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PAM to end hiring of 'under-30' college graduate expats from July

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INTERNATIONAL **7**

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Kuwait economy to enter positive phase in 2018

Staff Report

Following an estimated 1.1 percent contraction in 2017, Kuwait's economy is likely to enter a positive growth phase in 2018, registering a growth rate of around 3.5 percent growth in the year ahead.

Relatively higher prices for petroleum products in recent months, increasing oil production and the government's continued commitment to infrastructure investments, will support economic recovery and boost growth in 2018, says a new

over the next 12 months. Many OPEC members including Kuwait would tentatively begin to increase their oil production by the second half of the year and this could help lift the country's economic growth, said BMI.

However, the report cautioned: "In the event that oil prices do not rise in line with our expectations, owing for example to weaker global demand or greater-than-expected supply from US shale, we would expect Kuwait, and other OPEC members, to rein in production to closer to the OPEC quota level and this would

see non-hydrocarbon growth inch its way towards 2.5 percent in 2018 and gradually gather steam over the medium-term. Reiterating this view, the BMI Research report also noted that with government committed to robust infrastructure investment — over 50 publicly funded projects are underway or at a planning stage — non-oil sector was poised to grow further in 2018.

Nonetheless, the IMF warned that non-oil growth could face headwinds if there were any significant drop in oil prices, tighter global financial conditions or heightened regional security and geopolitical risks, as well as any delays or postponement of projects or reform implementations.

Urging authorities to continue with planned reforms, the IMF said that while the government's recent efforts to "streamline current spending, diversify revenue streams and improve the business climate", were laudatory, it needed to further curtail current expenditure, contain the public wage bill and introduce excises and value added tax (VAT) as previously planned. The Fund also noted that "better aligning public and private sector compensation would enhance nationals' incentive to consider private sector jobs and support competitiveness", while limiting public sector employment growth. Meanwhile, analysts believe that the government could use the current windfall from higher oil prices to bring down burgeoning budget deficits — estimated to come in at 15.9 percent of GDP in 2018, down from the estimated 21.3 percent in 2017.

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report by global market analysis firm BMI Research.

Though compliance with OPEC-mandated cuts effectively ties-down Kuwait to current production levels and potential loss in revenues, BMI said it expected a turnaround this year. It is estimated that conforming to OPEC-cuts have slashed Kuwait's hydrocarbon output by nearly six percent and is likely to bring overall real GDP down by about 2.5 percent in 2017. The report anticipated that strict compliance with the latest decision by OPEC, to extend production cuts until the end of the year, could begin to falter

weigh on headline growth."

Meanwhile, the International Monetary Fund in a report on Kuwait said that large financial buffers, low debt and sound financial sector allowed the country to withstand lower oil prices for longer than most other oil-producing states. The report, which came in the wake of the IMF Executive Board's Article IV consultation with Kuwait in mid-January, also noted that non-oil growth has picked up modestly over the past two years and inflation "is on track to reach a multi-year low".

The Fund said that improved confidence in the economy could

Twelve glorious years of His Highness the Amir's reign

Monday, 29 January, marks the 12th anniversary of the ascension of His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah as the Amir of the State of Kuwait. As people from all walks of life in Kuwait join in celebrating this joyous occasion, we take a look at His Highness the Amir's sagacious and benevolent leadership in chartering the course of Kuwait and its people over the years.

On 29 January 2006, the National Assembly unanimously proclaimed His Highness Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah as the 15th Amir of the State of Kuwait. Before that he served as the country's Prime Minister from 2003, the First Deputy Prime Minister and Minister of Foreign Affairs from 1978, and as the world's longest serving Foreign Minister from 1963.

In his first address to the nation, following his proclamation as Amir, His Highness said: "Today, I promise you I will fulfill the trust you have placed in me, and lead our country



forwards as my predecessors have done before me with wisdom and foresight... We went on to say, "We all want a land that is successful, where loyalty and honesty prevail, where the good of the country is put before individual needs, where self-interest is replaced by common interest, where hard work flourishes and where law and order is respected.

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Residency violators receive amnesty

Thousands of residents living in the country illegally, on account of their residency status having expired, received a respite last week when the Ministry of Interior announced an amnesty for residency violators.

The nearly month-long

amnesty period, from 29 January to 22 February 2018, will now allow expatriates whose residency applications were earlier rejected or those with currently expired residency permits to rectify their status or leave the country without paying any due fines.

The Ministry of Interior (MoI) on Tuesday, 23 January issued ministerial Decision No. 64/2018 which stipulated regulations for expatriates to rectify their residency status or leave the country.

The MoI statement said that, Deputy Prime Minister and Minister of Interior Sheikh Khaled Al-Jarrah Al-Sabah took the decision based on the relevant Amiri decree, laws, ministerial decision and inter-ministerial correspondences.

Following are the articles of Decision No. 64/2018:

Article One: Without breaching travel ban orders from concerned legal authorities, all expatriates who do not have residence permits

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PAM to end hiring of 'under-30' college graduate expats from July

The Public Authority for Manpower (PAM) set 1 July, 2018 as the date for implementing the decision to stop the recruitment of expatriates who hold university certificates and are below 30 years old.

The decision was supposed to be implemented at the beginning of this year but Minister of Social Affairs and Labor and State Minister for Economic Affairs Hind Al-Sabeeh requested for postponement in order to study the technical aspect thoroughly.

In a press statement, Deputy Director General of the Planning and Professional Skills Accreditation Sector at PAM Dr. Mubarak Al-Azmi confirmed that the authority will apply the decision on 1 July, 2018.

He clarified it is better to review the decision carefully rather than implementing it immediately only to suspend it later, especially since it is included in the electronic system.

Talking about the work of the sector, Al-Azmi said the authority is now working on the tests to determine the abilities and skills of job applicants before recruiting them, as well as to protect the interests of Kuwait and the rights of expatriate workers. He affirmed the authority intends to deal with renowned global companies specialize in making such tests.

He said the authority has coordinated with Kuwait Engineers Society to conduct professional tests for newly recruited expatriate

engineers and for re-testing of expatriate engineers who are already working in the country. He added the authority conducts professional skills tests for teachers and employees in special education schools (special needs), as well as prepare private education curricula to ensure that the outputs match the actual manpower needs of the local market.

He went on to reveal that the authority set functional standards for more than 100 jobs for prior testing of job applicants in accordance with international functional standards.

On the alleged amendment of the Labor Law to grant special health insurance for workers in the governmental sector, Al-Azmi clarified

no such proposal has been presented so far; particularly since the health insurance system for expatriates has been activated. Asked if the authority will impose amendments to employment contracts in line with the placement conditions and terms of recruitment or to stop the recruitment of unprofessional workers with low skills, Al-Azmi cited the 'pacta sunt servanda' - a Latin phrase that means agreements must be kept. He pointed out that both the employee and employer are allowed to put certain terms to protect the rights of each party and the interests of the public.

He added, "With regard to the nature of life in the country, this is not part of our functions as it is the

responsibility of the governments of countries which send laborers abroad and their embassies. Initially, the embassies must determine if the skills of laborers who will be deployed match the manpower needs of the local labor market; in addition to the cost of living and maximum standards of living in the countries where they send workers."

He also stressed the need to educate the expatriate employees on the culture, laws and cost of living in the countries where they will work. He asserted a skilled worker will meet the employment conditions based on his skills and he will enjoy better privileges. He added copies of the Labor Law in Kuwait are available in all international assemblies.

Adeeb Ahamed honored with Hurun Hospitality Achievement Award

The Hurun Real Estate Leadership Summit and Excellence Awards, marking the achievements of the real estate sector in India, was held at the Four Seasons, Worli on Thursday, 18 January. The gala event hosted some of the most successful real estate entrepreneurs with various sessions and panel discussions on understanding real estate landscape of India.



Achievement Award in Hospitality & Retail Real Estate 2017. Adeeb has made a mark for himself on the global level, engaged in various sectors including hospitality, organized retail and financial services. Twenty14 Holdings, the hospitality arm of Abu Dhabi-based conglomerate Lulu Group International, led by Adeeb was founded in 2014 to capitalize on the growth in the global hospitality industry. The company currently has assets worth more than \$650m spread across the UK, Middle East and India.

In recognition of his contribution to the hospitality industry, Adeeb Ahamed, Managing Director, Twenty14 Holdings was presented with the Hurun Industry

Marriott Hotels in Kuwait win 14 awards at HORECA Kuwait 2018



Marriott Hotels in Kuwait participated in HORECA Kuwait 2018 for food and hospitality industries for the sixth year in a row. The exhibition took place on 15-17 January at the Kuwait International Fair.

A large number of chefs from different hotels and restaurants in Kuwait competed in a series of live culinary shows, which were judged by a panel of international chefs from the Middle East and Europe. JW Marriott Kuwait City and Courtyard by Marriott Kuwait participated in various competitions including ice carving, bedding competition, wedding cake and traditional Kuwaiti dish contest, and were

awarded a collection of recognitions, including 2 gold medals in the Traditional Kuwaiti Dish and bedding competition, two silver in the fresh pasta and sushi contests, two bronze in the ice carving and sandwiches competitions, and eight Merit Certificates in other contests.

Commenting about their participation in the exhibition, George Aoun, Cluster General Manager of Marriott Hotels in Kuwait said: "We are very proud of our chefs and their amazing achievements. HORECA Exhibition 2018 proved once again Marriott's continued passion and excellence in dishing up world-class cuisine through its talented chefs".

Realty India Expo 2018 postponed to later date

Realty India Expo 2018, which was scheduled to be held on 26 and 27 January in Kuwait, has been postponed due to unforeseen circumstances and will now be organized on a bigger scale at a later date, said the show's organizers.

Expressing their utmost regret at the inconvenience caused to potential property buyers, investors and others interested in the realty exhibition, the organizers said the delay was due to unexpected exigencies. However, they assured everyone that the postponement was temporary and that a bigger show with greater participation of developers and builders was now being planned and would be announced shortly.

Realty India Expo 2018, an eagerly anticipated event among the Indian

community in Kuwait, was slated to highlight prime properties from over 40 cities and towns across India.

The show was specifically conceptualized to cater to the NRI's living in Kuwait, by showcasing the wide availability and choice of properties in Indian cities and towns, as well as the enormous investment potential that the Indian real estate market has in terms of growth.

With the real estate sector in India continuing on an upward trajectory, and considering the lucrative potential for investment in this rapidly growing market, the Indian community in Kuwait is likely to enthusiastically welcome realty exhibitions that bring together under one-roof the best of Indian properties.

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Strictly follow regulations on overtime of staff under special contracts

The Ministry of Education (MoE) has warned its sectors against asking employees under special contracts to work overtime without obtaining

approval from the Civil Service Commission (CSC). In a circular distributed to the sectors, the ministry urged all concerned authorities to strictly follow

regulations on overtime of employees under special contracts; such as obtaining approval from the CSC, filling up overtime forms and submission

of required documents. The ministry stressed that the CSC will reject overtime applications if the conditions are not met.

