



LOCAL **3**
Realty India Expo to offer multiple options for investors

THE TIMES

KUWAIT'S PREMIER WEEKLY NEWS MAGAZINE



VIEWPOINT **7**
Water Management Is Health Management

Health sector reforms remove capacity constraints

Staff Report

Robust population growth, lower child mortality, increased life expectancy and changing lifestyle risk factors such as chronic non-communicable diseases (NCDs) have in recent years led to increased pressure on Kuwait's healthcare system. To their

reforms to the health sector forming a key component of the state's 'New Kuwait 2035' development plan. The plan, which outlines the country's long-term development priorities aimed at transforming Kuwait into a financial, cultural, and institutional leader in the region, is organized around five themes, or desired outcomes, and

relative ranking on the global quality of health care index from 51 percent in 2014 to 54 percent by the end of development plan in 2035.

The projects planned or being implemented as part of the reforms are expected to improve the quality of medical services and, increase the number of healthcare facilities and hospital beds in the country. The plan also aims to develop a national cadre with the requisite capabilities to offer efficient and effective health services to the public.

Other development goals under the New Kuwait healthcare initiative are in line with the changing demographics and disease patterns in the country. These include augmenting preventive health services to reduce the rate of chronic non-communicable diseases (NCD); developing occupational health services to treat the labor force; enhancing health services aimed at students; increasing the level of exercise and sports among citizens and residents; and creating awareness of the importance of healthy lifestyle choices among all sectors of society.

Continued on Page 8



credit, the government and the ministry of health have responded by introducing several measures and reforms aimed at addressing many of the capacity constraints in the sector and improving quality of health services.

Despite relatively low oil revenues, healthcare spending has continued to be a priority for the government, with

seven pillars, or areas of focus for investment and development.

Healthcare is one of the seven pillars that support the New Kuwait vision and is centered on several strategic programs and projects designed to have the most impact on achieving the vision. The strategic programs envision improving Kuwait's



Philippines stops deployment of workers to Kuwait

Staff Report

"in the interest of justice".

Repeated instances of mistreatment and physical abuse of Overseas Filipino Workers (OFWs) in Kuwait came to a head last week with the Department of Labor and Employment Secretary Silvestre Bello III ordering the suspension of deployment of workers to Kuwait

Through Administrative Order 25, dated 19 January, Mr. Bello directed the Philippines Overseas Employment Administration (POEA) to suspend the processing and issuing of Overseas Employment Certificates (OEC) to all workers bound for Kuwait,

Continued on Page 9

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Celebrations mark 7th anniversary of establishment of Guyana embassy in Kuwait

The Ambassador of Guyana to Kuwait H.E. Prof. Dr. Shamir Ally hosted a celebration on 18 January at the embassy premises to celebrate the seventh anniversary of the establishment of his country's embassy in Kuwait. Members of the diplomatic corps, distinguished guests and media personnel attended the function. During the event, the spouse of the Ambassador Dr. Maryann Beebe- Ally gave a short presentation about Guyana and



highlighted many facets of the country.

On his part, the Ambassador welcomed the gathering and said, "I hope that you will have a chance to visit our beautiful country that has very rich nature." He discussed the various resources that Guyana has, and added, "Guyana is using hydropower as it is known as the land of many waters, and the United Arab Emirates announced a \$50 million Caribbean development aid that also includes tapping into



Guyana's potential for hydropower." He extended his thanks to the Kuwait government and His Highness the Amir as well as the People of Kuwait for their continuous support, assistance and cooperation to Guyana.

With regards to the close relationship shared between Guyana and Kuwait, he pointed out, "I am working on increasing the trade exchange between the two countries, as I want to secure any Kuwaiti investments in Guyana. Within one year, we issued 13 visas for Kuwaitis who went to visit Guyana, and I hope soon the number will increase."

