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next war

TIMES

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With over 70 percent of the 1.3 million Kuwaitis aged below the age of 35, Kuwait, like other countries in the region, has a large young population. Kuwait's leadership is keen on prioritizing, encouraging and empowering this cohort of the population, as they are deemed the future of the country — shaping and driving its growth and development in the coming decades.

The government's youth-focused approach derives its impetus from His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah's speech at the opening of parliamentary legislative session in February 2012, when he urged the legislative and executive to pay special attention to the care of youth, creating jobs for them and involving them in service of society. In line with this Amiri directive,

in January 2017, while launching the government's New Kuwait 2035 Vision plan that aims to transform the country into a financial, commercial, cultural and institutional leader in the region, His Highness the Prime Minister Sheikh Jaber Mubarak Al-Hamad Al-Sabah stressed the importance of ensuring the participation of youth in implementing the vision of building "the modern state which we aspire."

Reiterating the government's commitment to developing the capabilities of youth and encouraging their creativity and excellence, the prime minister pointed out that one of the seven pillars of the new vision plan was development of human capital. Other strategic pillars include: global position, infrastructure, public administration, healthcare, economy and living environment.



As part of developing its human capital, Kuwait has dedicated services to address the needs and rights of young people and to empower them

Minister of Education and Minister of Higher Education Dr. Mohammad Al-Fares, clarified that developing human capital involved six distinct programs: education, labor market, disabled care, elderly care, social cohesion and empowering the youth. "A critical element in developing human capital in Kuwait is to reform the education system so as to enable it to better prepare youth to become competitive and productive members of the workforce," said the minister. He said the government has earmarked nearly KD200 million for educational reforms with the aim of improving education so as to boost competitiveness; provide state-of-the-art educational facilities and amenities; and enhance school management to meet changing educational needs.

Continued on Page 12

Kuwait to enforce e-media license from 25 July

The time set for all electronic media publications in Kuwait to register and obtain an online license from the Ministry of Information will end on Tuesday, 25 July, an official from the Ministry of Information said last week.

Speaking at a press-conference, the Ministry of Information's official spokesman and Assistant Undersecretary for Planning and Knowledge Department, Mohammad Al-Awash, said that online media

outlets in Kuwait have to obtain an electronic media (e-media) license from the Information Ministry, and begin complying with stipulations of the e-media law before 25 July. He pointed out that the e-media law was enacted to organize and regulate print and online media and to ensure that they comply with relevant laws of the country.

It will be remembered that the National Assembly, during its session on 13 January, 2016, passed

by overwhelming majority the Law Number 8 of 2016 regarding the regulation of electronic media. The new e-media law regulates all web-based publications in the country, including electronic news services, bulletins, websites of newspapers and televisions and the likes. Under the legislation, all these services must obtain an e-media license from the government before they can operate.

Tabling the new law in Parliament, Kuwait's then Minister of Information

and State Minister for Youth Affairs Sheikh Salman Al Humoud Al-Sabah stated that the e-media law underscores the fact that electronic media is considered one of the components of the information system in the country, and the freedom of its use is guaranteed for all according to the rules of the new law. He insisted that there is no prior censorship on what content is circulated via electronic sites and facilities and that the new law was

aimed at regulating electronic media and would not apply to personal accounts like those of bloggers.

We reproduce here some Articles of the new law that are of specific relevance to anyone currently owning, or aiming to establish, an online publication in Kuwait.

Article 1 of the Law Number 8 of 2016 clarifies that 'Electronic Media' refers to any activity that includes publishing or broadcasting items and

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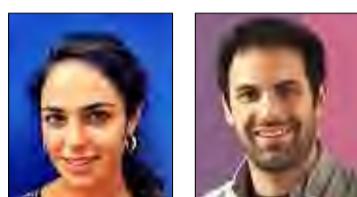
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EXCLUSIVE to THE TIMES KUWAIT

When Populism Can Kill



Domna Michailidou and Jonathan Kennedy

Domna Michailidou works for the Economics Department of the OECD and teaches at the Center for Development Studies at the University of Cambridge and the UCL School of Public Policy. Jonathan Kennedy teaches at the UCL School of Public Policy and is a research associate in the Department of Sociology at the University of Cambridge.

Unfounded skepticism about vaccines in some communities, in developing and developed countries alike, has emerged in recent years as one of the most serious impediments to global progress in public health. Indeed, it is one of the primary reasons why eradicable infectious diseases persist today.

For example, the effort to eradicate polio worldwide has been disrupted in Afghanistan, Pakistan, and Nigeria, where rule by Islamist militants has led to increased resistance against vaccination campaigns. And many high-income countries have experienced measles outbreaks in recent years,

owing to fears about vaccinations that began with the publication of a fraudulent paper in the British medical journal *The Lancet* in 1998.

More recently, skepticism about vaccine safety and efficacy has been on the rise in Southern Europe. According to a 2016 study, Greece is now among the top ten countries worldwide with the lowest confidence in vaccine safety.

Similarly, in Italy, Minister of Health Beatrice Lorenzin recently warned of a "fake news" campaign, backed by the opposition Five Star Movement, to dissuade parents from vaccinating their children. It is no surprise therefore that Italy had five times more measles cases in April of this year than it did in April 2016. In May, Greece and Italy each enacted very different policies to respond to vaccine skepticism. In Greece, despite the fact that child vaccination has been mandatory since 1999 (unless a child has a certified medical condition), Greek Minister of Health Andreas Xanthos has advocated an opt-out option for parents who do not want to vaccinate their children.

By contrast, Italy's center-left Democratic Party government has made vaccinations against 12 preventable diseases compulsory for all children. Under a new law, unvaccinated children are not permitted to attend school, and parents of unvaccinated children can be fined for their children's non-attendance. According to Lorenzin, the



law is meant to send "a very strong message to the public" about the importance of inoculation.

In other words, two left-wing governments have responded to the same public health problem in very different ways. Whereas Greece moved from paternalism to laissez faire, Italy moved in the opposite direction.

But, putting politics aside, there are compelling reasons for why governments should mandate vaccinations for all children, rather than leaving it up to parents to decide. Ultimately, the state has a responsibility to protect vulnerable individuals, in this case young children,

from foreseeable harm. health challenges: antimicrobial resistance. By preventing infections, vaccines also prevent overuse of antibiotics, thereby slowing down the development of drug resistance. More generally, it is widely known that high vaccination coverage results in a healthier population and that healthier people can contribute more, both economically and socially, to their communities.

No medical or technical obstacles are blocking us from eradicating preventable infectious diseases such as measles and polio. Rather, the biggest hurdle has been popular resistance to vaccination. By allowing parents to make uninformed decisions about the health of not just their own children, but their entire community, the Syriza government is only adding to the problem. Governments should be educating the public to improve overall coverage, not validating unfounded fears about vaccine safety.

No country can achieve herd immunity — and eventually eradicate preventable infectious diseases — if it allows parents to opt out of vaccinating their children, as in Greece. But it also will not do simply to sanction noncompliant parents, as in Italy. Ultimately, to defeat infectious diseases, we will have to restore faith in expertise, and rebuild trust with communities that have grown increasingly suspicious of authority in recent years.

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How trees make cities healthier



Pascal Mittermaier

Global Managing Director for Cities at The Nature Conservancy

Last May, I had the dubious fortune of visiting Mumbai, India during the city's hottest month on record. Temperatures remained at over 40°C for days at a time. The difference between standing in the shade of a tree and standing in full sunlight was like night and day.

Such heat waves are not merely uncomfortable. They pose a serious health threat — one that is often overlooked when addressing extreme weather.

In fact, heat waves account for more deaths than any other type of weather-related event, killing more than 12,000 people worldwide each year. The danger is particularly pronounced in cities, where the 'urban heat island' effect results in temperatures as much as 12°C higher than in less-developed areas nearby. And the issue is not confined to tropical cities like Mumbai. In August 2003, a devastating heat wave across Europe killed more than 3,000 people in Paris alone.

Making matters worse, cities tend to have higher rates of air pollution, especially fine particulate matter (PM) resulting from the combustion of fossil fuels and biomass, which contributes to up to three million deaths every year. For many city residents, the greatest health and safety threat is the air around them.

Already, the World Health Organization estimates that 92 percent of the world's population is exposed to dangerous air pollution. Given rapid urbanization — up to 70 percent of all people will live in cities by 2050 — the rate of exposure to higher levels of pollution is rising rapidly.

But urbanization does not have to create a health crisis. In fact, there is a beautifully simple action that municipal leaders can take to reduce both extreme heat and air pollution: plant more trees.

Trees and other vegetation naturally cool the air around them by shading surfaces and releasing water vapor. Moreover, their leaves act as filters, reducing PM levels in the surrounding

30 meters by as much as one-quarter. It is a one-two punch of environmental action.

My organization, The Nature Conservancy, has carried out a study of 245 cities around the world that stand to benefit from tree-planting initiatives, estimating their potential return on investment in terms of both temperature and PM. Given that the most significant effects of trees are highly localized, we found that densely populated megacities in Pakistan, India, and other parts of South and Southeast Asia would benefit most.

The highly localized effects of trees mean that planting them can provide highly targeted benefits, even in cities that ostensibly have plenty of green space.

Consider Louisville, Kentucky. With its lush parks and shaded neighborhoods, it would appear to have little in common with Mumbai or Karachi. Yet there are neighborhoods in Louisville with minimal tree cover, making the city one of the fastest-growing heat islands in the United States and prompting The Nature Conservancy to initiate a targeted tree-planting effort.

Countless other neighborhoods worldwide could benefit from similar initiatives. Areas with vulnerable populations — near schools and hospitals, for example — are particularly good candidates for such efforts. Trees can even be used as a natural screen against pollution from highways or industrial areas.

Worldwide, \$100 million of annual investment in tree-planting initiatives could provide as many as 68 million people with significant reductions in PM levels, while also providing 77 million people a reduction of 1°C in air temperature. An investment equivalent to \$4 per person could save 11,000–36,000 lives annually and reduce adverse health effects for tens of millions of people.

That return on investment is comparable to estimates for other strategies, such as industrial scrubbers, limits on automobile traffic, and use of light-colored building materials that absorb less heat. All of these strategies have a part to play; trees alone won't solve all of our heat and air-quality issues. But only tree-planting addresses both urban heat and air pollution.

Trees also offer a host of other benefits for cities. They provide habitat for wildlife, reduce storm-water runoff, and sequester carbon from the atmosphere, which helps to mitigate climate change. There is also a growing body of research showing that exposure to trees and other vegetation has a positive effect on mental health, especially for children. All of these co-benefits

speak to the wisdom of greater investment in trees and urban green infrastructure such as parks and rain gardens.

The Sustainable Development Goals, which include a dedicated goal for sustainable cities, have established rising temperatures and urban air quality as urgent global issues. Both were discussed extensively at the annual United Nations Climate Change Conference, which

took place in Marrakech, Morocco. But these are also local issues, experienced very differently in each city, and even in each neighborhood.

As global action on climate change and sustainability moves forward, municipal leaders can take their own steps, starting with a targeted, localized, and replicable tree-planting strategy that improves the health and wellbeing of their residents. It is time to get planting.

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Momentum mounts for Continental Free Trade Area

Realization that inequalities generated by globalization and free-trade are not being effectively addressed has fueled political rhetoric in favor of protectionism and anti-trade populism in many countries around the world.

Fortunately, this isolationism and disillusionment with global and cross-border trade has not so far affected Africa. The latest round of successful negotiations for the mammoth pan-African 'Continental Free Trade Area' (CFTA), attests to the intra-African trade revolution that has quietly been gathering steam since 2016.

A boldly ambitious endeavor, the CFTA seeks to combine the economies of 55 African states under a pan-African free trade umbrella, with a combined GDP of US\$2.2 trillion and a market comprising of 1.2 billion people. Announced in 2012 by the African Union (AU) heads of state and government, the CFTA is a flagship initiative of the AU's Agenda 2063 — the strategic framework launched in 2013 for the socio-economic

transformation of the continent over the next 50 years. The CFTA aims to reduce tariffs between African countries, introduce mechanisms to address the substantial non-tariff barriers, liberalize service sectors, and facilitate cross-border trade. The CFTA is also expected to help rationalize the overlapping free trade areas that already exist within Africa.