ICSK holds Mega Carnival

The Indian Community School, Kuwait (ICSK) celebrated the 15th Mega Carnival on Friday, 19 January, which drew a large crowd at its premises. The carnival was inaugurated by Abdulkarim Alsayegh, Chairman Royal Enfield Group, Kuwait who was the Chief Guest of the occasion.



The Chief Guest appreciated the objective of the carnival, as hundreds of underprivileged children will get the opportunity for free education in ICSK through the proceeds collected.

Sheikh Abdul Rahman, Honorary Chairman, Board of Trustees ICSK

honored the guests, and launched the Campus 360 Mobile App, the first one in Kuwait schools, for better interaction with parents.

The mega carnival kept the visitors enthralled throughout the day with a wide variety of activities like games and competitions, on-the-spot questions, talent shows and more. The assortment of cultural events such as classical and regional dances and fashion show interposed with the bingo games ensured a wholesome family outing. The multifarious stalls offered a vast variety of food items, an array of interesting games, world currency exhibition, face-painting, hair-coloring, hair-styling among others. Sizzling food kiosks offered a variety of cuisines and many miscellaneous items were on sale.

As part of the entertainment, Vaishnav Girish, the Indian Idol fame, sang some hit songs while Kuwaiti-singer Mubarak performed splendidly.



ASSE Kuwait Chapter launches GCC HSE Excellence Award 2018

American Society of Safety Engineers - Kuwait Chapter (ASSE) launched the ASSE GCC HSE Excellence Award 2018. Fadhel Ali, Chairman, ASSE Kuwait chapter, Fares Al-Mansouri, Team Leader of KOC along with Advisory committee and Core Committee of ASSE Kuwait Chapter released the brochure for the award program on 15 January at KOC Tent, Ahmadi Township, Kuwait. The event witnessed 150 HSE professionals out of which 40 plus were contracting companies of Kuwait and around 110 were ASSE HSE professionals.

American Society of Safety Engineers-Gulf Cooperation Council HSE Excellence Award was introduced to recognize leadership, excellence and encourage exceptional performance in the field of Health, Safety and Environment in private sector companies in the Gulf Region.

Chief guest Fares Al-Mansouri stated that ASSE GCC HSE excellence award promotes HSE culture among the companies and commended the efforts of the ASSE Kuwait chapter for introducing such awards.



The ASSE GCC HSE Excellence Award 2018 Director Aamir Rasheed briefed the gathering on the award program and its benefits.

The details of the award program available in the website <http://www.asse-hseawards.com>. The last date for award submission is 15 February. The list of winners under different categories will be announced on 24 March and the gala award ceremony will be on 25 April at a reputed hotel in Kuwait.

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Kuwait and France share a very close relationship

French ship 'Tonnerre' docks in Kuwait



Ambassador of France to Kuwait H.E. Madame Marie Masdupuy hosted a reception onboard the French naval ship Tonnerre, which docked at Shuwaikh Port on Friday, 26 January.

The five-day visit that will last until 30 January is part of the ship's three-and-a-half-month mission in the Eastern Mediterranean Sea, the Red Sea, the Indian Ocean and the Gulf.

Speaking to The Times Kuwait, Ambassador Masdupuy praised bilateral relations between Kuwait and France, which she described as very close. "France is very pleased that Kuwait was elected to the UN Security Council, as our views on almost all issues are very close and even similar. Hence, the Security Council can rely on countries like Kuwait confirming the



international dimension of its foreign policy."

A pride of the French naval task force, 'Tonnerre' is the eighth vessel to bear the name and the second ship in the Mistral-class amphibious assault ship series. The 'Tonnerre' is at once: a helicopter-carrier; a hospital; a ship capable of carrying troops and landing them using amphibious landing craft; a command platform; and occasionally, a training ship.

The deployment of this amphibious group marks a new stage in the cooperation between the armed forces of the two countries. France has important interests in the Middle East, which has resulted in the establishment of defense agreements, strategic partnerships and military cooperation with many states of the region.

GCC Spell Bee Championship held at Bhavan's

The fourth edition of Bharatiya Vidhya Bhavan's GCC Spell Bee, a spell-the-word contest, culminated at Indian Educational School (IES) Kuwait on 20 January at the school auditorium.

The chief guest, Ann Newman,

on the dais with their counterparts sitting at different locations in the Middle East in real time.

The chief guest Ann Newman was joined by the guest of honour, Dr. Shashiranjana Yadav, N. K. Ramachandran Menon, Chairman

coaster ride of words of extreme complexity and simplicity, with the audience watching in awe. After 3 hours of brain racking, the final results of the Bhavan's GCC Spell Bee Championship was declared.

The winners were: Category 1: Parth Gupta, Bahrain Indian School Bahrain (1st place), Jemi Eldho, Private International English School, Abu Dhabi, UAE (2nd place), Malavika Vinod, Indian Community School Khaitan, Kuwait (3rd place) and Abhinav Ashokan, Al Saad Indian School Al Ain, UAE (3rd place). Category 2: Rahul Wavare, British School of Kuwait (1st place), Aarush, Private International English School, Abu Dhabi, UAE (2nd place), Manini Laslit Desai, Bahrain Indian School Bahrain (3rd place). Category 3: Nevin Noji Vaidyan, Indian Educational School Kuwait (1st place), Arjun. N. Anooj, Private International English School Abu Dhabi, UAE (2nd place), Steve Chalil Biju, Bahrain Indian School Bahrain (3rd place). Category 4: Shad Ahmed Shahul, Fahaheel Al-Watanieh Indian Private School (DPS), Kuwait (1st place), Nivedha Mayiluanan, Private International English School Abu Dhabi, UAE (2nd place) and Parthiv Varma, Al Saad Indian School Al Ain, UAE (3rd place).

The day ended with a thought-provoking speech by the chief guest, Ann Newman on the importance of spelling and words, and the inspiring words by the guest of honor Dr. Shashiranjana Yadav.



Department of English Language and literature, Gulf University of Science and Technology, Kuwait, along with the guest of honor Dr. Shashiranjana Yadav, Vice-Chancellor, Indian Institute of Teacher Education Gujarat, India graced the occasion.

Contestants from different schools in Kuwait were categorized and seated

Bhavans Middle East, T. Premkumar, Principal, Indian Educational School, Mahesh Iyer, Principal, Smart Indian School, Suresh. V. Balakrishnan, Vice Principal Middle and Senior IES and the GCC Coordinator, and Muneera Mammukutty, the Country Coordinator Kuwait Chapter.

The spellers were taken for a roller

IES celebrates the spirit of India with its annual exhibition



Indian Educational School (IES)- Bharatiya Vidya Bhavan, Kuwait hosted a fantastic School Exhibition on Thursday, 18 January. The exhibition was a joint venture of the departments of English, French, Hindi, Sanskrit and Social Studies of the primary, the middle and the senior wings of Bhavans based on the theme 'Incredible India.' The parents, the teachers, and the students thronged the exhibition stalls filled with novel and unique projects.

The exhibition was formally inaugurated by chief guest Harjeet Sawhney, the country manager of Air India-the flag carrier airline of India. The visitors were awestruck by the many exhibits displayed by the Social Studies Department. Statuettes, figurines, working models, pictures, video shows and 3D views of Indian History were quite laudable. A highlight was the stalls that portrayed the history, the culture, the languages, and the cuisine of all Indian states from

Kashmir to Kerala. The children were on hand to give a vivid description of the cultural heritage of every Indian state.

The departments of the languages presented an amazing array of cultural programs; the English Department giving character portrayal and choral recitations. Meanwhile, the French Department staged a Puppet Show and showcased the rich French culture and legacy.

The Department of Hindi had organized street plays, a dance drama, a variety of folk-dance shows and a poetry recitation, all in Hindi.

The Sanskrit Department presented the glorious culture of India with character portrayals from Indian epics 'the Mahabharata' and 'the Ramayana', and provided valuable information on Sanskrit.

The annual school exhibition this year was indeed a true testimony of creativity, zeal and enthusiasm that are recognized in Bhavanites.





Australia National Day celebrated with reception



The Ambassador of Australia to Kuwait H.E. Warren Hauck marked his country's National Day at Jumeirah Messilah Hotel on 21 January. Assistant Foreign Minister for Americas at Kuwait's Ministry of Foreign Affairs, Ambassador Reem Al-Khaled, was the Guest of Honor at the gathering, which included members of the diplomatic corps, Kuwaiti officials and media personnel.

Assistant Foreign Minister Khaled

in her speech praised the excellent and exemplary relations between Kuwait and Australia, and mentioned the many Kuwaiti investments in Australia.

She also praised the role of the Australian ambassador in maintaining positive relations and wished him the best on the end of his mission in Kuwait.

In his final address before his departure from Kuwait following

the end of his mission in Kuwait, Ambassador Hauck lauded the close bilateral relations between Kuwait and Australia on all levels. He added that Australia and Kuwait are continuing to develop new areas of cooperation, and pointed to the first investment made by the Kuwait Foreign Petroleum Exploration Corporation (KUFPEC) in the international liquefied natural gas production through the Wheatstone LNG Project in Australia in October

2017. He stated that this multi-billion dollar development was an important partnership between Australia and Kuwait.

He noted there have also been developments in new education and science cooperation, noting that Australia's University of Canberra and Kuwait's Dasman Diabetes Institute signed an agreement this year for cooperation in diabetes research. He highlighted the educational

opportunities in Australia, stating that many Kuwaiti students have studied in Australian Universities and have had positive experiences.

In his farewell speech, Hauck said: "It has been an honor and a privilege for us to represent Australia here in Kuwait over the last three years. I hope we have done something small to help convince you to look 'Down Under' and consider Australia for travel, study or business."

Global KPWA Kuwait Charter forms amnesty volunteer support team



In light of the recent news of expatriate amnesty announced by the Kuwait Authorities from 29 January to 22 February, 2018, the Global Kerala Pravasi Welfare Association (KPWA) formed a free social volunteer support team of 25 volunteers to help and support the needy.

The KPWA's 25-member Rapid Action Team, which was formed earlier anticipating any urgent



needs, received more than 200 requests within a few hours to utilize the amnesty opportunity to travel back to their home country.

The contact details of the contact volunteers have been sent to the Indian Embassy authorities and various association office bearers and to the 42,000 members via Global KPWA's 456 whatsapp groups and through social media.

Those who are currently not criminally

prosecuted in criminal / financial based cases will not have the opportunity to leave the country, but others can avail of the opportunity without any penalty or punishment as reported by media.

Needy applicant shall notify the requirements of details via whatsapp to any of the following area based team members 24/7. Global KPWA along with other Indian social associations are planning to organize and to provide the necessary help desk, said by Gopal Chairman and Kuwait Chapter President Mubarak Kambrath, Reji Chirayath (General Secretary), Anil Anad (Treasurer) and Vice President Mr. Sebastian Vathukadan to the press.

KPW Kuwait Amnesty Support Team: Jinu Koodur 99880728, Mansur Ali 6610535 (Salmiya), MK Prassanan 55870682 (Reggae) Suresh Kumar 65792255 (Mahbullah), Azharuddin 51716779, Girija 97392403, Vanaja Rajan 55085376 (Hawally), Mustafa 97842699 (Faiha), Lynish 66587610 (Farwaniya), Ali Jan 97547874, Ashraf 99465641 (Abbasiya), Abhilash 50936025 (Jahra), Jalahuddin 5168424 (Ardiya) and Santhosh 66417538 (Fahaheel).