SIS tots display Indian traditions and culture



A special celebration was organized by the kindergarten teachers of Smart Indian School (SIS) to encourage the children to appreciate the unique traditions and culture of their country, India.

The staff and students in the kindergarten wing came dressed in colorful costumes. Students danced to the folk beats on stage with

their teachers, and spoke a few lines about their various traditions. The Non-Indian students expressed pride in their culture and traditions that were followed by their ancestors. Several videos were shown and the teachers explained to these tiny tots the beauty and diversity of Indian culture and the various traditions that have been passed down from their great ancestors.



Famed band 'Berlin Quartet' performs in Kuwait

German composer and guitarist Sebastian Schunke with his band 'Berlin Quartet' performed at the Yarmouk Cultural Center on 14 January. The musical evening was organized by Dar al Athar al Islamiyyah in association with the German Embassy.

Berlin Quartet, comprised of Dan Freeman - sax, Diego Piñera - drums and Marcel Krömker - bass was assembled by Schunke in 2008 and play a fresh new sound, unifying the modern Berlin Jazz with elements influenced from African and Latin American music. The band has met with enormous success via their concerts held around the world.

The day's program consisted of popular hits; Oma Mutti (Sebastian Schunke - 2008), Ella (Sebastian Schunke - 2012), Caravan (Duke Ellington/Juan Tizol - 1930), Metamorphosis (Sebastian Schunke - 2011), All Blues (Miles Davis - 1959) and Mouvement (Sebastian Schunke - 2004).



Sebastian Schunke, based in Berlin, is well-known in the International Jazz scene as among the best of the young Jazz composers and pianists worldwide. He has spent 15 years performing across the world as a soloist or with his group, where he enralls audiences with his distinct sound.



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Realty India Expo at Crowne Plaza on 26, 27 January



Times Realty India's Expo scheduled for 26 and 27 January at Crowne Plaza in Kuwait will showcase a wide range of options for Indian realty investors, especially at a time when the Indian realty market is poised for a major turnaround in development.

Property developers from across India will provide multiple investment opportunities in the midst of economic development sweeping the country amidst RERA and GST implementation. Indian realty sector is slated to grow at 30 percent over the next decade for a market size of around \$180 billion by 2020 from \$93.8 billion in 2014. Key factors attributed for the upswing include emergence of nuclear families, rapid urbanization and rising household income.

India requires 110 million housing units by 2022 with an investment tag of \$2 trillion, according to a recent joint survey by NAREDCO and KPMG. India is ranked fourth in developing Asia for FDI inflows as per the World Investment Report by the United Nations Conference for Trade and Development. Indian real estate has attracted \$32 billion in private equity so far. The global capital flow into Indian real estate in 2016 stood at

Expo to offer multiple options for Indian investors

\$5.7 billion.

On the realty sector front, residential supply level home launches dipped by 78 percent last year and RERA regulations have put pressure on new supply creation as developers are keen on completing existing projects. Institutional researches indicate that 7-year down cycle will end in 2017 and the market is set for turnaround in growth in 2018. Moreover, Indian government's policy push by way of a slew of incentives for affordable housing should further the sector's all-round revival.

Residential property prices are static and marginally inched high in select metros where demand exceeds supply level. The weighted average prices fell by an average of 3 percent across cities with Pune witnessing the highest decline of 7 percent YoY followed by Mumbai at 5 percent YoY. Markets high on built units such as Hyderabad and Ahmedabad saw prices move up by 3 percent and 2 percent respectively.

With lending rates at 8.35 percent and price remaining static, the time is just

appropriate for fence sitters to plunge into housing investment, according to property consultants monitoring the price movements in the market. Moreover, with a fierce competition among HFCs and banks, certain banks have started waiving



EMIs for specified period on condition that EMI payments are regular. With the fiscal sops from the government for affordable housing sector, there is huge scope for homebuyers to invest in housing.