To say that the CFTA negotiations are complex is more than just an understatement. The 55 participating countries with thousands of ethnic groups and languages between them also span a diversity of economic, demographic and geographic configurations.

Economically and demographically, they range from Nigeria, Africa's biggest economy with a GDP of \$568 billion and a population of over 181 million, to its smallest economy that of Sao Tome & Principe with a GDP of \$337 million and Seychelles with a population of around 97,000. The CFTA also encompasses 15 countries that are totally landlocked and six



that are Small Island Developing States (SIDS). Bringing these diverse economies together and finding solutions to their unique economic challenges is no easy task.

Since the first round of CFTA negotiations in February 2016, five more successful rounds of talks have taken place in various African capitals. The success of these negotiations is all the more encouraging given Africa's unenviable record of unsuccessful

the end of this year, plans are afoot to host two more negotiating rounds in the coming months to refine market access offers and the legal text of the agreement. However, the CFTA is no panacea and the negotiators are fully aware of this. In order to derive the benefits of CFTA to the fullest, it must be accompanied by investments in infrastructure, energy and trade facilitation and should be inclusive of every African. Implementation has been a key but persistent challenge on the continent. To quote Nkosazana Dlamini-Zuma, former Chairperson of the AU Commission, "I don't think Africa is short of policies. We have to implement. That is where the problem is".

The reward of implementation would definitely be worth the effort. Africa's consumer market is the fastest growing in the world. By 2050, Africa will have a population larger than that of India and China combined. The time has come for African countries to seize the opportunities generated by the potential from such a large market.

Privatization key to countering South African recession

Over a month after the economy slid into recession, South Africa's Minister of Finance, Malusi Gigaba, has revealed an ambitious 14-point growth plan that includes sale of non-core assets and partial privatization of several state-owned firms.

Announcing the "inclusive growth" plan comprising of 14 "action items" and 45 "interventions" spanning seven departments and with specific timelines, the minister said, "Extraordinary bold decisions that change the economy must be made to achieve the six percent

downdraft."

Last year a team commissioned by President Jacob Zuma had recommended privatizing several state-owned firms and the government has now set March 2018 as the timeframe by which to roll out a "private sector participation framework". The government's new warming to selling off select state assets is a marked departure and an ideological shift for the ruling African National Congress (ANC) whose close political alliance with labor unions had tended to make privatization an unthinkable act.

In his comments on the new plan, the opposition Democratic Alliance's (DA) Shadow Minister of Finance, David Maynier, said, "The 'inclusive growth action plan' is a huge, though not unexpected, disappointment because it does not include even one big, bold, new idea capable of restoring business confidence and stimulating private sector investment in South Africa."

The minister simply does not have the political will, or the political space, given the ongoing "civil war" within the governing party ahead of the ANC's 54th National Conference 2017, to implement the structural reforms necessary to boost economic growth and create jobs in South Africa, said Mr. Maynier.

Analysts agree that in order to drastically reduce poverty, unemployment and inequality, the South African economy will have to grow by 5 to 6 percent annually. But they add that achieving this growth in the short-term will be a tall order, given that GDP growth rate in South Africa averaged 2.84 percent from 1993 until 2017, including an all-time high of 7.6 percent in the fourth quarter of 1994 and a record low of -6.1 percent in the first quarter of 2009.



growth needed to pull the country out of its current low growth trajectory. The continent's largest industrialized economy, which entered into recession in the first-quarter of this year, is struggling with high unemployment rates and unfavorable assessments from global credit rating agencies.

Elaborating on the potential risk from further downgrading by rating agencies and the severe impact it could have on the economy, Minister Gigaba said, "To stave off any further downgrade, we need to take urgent steps, and I think what we are trying to demonstrate here [with the new economic plan] is precisely that sense of urgency and action-oriented intervention with clear timelines that bind us as to what we need to do in order to stave off any further



Stolen Nigerian oil assets to be seized in the US

The US Department of Justice (DOJ) has announced plans to recover approximately US\$144 million in assets from Nigerian oil executives following alleged corruption.

The assets include a \$50 million condominium "located in one



of Manhattan's most expensive buildings" and an \$80 million 200-foot yacht, according to the DOJ statement.

According to the DOJ, between 2011 and 2015, two Nigerian businessmen, Kolawole Akanni Aluko and Olajide Omokore, conspired with others to pay bribes to former Minister for Petroleum Resources, Diezani Alison-

Madueke. The former oil minister and her two businessmen-allies have, in the last two years, been at the center of many investigations and court actions around management of Nigeria's oil industry.

In a civil forfeiture notice filed last week by the US Department of Justice, prosecutors narrated how the two businessmen allegedly conspired to bribe the former minister purchasing property worth millions of dollars in London and New York for Mrs. Alison-Madueke and her family.

Last year, the Nigerian government filed for a court order for world-wide seizure of assets linked to the two men, described as close allies of ex-President Goodluck Jonathan and Mrs. Alison-Madueke.

The two businessmen are accused of buying a total of four residential properties in and around London worth \$11.45 million, and furnished them with furniture, artwork and

other luxury items. In just one day in May 2012, Mr. Aluko was said to have wired \$461,500 and \$262,091 to two furniture stores in Houston from a Swiss bank account, on behalf of Mrs. Alison-Madueke. The bribe, according to prosecutors, was in exchange for



\$1.5 billion worth of oil deal awarded to two shell companies linked to the two men.

Prosecutors described the two companies as "unqualified" for the deal but were nonetheless given the contracts for sale of crude oil. The businessmen then allegedly plotted more shell companies to launder the proceeds through the United States.



EXCLUSIVE to THE TIMES KUWAIT

A 'Macroneconomic' Revolution



Anatole Kaletsky

Chief Economist and Co-Chairman of Gavekal Dragonomics and the author of Capitalism 4.0, The Birth of a New Economy

Next month will mark the tenth anniversary of the global financial crisis, which began on 9 August, 2007, when Banque National de Paris announced that the value of several of its funds, containing what were supposedly the safest possible US mortgage bonds, had evaporated. From that fateful day, the advanced capitalist world has experienced its longest period of economic stagnation since the decade that began with the 1929 Wall Street crash and ended with the outbreak of World War II ten years later.

A few weeks ago, at the Rencontres Économiques conference in Aix-en-Provence, I was asked if anything could have been done to avert the 'lost decade' of economic underperformance since the crisis. At a session entitled 'Have we run out of economic policies?' my co-panelists showed that we have not. They provided many examples of policies that could have improved output growth, employment, financial stability, and income distribution.

That allowed me to address the question I find most interesting: Given the abundance of useful ideas, why have so few of the policies that might have ameliorated economic conditions and alleviated public resentment been implemented since the crisis?

The first obstacle has been the ideology of market fundamentalism. Since the early 1980s, politics has been dominated by the dogma that markets are always right and government economic intervention is almost always wrong. This doctrine took hold with the monetarist counter-revolution against Keynesian economics that resulted from the inflationary crises of the 1970s. It inspired the Thatcher-Reagan political revolution, which in turn helped to propel a 25-year economic boom from 1982 onward.

But market fundamentalism also inspired dangerous intellectual fallacies: that financial markets are always rational and efficient; that central banks must simply target inflation and not concern themselves with financial stability and unemployment; that the only legitimate role of fiscal policy is to balance budgets, not stabilize economic growth. Even as these fallacies blew up market-fundamentalist economics after 2007, market-fundamentalist politics survived, preventing an adequate policy response to the crisis.

That should not be surprising. Market fundamentalism was not just an intellectual fashion. Powerful political interests motivated the revolution in economic thinking of the 1970s. The supposedly scientific evidence that government economic intervention is almost always counter-productive legitimized an enormous shift in the distribution of wealth, from industrial workers to the owners and managers of financial capital, and of power, from organized labor to business interests. The Polish economist Michal Kalecki, a co-inventor of Keynesian economics (and a distant relative of mine), predicted this politically motivated ideological reversal with uncanny accuracy back in 1943:

"The assumption that a government will maintain full employment in a capitalist economy if it knows how to do it is fallacious. Under a regime of permanent full employment, 'the sack' would cease to play its role as a disciplinary measure, leading to government-induced pre-election booms. The workers would get out of hand and the captains of industry



“ Progressive economics of full employment and redistribution could be combined with the conservative economics of free trade and labor-market liberalization. ”

would be anxious 'to teach them a lesson.' A powerful bloc is likely to be formed between big business and rentier interests, and they would probably find more than one economist to declare that the situation was manifestly unsound."

The economist who declared that government policies to maintain full employment were "manifestly unsound" was Milton Friedman. And the market-fundamentalist revolution that he helped to lead against Keynesian economics lasted for 30 years. But, just as Keynesianism was discredited by the inflationary crises of the 1970s, market fundamentalism succumbed to its own internal contradictions in the deflationary crisis of 2007.

A specific contradiction of market fundamentalism suggests another reason for income stagnation and the recent upsurge of populist sentiment. Economists believe that policies that increase national income, such as free trade and deregulation, are always socially beneficial, regardless of how these higher incomes are distributed. This belief is based on a principle called 'Pareto optimality', which assumes that the people who gain higher incomes can always compensate the losers. Therefore, any policy that increases aggregate income must be good for society, because it can make some people richer without leaving anyone worse off.

But what if the compensation assumed by economists in theory does not happen in practice? What if market-fundamentalist politics specifically prohibits the income redistribution or regional, industrial, and education subsidies that could compensate those who suffer from free trade and labor-market 'flexibility'? In that case, Pareto optimality is not socially optimal at all. Instead, policies that intensify competition, whether in trade, labor markets, or domestic production, may be socially destructive and politically explosive.

This highlights yet another reason for the failure of economic policy since 2007. The dominant ideology of government non-intervention naturally intensifies resistance to change among the losers from globalization and technology, and creates overwhelming problems in sequencing economic reforms. To succeed, monetary, fiscal, and structural policies must be implemented together, in a logical and mutually reinforcing order.

But if market fundamentalism blocks expansionary macroeconomic policies and prevents redistributive taxation or public spending, populist resistance to trade, labor-market deregulation, and pension reform is bound to intensify. Conversely, if populist opposition makes structural reforms impossible, this encourages conservative resistance to

expansionary macroeconomics.

Suppose, on the other hand, that the 'progressive' economics of full employment and redistribution could be combined with the 'conservative' economics of free trade and labor-market liberalization. Both macroeconomic and structural policies would then be easier to justify politically, and much more likely to succeed.

Could this be about to happen in Europe? France's new president, Emmanuel Macron,

based his election campaign on a synthesis of 'right-wing' labor reforms and a 'left-wing' easing of fiscal and monetary conditions — and his ideas are gaining support in Germany and among European Union policymakers. If 'Macroneconomics' — the attempt to combine conservative structural policies with progressive macroeconomics — succeeds in replacing the market fundamentalism that failed in 2007, the lost decade of economic stagnation could soon be over, at least for Europe.

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EXCLUSIVE to THE TIMES KUWAIT

The Middle-East's next war

**Joschka Fischer**

Former German Foreign Minister and Vice Chancellor from 1998-2005, Fischer entered electoral politics after participating in the anti-establishment protest of the 1960s and 1970s, and played a key role in founding Germany's Green Party, which he led for almost two decades.

With the retaking of Mosul in northern Iraq, the Islamic State (ISIS) could soon be a thing of the past. But the defeat of ISIS and the demise of its self-proclaimed Iraqi-Syrian caliphate will not bring peace to the Middle East, or even an end to the Syrian tragedy. Rather, it is likely to open a new chapter in the region's bloody and chaotic history — one no less dangerous than the previous chapters since the fall of the Ottoman Empire at the end of World War I.

The continuation of this violent pattern seems almost certain because the region remains unable to resolve internal conflicts on its own, or to create anything like a resilient framework for peace. Instead, it remains trapped somewhere between the nineteenth and twentieth centuries.

Western powers are hardly blameless for the Middle East's woes. Any mention of the Sykes-Picot Agreement, by which Great Britain and France partitioned the post-Ottoman territories,



still incites such rage in the Arab world that it seems as if the plan, devised in secret in 1916, had been conceived only yesterday.

Nor should we forget Czarist Russia's role in the region. Following World War II, its successor, the Soviet Union, and its Cold War rival, the United States, began their multiple interventions.