Team Leaders: Reji Chirayath 99670734 (General Secretary), Rasheed Puthukkulangara 65646273 (Core Admin Member), Ravi Pangode 50424255 (Core Admin Member) Sebastian Vathukadan and 99163248 Vice President.

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LENTIL DAL - A RICH SOUP



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Burger King presents grilled hot dog for the first time in Kuwait

Burger King Kuwait, managed and operated by Kout Food Group, recently launched Grilled Hot Dogs that comes in three different flavors in Kuwait. Now positioned as the largest restaurant chain to offer flamed grilled Hot Dogs, this will also be the first time Burger King Kuwait introduces this new item to its menu.

One of the biggest launches in Burger King Kuwait's history, the new and exciting addition comes in three variations to satiate all types of palates, ranging from the Chili Cheese Grilled Hot Dog, a hot dog topped with chili beef sauce, melted cheddar cheese sauce and served on a fresh baked bun, followed by the Crispy Grilled hot dog combining crisped onions, mustard and ketchup and finally, the Classic Grilled dog, a flame-grilled hot dog topped with ketchup, mustard, and relish, served on a fluffy fresh baked bun.

Consistently ensuring the highest quality standards across all of its products, the Grilled Hot Dogs are devoid of any preservatives, fillers or additives and made with 100% beef, which is flame-grilled to perfection on the same grill where the Whopper sandwich is prepared.

Burger King Fans can look forward to the first Grilled hot dogs at any of the local branches in Kuwait for a limited time.

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

Dal has a double meaning: It is both the word for lentils and beans and the term for a thick purée or soup made from lentils. Lentil dal is essentially just a lentil soup. However, to say dal is simple also cuts its significance of flavor, of history, and importance at the South Asian table.

Lentil dal is a layered dish with thousands of variations determined by everything from the availability of certain ingredients to family traditions. But amongst them all, two components are essential to dal: tender lentils and tempered spices.

Soft-cooked lentils stewed in an aromatic broth full of onions, garlic, and ginger become the base of most dals. Tomatoes, potatoes, or other vegetables can be added as well, but those elements depend on the cook, the region, and the traditions that influence what goes in the pot.

In this recipe, the preparation of dal starts and finishes with the tempering of aromatics and spices and lentils simmered in a tomato-based broth. This tempering, sometimes called chaunk, tarka, or tadka, is what distinguishes dal from lentil soup.

A dal for every pot, table, and taste

Dal is comfort food at its finest. Served over rice or with rotis and chapatis, it is as nourishing as it is soothing. Quick-cooking dal is made from split lentils and can be dressed up with the addition of the tempering spices. Once you learn the technique, experiment with a tadka combination of your own to customize this dish. That is the beauty of dal — it is made for personalization.

Ghee: Ghee is clarified butter made from butter that has been cooked to remove its moisture and milk fat in order to make it suitable for high-heat cooking. You can find ghee in shelf-stable containers at most grocery stores. Or, with some fresh butter and time, you can make your own at home anytime you need it. Although the milk solid are gone, ghee retains a flavor reminiscent of butter. In dal, it imparts an undercurrent of nuttiness and is the fat used for tempering the spice.

Lentils: Lentils or dal are part of the pulse family. Pulses include lentils, split peas, and beans. Pulses are a specific subcategory of the broad legume family, as they are edible, dry beans that are grown specifically for culinary consumption.

Yellow, pink, and red lentils are primarily used for dal. Red split lentils are best for quick-cooking dal and are used in this recipe for that reason. Buy

these in bulk and store them in the pantry for up to a year. Before using the lentils, rinse them like you would a grain to remove any rocks or off-color lentils.

The art of tempering

This process of blooming spices — be it in ghee or oil — is called a 'tadka' or 'baghar'. Releasing the flavors of the spices and sautéing the aromatics lends the specific flavor desired to the recipe. Thus, without a tadka, there is no dal. Just do not burn your spices.

Do not just cook your whole cumin and black pepper in the tadka, but also

3 cups water
2 tablespoons ghee
1 small yellow onion, diced small
4 cloves garlic, thinly sliced
1 (1/2-inch) piece fresh ginger, peeled and minced
1/2 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/4 teaspoon ground coriander
1 bay leaf
1 (15-ounce) can diced tomatoes, or 2 diced large, ripe tomatoes

For the tadka:

2 tablespoons ghee
1/2 teaspoon whole cumin seeds
1/2 teaspoon coarsely ground black pepper
2 cloves garlic, coarsely chopped

For serving:

1/2 cup fresh cilantro leaves (optional)
Cooked basmati rice or roti

Directions

Cook the lentils. Sort through the lentils and remove any debris. Rinse in a fine-mesh strainer under cool, running water. Place the lentils and 3 cups water in a small saucepan and bring to a simmer over medium-high heat. Reduce the heat slightly to maintain a simmer, and cook until the lentils are tender, about 30 minutes. Meanwhile, cook the spices.

Sauté the aromatics and spices. Heat the ghee in a medium skillet over medium-high heat. Add the onion, garlic, and ginger, and cook until browned, about 8 minutes. Add the salt, cumin, turmeric, coriander, and bay leaf, and cook until fragrant, about 1 minute more.

Add the tomatoes. Add the tomatoes along with their juices, reduce the heat to low, and keep warm while the lentils cook.

Add the aromatics and tomatoes to the lentils. Add the tomato mixture to the cooked lentils and stir to combine. Do not be gentle, use a wooden spoon or spatula to mash the lentils and combine the mixture.

Make the tadka. Heat the ghee in a small saucepan or skillet over medium heat (you can use the same skillet you cooked the aromatics and tomatoes in, just wipe it clean before proceeding). Have a lid handy.

Tilt the pan to form a pool of ghee, add the cumin and black pepper, and cover immediately. Once the spices stop spluttering, remove from the heat and add the garlic. It will brown quickly, so transfer the tadka to another bowl for serving after it browns, or add immediately to the lentils.



garlic. These three should be cooked in ghee, as they need a high heat to temper correctly. You could swap ghee for vegetable oil, but you will lose a lot of flavor. Watch the tadka carefully while cooking, as you want to brown but not burn the garlic. Browned garlic might seem odd, but it is essential to tadka and gives this dish its distinct taste.

Eating and serving dal

The dynamics of an Indian meal is what makes a lentil recipe into a dal. More often than not, dal is eaten either with rice or some kind of flat bread. Dal's thickness varies depending on the lentils used and may be thick like a curry or thin like a broth. How much water is used in cooking and any mashing or puréeing at the end will make the soup thinner or thicker. You can strike a middle ground between thick and thin with a recipe that calls for split lentils by using a potato masher. If you prefer a thicker soup, skip the mashing. For a thinner soup, purée with an immersion blender before adding the tadka.

Lentil Dal recipe

Ingredients
1 cup split red lentils

FESTIVE REPUBLIC DAY CELEBRATIONS AT INDIAN EMBASSY



On India's 69th Republic Day, a large crowd attended the flag hoisting ceremony at the Indian Embassy premises on 26 January. Indian citizens from various professions and their families, representatives of Indian associations, businessmen, and Embassy staff attended the function with enthusiasm. The Ambassador of India to Kuwait H.E. K. Jeeva Sagar performed his official duties by first placing a garland on the Mahatma Gandhi statue and then,



unfurling the National Flag. The crowd saluted the flag as they sang in unison the Indian National Anthem.

Subsequently, the Indian Ambassador addressed the community and read the message from Hon'ble

President of India. As part of the festivities, the Bohra band performed before students from various Indian schools including Carmel School, Indian Community School and others gave renditions of patriotic songs.

The Ambassador expressed his warm greetings to all members of the Indian Community in Kuwait and also lauded the close multi-faceted relationship India shares with Kuwait for which he thanked Kuwait government. In his speech,

the Ambassador said, "I am glad to be here and fulfill my responsibility as an ambassador to look after our community and use our community to create a good relationship with this country. It is an endorsement of our wonderful culture that Kuwait has accepted around a million of our people here."

The celebration concluded with an open house reception and attendees enjoyed a delicious breakfast provided by Indian restaurants.



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EXCLUSIVE to THE TIMES KUWAIT

Time to Let Women Thrive



Erna Solberg and Christine Lagarde

Erna Solberg is Prime Minister of Norway and a Co-Chair of the World Economic Forum's 2018 Annual Meeting. Christine Lagarde is Managing Director of the International Monetary Fund and a Co-Chair of the World Economic Forum's 2018 Annual Meeting.

In public debates around the world, women's empowerment is increasingly being recognized as a top priority. The question of how to provide more economic opportunities for women is firmly on the agenda at the World Economic Forum's annual meeting in Davos this year. And longtime advocates for women are feeling energized, as countless others, men and women alike, have come to recognize the urgency of the task.

Affording women and girls the opportunity to succeed is not just the right thing to do; it can also transform societies and economies for the good of all. For example, bringing women's labor force participation up to the same level as that of men would boost GDP by as much as 9 percent in Japan and 27 percent in India.

The International Monetary Fund (IMF) has documented many other macroeconomic benefits associated with women's empowerment. Reducing gender gaps in employment and education has been shown to help economies diversify their exports. Appointing more women to banking-supervision boards can prevent cozy groupthink, thereby ensuring greater stability and resilience in the financial sector. And reducing gender inequalities also reduces income inequality, allowing for more sustainable growth.

Closing the gender gap may seem like a tall order, but it is essential for long-term economic development and prosperity. The challenge for every country, then, is to make the most of all of its people's talents. Realizing women's potential is a universal mission. But some of the barriers holding women back are also universal. Astonishingly, almost 90 percent of countries have one or more gender-based legal restrictions on the books. In some countries, women still



have limited property rights compared to men; in others, husbands have the right to forbid their wives from working.

Beyond legal barriers, women also face social and cultural obstacles that limit their access to education, work, and finance. This is especially true in countries with fragile political systems.

Now that public awareness is growing, it is time to press ahead with concrete measures to help women remain in the workforce while raising a family. For a glimpse of what that might look like, consider Norway, where affordable childcare and parental-leave schemes have proven successful in enabling both mothers and fathers to work. Yes, these programs are costly. But they are well worth the investment, given employed women's enormous contribution to economic growth.

Moreover, programs that help women keep working also change the role of fathers. In Norway and other countries with similar policies, fathers now share equally in parental leave and child-rearing. As a result, more women can pursue leadership roles in work and public life.

Of course, countries that are not yet at Norway's level of economic development typically face other gender-related challenges,

including limited access to water and education. Unfortunately, while many countries have made progress in reducing gender gaps in primary-school enrollment, there is still much more work to be done at the secondary and tertiary levels. As long as these gaps persist, women will not be

fully in the economy, including as entrepreneurs. When women are empowered to start their own businesses, they can drive innovation and help their countries prosper.

Because women's labor-force participation is so important for growth, organizations such as the IMF are committed to working with governments around the world to empower women economically. IMF-supported programs in Egypt and Jordan, for example, include measures to boost investment in public nurseries and safe public transportation.