For real estate investors, leased

commercial properties are now available for investment with a yield of 7-8 percent per annum at select cities. In fact select developers are offering retail investors an opportunity to invest in commercial property with

minimal income. Commercial property loans are available for investors looking to increase portfolio in real estate investment. This is apart from loans available for investors while investing in developed plots.

Retail investors are in for bonanza as REITs will provide an investment opportunity worth up to \$77 billion through REIT-eligible commercial - office and retail properties across India's top seven cities by 2020.

The budget has provided significant benefits for housing sector. The holding period for long-term capital gains tax has been reduced from three to two years. The base year for cost inflation index has been shifted from 1.4.1981 to 1.4.2001, which will significantly reduce the capital gains tax liability while encouraging the mobility of assets at the same time. The budget has also clarified that for joint development agreement while constructing projects, the liability to pay capital gains tax will arise in the year the project is completed.

Advantage NRIs: With the proliferation of property management companies and the developers targeting NRI segment gearing up to provide property management services, NRIs are in an advantageous position while investing in real estate back home. Moreover, demand for rental housing is perking up in major cities across India.

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Expats to be deported for quarreling and causing chaos

Acting Assistant Undersecretary for Public Security Affairs at the Ministry of Interior Major-General Ibrahim Al-Tarrah, said deportation of expatriates is not limited to involvement in quarrels, but extends to causing chaos or igniting sedition.

Al-Tarrah added teams have been formed

to 'pick up' beggars who loiter around cemeteries, commercial complexes, markets and other places. He pointed out those caught will have their pictures taken, made to sign a pledge not to repeat the offence and will be deported if they are caught begging second time.

Indian embassy to host celebration on India's Republic Day

The 69th Republic Day of India will be celebrated on the Indian Embassy premises on Friday, 26 January with the hoisting of Indian Tri-colour at 9 am by the Indian Ambassador.

This will be followed by the reading of

President's Message to the Nation, patriotic songs by school children and an Open House Reception.

All Indian nationals and friends of India in Kuwait are cordially invited to attend the function.

Barcode on work visa to avoid forgery

The Public Authority of Manpower, in coordination with the ministries of Interior and Foreign Affairs has started using a barcode for work visas to organize recruitment of foreigners.

The sources added this will help Kuwaiti embassies in the labor-exporting countries to

detect forgery and ensure correctness of the procedures by checking the barcode and the validity of the work permit.

It is known that those who have new work permits must check with the Kuwaiti embassy or the consular section in their respective countries.

Lulu Group's Twenty14 Holdings acquires iconic Scottish landmark for \$120m



Twenty14 Holdings (T14H), the hospitality investment arm of Lulu Group International, has completed a \$120 million acquisition of the Waldorf Astoria Edinburgh - The Caledonian.

The Caledonian joins a portfolio of \$650m worth of luxury property across the UK, the Middle East and India that T14H has brought together since 2014. T14H intends to invest a further \$28m in enhancement and expansion of the property.

T14H has a strategy of investing in profitable luxury sites while preserving their historical legacy. The Caledonian is a grand Edwardian railway hotel that has epitomised Scottish hospitality for more than 100 years. T14H intends to sensitively enhance the building while retaining its rich heritage and distinctive architecture.

Commenting on the latest acquisition Adeeb Ahamed, Managing Director, T14H said, "We are excited to add The Caledonian to the portfolio of Twenty14 Holdings. With more than 100 years of history, The Caledonian brings with it a rich heritage, character and unique opulence."



The Caledonian operates under the Hilton's flagship brand Waldorf Astoria. First opened in 1903 as part of the old Princes Street Railway Station The Caledonian currently has 241 rooms and offers awe-inspiring views of Edinburgh Castle. Local perceptions and historical legacies are central to T14H's acquisition strategy. Among improvements planned for the site, T14H intends to engage local craftsmen to enhance the hotel's historic Caledonian Suites.