Indeed, the US may be the most significant contributor to today's regional turmoil. America's interest in the Middle East was

originally based on its need for oil. But, with the onset of the Cold War, economic interest quickly morphed into a strategic interest in preventing the emergence of anti-Western, Soviet-friendly governments. America's effort to maintain decisive influence in the region was then supplemented by its close security partnership with Israel, and finally by the two large military interventions of the two Gulf Wars against Saddam Hussein's Iraq.

America's involvement in Afghanistan, too, has had profound repercussions for the Middle East. The US-backed insurgency of the 1980s, launched under the banner of jihad against the occupying Soviet Union, transformed two close American allies — Pakistan and Saudi Arabia — into strategic threats. This became clear on September 11, 2001, when it emerged that 15 of the 19 attackers sent by al-Qaeda were Saudi citizens. And it was Pakistan that created the Taliban, which provided al-Qaeda a haven for hatching its plots against the US and the West.

The success of the first Gulf War, launched in January 1991 by President George H.W. Bush, was fatally undermined 12 years later by his son, President George W. Bush, whose own Gulf War caused a regional catastrophe that continues to this day. Whereas the senior Bush had pursued the limited objectives of liberating Kuwait and did not seek regime change in Iraq, his son's aims were far more ambitious.

The idea was to topple Saddam Hussein and bring about a democratic Iraq, which would catalyze comprehensive change throughout the Middle East and transform it into a democratic and pro-Western region. Within the younger Bush's administration, imperial idealism prevailed over hardheaded realism, resulting in sustained destabilization of the Middle East as a whole and helping to place Iran in a position to expand its influence.

After the Islamic State's demise, the next chapter in the history of the Middle East will be determined by open, direct confrontation between Sunni Saudi Arabia and Shia Iran for regional predominance. So far, this long-smoldering conflict has been pursued under cover and mostly by proxies. The two global powers active in the region have already clearly positioned themselves in this conflict, with the

US siding with Saudi Arabia and Russia with Iran.

The current 'war on terror' will increasingly be replaced by this hegemonic conflict. And with Saudi Arabia and four Sunni allies imposing isolation on Qatar, in part owing to the Qatar's close relations with Iran, this conflict has reached its first potential tipping point at the very center of the region, the Persian Gulf.

Any direct military confrontation with Iran would, of course, set the region ablaze, greatly surpassing all previous Middle East wars. Moreover, with the fires in Syria still smoldering, and Iraq weakened by the sectarian struggle for power there, ISIS or some successor incarnation is likely to remain active.

Another destabilizing factor is the reopening of the 'Kurdish question'. The Kurds — a people without a state — have proven to be reliable fighters against ISIS and want to use their new political and military clout to make progress toward autonomy, or even an independent state. For the countries affected — first and foremost Turkey, but also Syria, Iraq, and Iran — this question is a potential *casus belli*, because it affects their territorial integrity.

Given these unresolved questions and the escalation of the hegemonic conflict between Iran and Saudi Arabia, the next chapter in the region's history promises to be anything but peaceful. Yes, the US may have learned from the Iraq disaster that it cannot win a land war in the Middle East, despite its vastly superior military power. President Barack Obama sought to withdraw US forces from the region, which proved difficult to achieve both politically and militarily. That is why he ruled out military intervention, even from the air in the Syrian

civil war, leaving a vacuum that Russia quickly filled, with all of the known consequences.

Obama's successor, Donald Trump, also campaigned on a promise to withdraw from the region. Since the election, he has launched cruise missiles at Syria, entered into more comprehensive commitments toward Saudi Arabia and its allies, and escalated America's confrontational rhetoric vis-à-vis Iran.

Trump clearly faces a steep learning curve when it comes to the Middle East — a region that will not wait for him to master it. There is no reason to be optimistic.

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Fostering Arab Entrepreneurship



Philippe Le Houérou

CEO of the International Finance Corporation, the private-sector arm of the World Bank Group

Across the Middle East and North Africa (MENA), technology hubs are emerging. Whether it is in the Beirut Digital District or the GrEEK campus in Cairo, some of the Middle East's brightest minds are turning innovative ideas into marketable products.

When I visited the Beirut Digital District two months ago, and the GrEEK Campus startup hub before that, optimism was palpable – and for good reason. In a region that has struggled to find its economic footing since the Arab Spring, the entrepreneurial ideas being refined at incubators like these hold the keys to the region's future.

Startups anywhere contribute to job creation, competitiveness, higher productivity, and economic growth, while helping to reduce poverty and fight climate change. And when energetic new companies bring innovative products and services to untapped markets, they



contribute positively to private-sector development.

In the MENA region, several successful startups are already doing this, and more. One example is Souq.com, an online retailer based in the United Arab Emirates that was purchased in March by Amazon. Souq.com led a revolution in e-commerce in the region that has powered cross-border trade and improved consumer choice.

In Egypt, Fawry has developed a game-changing electronic payment system that has freed consumers and businesses from using cash. More than 20 million Egyptians, including many small business owners, now

use the service, which processes 1.5 million payments daily.

The region needs more of these private entrepreneurs. Unfortunately, at the moment, unsupportive business and regulatory environments are stifling the startup ecosystem.

Despite the value that smaller companies bring to the region's customers and economies, first-time business owners too often are on their own. For example, most new MENA businesses cannot access the credit needed to expand or hire workers. The region has 23 million small- and medium-size enterprises (SMEs), accounting for roughly 90 percent of the private sector, but SMEs receive

just 8 percent of total bank lending. And capital-starved entrepreneurs have few other options; despite a growing number of accelerators and seed funds in the region, the venture capital market remains undeveloped.

Even well-financed entrepreneurs face obstacles to growth, often due to a lack of experience. There is little formal education for new entrepreneurs, and only a handful of networks support start-ups. Gender bias, too, is a limiting factor; nearly every MENA economy fails to empower female employees and executives fully.

But much can be done to ensure that more startups in the region

are able to make the leap from good idea to business success. For starters, countries need to reform their bankruptcy laws. Start-ups take risks, yet existing regulations make it difficult to liquidate companies, deterring potential creditors and increasing the cost of debt. An important part of these reforms is to abolish jail time for non-fraudulent bankruptcies, which remains a real threat for owners of small businesses throughout the region.

Moreover, many countries have labor laws that make it hard for businesses to recruit and terminate staff. Employee mobility is also mired in bureaucracy and costly paperwork. Addressing both challenges would help cash-strapped startups make every dollar count.

Finally, countries should revisit restrictions on foreign ownership and strengthen intellectual property laws to protect entrepreneurs' hard-won innovations. Doing so would encourage more investment to flow into the region.

Entrepreneurs drive economic growth in ways that go far beyond online sales and e-payment solutions. Creating jobs is one of the most critical contributions they make. Nearly one in three young people in the region are unemployed, and those who do have jobs often work in the public sector, which is the largest employer throughout the Arab world.

Continued on Page 12

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Making creamy nut butter at home sounds as easy as throwing some nuts in a food processor or blender, and for the most part it is! But that does not mean there is not some smart technique involved to ensure success. This process works for cashews, almonds, or peanuts, and results in slightly different textures depending on the nut or combination of nuts used. No matter what nut you use, get ready for a final product that delivers the toasty, creamy bite you crave.

Choose your nuts: This method works for peanuts, almonds, and cashews, since all three can be used to produce a satiny nut butter. Cashews produce the creamiest nut butter by far and can be used in combination with either almonds or peanuts to create an even smoother texture.

Get rid of the skin: For a nut butter to be smooth, the skin of the nuts have to be removed. Skins have a bitterness that cannot be ground away. Fortunately, obtaining nuts without skins is not too much trouble. Grocery stores and health food stores sell a variety of skinned nuts by the bag or in the bulk section. For almonds in particular, this has been a great help. Whole blanched almonds are clean and ready for grinding.

Toast the nuts lightly: Although you can purchase cashews and peanuts roasted and pre-salted, it is better to leave them for snacking rather than making nut butter. Instead, look for raw, unsalted nuts so you can control the amount of salt and the amount of roasting. Some nuts, especially almonds, are available blanched and unsalted, which works great. When you toast and grind the nuts yourself, and then make the butter while the nuts are warm, even more natural oils and flavors release. That extra taste is worth finding the right starting ingredient.

The power of honey: Honey helps emulsify nut butters better than maple syrup, agave syrup, or thinner sweeteners. If you use a powerfully fragrant and highly flavorful honey, like buckwheat or chestnut or blueberry, it will also overtake the nut flavor. Be gentle in your choices and go with a clean and mild varietal. Many inexpensive honey blends work well here, as does clover, alfalfa, and orange blossom.

Embrace emulsifying, unctuous fat: Nuts have a high proportion of fat, so adding more might seem counterintuitive. However, for a truly smooth and creamy nut butter, a secondary fat is necessary. The ideal choice is a fat that stays (relatively) solid at room temperature; you cannot add any liquid oil. Coconut oil and palm oil (or shortening that has a mixture of both) are excellent sources of non-hydrogenated fats that work well in nut butters. Just remember that these are much more sensitive to heat than traditional shortening. While the mixture is processing, the butter might seem a bit thin from the sheer heat of the food processor blade's rotating force. Fear not! As your nut butter comes to room temperature, it will set up a bit and become a smooth, spreadable butter.

Troubleshooting and grinding stages: The age of the nut is one of the most important factors to consider when choosing nuts for nut butter. Although there is no good way to know that answer, you can always look for the 'best-by' date. Older and younger nuts process differently, so coming up with an exact formula for a nut butter is not really possible. There are, however, some consistent stages that you need to look for at the beginning and end of the processing.

Avoiding burnout: Food processors, even top-of-the-line home models, can burn out, and simply shut off with jobs that are very long. Making nut butter is indeed a long task for a food processor, so there is a need to incorporate little breaks for the

machine, which gives it and the mixture a chance to cool down. Adding the fat and sweetener to a super-hot batch of ground nuts inhibits your ability to judge when it is smooth and melts the fats immediately. So, to avoid machine fatigue and over- or under-seasoning, just give the food processor a break.

If your machine is a bit old or not terribly powerful, you can certainly add a second five-minute break at the four-minute mark in the second processing.

Keeping nut butters: Your nut butters should be kept in a covered container, refrigerated and brought back to room temperature before using. They will be best enjoyed within a week.

CREAMY NUT BUTTER

Ingredients

2 cups shelled, skinless, unroasted, unsalted cashews, almonds, or peanuts
1 1/2 teaspoons kosher salt, or more to taste
2 tablespoons mild-flavored honey, or more to taste
5 tablespoons coconut oil, palm oil, or non-hydrogenated shortening, divided
Equipment
Rimmed baking sheet
Parchment paper
Kitchen towel
Food processor fitted with a metal blade
Silicone spatula
Mixing bowl
Storage container



Instructions

Preheat the oven to 177 degrees Celsius for peanuts and cashews, and 163 degrees Celsius for almonds or Marcona almonds. Line a rimmed baking sheet with parchment paper. Spread the nuts on the sheet and roast for 10 minutes. Stir the nuts and toast for another two to three minutes until slightly brown and fragrant. Transfer the warm, roasted nuts into the bowl of a food processor fitted with a metal blade and add the salt. Process one to three minutes or until crumbs form. Wait 10 minutes for the machine and the ground nuts to completely cool down. Add two tablespoons honey, and four tablespoons coconut oil or shortening. Process for another 5 to 10 minutes. Time is not as important as texture in this case, so look for the nut butter to go through a few stages. First the mixture will seize a bit and clump, and then go from sandy, to clumping into a soft ball, to a final stage of smooth and creamy on the top with a gritty bottom. Turn the machine off and let stand for five minutes. Using a silicone spatula, stir the mixture, scraping the side and the bottom of the bowl, carefully moving the blade as necessary to get all the ground nuts. Add the remaining one tablespoon oil or shortening. Process until smooth, about two more minutes. Taste and add more honey or salt and blend until fully incorporated, about one minute. Scoop the mixture into a mixing bowl and stir well. Let the nut butter come to room temperature. If you are not using it immediately, scoop it into a container with an airtight lid. Cover and refrigerate. It will last about one week. Bring to room temperature before using.



Kuwaiti men's clothing reflect traditional culture

In many cases, clothing has been considered a representation of cultural identity of people from different countries around the globe and this is very true when it comes to traditional garments worn by Kuwaiti men. Though the design is similar to other garments worn by men all over the Gulf region, Kuwaiti traditional men's clothing have distinct features that separate them from the rest.