In addition to specific policies, today's conversation has increasingly focused on the need for wider social change. And now that movements such as #Equalpay and #MeToo have gained so much momentum, it looks like that change could be coming. It has been inspiring to see so many women, girls, and men speaking out against retrograde attitudes toward women, which have been holding all of us back.

With the global economy recovering, governments must now lay the foundation for long-term growth, by creating the conditions for women everywhere to realize their full potential. Discrimination and abuse against women can no longer stand. It is time for women to thrive.

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Closing the gender gap may seem like a tall order, but it is essential for long-term economic development and prosperity. The challenge for every country, then, is to make the most of all of its people's talents.

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able to aspire to political and economic power on an equal footing with men. Accordingly, Norway has made girls' education a top priority in its international-development programs.

Beyond education, ensuring that women in developing countries have access to finance is critical, because it enables them to participate

Kuwait economy to enter positive phase in 2018

Continued from Page 1

Kuwait is also exploring its options to sell dollar-denominated bonds and is reported to have been in talks with banks about the possibility of a new bond sale as early as the first-quarter of 2018.

The issuance could be higher than the US\$8 billion that was issued in March 2017, provided authorities receive the requisite approval from Parliament, where a draft bill to raise up to KD25 billion from international and domestic markets, is still pending.

But Kuwait's Ministry of Finance denied that any decision had been made "regarding any potential issuance, timing or size of issuance".

The ministry added that any decision would be taken only once a debt law was in place and that it would "determine if and when any international debt is to be issued". The ministry also noted that "debt is integral to the government's balanced approach to finance short-term fiscal requirements through a prudent and responsible mix of GRF withdrawals and debt issuance".

But Kuwait is not the only one aiming to tap into international debt market, Qatar, Saudi Arabia and Abu Dhabi are planning to enter the debt market in the first quarter to help plug budget deficits. Oman has already raised \$6.5 billion from a bond offering this year as the Middle East's biggest non-OPEC producer seeks to bridge its budget deficit.

Residency violators receive amnesty

Continued from Page 1

or whose residence permits has expired should leave the country from 29 January, 2018 to 22 February, 2018 directly through official exit channels. Procedures should be carried out at the exit points without approval from any other authority.

Article Two: Anyone willing to obtain residency permits for these expatriates and are ready to pay fine without referral to concerned authorities for investigation should pay the fine and regulate their status, if they satisfy conditions for granting residency permits.

Article Three: Anybody arrested within the period mentioned in Article One of this decision shall be regarded as violating the Residency Law and will be deported immediately, if there is no decision to deport them in line with the provisions of the Constitution.

Article Four: Expatriates who violated the Residency Law with administrative or judicial obstacles that could prevent them from leaving the country should visit the Residency Affairs General Department to



know the conditions for obtaining residence permit, according to rules and regulations stipulated for the period mentioned in Article One of this decision.

Article Five: If expatriates who violated the Residency Law will leave the country within the period mentioned in Article One of this decision, they will be exempted from penalties or fines stipulated in Amiri Decree No. 17/1959 and its executing decisions. This article is not applicable to those who will enter Kuwait after the issuance of this decision and those who will commit violations after this date.

Article Six: Expatriates who leave the

country according to rules stipulated in this decision are allowed to return through legal channels unless they are prevented from entering the country for other reasons.

Article Seven: If expatriates who violated the Residency Law do not leave the country during the grace period stipulated in Article One of the decision will be punished as per the law. They will not be allowed to obtain residency permits, will be deported and will not be allowed to return to the country.

Article Eight: The Ministry of Interior undersecretary should enforce the decision starting from the date of its publication in the Official Gazette.

EXCLUSIVE to THE TIMES KUWAIT

Securing the Digital Transition



Carl Bildt

Former prime minister and foreign minister of Sweden

Every year, the World Economic Forum publishes a Global Risks Report, which distills the views of experts and policymakers from around the world. This year, cyber-security is high on the list of global concerns, as well it should be. In 2017, the world witnessed a continued escalation in cyber-attacks and security breaches that affected all parts of society. There is no reason to believe 2018 will be different.

The implications are far-reaching. Most immediately, we must grapple with governance of the internet as well as on the internet. Otherwise, the opportunities afforded by digital technologies could be squandered in a regulatory and legal arms race, complete with new borders and new global tensions.

But there is a broader issue: For all the speed with which we are racing into the digital age, efforts to ensure global stability are lagging far behind. In many respects, our world is still organized within a Westphalian framework. States with (mostly) recognized borders are the building blocks of the international system. Their interactions, and their willingness to share sovereignty, define the existing world order.

But globalization has gradually changed the realities on the ground. And while its force — waxing and waning since the decades preceding World War I — is nowadays being tempered by geopolitics, and by the impulse to slow the pace of technological change, the digital transformation will propel globalization forward, albeit in a different form. After all, the internet's key feature is its non-territorial architecture. By breaking down traditional borders, it poses a direct challenge to the very foundation of the Westphalian order.

This is a profoundly positive development, because it facilitates free expression and the cross-border exchange of goods and ideas. But, as with all human inventions, the internet can be abused, as evidenced by the rise in cybercrime, online harassment, hate speech, incitement to violence, and online radicalization.

Minimizing such abuses in the years ahead will require close international cooperation to establish and enforce common rules. There can



be no solution in isolation, because no single government can tackle the problem on its own.

Over time, an alphabet soup of organizations has emerged to bring together the technical community, businesses, governments, and civil society. And bodies such as ICANN (Internet Corporation for Assigned Names and Numbers), IETF (Internet Engineering Task Force), and W3C (World Wide Web Consortium) now provide de facto governance of the internet's architecture. But governance on the internet is far more complex. Here, the institutional landscape is both crowded and unsettled.

It is crowded because numerous actors are competing to shape the normative framework of cyberspace. Many countries have multiple relevant ministries regulating online activity. Websites and online services have vastly different community guidelines and terms of service. Public- and private-sector developers determine the design of the internet's changing infrastructure. And numerous civil-society groups are proposing their own sets of cyber principles, while international organizations attempt to develop multilateral agreements.

The landscape remains unsettled because intergovernmental cooperation has largely stalled, owing to conflicting priorities among countries. Making matters worse, there are still too few dedicated spaces for different stakeholders to interact and devise operational solutions.

In the absence of mutually agreed frameworks, governments will tend to adopt

short-term unilateral measures — mandatory data localization, excessive content restrictions, intrusive surveillance — to address immediate concerns, or as a response to domestic political pressure. But by doing so, they could fuel a dynamic that heightens, rather than minimizes, international tensions.

Digital governance touches on everything from cyber-security to the economy to human rights, and uncertainty about which laws apply in different jurisdictions weakens enforcement

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For all the speed with which we are racing into the digital age, efforts to ensure global stability are lagging far behind. In many respects, our world is still organized within a Westphalian framework.

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in all of them, leaving everyone worse off. Moreover, measures to address one dimension can easily affect the others, which means that uncoordinated and rash policy decisions can have negative consequences across the board.

When I had the honor of chairing the Global Commission on Internet Governance, our 2016 report highlighted these risks, and called for “a new Social Compact” to ensure that the internet of the future will be accessible, inclusive, secure,

and trustworthy. Progress since then has been limited. Because efforts at the United Nations to establish global cyber rules have reached an impasse, alternative initiatives will have to drive the process forward.

Fortunately, the Global Commission on the Stability of Cyberspace recently issued an important ‘Call to Protect the Public Core of the Internet’. And the upcoming Global Internet and Jurisdiction Conference in Ottawa will provide another valuable opportunity for policymakers to continue working toward solutions.

Such technical and legalistic proceedings are essential for shaping the global transition from the industrial to the digital era. To avoid a legal arms race, policymakers will need to develop a smart approach to a variety of tricky issues, from mutual assistance frameworks for investigations to the role of domain-name administrators and service providers in addressing abusive speech online.

Achieving policy coherence across jurisdictions should be a top priority. Doing so will require direct, sustained interactions among all stakeholders. Only then can we create a framework to preserve the cross-border nature of the internet, protect human rights, fight abuse, and sustain a truly global digital economy. As Kofi Annan said back in 2004, “In managing, promoting, and protecting [the internet's] presence in our lives, we need to be no less creative than those who invented it.” Westphalia is behind us. What comes next is up to us.

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Valletta 2018

European Capital of Culture

The strategic geography of the Maltese Islands, which places them right between Europe and Africa, puts Valletta, the capital of Malta, in a unique position to host such a diverse cultural celebration as the European Capital of Culture.

Valletta 2018 is an exciting year-long celebration — a cultural program that starts in the capital city and reaches out to towns and villages all over the country. The European Capital of Culture year began with a unique celebration that was worthy of the traditional Maltese Festa. The opening week, from the 14 to 21 January, drew huge crowds to the heart of Valletta to participate in the many events lined up.

Music and entertainment, street artists and performers spreading word of the opening around the capital's streets, exhibitions set in diverse venues around the city, open days that helped re-discover Valletta's fascinating historical spaces, and community storytelling events centered around the city's residents and the spaces they use, were just some of the offerings

and goings afforded by the country's harbors, and today they walk alongside ever-growing international connections.

One side of the story goes that Malta is a small, loud, emotional group of islands where you can never escape your neighbor's gaze and where your family's always just around the corner bearing either good news, bad news, enough food for a week, or all three. So living on



highlighting Maltese culture during the first week.

Malta can be likened to tiny but vibrant stage packed with drama, excess and exuberance constantly playing out in close quarters, amid tight-knit communities. The small-island scenario has co-existed with the comings

the Islands is often seen as a domestic drama, with a dose of tragicomedy that is hard to resist. The up-side to that view is that Malta, the largest island in the archipelago, also happens to be one of the most densely populated countries in the world — a fact that brings to the fore issues of over-crowding and a growing



concern over space and what to do with it.

Certainly, community spaces and the image of the open sea play a big role in the country's journey towards imagining better solutions. When private spaces are not easy to come by, islanders often turn to community spaces for company, and to the sea for air to breathe. It is this quest for space and community camaraderie that narratives of the island seek to portray through vivid, timely pictures of life on its shores. Stories about its realities, its communities and the spaces they use, of how old spaces are, or could be, used for new things, and of how to create new spaces inside which one may appreciate tradition.

Valletta, the capital city, is Baroque

at heart, and layered with a succession of diverse stylistic interventions across time. The city provides the perfect backdrop for the stories that narrate the history and culture of the tiny country. Contemporary Valletta speaks the language of the Baroque as loudly as its architecture. Today, communities engage with the fabric of the city as it is developed and rethought across time, making it a stage where life and ideas are constantly evolving, settling and re-shaping themselves.

The backdrop of Valletta is enriched by the necessity of ritual; the colorful ornaments and banners that line the streets to celebrate our famous karnival and the capital's own festi, or feasts,

may boast of material riches, but they also create spontaneous soundscapes of revelry and joy.

Behind the clinking of jewelry and the honking of new cars, and in the blasting of loud speakers and the chanting of prayers through the streets, might reside a plain and simple tendency to make noise. But beyond this is a newer, ever-growing need that is married to the Maltese sense of spectacle — a need to make our voices heard over and above the noise of the city.