KPWA conducts survey on new color for Indian passport cover

The Global Kerala Pravasi Welfare Association (KPWA), a prominent non-political, non-communal global society for expatriate Keralites across the globe, conducted a survey on the recent decision by the Indian government to issue passports with orange colored cover to individuals requiring emigration clearance from the Protector of Emigrants in India.




The survey was conducted from 16 to 18 January using the online Google survey form. The survey results showed that 95 percent of participants held the view that the orange colored passport covers could lead to mental

anguish for holders of such passports. In response to the question, whether it was acceptable to exclude the details of the spouse, parent or address in the proposed new passports, 88 percent of survey participants said that it was not good, as it would not be beneficial if the person happened to lose their passport. The survey also showed that while 56 percent of the participants had ECNR in their passports, 13 percent required emigration clearance, and 31 percent did not know what ECNR or ECR meant. Based on the survey results, Core Admin Chairman of Global KPWA, Mubarak Kambrath from Kuwait stated that the Indian government must consider the significant concerns and worries of Indians about this official discrimination. The Global Core Secretary Jose Noel from Dubai, and Kerala State President of the Society, Hashim Mundon, said that it is the responsibility of KPWA and expatriates collectively to inform the authorities to do a rethink on this sensitive subject, which could have negative consequences for blue-collar job seekers.




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Reception held on Slovakia National Day

On the occasion of the National Day of Slovakia, Ambassador of the Slovak Republic to Kuwait H.E. Pavol Svetik hosted a reception on 17 January at the Crowne Plaza Hotel. Members of the diplomatic corps, distinguished guests, Kuwaiti officials and media personnel attended the function.

Kuwait Construction Week 2018 ends successfully

Kuwait Construction Week, the largest event for building, design and construction industries, was inaugurated by Eng. Ali Mohammed Al Hobail, Deputy Director General for the Implementation Affairs Sector, Public Authority of Housing Welfare on 16 January. Supported by the Kuwait Ministry of Public Works, the 5-day event witnessed the gathering of more than 5,000 attendees at the Kuwait International Fair, Mishref from 16 to 20 January.



such as 'Energy And Sustainability', 'Delivering Sustainability' among others.

Kuwait Construction Week featured over 300 exhibitors and offered over 1,000 innovative products and services in the building, construction and design industries, as well as provided a platform for local and international companies to do business, network and sell their products and services.

With \$188 billion of projects currently under various stages of planning and construction, Kuwait's construction sector is poised for



significant growth. The demand for high-quality infrastructure along with upscale residential and commercial properties can be seen in several multi-billion dollar projects including: \$7 billion Kuwait Metro project, \$3.3 billion Kuwait International Airport,



\$2.6 billion Subiya Causeway, \$15 billion Al-Zour New Refinery Project and \$6.2 billion motorway construction. Kuwait Construction Week opened opportunities into one of the Middle East's emerging building & construction market - Kuwait.

The event was a prime spot for decision makers, distributors and industry professionals from Kuwait and the GCC region to network, interact and do business that takes advantage of the growth potential of Kuwait's construction sector.

This year's mega event consisted of six industry shows: Kuwait Build, Electrical & Mechanical Exhibition, Power Kuwait, Water Kuwait - Architecture & Real Estate Exhibition, Interior Design Show and Kitchen & Bath Show. As part of the itinerary, four outstanding conferences were held with well-known key note speakers that addressed the ever changing landscape of the highly competitive building and construction industry, with topics

Obaid Saad Al Rishidi is Gulf Bank's newest and youngest Al Danah Millionaire



Gulf Bank congratulates Obaid Saad Al-Rishidi for winning its annual Al Danah account prize of One Million Kuwaiti Dinars during the exciting draw event at The Avenues



Mall. As with all Gulf Bank draws, it was conducted in the presence of a representative from the Ministry of Commerce, Abdulaziz Ashkanani.