Speaking to KUNA on the issue, cultural researcher Ghanima Al-Fahad said that traditions, social norms, as well as the climate played a crucial role in shaping men's clothing styles in Kuwait, which range from either very expensive to quite affordable.

For example, 'Al-Shllah', a loose type of garment made of light material, was worn by men on social occasions during summertime, said Al-Fahad, revealing that this type of clothing developed to the point that women, now, were wearing them, after applying some feminine touches of course. She added that 'Al-Zaboun', a coat imported from India, was another type of clothing that men wore over their 'Disdashas', the traditional name given to a dress-like type of clothing.

However, the type of clothing that showed the high status of a man among his peers was the 'Bisht', a



traditional cloak, worn by men who are well off, but now is very common during social occasions like weddings and official receptions, said the researcher.

Back to the Disdasha, Al-Fahad affirmed that this was the mainstay of

men's clothing, but said that the design continues to evolve, or in some cases, the past becomes trendy again, with fashion statements from the yesteryears, such as the cool 1960s cuff shirt worn under the Dishdasha, making a comeback in our modern times.



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27 JULY



Chess, robotics and problem-solving activities: Summer camp for children aged 5 to 15 years will be held from 30 July to 10 August (Sunday to Thursday), in Salmiya and Mangaf, from 8am to 11:30am. The event will help children learn life skills through chess, robotics and problem-solving activities with expert coaches from India. For more information: Call, 60052280

31 JULY



The Artist Within: A workshop for aspiring artists, 'The Artist Within' by Dana AlRashid will be held from 31 July to 16 August (Mondays and Wednesdays) at Sirdab Lab. The six-session workshop will help participants learn the effective techniques to draw better in a short span of time. No previous drawing experience is required to join. For more information: Visit, sirdab-lab.com/taw or call, 97768939.

28 JULY



Layne Norton in Kuwait: Layne Norton, PhD will be hosting a three-day seminar on flexible, reverse dieting, and fitness myths from 28 to 30 July. The seminar will be followed by a Q & A session relating to fitness and nutrition. Time and venue will be disclosed on registration. For more information and to register: WhatsApp 50060013.

Summer camp: Maskar Educational Entertainment and sports will be organizing a summer camp for children aged 7 to 14 years, from 23 to 29 July, at Mazaya Tower, Sharq, from 10am to 5pm. The camp will include various sports, cultural and social activities, along with educational supervision by the staff. For more information: Call, 22050004.

30 JULY

Make it and Take it workshop: Makers Academy will be organizing a special workshop for students titled, 'Make it and Take it', at its premises, from 30 July to 3 August, from 9am to 12:30pm. The workshop will help students explore their creativity with work games and cut-outs. The workshop is open to all students and is priced at KD60. For more information and to register: Visit, www.dawrat.com, or call, 22050004.

18 AUGUST



TKIPK Blood Donation Camp: 'Thaai Mann Kalai Ilakkia Peravai-Kuwait' (TKIPK), a socio-cultural Indian Tamil Association functioning in Kuwait will be organizing a mega blood donation camp at the Central Blood Bank, Jabriya, Kuwait, from 1 to 4pm. The event is open to all blood donors and volunteers.

18 AUGUST

Adesse Beauty Show: Advance Technical Dimensions Co. will be organizing a unique and innovative event titled Adesse Beauty Show from 26 to 29 August, at the Radisson Blu Hotel - Al Hashimi Ballroom from 10am to 11pm. The event is arranged to cater to the finest skincare, cosmetics and perfume from the best clinics and international brands. For more information on the event: Call, 9009199

E-government portal collects KD38 million in 2017

The e-government portal has collected KD 38 million from January to June 2017, compared to the KD 51 million collected in 2016.

They said statistics on the portal reveal that the most frequently used services are civil-ID related inquiries and payment of violations,

as well as queries on travel ban and filed cases.

The sources explained that the government authorities recently launched 17 new electronic services.

It offers electronic payment for 16 items, including the recently-launched services such as

subscription for bus service of Public Authority for Applied Education and Training (PAAET), service for electronic inquiries and payment of environmental violations, buying the book of terms and conditions for Environmental Consulting Offices besides other services.

ICSK summer camp ends with grand finale



The Indian Community School Kuwait (ICSK) concluded its Summer Camp 'The Sunshine 2017' on Thursday, 13 July with a grand valedictory function, which depicted the fun of one-month long camp activities.

Dr. Mary Isaac, Vice Principal of ICSK Amman Branch and the Camp Coordinator, welcomed the gathering and gave a review of the whole camp program. Tiny tots in the camp presented the Sunshine theme dance 'You are my Sunshine' and easily captured the hearts of the audience. The theme dance was followed by a presentation of a cookery show. Then, a session demonstrated the moves of Karate as well as a combo presentation

of aerobics, yoga and dance. A few students narrated their positive camp experiences. Special guest Agnello

Fernandes in his speech congratulated the camp organizers for the successful completion of the program.



Zafran Indian Bistro launches North-West Frontier cuisine



This summer, Zafran Indian Bistro invites guests to enjoy a memorable dining experience with friends and family.

From 18 July till 15 September, the popular restaurant located in Lights Complex is serving up a sumptuous feast of kebab platters inspired by the flavors of the Sub-continent's richly diverse North-West frontier province. The Seafood, Lamb and Chicken Feast is a foodies dream and includes a succulent selection of Hariyali Fish Tikka, Chatpada Calamari, Ajwaini Jhinga, Sikandari Raan and Murgh Angar Tikka for KD 14.



The delicious Lamb and Chicken Feast includes Sikandri Raan, Passiloyam Ka Barrah, Murgh Angar Tikka, Bhatti Tangdi and Murgh Anari Seekh for KD 13. For those who are partial to poultry, the Chicken Feast, a medley of mouthwatering chicken kebabs includes Bhatti Tangdi, Murgh Angar Tikka, Zafrani Malai Tikka, Murgh Anari Seekh and Achari Murgh Tikka for KD 10.500. For the vegetarians, the Vegetarian Feast is so delightful, featuring the Tandoori Khumb, Broccoli and Aloo Ki Tikki, Saudhee Aloo, Punjabi Paneer Tikka and Tandoori Salad all for KD 9.500.

All feasts are complemented by a selection of Zafran's signature bread, sides and condiments and have been carefully created by Zafran's team of chef's using authentic ingredients. Their creativity is on full display with innovative sides including Dill Labneh and Pickled Hummus adding a 'local' touch to each feast whilst Dal Zafran, a Fresh Salad and Butter Naan complete the meal.

The feast will be available at Zafran Indian Bistro in the Lights Complex and is also available for home delivery. To make a reservation please call: 00965 97281007.

Study launched to hike expats healthcare fees

Regarding the increase in charges of medical services for expatriates, Minister of Health Dr. Jamal Al-Harbi said, "The cost incurred by Ministry of Health for providing health services is too much. Expatriate visitors receive medicines and even surgeries at very low cost in comparison to the costs in their own countries. Expatriate residents receive medical attention for as low as KD 1 or KD 2".

He added, "We have prepared a study to increase the charges of medical services based on each case. The charges for medical services in hospitals will range from KD 5 - KD 10. For some humanitarian cases, the charges will be KD 1 - KD 5".

Minister Al-Harbi revealed that about 60 percent of the patients who seek medical services in hospitals do not really need to visit the hospitals and can receive treatment at clinics

itself, insisting that this increases the load on doctors and medical facilities in hospitals, which handle almost 1,000 cases per day.

He affirmed that the study has taken into consideration the difference in the charges paid by a patient who seeks treatment for a cold and one who suffers from a serious disease.

Al-Harbi indicated that the ministry has been coordinating



with the Health Insurance Company regarding provision of medical

services to expatriates in the hospitals of the company.

He stressed that the company is taking necessary steps to obtain approvals from all relevant state bodies, affirming that such a move will reduce the pressure faced in hospitals of the ministry. The minister assured that Ministry of Health will supervise the medical services offered to expatriates in the hospitals of Health Insurance Company.



IEI Kuwait Engineers meet with the Indian Ambassador

The newly elected executive members of the Institute of Engineers - India (IEI) Kuwait Chapter met with the Indian Ambassador to Kuwait H.E. Sunil Jain on 11 July to introduce the newly elected Executive Committee for the year 2017-18.

The delegation consisted of the Chairman Engr. Ajay Sharma, who introduced the newly elected EC members to the Ambassador. These include Engr. Thomas John (General Secretary), Engr. Sudhir Menghani (Treasurer)

and executive committee members, Engr. Mohandas Kamath, Dr. Bhakta Bhusan Biswas, Engr. Karthikeyan, Engr. Sam Ananth, Engr. Hirak Mitra, Engr. Veerabhadra Rao, Dr. Abdul Razzak Rumane, (Ex officio-Chairman), Engr. Rishab Nath Jain (Ex officio-General Secretary) and Engr. Joseph Panicker (Former Chairman and EC Member by Invitation).

The Chairman Engr. Ajay Sharma informed the ambassador about the IEI, Kuwait chapter's planned activities for the year 2017-18.

Matters related to the Indian Expatriates and specifically engineering community working in Kuwait were discussed in detail. The different areas of cooperation between Kuwaiti engineers and their Indian counterparts were also discussed. Each member interacted with their ideas and suggestions.

Engr. Ajay Sharma expressed thanks to the Ambassador and the embassy staff for their continued support and cooperation to IEI, Kuwait chapter and its various activities.



Chinese Association attend social gathering at Aqua Park

Chinese Association in Kuwait organized a day out at Aqua Park Kuwait with the attendance of more than 50 overseas Chinese nationals, from various Engineering & Contracting Companies, on Friday, 14 July. Many foreign friends were also invited to this event where participants enjoyed various games and an amicable dinner.

New option for children with hydrocephalus in Kuwait

Children with hydrocephalus in Kuwait now have a better treatment option in the form of new medical procedure being offered by the Great Ormond Street Hospital (GOSH) in London. The innovative procedure known as ETV-CPC is set to improve the lives of babies with hydrocephalus.

Hydrocephalus can cause harmful and possibly fatal pressure in the brain. An unusually large head is the main sign of congenital hydrocephalus. The condition is common in babies whose spine and spinal cord does not develop properly in the womb, or in children who get infections such as meningitis in their early childhood.



"The traditional way to treat hydrocephalus is with a shunt. While it is still a very good operation that is conducted commonly, it leaves the patient with a permanent tube in the body to allow for the draining of the fluid. The limitations with any tube or mechanical device is that it can snap, it can get blocked, it can get infected and cause problems. ETV-CPC gives the patient the chance to avoid the lifelong burden of care that comes with having a shunt," said Dr. Greg James of GOSH.

ETV-CPC is a well-established procedure that was originally designed to create a cost-effective and permanent solution for children in Africa as it requires less medical follow-ups. The procedure is well-tolerated and only takes an hour or two. The child can go home within a day or two of the operation.

Dr. James believes that this operation, which is now available at GOSH, offers international patients from Kuwait the chance to have a better quality of life and limits the life-long burden of care which often comes with having the traditional shunt procedure.

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Women excel in leadership across the Arab World

Forbes Middle East, has unveiled its list of the Arab world's most powerful women for the fifth consecutive year. The recent issue ranks the Top 100 Most Powerful Arab Business Women, the Top 10 Most Powerful Arab Women In Government and the Top 10 Arab Women Social Media Influencers across the region. The UAE tops the list with 18 female leaders, followed by Egypt and Lebanon with 16 and 12 women respectively.

Saudi Arabia leads the charge, with businesswomen climbing the ladder across private and government organizations. This year saw Rania Nashar, CEO of Samba Financial Group, become the first women in the Kingdom to head a commercial bank. Latifa Homoud Alsabhan was promoted to CFO of the Arab National Bank.

Sarah Al Suhaimi was appointed as the chair of the country's stock exchange, Tadawul. And Lubna S. Olayan, CEO of the Olayan Financing Company, tops the businesswomen list for the third consecutive year. Elsewhere Lobna Helal became Deputy Governor of the Central Bank of Egypt. Nezha Hayat now heads the Moroccan Capital Market Authority. And Sheikha Bodour Al Qasimi chairs the Sharjah Investment and Development Authority.