Thanks to its harbors, Valletta has always been a melting pot of different cultures. Malta's ancient heritage, combined with a strategic geographic location makes it a unique capital city. It is a space that is able to host meaningful encounters with and between its close neighbors, both in and beyond the Mediterranean.

Valletta 2018 is an opportunity to celebrate life and creativity while nurturing vital dialogue; it provides a space in which to challenge dominant perspectives, and extends a hand of friendship to all artists and other creative people. Openness to different cultures is vital for a healthy community, and as the world strives to recreate a sense of belonging in an age of cultural diversity, Valletta 2018 provides diverse communities a perfect platform for expression and the necessary networks to support meaningful exchange.

Twelve glorious years of His Highness the Amir's reign

Continued from Page 1

Speaking at the opening of the Second Session of the 11th Legislative Chapter of Parliament, His Highness exhorted legislators to cooperate with the executive for the good of the country. He stated: "One of the most important bases of parliamentary procedures is the strict observance of the principles outlined by the constitution the most important of which is the principle of separation of authorities, coupled with their cooperation. He added, "The cooperation that we seek is the cooperation based on democratic dialogue, constructive criticism, well intentions, true utterance, and work to attain the best opinion, and the ideal objective for the good of this land now and in the future."

He reminded legislators that: "Kuwait is our eternal homeland. The task of preserving its security, stability and prosperity is a historical mission our ancestors have fulfilled, and today, we are bearing this responsibility..." He added, "We are all aware of the greatness of the responsibility and the importance of protecting it through believing in the democratic system, discarding practices that lead to discrimination and disunity, abiding by wisdom and prevailing the public interest. These are all a well-fortified

fence to the security and stability of this homeland."

His Highness the Amir who is keen supporter of youth and their development has said: "...Our young people are the real wealth to our dear country. They always deserve a special care and attention because they are the base, hope and future of this country. We have to immunize them from the stray thoughts and the deviant behavior and work on their adherence to our religion."

Calling for reforming educational curriculum to reflect contemporary learning modalities, His Highness said: "We have to invest in human and innovative promising powers of our youth, enhance their gifts and urge them for giving and participating in building the country. This shall not be realized but through the assessment and development of our educational entities and their curricula, and updating our educational system to be up to the contemporary requirements. Building the future of our country should be accompanied by the process of building and qualifying the Kuwaiti national. Our students should utilize their gifts and devote their powers and times for academic achievement, studying contemporary sciences, and not to give attention to any calls that might keep them from their academic achievement..."

Acclaimed across the world as a doyen of international diplomacy, His Highness the Amir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, has continued to be an inspiration for the country's diplomats.

In his keynote address at the Seventh Conference of Heads of Kuwait Diplomatic Missions on in March 2013, he urged envoys to promote the country's shining image on the international stage. He asked them to convey and reinforce "the country's partnership with the international community to promote peace among nations, as well as partnerships with brotherly and friendly countries for the building and development of societies".

His Highness the Amir also pointed out that since its independence Kuwait has been a responsible member of the international community, contributing greatly to the service of humanity by actively participating and benevolently contributing to the various international bodies.

He cited Kuwait Fund for Arab Economic Development's (KFAED) loans and grants as well as the Kuwait's donations to other international funds as clear examples of Kuwait's effective role in financing development projects in the four corners of the globe.

His Highness the Amir has often highlighted the importance of unity among the Gulf Cooperation Council

(GCC) members, as well as among Arab and Islamic countries. Pointing out that the international situations in general and situations in our Arab world and the Gulf region in particular are going through extremely complicated developments, he said, "It requires us to be strong so that we won't be drifted by it, and flexible so that it won't surpass us."

He also emphasized that the rapid developments in the region and the challenges faced today leaves no room for doubt about the indispensability of joint Gulf action, and that more work needs to be done to bolster and expand to cover all domains. Spearheading current discussions, to heal the ongoing rift between Qatar and its neighboring GCC states, His Highness has called upon GCC leaders to exert restraint and work towards an amicable settlement of all issues.

His Highness has also won appreciation from around the world for his leadership in global humanitarian efforts. Kuwait's supportive role of humanitarian and developmental work has also contributed in bolstering its status in the international community. In September 2014, the then United Nations Secretary-General, Ban Ki-moon, paid tribute to His Highness the Amir for his leading support to humanitarian causes around the world. "We thank the Amir and the people of

Kuwait for their outstanding generosity towards people in need," said the Secretary-General.

"In the past two years, Kuwait has donated hundreds of millions of dollars for humanitarian operations — not only in the Middle East, but in Chad, Ethiopia, Kenya, Nigeria, Somalia and Sudan. Kuwait's leadership and funding has saved lives, and has galvanized others to participate in coordinated humanitarian action," said the UN Chief. He then presented His Highness with a Certificate of Appreciation recognizing the Amir's role as a leader and supporter of the United Nations humanitarian work and named Kuwait as an 'International Humanitarian Center'.

His Highness the Amir, addressing the nation days after UN Secretary General Ban Ki-moon honored him at the UN Headquarters said, "The honoring from the highest international authority, which represents countries of the world, reflects the high appreciation of this organization and the international community for the State of Kuwait and its people."

His Highness the Amir said the State of Kuwait has always played a "noble and active" role in relief and humanitarian acts and that "charity and helping the others were deep-rooted among the Kuwaiti people and has grown over time."

'Day Zero' looms for Cape Town water supply

The worst drought to hit South Africa in decades has left many places struggling to cope with water shortages. Cape Town, one of the cities most impacted by dismal rainfall that has left city dams almost empty, could run dry by April, said the authorities. They have cautioned residents and visitors to restrict usage of water even further.

Despite being located only a stone's throw away from both the Atlantic and the Indian Ocean, the city's water reserves can only last a few more months. April 21 is the date that city authorities have now named as 'Day Zero', the day when the taps will run dry.

"We have reached a point of no return," Cape Town mayor Patricia de Lille told residents. Strict water rationing was already implemented in October last year. From February

1, residents will now have to restrict their water usage to 50 liters per person per day.

At the start of the year, Councillor Xanthea Limberg, a member of the city's mayoral committee for corporate services, said they had employed all water saving measures in the book.

"We did the public naming and shaming, where we identified the top 20,000 users, and we released the names of the top 100 users. Moving forward, we will continue with our enforcement activities by issuing fines and notices to appear in court, to sustain our water supply going forward," Limberg said.

The restrictions are taking their toll on residents. Housewife and mother Lucy Mazwi said the shortage had made her rethink her daily routine. "Whatever water I use in the



washing machine, I use it for flushing the toilet. And when I wash my dishes in the morning, I keep that water so that I can clean the dishes again in the afternoon. I am just trying to save a little bit of water. As for the kids, they used to go for swimming lessons, but it's not happening anymore," she said.

According to a study published on

1 January in Nature Climate Change, more than a quarter of Earth's land surface will become significantly drier, even if the global warming limit of two degrees, as laid down in the Paris Agreement, is reached.

Cape Town has been affected by a series of extreme weather patterns; from waves that were 8 meters

high crashing against shorelines, to wildfires fanned by strong winds that killed seven people and destroyed property. But the biggest problem, for now, is the water shortage.

"The prognosis long-term is that the city can expect to receive less rainfall than it has historically. A possible other solution will be mobile desalination plants, which could address a short-term need," said Terry Winstanley, one of South Africa's leading environmental lawyers.

The Cape Town authorities are already preparing for the worst. Once 'Day Zero' kicks in, there will be 200 water points stationed across the city. Each resident will receive only 25 liters of water per day. By contrast, people in Kuwait, a country with one of the least sources of groundwater in the world, used around 475 liters per person each day in 2017.

Congo to join OPEC



Congo, the fourth largest producer of oil in sub-Saharan Africa, aims to join the 13-nation Organization of Petroleum Exporting Countries (OPEC) so that it could have a role in defining policies, prices and other decision-making matters related to oil, said a statement from the government in Brazzaville, the country's capital.

Resources from the country's oil sector account for about two-thirds of GDP – that is 75 percent of government revenue and 90 percent of export earnings. Congo's oil sector was badly hurt by the global dip in prices and a slowdown in its own output since 2014, but it has been rejuvenated by new projects scheduled to boost output by a quarter to 350,000 barrels per day (bpd) this year. With the launch of the new Moho Nord oil field, Congo is projected to achieve its forecast annual production of 117 million barrels and further strengthen the former French colony's move to become the third-largest oil producer in sub-Saharan Africa. Italy's ENI and France's Total are among the main oil operators in the country.

"The Republic of Congo has decided to accede to the Organization of the Petroleum Exporting Countries (OPEC)," the government stated in a communique issued to media on 15 January. "This imminent accession expresses the will of the President of Congo His Excellency Denis Sassou Nguesso to place our country in the rank of the world's leaders," the statement, signed by president's director of cabinet Florent Ntsiba, added. He said Saudi Arabia's Foreign Minister Adel al-Jubeir had expressed support for the idea during a visit to Brazzaville on 8 January. But sticking to newly mandated strict OPEC quotas could prove tough for a central African country that is in major financial trouble and which depends almost exclusively on oil for its foreign exchange and government revenues.

The economy has been badly hit by low oil prices and poor fiscal management, causing total government revenue to fall by nearly a third since 2015 and public or publicly-guaranteed debt to rise to around 110 percent of GDP. At the end of December, the government said it planned to cut spending next year by 8.6 percent to 1.38 trillion CFA francs (US\$2.5 billion), following a steep 45 percent cut to the 2017 budget this month, as it seeks to negotiate an IMF bailout.

AfDB calls for additional funding

Finance ministers from West and Central African countries have called for additional capital injection into African Development Bank (AfDB) to enable it meet its mandate for Africa.

This was one of the highlights of the Regional Consultative Meeting between the AfDB President, Akinwumi Adesina and the bank's Governors and Ministers of Finance from West Africa and Central Africa held in Abidjan, Côte d'Ivoire last week, the first such consultations since the creation of the Bank in 1963.



Making the case for a general capital increase for the AfDB, the Governors recalled that the

sixth capital increase, ratified in 2010, made it possible for the bank to take the volume of

loans to unprecedented levels, noting that aid to countries receiving African Development Fund financing has increased seventeen-fold.

A strong and well capitalized AfDB is critical to helping it fulfill its commitments to member-countries, said a statement following the meeting. Raising the capital will provide the bank with the resources it needs to support member-states in their development efforts as they face up to new challenges of population growth, climate change and security threats.

Nigeria sues JP Morgan for millions

Federal government in Nigeria has filed a claim against US-based multinational banking and financial services firm, JP Morgan Chase, for more than \$875 million. The government is suing the firm for negligence in transferring funds from a disputed 2011 oilfield deal to a company controlled by the country's former oil minister.

The suit filed in British courts, relates to the alleged corruption-tainted purchase of the offshore OPL 245 oilfield in Nigeria by oil majors Royal Dutch Shell and Eni in 2011. At the core of the case is a \$1.3 billion payment from Shell and Eni to secure the block, which the government lawsuit says was deposited into a Nigerian government escrow account managed by JP Morgan.

