nicely with dark skin while the warm tone of it complements it nicely.

Navy Blue: Whether you go so-dark-it's-basically-black or keep it closer to its true color wheel hue, navy blue is equal parts unexpected and sophisticated in the summer. When picking out a dark nail polish in the summer, choose a rich, opaque crème and layer a high-gloss top coat on top. More light reflection will keep your manicure looking beautiful and clean, not dreary. You can play off the severity of the polish shade with a nail shape that is shorter and rounder. Long, square nails can be oh-so lovely, but when you put them in a dark shade they can be, a whole lot of 'look'. If you want to keep your length, opt for an almond-shape nail to balance out the dark hue.



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Apple sabotages older iPhones with new upgrades

Apple has been sabotaging devices for years with software 'upgrades' that slow every iPhone and iPad except the very latest model. It's a strategy called planned obsolescence, and it's one of the ways that Apple and other gadget makers are getting so filthy rich while the planet and everyone else pays.

Apple's latest operating system, iOS 10, will be released in just a few months' time. Anyone owning a perfectly functional iPhone or iPad bought two years ago would do well to ignore the prompts to 'Install Now', or they could end up with sluggish devices.

Nevertheless, Apple is expected to push upgrade notification to millions of customers because every frustrated user with a slow device is another sales prospect.

The iPhone 7 is also expected in September, but already paid tech journalists and Apple fan-boys are

already hyping up the next iteration of iPhone and how 'great' a company Apple is. Apple, the arguably most valuable company in the world, could easily extend the life of older devices and end up with more happy customers by stopping its practice of aggressively pushing software 'upgrades' that appreciably slow down older devices. Also, somebody needs to point out to Apple that it should make it possible for iPhone and iPad users to easily 'downgrade' to the earlier software version, and return to how things were before if they find their devices becoming



slower as a result of a new upgrade, without having to learn hacking skills.

Now is your chance to tell Apple to ditch its planned obsolescence and help customers who want to extend the life of their iPhone or iPad and also save money and save the planet from growing e-waste

Apple usually plays up its green credentials, but the truth is that Apple only began investing in renewable energy, and phasing out toxic chemicals when public pressure became too strong to ignore. People power did it before, and we can do it again.

Cognitive computing to mimic human brain

Breakthroughs in computing are enhancing our ability to make sense of large bodies of data, providing guidance in some of the world's most important decisions, and potentially revolutionizing entire industries.

The term 'cognitive computing' refers to systems that, rather than being explicitly programmed, are built to learn from their experiences. By extracting useful information from unstructured data, these



systems accelerate the information age, helping their users with a broad range of tasks, from identifying unique market opportunities to discovering new treatments for diseases to crafting creative solutions for cities, companies, and communities.

With systems growing in size and complexity, traditional computer architecture seems to be reaching its limits, as power consumption soars and the transmission delay between components becomes increasingly burdensome. Rather than attempting to squeeze energy-intensive performance out of

ever-larger chips, scientists at IBM are experimenting with arranging computer components in a dense 3D matrix that maximizes net performance, but energy efficiency.

Arranging computer chips in a 3D environment puts the various elements of the computer closer to one another. This not only reduces the time they take to communicate; it improves energy efficiency by a factor of as much as 5,000 - potentially providing computers with efficiency close to that of a biological brain. Already, a much denser computer built from available mobile technology and hot water cooling allows for ten times higher efficiency than a conventional system.

But man-made computers are so inefficient not only because they need to power the chips, but also because they need energy to run the air conditioners that remove the heat generated by the processors. A computer on the 3D model could use coolant fluid to deliver energy to the chips. In addition to dissipating heat, the fluid could be used to power an electrochemical system providing power to the processors. This, in turn, would allow for further increases in packaging density - and thus efficiency. By adopting some of the characteristics of the human brain, computers have the potential to become far more compact, efficient, and powerful, allowing us to take full advantage of cognitive computing - providing our real brains with new sources of support, stimulus, and inspiration.

Multilingual composer allows Facebook posts in several languages

You will soon be able to post on Facebook in multiple languages using the site's new automatic translation feature called 'multilingual composer'. The feature allows you to write a post in one language and then choose additional languages in which you would like it to be published.

The new composer, which will work for all permutations of the 45 languages Facebook currently translates, began to roll out last week. All you need to go to language preferences in your account settings and click "post in multiple languages."

The company says it considers your language preference, where you



are posting from, and which language you usually post in, to determine which version of a multilingual post to show you.

Facebook began testing the feature earlier this year with owners of business pages. About 5,000 pages have tried the composer, and their posts receive 70 million views daily. Of

those, 25 million posts are viewed in a secondary language, Facebook says. But even more people see automatic translations of posts in their feed - 300 million people every day.

Data gathered from the multilingual composer will train Facebook's natural-language processing models, the company said. "This will not only help people communicate better across diverse groups that speak many languages, but will help train and improve our machine translation models as we gather new data in less common languages - moving us closer to the vision of removing language barriers across Facebook," the company said.

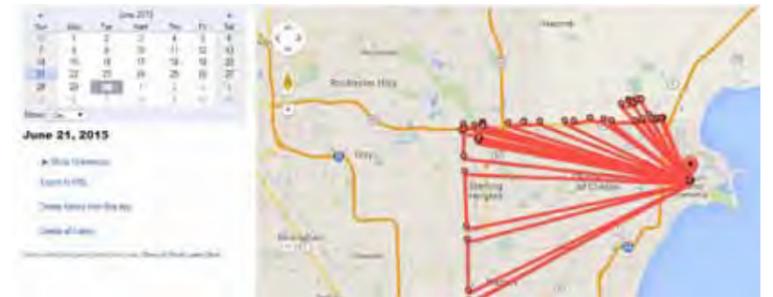
Phones keep record of everywhere they have been

You might not even know it, but your phone has been keeping a comprehensive list of everywhere you have gone with it. Whether you use iOS or Android, handsets have ways of watching where their owners are going and keeping a record of all of that information.

The data can be a very useful way of reminding yourself where you have been or when exactly you went on a certain trip. It also allows the phones to tell you useful information by knowing where you tend to go and on what days. But it can also be a strange way of reminding just how much information some technology companies store about your life.

Google has perhaps the neatest way of looking at all of that information on its 'Your Timeline' page, which used to be known as Location History. You can head there and see a map of everywhere you have been with your phone.

On that same page you can opt to enable the tool if it is not already turned on, or to pause it. If you are on Android,



then the tracking feature can happen using just the phone. On iOS it needs an app - the Google app, for instance, can track your location and send it to Google while it sits in the background.

Google also makes it easy to turn off location information, and to delete either everything or specific parts of the information that it has stored. To turn the whole thing off, you can head to your Google account and turn the 'Location History' switch off. Since you are doing that at the account level, it will change

whatever device has been tracking you.

To delete it, you head to the location history page above and select either a day or location and opt to delete that history. Otherwise you can pick the 'Delete all history' option to get rid of the entire thing.

Like Google, Apple uses your location information to understand more about what you do. It will be able to tell if you tend to drive home at a certain time each day, for instance, and suggest that traffic is looking bad if it is.



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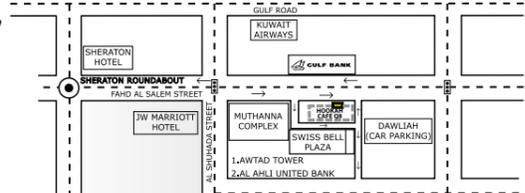


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