The highly-anticipated event included a range of children's activities, a live performance by the Al Mass Band and Gulf Bank's exclusive and wildly popular 'Catch the Cash' money box game. Commenting on this exciting Al Danah Millionaire draw, Laila Al-Qatami, Assistant General Manager for Corporate Communications at Gulf Bank said: "We are proud to have concluded another successful draw event. This year marks Gulf Bank's ten-year anniversary of making millionaires and we are happy to be celebrating this amazing milestone. We are also pleased to continue to hold the title of 'largest prize linked to a bank account payout in the world' from Guinness World Records for our Al Danah account prize of KD One Million. We thank Kuwait for joining us as the event and look forward to continuing to make millionaires!"

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Dining IN KUWAIT

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Babel launches first breakfast menu in its history



Babel, award-winning Lebanese food brand, for the first time ever in its history, announced the launch of its first and one-of-a-kind Lebanese breakfast menu, available exclusively for Kuwait's guests.

The launch of the new breakfast concept was celebrated at an exclusive media event hosted by Ian Toal, President of Food Division at M.H. Alshaya Co., in the presence of Jad Mounzer, General Manager of Afkar Holding Group, and Guest of Honour, Charge D'Affaires at the Embassy of Lebanon in Kuwait, Maher Khayr.



Since its launch in 2016, Babel Kuwait has paid close attention to the interests and sentiments of their customer base that is known to have a sophisticated palate and an appetite for novelty. This trait inspired the team at Babel Kuwait to introduce innovative concepts such as the breakfast menu that allows Babel's guests to embark on a journey reminiscent of the authentic flavors of a Lebanese breakfast, sprinkled with a dash of creativity. The new breakfast menu offers a selection of cold and hot appetizers, manakish, eggs served

with a touch of Babel, and numerous dessert options for unforgettable morning gatherings.

"Choosing Kuwait to launch the breakfast menu echoes the true spirit of Babel's approach in tailoring its offerings to the location, the spirit of the outlet and the demands of its guests. We take great pride in challenging conventions and being trendsetters, thus announcing Babel Kuwait as the first Babel outlet across the region to introduce the breakfast menu in a step towards satisfying our guests' cravings in addition to further elevating the Lebanese dining experience in Kuwait," said Ian Toal, President of Food Division at M.H. Alshaya Co. at the occasion.

"Our new menu is hand-crafted with Babel's customer base and their passion for the Lebanese cuisine in mind, to create innovative and novel breakfast items, seasoned with our progressive fusion of flavours that complements the unique Lebanese culinary experience," he added.

Customers can relish the famous Cheese Platter dish that consists of three different kinds of cheese decorated with walnuts and sun-dried or picked tomatoes garnished with mint powder. The selection of hot mezza includes breakfast essentials such as Fattet Hommus and Soujouk, carefully crafted to transform the breakfast experience.

Babel specializes in customising the choice of Omelette in six savoury styles, all of which are mouth-watering and combine the inherited ingredients of Lebanon. The breakfast menu also offers an exotic Jam Assortment, Oum Ali and Arichi with Honey among other delicacies to tantalize early taste buds, along with a selection of freshly squeezed juices and mocktails.

Babel's breakfast will be served daily between 9am and 12pm. Babel is located at Marina World, on the Gulf Road. To find out more about Babel, follow them on Facebook @BabelKuwait and Instagram @BabelKuwait. For reservations, please call: 22081111.

CHEESE BALLS A TASTY TREAT

Traditional cheese balls are a mixture of cream cheese, grated semi-soft or semi-firm cheese whipped smooth with a few added flavorings, which are then shaped into a ball of about four inches in diameter and rolled in nuts. With crackers, carrot sticks, and celery, they serve the same function as the crudité platters of cut veggies with dip that have commanded parties since the early '80s.

In many ways, a cheese ball is not even a recipe; it is a concept with four directions. What makes a cheese ball so versatile is that you can quite literally change almost every element and still be good to go.