The lawsuit added that JP Morgan then received a request from Nigerian finance ministry workers to transfer more than \$800 million of the funds to accounts controlled by the previous operator of the block, Malabu Oil and Gas, itself controlled by former oil



minister Dan Etete. The lawsuit pointed out that JP Morgan then transferred the funds to two accounts controlled by Etete, without sufficient due diligence to make sure the money did not leave accounts controlled by the Nigerian government.

The lawsuit, first reported by Reuters, was made in London in November on behalf of the Federal Republic of Nigeria, and says that JP Morgan acted with gross negligence by allowing the transfer of the money without further checks. It said JP Morgan should have known that, under Nigerian law, the money should never have been transferred to an outside company.

"If the defendant acted with reasonable care and skill and/or conducted reasonable due diligence it would or should have known

or at least suspected ... that it was being asked to transfer funds to third parties who were seeking to misappropriate the funds from the claimant and/or that there was a significant risk that this was the case," the filing said.

But a spokeswoman for JP Morgan, dismissed the accusation, saying the firm "considers the allegations made in the claim to be unsubstantiated and without merit".

Late last year, a Milan judge ruled that Shell and Eni must stand trial in Italy, where Eni is headquartered, for a separate legal case in which Milan prosecutors allege bribes were paid to Etete and others as part of the same oilfield deal, including sums that went to Etete's Malabu.

Australia

Unique adventures in the land down under

Australia is a land of wild and beautiful contrasts; a land whose color palette of red outback sands and Technicolor reefs frame sophisticated cities and soulful indigenous stories. With dense rainforests (from Far North Queensland to far-south Tasmania) and remote rocky outcrops like Uluru, Kakadu and the Kimberleys, the region is filled with remarkable natural beauty and unique experiences. The coastline, too, beset as it is with islands and deserted shores, is wild and wonderful. Animating these splendid places is wildlife like nowhere else on the planet, a place of kangaroos and crocodiles, of wombats and wallabies, platypus, crocodiles, dingoes and so much more. Attempting to cover the innumerable Australian sites in one article is well-nigh impossible; here we look at five leading cities that on their own offer quite a lot to see and enjoy.



Canberra: The capital city of Australia boasts of expansive open spaces, broad boulevards, aesthetics influenced by the 19th-century Arts and Crafts Movement, and a seamless alignment of built and natural elements.

Recent designer precincts have added a cosmopolitan atmosphere to the city's heart. The culturally vibrant city is also developing a reputation for its festivals — such as the legendary Floriade, National Folk Festival and the freshly minted Canberra Writers Festival. Canberra's glorious art deco war memorial is a highlight in a city filled with interesting architecture. Built to commemorate 'the war to end all wars', the Australian War Memorial opened its doors in 1941 when the Second World War was already in full swing. Attached to it is a large, exceptionally well designed museum devoted to the nation's military history.

Within the parliamentary precinct, the National Gallery of Australia is host to an extraordinary art that includes almost every major Australian and international name you could think of. Represented here are famous works such as Monet's 'Waterlilies', several of Sidney Nolan's Ned Kelly paintings, Salvador Dalí's 'Lobster Telephone', an Andy Warhol Elvis print and a triptych by Francis Bacon.

Sydney: With national parks ringing the city and penetrating right into its heart, the city's pretensions to glamor are well balanced by a casualness that is a welcoming ambience for locals and tourists alike. Defined just as much by its rugged Pacific coastline as its exquisite harbor, Sydney relies on its coastal setting to replenish its reserves of charm.

Iconic to the region, Bondi is one of the world's great beaches: ocean and land collide, the Pacific arrives in great foaming swells, and all people are equal, as democratic as sand. It is the closest ocean beach to the city centre, has consistently favorable waves,



and is great for a rough-and-tumble swim, attracting a number of tourists throughout the year.

The World Heritage-listed Sydney Opera House, designed by Danish architect Jørn Utzon, is Australia's most famous landmark. Visually referencing the sails of a yacht, the unique structure is a soaring, commanding presence that comprises five performance spaces for dance, concerts, opera and theatre. The best way to experience the building is to attend a performance, but the one-hour guided tour is a popular alternative to explore the building.

Melbourne: Stylish, arty Melbourne is both dynamic and cosmopolitan, and is proud of its place as Australia's sporting and cultural capital. The unique quality of the city is down to the more than 230 laneways that penetrate into the heart of the city blocks. It is here that the inner city's true nature resides, crammed into narrow lanes concealing world-beating restaurants, bars and street art. When visiting Melbourne, it is not the high-rises and bridges



that strike you but the vast sporting edifices that fringe the city centre. Melbournians are passionate about AFL football ('footy'), cricket and horse racing, while grand-slam tennis and Formula One car racing draw visitors in droves. Sport is a crucial part of the social fabric, taking on something of a religious aspect here.

Melbourne's Royal Botanical Gardens are simply glorious. From the air, the 94-acre spread evokes a giant green lung in the middle of the city. Drawing over 1.5 million visitors annually, the gardens are considered one of the finest examples of Victorian-era landscaping in the world. You will find a global selection of plantings and endemic Australian flora. Mini ecosystems, such as a cacti and succulents area, an herb garden and an indigenous rainforest, are set amid vast lawns.

Brisbane: A city with the most favorable climate in the region, Brisbane has been attracting a growing touristic following over

the years. After all, this is the capital city of the Sunshine State, a meteorological Promised Land where winters are mild and short enough for a daytime alfresco toast. It is a fact not lost on Brisbanites, who indulge in outdoor thrills all year round, from inner-city rock-climbing and kayaking to riverside cycling on the nation's only man-made city beach.



It is here that you will find the Australia's largest public Gallery of Modern Art (GOMA), its most important festival of new Australian music, the Bigsound Festival, and one of its most innovative and enlightened annual film festivals — the Brisbane Asia Pacific Film Festival. Driving everything from black garlic bread to chocolate and beetroot doughnuts, Brisbane's food scene is booming into culinary enlightenment, where innovation and ingenuity are the key words followed here. Menus across the city are flaunting the seasonal and the regional, transforming top-notch produce into beautiful, confident dishes spanning all budgets and countless cuisines.

Perth: About as close to Bali as to some of Australia's eastern state capitals, Perth combines big-city attractions and relaxed, informal surrounds, providing an appealing lifestyle for locals and plenty to explore for visitors. Anchored by the broad Swan River flowing past skyscrapers and out to the Indian Ocean, the



city boasts recent developments like Elizabeth Quay and Perth Stadium, which have added a more cosmopolitan sheen to this traditionally laid-back town. A popular attraction in this city is the Bell Tower, a pointy glass spire fronted by copper sails, which contains the royal bells of London's St Martin-in-the-Fields (the oldest of which dates to 1550). The bells were given to Western Australia by the British government in 1988, and are the only set known to have left England. Clamber to the top for spectacular 360-degree views of Perth by the river.

Multiple cancers diagnosed by single blood test

Early and correct diagnosis is a challenge in most cancer treatments. Now, researchers at the John Hopkins University School of Medicine in the US say they have a simple and more effective diagnostic technique that has the potential to identify up to eight cancer types from one blood sample.

Early diagnosis is key to reducing cancer-related deaths; the earlier the disease is diagnosed, the higher the chances of treatment success. But sadly, many cancers are not caught until the later stages, and this is largely due to a lack of fast and effective diagnostic tools. Johns Hopkins researchers believe that their new technique labeled CancerSEEK could bring about a quicker and simpler way to detect cancer in its early stages. Worldwide, cancer

remains one of the leading causes of death and it is estimated that by 2030, the number of cancer deaths will have risen from 8 million to 13 million.

When cancerous tumors form, they release small fragments of mutated DNA and proteins into the blood-stream and these can act as markers for cancer. The new blood test works by identifying the markers for 16 gene mutations and eight proteins that are associated with eight different cancer types. These include breast, lung, and colorectal cancer, as well as for five cancers – ovarian, liver, stomach, pancreatic, and esophageal cancers – for which there are currently no routine screening tests for people at average risk. For their study, the researchers tested CancerSEEK on 1,005 individuals who had been diagnosed with non-



metastatic forms of one of the eight cancers. They found that the test was able to identify 70 percent of the cancers, with sensitivity ranging from 33 percent for breast cancer to 98 percent for ovarian cancer. Sensitivity

ranged from 69 percent to 98 percent for the five cancers that currently have no routine screening tests, the researchers report.

In terms of specificity, the test yielded an overall result of more than

99 percent. On testing CancerSEEK on 812 healthy adults, it only produced seven false-positive results.

Very high specificity was essential because false-positive results can subject patients to unnecessary invasive follow-up tests and procedures to confirm the presence of cancer. What is more, the researchers found that their test was able to pinpoint the location of tumors for 83 percent of patients.

Though larger studies will be needed to further determine the efficacy of CancerSEEK as a routine screening test for cancer, the research team believes that the results of its current research are encouraging. The team hopes that CancerSEEK will one day offer a simple, noninvasive, and fast strategy for diagnosing cancer in its early stages.

Male birth control pill from toxic substance

Women have a wealth of options when it comes to oral contraceptives, but finding an effective birth control pill for men has long been a chimera. Researchers at the University of Minnesota in the US say they have now found that a modified form of a poisonous plant extract could serve as an oral contraceptive for men, as it has been found to stop sperm motility in male rats (no inferences implied).

The extract called ouabain – derived from seeds of a variety of long-stemmed African woody vine plants – is a potentially toxic substance that can in high doses cause cardiac arrest. The extract was at once used by African warriors to tip the heads of their arrows and spears during hunting and



warfare. Today, ouabain is sometimes used in low doses by the hospitals for the treatment of certain heart conditions as it helps to control blood pressure and heart rate.

Ouabain works by inhibiting sub-units of certain proteins called Na,K-ATPases found in cell membranes and in heart tissues, as well as in adult

sperm cells. Although previous studies have indicated that ouabain could reduce fertility in men, it was not seen as a viable male contraceptive as it could also cause severe heart damage. By testing a number of different ouabain modifications, scientists at John Hopkins have now been able to find a compound that

can selectively target Na,K-ATPase subunits in sperm cells of male rats and thereby reduce their motility, without affecting the protein sub-units in heart tissues. Poor motility can hinder sperm's ability to travel through the female reproductive tract and fertilize an egg.

The researchers also found that the effect of the modified form of ouabain was reversible and that any sperm cells produced after treatment with the compound would not be affected.

The researchers noted that though further studies were needed before any conclusions can be made about the use of the compound as an oral contraceptive for men, so far the research has been encouraging.

Nano-medicine provides long-acting malaria protection



Scientists at the University of Liverpool in the UK and at Johns Hopkins University School of Medicine in the US say they may have a breakthrough 'long-acting' medicine for the prevention of malaria.

Every year, malaria afflicts hundreds of millions of people and kills hundreds of thousands of children, especially in the developing world. Despite considerable success in reducing the worldwide prevalence of malaria, its incidence in visitors to endemic areas has continued to rise steadily. Currently, the best available prevention of malaria requires oral dosing of antimalarial tablets. However, chronic oral dosing of these medicines has significant complications because healthy people need to strictly adhere to the medication in order for effective prophylaxis to occur.