Sheikha Lubna Al Qasimi, Minister of State for Tolerance in the U.A.E. is revealed as the number one most powerful Arab woman in government in 2017. Sahar Nasr, Minister of Investment and International Cooperation, is a new entrant and ranks second. In the world of social media, Forbes Middle East looked at the top Arab women influencers



for the first time. At the top is Huda Khattan, a Hollywood trained make-up artist and beauty consultant based in Dubai, with over 23.8 million followers. Following her are Joelle Mardinian, a successful beauty and make-up entrepreneur, and YouTube star Hayla Al Ghazal, with over 9.3 million and 7 million subscribers respectively.

Khuloud Al Omian, Editor in chief, Forbes Middle East said: "Arab women are not only taking the helm in business and holding senior leadership positions, but they are also excelling in all areas of life such as community service, sports, adventure, entrepreneurship and social media." These women are providing senior leadership in different sectors ranging from banking and financial services, diversified, petrochemicals to healthcare, investments and retail.

Kuwait forms committee to monitor prices

The Ministry of Social Affairs and Labor, on Thursday announced the formation of a joint committee with the Ministry of Commerce and Industry, with the power of arrest to monitor prices at the cooperative societies.

The move comes to quash claims on rise in prices that followed the increase of rent of the societies, the Acting Undersecretary of the Ministry of Social Affairs and Labor Abdul Aziz Shoaib said in a statement.

He added that the ministry is giving priority to

protecting customers against any kind of unjustified rise of prices.

Shoaib noted that the main purpose of establishing cooperative societies was to serve the public by offering all types of products at considerable prices.

Recently, sources said the Ministry of Commerce made a decision that thwarted the efforts of the Union of Cooperative Societies in justifying its intention of raising the prices of commodities through rent value increase.

Youth: Torchbearers, rights-holders of New Kuwait plan

Continued from Page 1

As part of these reforms, a teacher licensing process would be set up, said the minister, to maintain high-quality teaching professionals. The licensing would see 500 teachers being tested every year, with teaching licenses awarded only to those who pass these tests.

The education minister went on to say that the government will also be preparing national standards for education in order to achieve excellence in the education process, improve self-learning and e-learning. In addition, the reform process would see quality standards being applied in school administration of 200 government and 100 private schools, with regular assessment and measurement of education quality to ensure that they are in line with international standards.

The government also proposes to launch a campaign to encourage young Kuwaitis to join the private sector or to start their own businesses. In this regard, the government will set up centers to train national workforce in different sectors based on the demands of the labor market, said the minister.

The year 2017 is also important in promoting the government's youth development plans, as Kuwait officially became the 'Capital of Arab Youth 2017', after Morocco, the previous holder, transferred the ensign to Kuwait's representative on 8 May.

Reflecting the leadership's continued keenness on youth care and development, His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah patronized and attended the ceremony to mark Kuwait becoming the 'Capital of Arab Youth 2017', which was held at the Bayan Palace on 15 May.

Director-General of Kuwait's Public Authority for Youth (PAY) Abdul Rahman Al-Mutairi attended the handover ceremony of 'Capital of Arab Youth' in Rabat, Morocco, on behalf of the Minister of Commerce and Industry, and Acting Minister of Youth Affairs Khaled Al-Roudan. Speaking on the occasion, Al-Mutairi said that during its hosting of 'Capital of Arab Youth', Kuwait intends to hold several activities aimed at empowering Arab youth. The events spread over a period of one year will encourage Arab youth to invest their energies and to work and innovate for achieving further development of their respective countries.

The director-general added that the activities, contests, conferences and forums will be held in different domains, including in artistic, cultural, social and sports fields. The events will be held by PAY in cooperation with different ministries and the National Council for Culture Arts and Letters (NCCAL), and in association with private sector entities, said the director-general.

Meanwhile, the United Nations Secretary-General's Envoy on Youth Ahmad Al-Hendawi highlighted the strategic partnership between the UN and Kuwait's Ministry of State for Youth Affairs that allowed the country to encourage and promote youth empowerment in the country and the region. Kuwait, he said has become one of the leading countries in youth empowerment and in the providing a stimulating space for the growth and development of young people. Al-Hendawi added that the Arab world currently looks to Kuwait as a beacon of investment and support to youth and that the country has the potential to be a youth leader at the regional and international level.

Fostering Arab Entrepreneurship

Continued from Page 7

In the Gulf States, Egypt, Iraq, Jordan, and Tunisia, government jobs account for an unsustainably high 60 - 80 percent of formal employment. Governments need to reassess this balance, and adopt reforms that unlock the potential of private businesses to grow and take on more employees. Global development-finance institutions, like the World Bank Group — which includes my institution, the International Finance Corporation (IFC) — can provide a bridge between governments and the private sector.

The heart of the IFC's strategy is to help develop new markets in low- and middle-income countries by encouraging private participation in what are often state-dominated economies. In May, the IFC, together with the World Economic Forum, brought together 100 of the most promising startups in the Arab world, with the goal of beginning to address the bottlenecks that stifle entrepreneurship. In time, it is companies like these that will deliver sustainable economic growth to the region, and create employment opportunities for millions of people. That is the kind of future that Arab innovators, like those I met at the World Economic Forum in Jordan, know is possible. Our job, as global development advisers, is to help them realize it.

Spike in eve-teasing could lead to worse crimes

The loitering of youths and the harassment of girls are issues that have been bothering families in shopping malls and commercial complexes especially during the summer season.

Parents and guardians are calling for the need to increase security presence in these places in order to eradicate these negative phenomena.

They indicated that such negative phenomena represent a warning of possible serious crimes such as rape that could occur if abusive youths are not deterred from their actions. They lamented that girls and women often face harassment in these places by youths. The parents and guardians stressed the need for schools, families and mosques to assist in encouraging children to avoid such behaviors.

They explained that the actions of some of these youths are caused by the



intake of drugs that affect their brains and leave them in a state whereby they are unable to control their actions.

In addition, lack of occupying the leisure time of youths with useful pursuits plays a significant role in pushing the youths into doing wrong

things especially with the shortage of places for boys to meet.

Others have said that the families are responsible for controlling their children especially teenagers as most of their wayward behaviors are acquired through their friends circle.

Local mafia attempts to thwart opening of Domestic Workers Company

The local mafia, which is running domestic labor offices, through which they have collected millions of dinars from the pockets of several Kuwaiti families, have been struggling to thwart and suspend the activities of the Government Domestic Workers Company that is set to open in September.

This mafia is in constant coordination and communication with their counterparts in Asian and African countries from where domestic workers are brought.

They capitalize on age-old business relations to convince their foreign counterparts in those countries to frustrate the new mechanism because it will jeopardize their interest especially since they had increased the cost of services from KD 100 to KD 1,500 for almost ten years now.

The method of obstacle adopted in that regard is informing their counterparts to reject any deal that is less than KD 350 per domestic worker, based on the amount fixed by the government company which is managed by the Public Authority for Investment and Kuwait Federation for Consumer Cooperative Societies Union.



Grand Hypermarket opens 43rd regional outlet, with new branch in Mahboula

Leading UAE-based business group, Regency, launched the 43rd branch of its flagship retail store, Grand Hypermarket, in Block 2 of Mahboula on Wednesday, 24 May.

Sheikh Dawood Salman Al Sabah inaugurated the branch in the presence of top-level government officials and leading business figures, as well as the Chairman of Grand Hypermarket,

Kuwait, Jassim Mohammed Khamis Al Sharah and Regency Group Managing Director Dr. Anwar Ameen.

Also in attendance were Regency Group Executive Director Aboobacker Mohammed, Regional Director Ayyoob Kachery, the CEO, Mohammed Suneer, General Manager, Thahseer Ali and Dubai Region General Manager, Abbas Khan, as well as other

management representatives. The inaugural event saw a huge turnout of guests.

Grand Hypermarket has a strong reputation in the market for providing a wide range of products, including food stuffs, world-class electronic appliances, home appliances, footwear, health and beauty items, all at very affordable prices.

Kuwait to enforce e-media license from 25 July

Continued from Page 1

forms of a media service of electronic content that is produced, developed, upgraded, dealt with, broadcast, published or reached through the internet or any other communications network.

Article 1 also defines the owner and responsible manager of the electronic site or electronic media publication tool, who will be held liable for complying with the e-media law and its contents.

According to Article 1, the owner of the site or electronic media publication tool should be a Kuwaiti citizen of not less than 21 years of age, of good repute, and not previously sentenced for a felony or a crime that violates honor or trust, unless his status was restored.

The owner can appoint a responsible manager, who should also be a Kuwaiti citizen of not less than 21 years of age, to manage the site or electronic media publication tool. The administrative and judicial authorities will hold the responsible manager liable for all content published on the site or electronic media publication tool.

Article 5 clarifies that the new law is applicable to the following electronic sites and electronic information media: Electronic publication houses;

Electronic news agencies; Electronic journalism; News services; Electronic sites, information service facilities and commercial advertisements; Electronic sites of paper newspapers and audio-video satellite channels

The rules of this law do not apply on the domain or facility or a personal electronic account, whose user is not characterized to be of specialized professionalism.

Article 12 states that the license applicant for a site or electronic information facility must deposit a KD500 guarantee at the ministry's treasury within 60 days from the date he gets informed of approval of the license. He can submit an unconditional bank guarantee in the name of the ministry, instead of the cash guarantee.

Article 14 states that any license rental will be null and void, and cannot be sold or waived without prior approval from the ministry, and the buyer or the person who receives the waiver must meet the conditions mentioned in this law to issue the license.

Article 17 stipulates that the responsible manager for the site or electronic information facility is responsible for the violations of the rules of this law by the content, and he must seek accuracy and credibility in

all what he publishes concerning news, information and data. He must publish, free of charge, any reply, correction or denial he receives directly or indirectly from the ministry or other government entities, or from any judicial or natural person, or who represents him legally, whose name is mentioned or indicated in writing, drawing or symbol, published in the site or the electronic media facility, on the date the concerned party or those concerned decide, in the same place and same method, language and size the material in question was published.

Article 18 states that the sites and electronic media sites governed by the rules of this law, cannot publish, broadcast, rebroadcast, send or quote any content that contains any of the forbidden material mentioned in Articles 19, 20 and 21 of Law Number 3 of 2006, and Article 11 of Law Number 61 of 2007.

Article 19 refers to punishment for publishing online without an e-media license: The article states that the concerned court will fine everyone who practices any of the activities mentioned in this law without a license or violates any of the rules in it with a minimum of KD500 and a maximum KD5,000, and that the site could be blocked permanently.

Kuwait Airways receives 9th Boeing 777-300ER

Kuwait Airways, the official national carrier, announced on Friday the delivery of the 'Al-Wafra' aircraft of the family of long-range twin-engine jets, the Boeing 777-300ER.

In a press statement, Kuwait Airways Chairman Sami Al-Rasheed said it was the ninth plane of a 10-aircraft deal of the same family. He added that four aircraft have been sold and re-leased to the ALAFCO company in a financing partnership. He extolled cooperation of the company's management in fulfilling this partnership to be in favor of interest of the two companies, indicating that it is the first cooperation in its kind with Kuwait Airways.



In a similar statement, Adel Al-Banawan, deputy CEO of ALAFCO, said it is the first deal between ALAFCO and the national carrier.

The deal will have positive repercussions that will contribute to the prosperity of the national economy, he noted. The passenger plane is part of a 10-aircraft deal expected to be completed by the third quarter of 2017.

Established in 1953, Kuwait Airways is one of the carriers in the Gulf region. The State of Kuwait owns all company's stocks. ALAFCO is a plane-leasing company established in Kuwait in 2000 and enlisted in Boursa Kuwait in 2006. It is jointly owned by the Kuwait Finance House and Kuwait Airways.



Talk confidently about your side business

There are many legitimate reasons to look before you leap into a new business endeavor (i.e., figuring out how to make the time for your side business) and you really don't want to discuss your concerns about others to prevent you from pursuing your goals. Being uneasy about discussing your business is no excuse for holding back, so here are some easy tips that will make those conversations a lot easier, whether you are having them with an old friend or with a stranger.

Practice makes perfect: If you are new to the entrepreneurial game, it may feel unnatural to share the details of your fresh creative pursuit. It all sounds so good in your head, but often, when you are put on the spot by someone you have just met; it suddenly feels nearly impossible to put into words the amazing things you have been working on outside of the office. To avoid getting tongue-tied in these situations, start by practicing your pitch. If you know you are going to

have an opportunity to chat about your side business, spend some time thinking about how you can best explain your passion project in a few clear sentences.