What cheese to use for a cheese ball

When it comes to the creamy component, cream cheese is the classic foundation, and it works incredibly well. As in any dish with a few ingredients, the quality



of what you use becomes vital, so pick the best cheese you can afford. You will be stretching any pricey cheese or flavorings with inexpensive cream cheese, which helps keep this dish both special and doable on most budgets.

The single trick to getting a cheese ball to work well is that every ingredient must be at room temperature. Soft, warm cheeses become integrated into a single flavor, with a new texture and aroma that simply cannot occur if you start with cold ingredients. Set the cream cheese and cheeses out on the



counter for about an hour before you start and you will be problem-free.

For the base cheese: Cream cheese is our first choice for its firm texture and mild creaminess. It creates a base so handy that it is easy to make



the mixture into whatever you want. With the addition of one or two ingredients, the base is made firmer and shaped into a sculpture (think football or snowman, not three-foot swan) or softer (think dip). It is easy to make, easy to modify, and easy to fix.

If you feel adventuresome, try mascarpone, quark, neufchatel, creamy feta, soft goat cheese, or fromage blanc as an alternative base to the cream cheese.



The second cheese: Once you have the base set, you can get crazy with the second cheese. As long as it's not a grating cheese or crumbly, like Parmesan or cotija, it will work.



How long to leave cheese out

Do not leave cream cheese out more than about two hours unrefrigerated, but the second cheese can sit out for about four hours; just keep them all covered and away from a hot stove or running dishwasher.

Topping Your Cheese Ball

A good cheese ball is a study in texture. You want to create contrast between the smooth, creamy interior and the chewy add-ins. Things like crunchy bacon, crackers, and roasted nuts are all ideal toppings. Mince your toppings — they should be pretty small so they are easily incorporated into the cheese as it spreads.

Cheese balls keep extraordinarily well as long as you do not roll them in the outer topping until just before serving. Wrapped in plastic and then foil, a cheese ball will keep for up to a week, making it a great nibble to have on hand during party season or any random get-together.

Fuel Your Fitness Habit

After a season of indulgences it is now time to return to the gym. However, while workouts at the gym are important to getting back in shape, equally important is eating the right foods to fuel your body after the exercises.

We list below some of the places that serve healthy and nutritious eating options post-workout based on your specific exercise preference. Rather than drive over to these places, you could also go online to food delivery sites such as Talabat, or use their app on your mobile, to order foods designed to boost your health regime.

Yoga Bunnies: Your body is your temple, and natural food and eating



mindfully is an essential part of maintaining a 'Zen' lifestyle. Refresh after your workouts with a deliciously organic and wholefood meal from the Calorie Counter.

Body Builders: A heavy weights session will leave your body depleted of glycogen. Opt for a meal full of fast digesting proteins and moderate



to high GM carbs to help build muscle and slow protein breakdown. Check out for Healthylicious for its range of high protein health conscious meals.

Spin Queens (or Kings!): After an

energetic and sweaty spinning class it is essential that you replenish fluids and feed your body protein. Packed with colorful veggies, healthy carbs and good protein, salads are the perfect post spin option — try out one of the huge range of options available at Salad Boutique.

CrossFit Champions: CrossFit's concept of functional training achieves great results but is very taxing to the body — meaning that choosing the optimum post-workout recovery meal is essential. Order a meal full of easily digestible protein and carbs; with its wide selection of healthy fish and rice-based dishes Sushi Minto is a great option.

Armchair Enthusiasts: For those who prefer a more sedate approach to health, Talabat has other solutions with restaurants such as Alpha Healthy offering tasty and nutritionally balanced meals.



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.

EXCLUSIVE to THE TIMES KUWAIT

Water Management Is Health Management



Giulio Boccaletti

Chief Strategy Officer and Global Managing Director for Water at The Nature Conservancy



With climate change accelerating and its effects exacerbating other geopolitical and development crises, the role of environmental protection in preserving and improving human wellbeing has become starkly apparent. This recognition lies at the heart of the concept of 'planetary health', which focuses on the health of human civilization and the condition of the natural systems on which it depends.