The scientists say that by using nanotechnology to improve the delivery of an existing antimalarial drug in a novel injectable format can maintain blood concentration of the drug for weeks or months following a single dose.

Nanotechnology is the manipulation of matter on an atomic, molecular, and supra-molecular scale. Nano-medicine is the application of nanotechnology to the diagnosis, prevention or treatment of disease in the human body. Solid Drug Nanoparticles (SDNs) are a nanotechnology with favorable characteristics to enhance drug exposure and improve the treatment or prevention of several diseases, including HIV and malaria.

Scientists have previously shown SDNs to be effective for oral delivery of drugs, but this is the first time they have shown benefits for a long-acting injectable (LAI) format. These particles, with an approximate diameter of 1/500th the width of a human hair, once injected into the muscle, establish a drug depot that releases drug into the bloodstream over an extended period of time.

Through the use of this technology the research team developed an LAI version of a daily anti-malarial tablet (atovaquone) which provided prophylactic blood concentrations in mice for a period of 28 days. Moreover, since mice eliminate the drug much more rapidly than in humans, a much longer duration of protection might be expected in people.

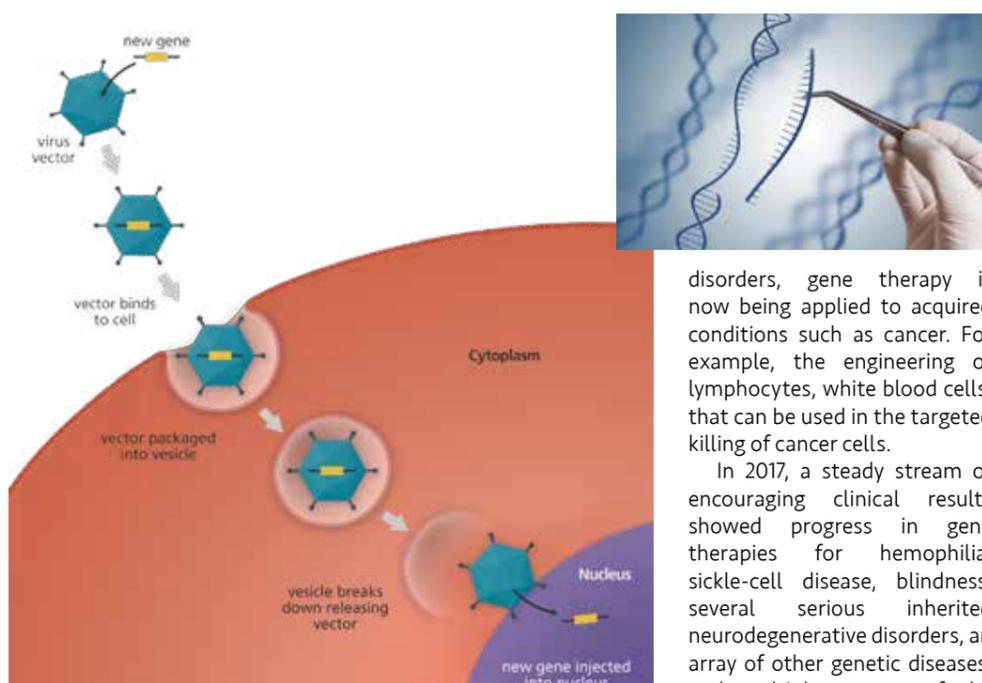
Atovaquone is already licensed for use in humans and the nano-medicine contains ingredients already used in other medicines, so the technique could enter clinical trials within a very short timescale allowing it to potentially impact large numbers of people and significantly prevent the transmission of malaria.

Gene therapy comes of age

After three decades of hopes tempered by setbacks, gene therapy – the process of treating a disease by modifying a person's DNA – is no longer the future of medicine, but is part of the present-day clinical treatment toolkit.

Here we look at some of the key developments that have led to several successful gene therapy treatments for patients with serious medical conditions, as well as discuss emerging genome editing techniques such as CRISPR/Cas9, which provides a way to correct or alter an individual's genome with precision, that lead to more effective gene therapy approaches.

Gene therapy is designed to introduce genetic material into cells to compensate for or correct abnormal genes. If a mutated gene causes damage to or spurs the disappearance of a necessary protein, for example, gene therapy may be able to introduce a normal copy of the gene to restore the function of that protein.



Approaches that have delivered the best outcomes in gene therapy include: The direct in vivo administration of viral vectors, or the use of viruses to deliver the therapeutic genes into human cells. And,

the transfer of genetically engineered blood or bone marrow stem cells from a patient, modified in a lab, then injected back into the same patient. Originally envisioned as a treatment solely for inherited

disorders, gene therapy is now being applied to acquired conditions such as cancer. For example, the engineering of lymphocytes, white blood cells, that can be used in the targeted killing of cancer cells.

In 2017, a steady stream of encouraging clinical results showed progress in gene therapies for hemophilia, sickle-cell disease, blindness, several serious inherited neurodegenerative disorders, an array of other genetic diseases, and multiple cancers of the bone marrow and lymph nodes.

Three gene therapies have been approved by the US Food and Drug Administration in the past year, and many more are under active clinical investigation

Darken any lip color you own

If you're a lipstick-lover, you probably have gone to brands in your favorite shades and a pile of others collecting dust and taking up precious room in your vanity drawer. The trend of minimalism continues to grow with people wanting to edit down to just the best of the best. That said, you may desire seasonal options to change your look to match your mood or outfit. Here is a hack to help you use those old standby lip shades in a new way: learn how to darken any lip color you already own. Read on for prep steps and tips for trying this hack.



Prep your pucker: Just as you diligently exfoliate the skin of your face and body several times a week to get rid of dead cells, do the same for your pout. But don't use the same product on your mouth as you would anywhere else. Your lips require gentler, natural ingredients, because the skin there is delicate.

You can also DIY with ingredients you probably already have sitting in your kitchen cabinets. Try a DIY sugar scrub made from white sugar, honey, and coconut oil.

Go heavy on the lip liner: First, select a lip shade along with a liner that is several shades darker.

Apply your shade, then line your lips not one but three times to make the color even darker. Next, add a few swipes of liner to the inside of your lip in the direction outward to meet the edge of your mouth. Use a small brush to blend the two colors into one darker shade.

Use eyeliner as lipliner: Chances are that the eyeliners you own come in darker colors than your lipliners. For instance: everyone has a black eyeliner, but not everyone owns an onyx lipstick. You can sometimes use those eye shades on your lips. In fact, the regulations of pigments for eye makeup are just as strict as those for lipliners, and the two products use pretty much the same ingredients. That said, you should still read the ingredients carefully before trying this and not use lipliners on your eyes because the color additives used to create those pigments are not totally eye safe.

Start with a black or deep brown eyeliner, and use it shade around your lip. Then, fill the inside of your lip. Next, take your desired lipstick shade and apply it on top. Use your lipliner brush to blend the colors together as you did with that hack just mentioned.

Mix in eye shadow: Eye shadow is one of the most underrated multitasking beauty products in the book. You can use it to enhance just about every other makeup application, from bronzer to under-eye concealer. Guess what: you can also use shadow to darken a lip shade; a black or gray eye shadow shade is perfect for deepening reds and purples.

Using the back of your palm as a palette, blend in one or a few shadow colors. Next, in a separate part of your palm, blend in some of your chosen lip shade. Finally, use a brush to combine the two as if you were mixing two colors of paint. After that, you're ready to apply it to your lips.

Create an ombré effect: If you're looking for the perfect pick-me-up for your favorite lip shade, the ombré effect will be your jam. Sure, it sounds like it takes a ton of time and effort, but the reality is that it's pretty easy and can be done on your way to work.

First, apply a lip shade of your choosing — let's say berry. Then, apply a vampy lipliner that's at least twice as dark as the first shade. Be sure to only put this on the outer corners of your lip, not in the center. Dab a tiny bit of concealer in the middle of your lips to brighten things up and contrast it from the outer edges.

Combine different lip shades: This one is pretty self-explanatory, but still worth mentioning that you can create a totally different shade by mixing two unsuspecting colors you wouldn't think go together. For instance, a chocolate brown shade combined with a bright red you might reserve for the Fall or Spring, will create a beautiful deep plum shade that was made for Winter nights. Go ahead and have fun with this technique, and create as many fantastic shades that become totally your own.



STYLISH DETAILS OF A TRENDY OUTFIT

In the fashion era of more is more, extreme proportions and excessive embellishments are dead giveaways for clothes identified as nice. That expensive-looking aesthetic can be achieved with items from affordable retailers, vintage stores, and even DIYs. As the saying goes, it's all about the details: the two-tone vintage buttons, the delicate ribbon ties, the subtle ruffled neck.... Those fine, deliberate accents make an otherwise ordinary top or pair of pants feel more refined—regardless of where you procured it. Look no further than these six outfit-completing features that will instantly step up your game.

Puffed sleeves: Puffed sleeves—leg-of-mutton sleeves, or bishop sleeves provide

added dimension to your blouse that feels nostalgic or even regal. And with the help of all of that extra fabric, there is no need for flashy jewelry or embellished bottoms to complete your faux-expensive look.

Pearl-accented pants: Rhinestones and gem embellishments have long been a no-brainer way to add a touch of luxe to your look. For a more unexpected and understated alternative, try pearl accents, either pinning the legs or the hems of your trousers or running along the seams of your pants. They strike a perfect balance between easy and elegant.

Fluffy feathers: Makeover your basic button-down shirts with wispy feathers, or go all out with fluffy boots. These lighthearted styles are easier to adopt than you think. The key is all about mixing and matching with more relaxed styles. Try balancing a feather-trimmed skirt with a blazer or cropped jacket. Or, invest in some feather-clad sandals to let every step you take make a statement.

Tortoiseshell buttons: Tortoiseshell is already a favorite for making accessories like eyewear and handbags feel more sophisticated. The next step would be to introduce it to your ready-to-wear, so your blouses, dresses, and skirts can achieve the same polished vibe. Seek out calico-patterned buttons that are featured

prominently on a garment for a vintage-inspired finish.

High neck ruffles: Button-up blouses might feel more practical than luxe, but the addition of ruffles along the neckline makes an all-too-familiar garment feel fresh. Plus, the extra height gives the blouses a playful yet polished flair.

Simple stripes: When you think of nice clothes, your mind might go to all-black-everything—pieces that could be easily described as timeless and effortless, given their streamlined color palette and simple design. But the right combination of bright colors can hit that same expensive-appearing mark. A bold, geometric contrast—whether lining a sleeve or splitting up a skirt—liven up a look without going overboard. Just stick to two shades for maximum effect.

Ribbon ties: Long ribbon ties are the no-brainer, no-fuss way to embellish a get-up—whether it's around the neck, across the back, or on your wrist. Velvet and chiffon ribbons have popped up on apparel where the silhouette was once left plain. Leave them untied or fasten them neatly; either way, an extra ribbon still looks fancy.