Jump right in: Resist the urge to qualify the hard work you are putting into your side business with awkward intros like "I don't know if this is going to be a real business, so I guess I'll just do it for fun for a while." Own that business, girl! Your business doesn't need to be a multi-million dollar operation with dozens of employees to merit a serious conversation. Stop tempering your enthusiasm for what you are doing and just start talking.

Keep smiling: When you smile, it is a clear signal to whomever you are chatting with that you are confident in, enthusiastic about, and proud of the conversation at hand. Even if you are still feeling a little apprehensive about launching your business, fake that

happy face until you make it! Every time you meet someone new or reconnect with an old contact, you have a prime opportunity to share the news about your endeavor, and to make them feel as excited about it as you are.

Don't let the questions get you down: As with everything in life, side businesses aren't going to garner total support from everyone you meet. People will have questions. How are you going to manage your time? Do you have the money you need to invest in a new business? Do you have any experience with customer service? How will you juggle your side business with the demands of your day job, without compromising your performance in either? If just reading these questions is making you sweat, you better get ready to experience it in real life. You are bound to be hit with an interrogation here and there, and being mentally prepared to politely brush those questions off is key to ensuring that your confidence remains intact.

Not always bad to compare yourself to others

Comparing yourself to others can be a slippery slope — it might make you feel sad, defeated, or envious, especially when scrolling through social media feeds that make it seem like everyone has a perfect life. While learning how to quit the comparison game is important when it comes to being and doing your best, there are a few instances when stacking yourself up against others can actually be useful for your own growth. Not convinced? Read on for five reasons why paying close attention to others can be totally transformative.

It can show you what's possible: If you feel stuck in your life, and someone else is doing something you wish you could do, making an admiration-based comparison can be a good way to motivate yourself to take action. When you see someone is taking an initiative to improve their health, advance their career, or put themselves out there to find love, you might find new ideas about what you are capable of too.

You should never get down on yourself though — especially when you're stuck, as that's when comparing can take a dangerous turn. Keep yourself safe by taking action. Simply looking at what others are doing and beating yourself up over what you aren't doing isn't helpful; it will only lead to low self-esteem and negativity. Come up with an action plan or reach out to others for help and support in order to move successfully toward your newfound goals.

It can fire you up: Caring enough to be kind



of competitive isn't always a bad thing: In fact, feeling a little fired up might be just what you need to finally break free from a job you hate or pursue something new you have been afraid to try. Whether you start a friendly competition with a coworker or challenge your friend to a healthy get-fit-style challenge, you can use someone else's progress as ammunition to keep yourself pushing for your own.

It can inspire you: Comparison can be a healthy thing when you try to shift your energy from jealousy and coveting someone else's situation to giving the other person a mental high five and treating it as evidence you are gathering of what's possible for

you. The two fundamental components of the shift are moving from jealousy to celebration and switching from a worldview of scarcity to abundance. Abundance calls for teaching yourself to think, 'There's more than enough, and what she has is available to me as well.'

It can make you feel more grateful: Some people might appear to have it better than you do, but comparing yourselves to others can also serve as a super-powerful reminder that you have tons of amazing things happening too. Whether you are noting someone else's health struggles, bad career luck, or recent breakup, you will surely feel thankful for what's going right in your life.

Ways young women workers can overcome ageism



Work success can come at any age, yet may business cultures that still associate age with experience and an enhanced sense of responsibility tend to discriminate against or even disparage young women workers. Women seem to often fall victim to ageism, as they are considered unpredictable, lazy, unreliable, unprofessional and unable to hold down a job.

In whatever form, ageism can significantly affect a professional's well-being, as well as their overall affective commitment to the organization. It can, in turn, impact focus and productivity at work. So how can a young woman overcome age discrimination and be taken seriously by their peers, business partners and employees? here are some tips.

Prove your worth through work: Instead of calling these people out who misjudge you, let your work and results do the proving for you. Working quietly and with determination has gotten women noticed and provided the basis for being taken seriously. Don't let the comments get to you, instead take that energy and turn it into success.

Speak up: Many times your efforts in the workplace may have been overshadowed because you simply didn't proactively market or promote yourself within the organization. Instead, you expected your boss to automatically notice you in the crowd, every time you did something above-and-beyond. You have to speak up at annual reviews, or email weekly updates on achievements.

Admit what you don't know: Make it clear that you are capable of achieving far more than anyone thinks and work ten times harder to prove that, but also always admit when you don't know. Many young women are intimidated by the feeling that they don't know enough yet, but pretending you know things that you don't is a recipe for disaster. It's far better to be honest and ask for help than to pretend you have it all figured out then fail because of it.

Know your history: One way to prevent your elder colleagues from overlooking you, due to your youth and perceived lack of experience, is to know more than these individuals, especially about topics of mutual interest or the job. Let your co-workers know that you understand how things are run and how you intend to fit with the workplace rapport.

Highlight the advantages of youth: As a young worker, often you are made to feel that you are not taken seriously at times because of your age. Instead of dwelling on the disadvantages, focus on the advantages of your youth, such as the energy you have compared to any of your older peers or customers. Moreover, your capability to work long hours and weekends can be in your favor. Turn your young age into an asset.

Remain confident and focused: Ignore the negativity, remain confident, and focus all your energy on making your company a success.

Best tricks for LONGER-LASTING LIPSTICK

Lipstick is easily the most versatile and important item to have in your makeup bag, just a few coats of your favorite color will leave you looking positively radiant. However, if you are looking to make your lips the focus of your look, know that more than two coats are required for your color to stay put.

In fact, there is a lot more you can do to make your lipstick last longer, try these expert-approved tips, tricks, products, and hacks for longwearing lipstick that lasts all night long, nary a touch-up required.

Exfoliate ahead of time: The first rule of lipstick is to have smooth lips, and the best way to ensure a perfect canvas is to gently exfoliate lips to remove flaky, dry spots. You can employ the help of an unused toothbrush or a lip scrub, which you can DIY with equal parts coconut oil and brown sugar. Work the brush or your DIY mix in with your finger in a circular motion, being careful to apply gentle pressure. Tissue off the scrub when you are done. Bonus: you are upping circulation to your lips, which helps give them a plump, rosy look.



Go for an ultra luxe lip balm:

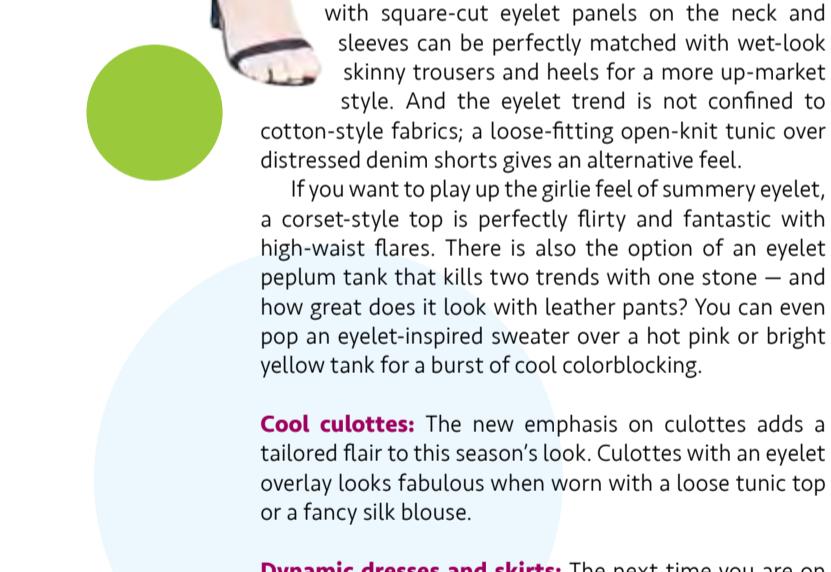
After exfoliating, hydration is key. Look for a lip balm with moisturizing and soothing ingredients like vitamin E and natural oils. Make sure to coat lips immediately after exfoliating, before bed, and about 15 to 30 minutes before you plan on doing your makeup to garner maximum benefits.

Rethink your lip liner: You may think to reach straight for the liner that matches your lipstick of choice, but using a technique known as reverse lining is actually the better way to go. Using a flesh- or clear-hued lip liner trace around your pout to prevent lipstick from feathering or smudging. Apply with delicate strokes while ensuring you stay close or within your natural lip line.

Prime your pout with concealer: If you have ever wondered why the lipstick looks way different in the tube than it does on your lips, it is because the color of your own lips is affecting the final hue, understandably—which is also why every lipstick can and usually does look different on any other person. To get the exact color payoff you are expecting, use a primer on lips to create a fresh canvas.

Try a liquid formula: Liquid lipsticks are definitely the trend of the moment, and their staying power is unparalleled.

Paint strategically: Whether you are using that lip brush or going rogue straight from the tube, work from the center of your lips outwards, bottom lip before top. Add an even coat of color, being extra cautious to work within the reverse liner you have already drawn.



Eyeing the eyelet TRENDS

The hot trend this summer is the cool appeal of eyelets. Beautifully punched from crisp cotton, or loosely formed from flowing knit-fabric, eyelets are the essential feature for 2017. This fabulous look can totally ring the changes with your summer wardrobe, whether it is a simple eyelet detail on a Peter Pan collar, an inset geometric panel in a tunic top, or you go the whole distance and opt for a dress with a riot of lacy holes. You may love the orderliness of a row of eyelets, or perhaps you prefer your eyelets in geometric or floral motifs. But whatever your choice, there is a clothing item to delight your heart.

This year's must-have items are flattering culottes, long or short crop-tops, soft joggers, and shift dresses with a nod to the tennis dress. Whether you want comfortable casual wear, something for the office, or a smart dress for evening drinks, eyelets are everywhere.

Terrific tops: A large-eyelet blouse with short sleeves looks great teamed with linen pants and strappy sandals for a casual day out, whilst a tailored top with square-cut eyelet panels on the neck and sleeves can be perfectly matched with wet-look skinny trousers and heels for a more up-market style. And the eyelet trend is not confined to cotton-style fabrics; a loose-fitting open-knit tunic over distressed denim shorts gives an alternative feel.

If you want to play up the girlie feel of summery eyelet, a corset-style top is perfectly flirty and fantastic with high-waist flares. There is also the option of an eyelet peplum tank that kills two trends with one stone – and how great does it look with leather pants? You can even pop an eyelet-inspired sweater over a hot pink or bright yellow tank for a burst of cool colorblocking.

Cool culottes: The new emphasis on culottes adds a tailored flair to this season's look. Culottes with an eyelet overlay looks fabulous when worn with a loose tunic top or a fancy silk blouse.

Dynamic dresses and skirts: The next time you are on the hunt for the perfect summer dress, you might want to start your search looking for a crisp option with eyelet details. These types of pretty dresses are universally flattering, and can be worn to every event you have planned this summer. Eyelet dresses are a wonderful way to emphasize your femininity. Moreover, a punchy hue and a flattering silhouette is all you really need to



make a statement. Eyelets have also taken on a new color – black. The traditional eyelet has been associated with dowdiness but has since gone way of the dark side; evoking a sexier, mature look.

If you are in the mood for a layered effect, go for skirts in modern styles, preferably with belts to emphasize the waistline. Say, in a darker, saturated blue, an eyelet pencil skirt becomes a sophisticated option for the office.

Tailored or casual, paneled inserts or full-on profusion, the eyelet trend has so many styles and variations that you are sure to find something you love this summer.

What not to do:

Pair with denim: This is a quick way to look like an extra from an old TV show if you are unsure of what you are doing.