The concept's logic is simple: if we try to deliver better health to a growing population, without regard for the health and security of our natural resources, we will not just struggle to make new strides; we will reverse the progress already made. Where things get complicated is in applying the concept, particularly when addressing the nexus of water services, health, and ecosystem integrity.

Since at least 1854, when John Snow discovered that cholera was spread through contaminated water supplies in central London, humans have understood that polluted water is bad for our health. The degradation of freshwater ecosystems often brings disease, just as the protection or strengthening of such ecosystems improves health outcomes. But, while it is now well understood that progress in one area improves outcomes in another, such co-beneficial dynamics often are insufficient to spur investment in both areas.

For example, investing to protect a watershed can also protect biodiversity and improve water quality in associated rivers, thereby benefiting human health. But if the goal is explicitly to improve human health, it might be more cost-effective simply to invest in a water-

treatment plant.

A more compelling dynamic is complementarity: when investment in one area increases the returns on investment in other areas. In this scenario, investments in protecting a watershed would aim not just to produce returns directly, but also to boost the returns of simultaneous investments in human health. Complementarity produces mutually reinforcing dynamics that improve outcomes across the board.

A well-functioning water sector already attempts to balance complementary interventions. Indeed, such a system amounts to a multidisciplinary triumph of human ingenuity and cooperation — involving engineering, hydrology, governance, and urban planning — with far-reaching complementary impacts on both human health and economic development.

In 1933, through the Tennessee Valley Authority Act, the United States established an agency whose purpose was to build hydroelectric dams on the Tennessee River. That effort benefited industry, agriculture, flood control, and conservation throughout the Tennessee Valley watershed, until then one of the country's most disadvantaged regions. Since then, governments worldwide have recognized the potential of water infrastructure to complement

other economic and social policies, including those intended to improve health outcomes. It is no coincidence that one of the World Bank's largest lending portfolios — \$35 billion worth of investments — comprises water projects. But understanding the potential of complementarity is just the first step. To maximize results, we must design a coherent strategy that takes full advantage of the dynamic, at the lowest possible cost. The question is whether there is an optimal mix of environmental protection and

sanitation, let alone increases the returns of other health interventions by the highest possible amount. Another study found that an estimated 42 percent of the global malaria burden, including a half-million deaths annually, could be eliminated through policies focused on issues like land use, deforestation, water resource management, and settlement siting. But the study didn't cover the potential benefits of employing insecticide-treated nets as a tool for fighting malaria, ruling out a comparison

serve as mosquito larval habitats. Can we show that ecological restoration of the watershed could do more than just insecticides or mosquito nets to support efforts to reduce malaria (and dengue) in cities?

In all of these cases, finding the best option requires knowing not just the relative contribution of different interventions, but understanding their complementarity. In a world of limited resources, policymakers must prioritize their investments, including by differentiating the necessary from the desirable. To that end, finding ways to identify and maximize complementarity is vital.

Some 2.1 billion people worldwide lack access to safe, readily available water at home, and more than twice as many — a whopping 4.5 billion — lack safely managed sanitation, severely undermining health outcomes and fueling river pollution. With a growing share of the world's population, including many of the same people, feeling the effects of environmental degradation and climate change firsthand, finding solutions that simultaneously advance environmental protection, water provision, and health could not be more important. Global health and conservation professionals must cooperate more closely to find those solutions — and convince policymakers to pursue them.



direct health interventions on which policymakers can rely to maximize investment returns for both.