Grow your hair really long

Realistically, there is no single magical way to grow your hair out super long. So instead of simply lusting over celebrities' amazing mermaid lengths, here are some expert tips on how to help grow out your hair.

Use conditioner every time you shampoo: If your hair is wet, that means you have to condition it. Over time, from coloring and heat styling, strands start to get thinner at the bottom. Conditioner helps replace the lipids and proteins inside the hair shaft, as well as seal the cuticle to help prevent more damage from happening so that you can get your hair to grow longer and look healthier.

Don't shampoo every time you shower: It's shocking to me how many women skip conditioner when showering, which is the worst thing you can do for your hair — especially when you're trying to grow it long — and it's actually shampoo that you should be skipping as much as possible. Here's why: The purpose of shampoo is to wash away dirt and product buildup, but it can also take essential natural oils that keep strands soft and healthy along with it. When you really do need shampoo, be gentler on your hair by only lathering up at your scalp and then simply letting the suds slide down strands, hitting the rest of the hair as the water rinses it away.

Do a cold-water rinse at the end of each shower: This really does help to grow hair and keep long hair healthy for longer. Cold water lays down the outer layer of hair more smoothly, which helps prevent moisture loss, snags and heat damage — you only need to do it for a few seconds, but this one extra step over time can make a huge difference.

Apply an oil or mask treatment weekly: Hair that touches your shoulders or beyond can be several years old and most likely needs more TLC than normal conditioner. Use moisture-based masks and oils weekly. You can even make a natural oil treatment and use it pre-shampoo. Because oils can leave a residue on hair, apply it to damp hair, leave it on for 10 minutes, then shampoo and condition like normal. These oils are able to fill strands up with fatty acids and then, when rinsed out,

using regular shampoo helps seal them inside hair.

Brush your hair sparingly: Constant brushing can cause physical harm to your hair. When you detangle wet hair, be sure to start from the bottom and work your way up — women often instinctually go from the scalp down, but that just brings small tangles into one large knot and can cause you to lose a lot of hair.

Never wrap your hair in a massive towel again: Putting hair in your super-soft bath towel can cause so much breakage. Your hair gets caught in all the woven fibers and since most women almost always wrap it too tight around their face, all those tiny, fragile strands around your face are more prone to break. Opt for the super-thin and soft microfiber hair towels, which are totally alright to wrap into a turban.

If you have bleached or dry, super-fragile hair, skip putting it up with a hair tie at all: One ponytail can give you what stylists refer to as a chemical cut. This is where your hair literally breaks off at the point of tension where the elastic ends up being wrapped around your hair to hold it into place. Instead, if you're looking to work out and want your hair off your neck, gently twist your hair into a bun and clip it with a tiny claw clip, bobby pin, or larger pin.



Amazon launches cashier-less store

Amazon Go, the e-commerce giant, opened a new grocery store in downtown Seattle that is remarkable in that there are no cashiers at the check-out counters.

Prior to the opening, Amazon did a sound job of explaining many of the particulars of its new concept store, one that the company hopes will bring more online customers into contact with its increasingly important offline presence. The store features cameras and sensors that detect when you walk into the store and when items



are removed from shelves and check-in kiosks near the entrance for scanning your phone to register your presence via Amazon Prime.

One of the biggest questions people seem to have is: what happens if you try to steal something or accidentally fail to pay for something you have taken? In answer, the Vice-President of Amazon Go, Gianna Puerini, said that accidental shoplifting "happens so rarely that we didn't even bother building in a feature for customers to tell us it happened."

Revealing that there is not even a feature to tell Amazon if you have taken something without paying is rather telling. It suggests the company is so confident in its system that it has not built out any protocol for or safeguard against missing items. And it is not just that, but Amazon also is not drawing a distinction between those who accidentally leave without paying for something and those who may be actively trying to steal. All of this raises some interesting questions about how robust this system is and whether it really is the bolder and more convenient future of retail.

On one hand, it would seem that Amazon is playing a bit of a numbers game here. Sure, one cup of yogurt that you accidentally take is not going to affect the Go store's bottom line. All forms of retail also deal with shoplifting as a built-in cost of operating a brick-and-mortar business, and Amazon's immense size, scale, and financial war chest means it can weather those costs more than any comparable company in the retail sector.

The other factor to keep in mind is that perhaps Amazon's system is so good that stealing just is not an option. How would somebody go about shoplifting from Amazon Go anyway? You would still have to check in with your Prime account, and you would still have to purchase items to make it not look suspicious that you were wandering the store, and then leaving without a bag. With cameras watching your every move and sensors detecting even subtle changes in inventory, I doubt even the boldest shoplifters could reasonably find a loophole. It will be fascinating to watch how customers acclimatize to the Go experience and whether any good faith (or bad faith) experimenters find ways to undermine it.

Adobe makes selecting objects in Photoshop a one-click affair



Adobe is launching an update to Photoshop CC today that includes a number of new features, including better support for high density monitors and the Microsoft Dial for Windows users. But the highlight of the release is the new Select Subject tool that uses Adobe's Sensei AI platform to make selecting objects as simple as a click.

Selecting objects in an image typically takes a bit of work and while the selection tools in Photoshop have improved over the years, it still takes a good bit of manual work to ensure that you only select the parts you want. The promise here is that even though Select Subject is not always going to be the perfect solution, the tool will give you a quick starting selection that is typically far better than what you

would get with existing tools.

In return, though, you will not have a lot of manual control over the selection process as the machine learning-powered tools will decide which objects are in the image and which they should select. You simply click 'Select > Subject' and Photoshop will do the rest.

Other new features in this update include support for high density monitors on Windows 10, which means Photoshop will now automatically adjust itself based on your Windows scaling settings, as well as some other improvements to the select and masking tools. If you are using the Microsoft Dial, you will now also be able to change brush settings with your favorite desktop hockey puck.

Android scans public Wi-Fi network speeds



New update to Oreo (android 8.1), Google's latest version of the Android operating system will now display the speed of nearby open public Wi-Fi networks to help you decide whether they are even worth the effort of connecting to. The Wi-Fi settings menu will now display one of four speed labels: Very Fast, Fast, OK, or Slow.

The difference between Very Fast and Fast, according to

Google, is that you can stream "very high-quality videos" on the former and "most videos" on the latter. Most coffee shop dwellers should be fine with the OK level, as that would be fine for web browsing, social media, and Spotify streaming.

Private Wi-Fi networks that require passwords do not display any speed data. Google says network administrators can also opt out of Android's Wi-Fi Assistant showing speed info by using a 'canary URL'.

So if you thought Android 8.1 was all about cheeseburger emoji and switching on the Pixel 2's Visual Core chip, it turns out there is still more neat stuff in there to discover, that is if and when your device gets Android 8.1 to begin with. Until then you will just have to take a chance when opting to join any public Wi-Fi networks.

New model iPhone batteries could have shorter life spans

In an apparent bad news for owners of the latest iPhone models, tests have revealed that batteries in the new iPhone 8 and iPhone X may have shorter life spans than prior models.

A recharge cycle on Lithium-ion batteries occurs when a phone is charged from zero power to 100 percent. Typically, phone batteries begin losing their effectiveness after 500 recharges. Up to that point, they can hold up to 80 percent of their charge. After that, it is usually downhill for the battery. Until we come up with a feasible alternative to the Lithium-ion battery, we are stuck with this inherent technological drawback. Tests conducted on the new iPhone models show that these models hit over 100 recharge cycles in less than four months. This was a much faster rate than that of previous models and implies that batteries could begin to lose their charge capacities in just 20 months. Batteries in previous models could last at least three years before hitting the 500 recycle mark.

Wireless and fast-charging features of the new iPhones make charging more convenient, so people could tend to charge their phones more often, resulting in an accelerated recycle count.

However, technicians say that wireless charging technology does not specifically have an impact

on battery life span, as how fast you reach the 80 percent capacity depends on how heavily you use the phone and the number of recharges it would consequently need. For example, if you are streaming video continuously, that will reduce the capacity of the phone much more quickly than if you are using it for light web browsing.

The life span problem is not restricted to the latest iPhones, even on existing iPhones many people complain they need to replace their battery every 18 months or so. It is just that this latest battery flap comes on the heels of Apple's controversial decision to throttle the processors in older iPhone models with low-capacity batteries. Apple has attempted to quell the uproar over that move by offering battery replacements for older models at the discounted price of US\$29.

Apple handled the performance-throttling issue as it has handled past technical problems, by slowly working its way from denial to actively creating a fix. However, the real problem here is that Apple has been pretending that you do not really need to replace batteries frequently, and it is clear now that the batteries need to be replaced more often than the phones do, said one tech analyst.



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MIRQAB

Opp. Round About Masjid, 51669902 Email: gms_express14@yahoo.com

FARWANIYA

Nesto Hypermarket Complex, Block-1, St. 123, Mezzanine Floor, Shop No. 8 Ph: 24715924 Mob.: 51779550



سيتي سنتر

احصل اكثر • وفراكثر
City Centre

GET MORE • SAVE MORE

9000

Offers Valid Till 6th February 2018
Many Many More Items in Store...

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900 | ضوء للمخيم
Magic Cool
Camping Light



900 | فرشاة اسنان
كهربائية ناشيكا
للحبة
Nishica Electric
Tooth Brush
NS11 (Each)



900 | مروحة شفاط
6 انش
General Tech 6
Round Exhaust Fan



900 | بطاريات دبل اي
20 بطارية
Eveready
Batteries
AA Heavy Duty
15+5



900 | نمر / اسد / ليبيورد
متنوع للحبة
Lying Tiger/
Leopard/Lion/
Lioness Assorted
(Each)



900 | فاشين خرز
للشعر
Fashion
Hair Beder



900 | سيارة ريموت
كنترول
Gainer R/C Car
Assorted



900 | ديتول صابون
120 جرام (3+1)
Dettol Soap
120Gms (3+1)
Assorted



900 | لايف بوي سائل غسول
الايدي 200 x 2 مل
Lifebuoy
Hand Wash
2X200ML
Assorted



900 | نيفيا كريم
200 x 2 مل
Nivea Cream
2X150ML



900 | هيداندشولدرز
شامبو 400 مل
Head & Shoulders
Shampoo 400ML
Assorted



900 | 5 Pieces Set
طقم الشاي
5 حبة
5 Pieces
Glass Tea Pot &
Cup Set



900 | 5 Pieces Set
طقم السكاكين
5 حبة
5 Pieces
City Kitchen
Knife Set



900 | 24 Cms
انترهوم
مقلاة 24 سم
غير لاصقة
Intohome
Non Stick
Fry Pan 24cms



900 | ستول قابل للطي
للحبة
Folding Stool
29 x 22 x 22cms
(Each)



900 | بطانية للحبة
City Polar
Fleece Blanket
130 x 180cms
(Each)



900 | ارشد فوطة
استحمام للحبة
Arshad Bath Towel
Asst 70 x 140 cms
(Each)



900 | نستلة حبوب
فنتس 370 جرام
Nestle Fitness
Cereals
375Grams



900 | جالاكسي جيولز
200 جرام
Galaxy Jewels
Chocolate
200 Grams



900 | زيت ذرة 1.8 لتر
Alfa Corn Oil
1.8 Liter

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