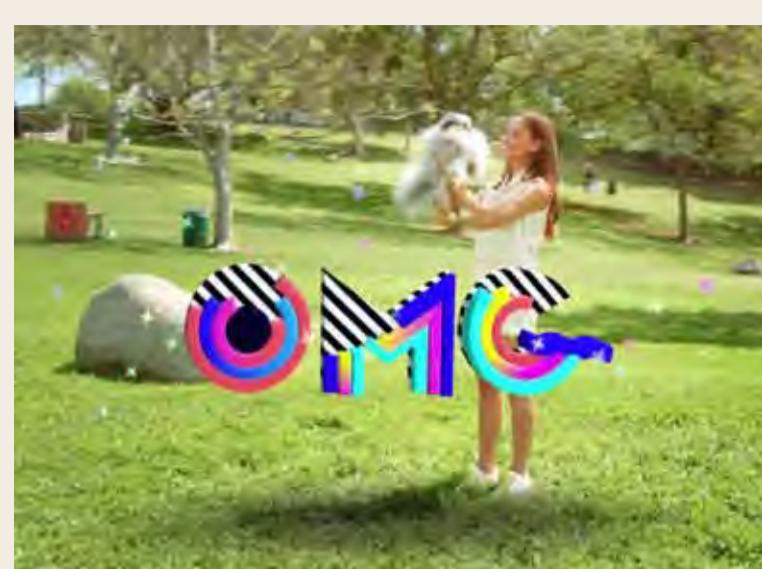
Wear with white shoes: Plain white shoes are more a staple for a professional job; a pair of tan or beige shoes is far more versatile, on-trend, and will make your legs look miles long.

Pretend it is not eyelet: Women try to play off eyelet clothing as just plain cotton. They pair it with crisp button-down shirts in primary colors, knit tops with surplice necklines, fitted sweaters in candy-colored hues. Eyelet is a unique fabric, and should be treated as such. When you try to ignore the fact that it is textured and often a floral print, and a distant cousin of lace, you are setting yourself up for sartorial disaster.



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Snapchat adds new recording and editing features

Snap today announced a pair of new Snapchat features that should make recording and editing new footage a bit easier. The first feature, called multi-snap recording, will let you record up to six 10-second clips in succession, so you can go back over up to one minute of footage and pick out the best clips to send out or save to your Story.

The other feature is a new effect called tint brush that will let you edit the color of objects within a photo. This will further augment the already popular 'world lenses' feature that Snapchat unrolled earlier.

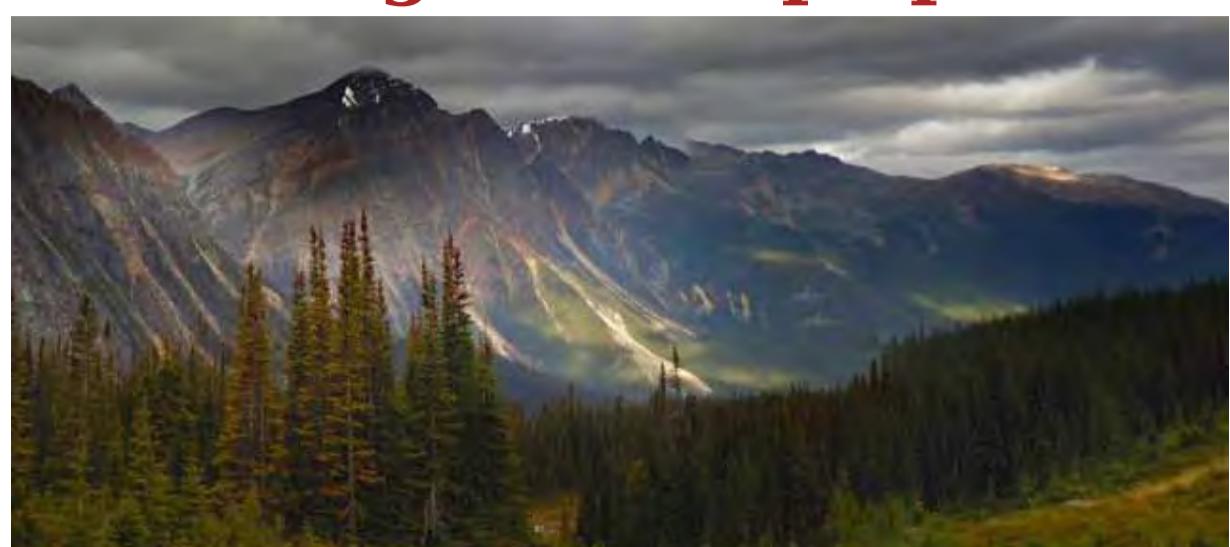
Multi-snap recording is designed to encourage users to record more video and share it at a higher volume. Tint brush, though it sounds like a minor color editing tweak, appears to employ powerful object-recognition technology. It looks very much like the magic

wand and quick selection tools in Photoshop, though with enough automated smarts to let you make these edits using just your finger. Snap says all you have to do is pick the desired color for the object and trace an outline of it on the photo itself, and the app will do the rest.

Tint brush continues Snap's effort to boil down complex image and video tools, like its filters, into accessible in-app features. For now, tint brush is limited to photos and it only works after the photo has been captured. But it seems like it's only a matter of time before Snap, with its artificial intelligence expertise, manages to bring the feature to video and then as a real-time effect through the camera viewfinder.

The new recording limit rolled out to iOS users last week, with no hint of when it would be available on Android. Meanwhile tint brush is currently available for both iOS and Android users.

Google uses AI to create stunning landscape photos



Google's latest artificial intelligence (AI) experiment is taking in Street View imagery from Google Maps and transforming it into professional-grade photography through post-processing – all without a human touch.

The project uses machine learning techniques to train a deep neural network to scan thousands of Street View images in California for shots with impressive landscape potential. The software then mimics the workflow of a professional photographer to turn that imagery into an aesthetically pleasing panorama.

Doing the same aesthetic refinement to an image using software can be labor-intensive and time-consuming. Professionals have to manually pick out which lighting effects or saturation filters, for example, result in a more aesthetically pleasing photograph.

Google engineers have been able to train the neural

network quickly and efficiently to identify what most would consider superior photographic elements using a relatively new and promising technique in AI research that pits two neural networks against one another and uses the results to improve the overall system.

Google's software takes a Street View panorama and crops the photo, applies lighting and coloration changes, and then chooses a filter to apply in a four-step process. To test whether its AI software was actually producing professional-grade images, the engineers asked professional photographers to grade the photos its network produced on a quality scale, while mixing in shots taken by humans. Around two out of every five photos received a score on par with that of a semi-pro or pro.

Google hopes that someday this technique might even help you to take better photos in the real world.

Bluetooth upgrade makes it better for smart homes

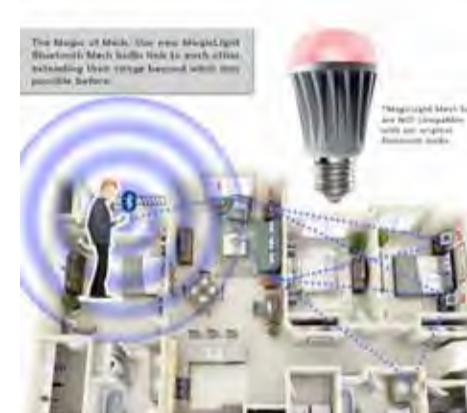
With its latest upgrade, Bluetooth is making a good case for itself in the long-running battle between wireless standards to be the one and only to connect all the smart devices in your home.

Bluetooth SIG, the group that oversees the Bluetooth standard, last week released the specification for Bluetooth Mesh that allows low-power Bluetooth devices to create and act like a mesh network.

Mesh networks help data travel longer distances by hopping between devices sharing the same wireless signal, with each device

retransmitting the data until it reaches the recipient. This is particularly useful for smart home tech, because it allows a device in one corner of the home to send a message that reaches smart devices in all the far nooks and crannies of a house.

Unfortunately, not all existing Bluetooth devices are going to suddenly get these abilities. Bluetooth Mesh can only be added to devices that already support Bluetooth 4.0 or 5.0, which means new hardware is not required, but whether current devices receive it would depend on if their manufacturers release an



update. So there is a good chance your next Bluetooth device will support mesh, but there is no guarantee your current ones will.

Assistive stairs to help in climbing up and down



Researchers have developed an energy-recycling mechanical staircase that uses little power and can be placed on existing staircases.

The inventors hope their innovative staircase technique will one day help older adults or those who are mobility-impaired by making climbing and descending staircases easier on the knees and ankles.

Engineers at Georgia Tech and Emory University in the US invented the prototype, which works through a system of springs and pressure sensors.

The springs in the stairs compress when

someone walks down the stairs, which reduces the impact on the ankle joint by 26 percent. When climbing stairs, the springs give the user a boost by releasing the stored energy, making it 37 percent easier on the knee.

The engineers pointed out that current solutions for people who need help in maneuvering staircases such as escalators or stair-lifts are often expensive and impractical to install in homes.

Low-cost, easily installed assistive stairs could very well be a way to allow people to retain their ability to use stairs and not move out of their homes.

Microsoft tries out adding voice dictation to Office



Microsoft is using Cortana's speech recognition smarts to bring dictation to the company's Office suite. The new app is simply named Dictate, and it is the latest project to come from Microsoft Garage, which is the company's experimental software outfit.

Dictate is more of an add-on than app since you really need Microsoft Office to even use it. But once you install it, you will be able to talk aloud in Word, Outlook, and PowerPoint and have your words automatically transcribed into the selected text field.

Currently 20 languages are supported for voice-to-text, and Dictate also supports 'real-time text translation' for up to 60 languages. Dictate uses the 'state-of-the-art' speech recognition and artificial intelligence behind Cortana, the Bing Speech API, and Microsoft Translator, according to the company.

Dictate, which started out as a hackathon project, allows you to speak out emails or a Word document, you can also use commands ("next line") and punctuation. But with this being just a Garage app, Nuance and other companies that specialize in voice dictation software do not have much reason to be wary, at least not yet.

Do not leave kids alone in vehicles

Despite warnings by authorities and fatal incidents reported in media, people still continue to leave children locked inside vehicles during summer while they go about shopping or other activities.

Child experts say that dozens of children die every year from heat stroke after being left in a hot car, most often because a parent forgot them in the back seat. "It is surprisingly common, and the thing that's most important is it is 100-percent preventable," said Dr. Ben Hoffman, director of a local children's hospital in Oregon.

According to US National Highway Traffic Safety Administration (NHTSA), between 1998 and 2016, more than 700 kids died from overheating while in stiflingly hot cars. Heat stroke is the leading cause of non-crash-related vehicle deaths for children 14 and under, said the

NHTSA, adding that, more than half the time, the child died because their caregiver forgot they were in the vehicle and left them behind, the NHTSA said.

These horrendous tragedies most often occur due to miscommunication, absent-mindedness or an overloaded schedule. In 54 percent of cases, the child died because they were forgotten in the car, according to federal statistics. Only 17 percent of the time do children die because an adult intentionally left them in the car, while they went to engage in some other activity.

These intentional cases are the ones the authorities really struggle with, because they have been repeatedly warning people not to leave their child alone in a car, not even for one minute.

Cars heat up very quickly, even in conditions a person might reasonably



consider safe, such as on a cloudy day or in shaded areas. A car interior can heat as much as 20 degrees within 10 minutes. And even at an outside temperature of 15°C, it can quickly reach 45°C inside the car.

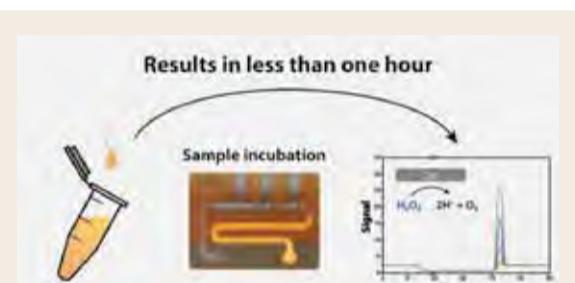
Authorities warn that sunlight hitting against the windows of a car can

soon make the inside like a convection oven. Rolling down the window a little bit does nothing to relieve the temperature inside, they add. Children are particularly vulnerable to heat stroke as their body temperature heats up three to five times faster than that of adults. Heat stroke begins

when core temperature reaches about 40°C, and a temperature of 42 could prove lethal.

Many countries are now looking at making it mandatory for cars to be equipped with a system to alert drivers if a passenger remains in the back seat after the engine is shut off. In many places, cars are mandated to have seat belts, interior trunk-releases and rear backup cameras; it would only take just another step to mandate safety features to protect children.

However, there is no real substitute to just being vigilant. Parents should do anything they can to get in the habit of never leaving a kid alone in a car. If a child is never left alone in a car, just horrific accidents would never happen. Anyone who sees a child left unattended in a car should immediately contact authorities; do not give it a second thought. In Kuwait, immediately dial 112.



Personalized medication dosages

Medications are usually prescribed in such a way that each patient receives the same standardized amount of a certain drug, irrespective of the clinical conditions of the patient, such as state of health, metabolism, or other physical factors.

Personalized drug therapy, where the dose of drugs, the dosage intervals and duration of treatments are all tailored to fit the individual need of a patient, has been found to be more effective in treating patients.

A researcher team at the University of Freiburg in Germany has developed a bio-analytical method that can measure the class of β -lactam antibiotics in human blood on-site, whether it is in the operating room, intensive ward or doctor's office, as well as during a house call.

In human medicine, β -lactam antibiotics are often used to prevent and treat infectious diseases. The new bio-analytical system allows doctors to easily determine just how quickly the patient's body metabolizes a drug and individually adjust the necessary dose to meet the need of the specific patient. Researchers now aim to test the new system on a wider cohort of patients to find its broader applications.

Cardiovascular health linked to ozone pollution

Exposure to ozone, long associated with impaired lung function, is also connected to health changes that can cause cardiovascular disease such as heart attack, high blood pressure and stroke, according to a new study by a team of researchers in China.

Ozone is a pollutant formed through a chemical reaction that occurs when sunlight interacts with nitrogen oxides and other organic compounds in the atmosphere that are generated by coal-burning, vehicle exhaust and some natural sources.

The team studied 89 healthy adults living in Changsha City, China, for one year. They monitored indoor and outdoor ozone levels,



along with other pollutants. At four intervals, the study team took participant blood and urine samples and used a breathing test called spirometry to examine a set of factors that could contribute to cardiovascular and respiratory disease. They found blood platelet

activation (a risk factor for clotting) and an increase in blood pressure, with ozone exposure lower than that which affects respiratory health, and lower than current Environmental Protection Agency (EPA) air quality standards. The study shows that standards for safe ozone exposure should take into account its effect on cardiovascular disease risk.

The production of ozone globally will be exacerbated by a warmer climate, so it will be an increasing trend with climate change," said the research team. Ozone is a difficult pollutant to control because its creation in the atmosphere is complex and its reduction is a challenging process.

Unplanned solution to antibiotic drug resistance

Scientists world over have been trying to find a simple, cost-effective solution to antibiotic drug resistance and superbugs that are increasingly becoming a cause for serious concern among healthcare providers.

Now cancer researchers in the United Kingdom may have inadvertently stumbled across a simple solution to reverse antibiotic drug resistance. They have already created and validated several new antibiotics, many of which are as potent, or even more powerful, than standard antibiotics such as amoxicillin.

"I think we've accidentally invented a systemic way of creating new antibiotics which is simple, cheap and could be very significant in the fight against superbugs," said Dr. Federica Sotgia, a co-author on the study at Salford



University in Manchester. Scientists at the university, searching for compounds that could be used effectively as antibiotics against cancer stem cell mitochondria, which fuels the growth of fatal tumors, switched their focus and started hunting for compounds that were effective against mitochondria and could be tested as antibiotics. Mitochondria and bacteria have a lot

in common. The researchers began by thinking that if what they found inhibited mitochondria, it would also kill bacteria, making the new anti-cancer agents also potential antibiotics.

The team sorted through 45,000 compounds before eventually whittling the list down to 10 compounds that were most effective in inhibiting mitochondria. The ten synthetic compounds were also found to inhibit a broad spectrum of common bacteria, including Streptococcus, Pseudomonas, E. coli and methicillin-resistant Staphylococcus aureus (MRSA), as well as the pathogenic yeast, Candida albicans.

The researchers, who named the new antibiotics 'Mito-riboscins', found that they were equally, if not more potent than standard antibiotics.



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NINE BUCKET LIST

Ski Whistler

One of North America's best ski resorts, perhaps best in the world, Whistler-Blackcomb – the principal venue for the 2010 Olympic Winter Games – contains nearly 200 longer-than-average marked trails and the highest vertical drop (1600 meters) of any ski field on the continent. Wander round the back of Blackcomb to Ruby Bowl and it gets even better. It has Whistler-Blackcomb's best powder, falling in continuous steeps for more than 600 meters.

ADVENTURES in CANADA



Raft the Shubenacadie tidal bore

The Bay of Fundy gets the world's highest tides, rising up to 15 meters daily. As a result of these extreme tides, a tidal wave or bore flows up the Feeder Rivers when high tide comes in. At the mouth of the Shubenacadie River in Nova Scotia this has led to the creation

of tidal-bore rafting trips, with powered Zodiacs riding the collision of water as the river's outflow meets the blasting force of the incoming Fundy tides. Wave heights are dependent on the phase of the moon, and will dictate whether your experience is mild or wild.

Polar bears in Churchill



Churchill is on the bears' migration route between winters spent hunting on the frozen bay and summers spent on land, and through October they pass by this Manitoba town. You can take day tours in purpose-built buggies, or you can stay in transportable 'tundra lodges'. Local authorities maintain a 24-hour vigil from September to November, with gunshots fired at night to shoo away any town-bound bears.



Killer whale watching

When salmon spawns in full swim along Canada's west coast during August, a host of creatures follow hungrily behind, including pods of orcas. Whale-watching boats tail along viewing these beautiful animals, but the most intimate way to watch the so-called killer whales is from a kayak. The 250 resident killer whales cruise about picking off salmon as they head for the

Fraser River near Vancouver. Orca downtime is spent rubbing bellies against the pebbly beach in Robson Bight, the only spot in the world where they are known to do this. Along the way you might also see Steller sea lions, Dall's porpoises, bald eagles and perhaps even a minke whale, before you bed down to the sound of orcas swimming and surfacing past your tent.



Wired for fun in Whistler

Stepping out into thin air 70 meters above the forest floor might seem like a normal activity for a cartoon character, but zip-lining turns out to be one of the best ways to encounter the Whistler wilderness. Attached via a body harness to the cable you are about to slide down, you soon overcome your fear of flying solo. By the end of your time in the trees you

will be turning midair summersaults and whooping like a banshee. The 10-line course is strung between Whistler and Blackcomb mountains and operates in both winter and summer seasons. Another course runs a gentle web of walkways and suspension bridges for those who prefer to keep their feet on something a little more solid.



The Trans Canada trail: You would need at least a couple of years to hike the entire Trans Canada Trail which is well on its way to becoming the world's longest recreational path. Beginning at North America's most easterly point, the completed length is around 21,500km, half as long as the earth is round. If you walk at a decent clip of about 30km a day will take almost exactly two years to finish. If you are in a hurry, grab a bike or horse for this multi-use path.



River canoeing and kayaking: Nahanni National Park Reserve, Canada's first World Heritage-listed site, is a wild place that embraces its namesake, the epic South

the surface in early May, females emerge one by one over the course of several weeks, triggering frantic 'mating balls' where 100 males at a time furiously weave around any receptive female they find.



Toronto's pillow fighting league: With a stable of female fighters and a rising profile it will not be long before more people hear the cries of Boozy Suzy, Olivia Neutron Bomb, Carmen Monoxide and Eiffel Power. There are 22 registered fighters and these everyday ladies come from all walks of life to don costumes, masks and new personas before tearing each other apart with pillows in the ring. Home to the Pillow Fight League, Toronto walks the line between American cultural osmosis and staunch northern independence. Torontonians embrace both worlds with verve and open-mindedness: enlightened, multicultural and uniquely Canadian.



Red-sided garter snakes: At the Narcisse Snake Dens the ground will be covered with thousands of snakes, awakened from hibernation by the warming air. The males emerge all together from deep cracks in the bedrock, where they have been sleeping in wriggling masses safely hidden from Canada's frosty winter fingers. Once peak numbers are on



On the trail of Mexico's best-kept secrets

Forget the seaside margaritas and hire yourself a set of wheels to explore this huge, varied but eminently drivable country, and discover some of its best-kept secrets.



Espíritu Santo, Mexico: This UNESCO-listed nature reserve situated off the coast of Baja California is a must-see for its breathtaking sheer red cliffs, windswept sand dunes and flawless turquoise bays. The wildlife that inhabits this otherworldly landscape is similarly extraordinary: day-trippers can view gray whales, swim with manta rays and sea lions and then bunk down courtesy of the island's only lodging, the seasonal Baja Camp which offers sybaritic delights like gourmet meals and all the stargazing you can handle.



Mérida: The second largest historic center outside of Mexico City, Mérida's streets are lined with grand mansions from the town's boom years as the center of the sisal trade. Some are little more than crumbling ruins, others have been renovated into stately homes and hotels. The Cathedral of San Ildefonso is a must-see. Built from 1561 to 1598 from the dismantled pyramids that once occupied the city when it was a Maya metropolis called T'ho, this is the oldest cathedral on the American continent. Look out for the rare pipe organ and Mérida's most famous religious artifact, a statue called Cristo de las Ampollas (Christ of the Blisters).

Chiapas: A land of lakes and waterfalls, Chiapas is an image not normally associated with Mexico. The Reserva de la Biosfera el

Triunfo is home to remarkable birdlife like the Resplendent Quetzal. The cultural heart of the state is the ancient Maya city of Palenque. While not as large as some Aztec and Toltec ruins, the remarkable detail of the carvings and frescoes have taught archeologists much of what they know about Mayan life.



Mazatlán: Lesser-known than its flashy coastal counterparts Acapulco, Cancun and Cabo, Mazatlán offers more subtle charms for the intrepid traveler. This Central Pacific Coast port city - located in the state of Sinaloa parallel to the southern tip of the Baja California peninsula - has had a few heydays, most notably in the 1930s and 1970s, and is finally shaking off its slightly tacky reputation thanks to a large-scale restoration of the historic center to its original Spanish Colonial glory. Stroll the Centro Historico, watch cliff divers launch themselves off the craggy headland containing El Faro, the lighthouse, or take a trip by boat to one of the city's three islands, the most popular of which is Isla de Venados (Deer Island).



Sian Ka'an: A 1.3 million acre conservation area on Mexico's Caribbean coast close to the town of Tulum, Sian Ka'an was established in 1986 as a UNESCO Biosphere Reserve and happily more land keeps being added under this protection all the time. The Mayan name translates to 'Where the sky was born' and



the place lives up to its lofty title thanks to seemingly endless lagoons, mangroves, jungle and cenotes (underground rivers unique to the Yucatan Peninsula). The reserve is renowned for its biodiversity - many of the plants, animals and birds cannot be found anywhere else. The site also contains well-preserved 2000 year-old Mayan archeological ruins, and several tour companies, like the Mayan-run Community Tours Sian Ka'an, offer day trips into the reserve for swimming, kayaking, bird watching and hiking.



Isla Holbox: Formerly a shark fishing town, the tiny barrier island of Isla Holbox is on the northern tip of the Yucatan Peninsula. It is home to the largest migration of endangered whale sharks on the planet, with more than 2000 passing by every summer (May to August). Small runabouts ferry snorkelers to the feeding grounds to swim with the placid filter feeders.

Puerto Escondido: This low-key fishing village and port in the state of Oaxaca, on Mexico's mid-Pacific coast, has remained fairly under-the-radar with travelers apart from one crucial demographic: surfers. That is largely because of a little beach break called Zicatela - also known as The Mexican Pipeline - which basically put Mexican surfing on the map. In

Copper Canyon

Formed by the confluence of six rivers, Barranca del Cobre (Copper Canyon) is so vast it could swallow the Grand Canyon whole. Unlike its better known cousin in the US, Copper Canyon is verdant green with pine, fir, oak and fig trees. The best way to see it is via a 600 kilometer, 12 hour, train journey, the Ferrocarril Chihuahua al Pacífico. Most visitors content themselves with the 20 minute stop in the town of Divisadero to take vertigo inducing photos. The more intrepid traveler should venture deep into the canyon floor to meet the Tarahumara people who, due to the terrain, have become excellent endurance runners.

season (May to July) waves can reach 30 feet or more. The experience here is all about the beach, whether you are hanging ten or just watching the pros do their stuff.



Sayulita: This bohemian little seaside village north of Puerto Vallarta in the Pacific state of Nayarit used to be the province of a small group of in-the-know surf buffs who gathered for the dependably good north swell from December through April. But that is beginning to change as travelers from all over the world discover the town's charms. Visit while Sayulita is still low-key, all unspoiled beaches, charmingly rustic fish restaurants on the sand and quirky cafes and boutiques.





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