A recent analysis suggests that, in rural areas, a 30 percent increase in upstream tree cover produces a 4 percent reduction in the probability of diarrheal disease in children — a result comparable to investing in an improved sanitation facility. But, if that is true, we have yet to determine at what point reforestation becomes a better investment than improving

of the two investments' returns. Worldwide, around 40 percent of cities' source watersheds show high to moderate levels of degradation. Sediment from agricultural and other sources increases the cost of water treatment, while loss of natural vegetation and land degradation can change water-flow patterns. All of this can adversely affect supply, thereby increasing the need to store water in containers, such as drums, tanks, and concrete jars, which then

<p>CORELLE</p>		<p>CORNINGWARE</p>		<p>Sole distributor in Kuwait</p> <p>Al-Othman & Al-Bisher Trd. Co. W.L.L. P.O. Box: 22984 Safat 13090 Kuwait Tel: +965 247 16 819 / 247 55 074 Fax: +965 24755073 / 24760108 Email: obtkwt@qualitynet.net www.obtkwt.com</p>
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EXCLUSIVE to THE TIMES KUWAIT

West's Broken Promises on Education Aid



Jeffrey D. Sachs

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The Global Partnership for Education, a worthy and capable initiative to promote education in 65 low-income countries, is having what the jargon of development assistance calls a 'replenishment round', meaning that it is asking donor governments to refill its coffers. Yet the fact that the GPE is begging for mere crumbs — a mere \$1 billion per year — exposes the charade of Western governments' commitment to the global Education for All agenda.

The United States and the European Union have never cared that much about that agenda. When it comes to disease, they have at times been willing to invest to slow or stop epidemics like AIDS, malaria, and Ebola, both to save lives and to prevent the diseases from coming to their own countries. But when it comes to education, many countries in the West are more interested in building walls and detention camps than schools.

The GPE does excellent work promoting primary education around the world. Donor countries, all of which long ago signed on to Education for All, should be clamoring to help one of the world's most effective organizations to achieve that goal. Yet generous donors are few and far between.

This reality extends back to imperial times. When most of Africa and much of Asia were under European rule, the colonizers invested little in basic education. As late as 1950, according to United Nations data, illiteracy was pervasive in Europe's African and Asian colonies. At the time of independence from Britain, India's illiteracy rate stood at 80-85 percent, roughly the same as Indonesia's illiteracy rate at the time of independence from the Netherlands. In French West Africa, the illiteracy rate in 1950 stood at 95-99 percent.

After independence, African and Asian countries pursued massive and largely successful



initiatives to raise basic education and literacy. Yet, far from seizing this opportunity to make up for lost time, Europe and the US have provided consistently meager assistance for primary and secondary education, even as they have made high-profile commitments such as Education for All and Sustainable Development Goal 4, which calls for universal access to pre-primary through secondary school.

Consider the grim data on development aid for education, which has stagnated for years — and actually declined between 2010 and 2015. According to the most recent OECD data, total donor aid for primary and secondary education

in Africa amounted to just \$1.3 billion in 2016. To put that figure in perspective, the US Pentagon budget is roughly \$2 billion per day. With around 420 million African kids of school age, total aid amounted to roughly \$3 per child per year.

It is not as if Western governments do not know that far more is needed. Several detailed recent calculations provide credible estimates of how much external financing developing countries will need to achieve SDG 4. A UNESCO study puts the total at \$39.5 billion per year. A report by the International Commission on Financing Education Opportunity, led by former UK Prime Minister Gordon Brown, similarly put

developing countries' external financing needs at tens of billions of dollars per year.

Here is the reason why aid is needed. A year of education in Africa requires at least \$300 per student. (Note that the rich countries spend several thousand dollars per student per year.) With Africa's school-age population accounting for roughly one-third of the total, the per capita financing requirement is about \$100. Yet for a typical African country, that is about 10 percent of per capita national income — far more than the education budget can cover. External aid can and should cover the financing gap so that all children can attend school.

That's not happening. Annual spending per school-aged child in Sub-Saharan Africa is roughly one-third of the minimum needed. As a result, most kids don't come anywhere close to finishing secondary school.

They are forced to drop out early, because there are no openings in public schools and tuition for private school is far too high for most families. Girls are especially likely to leave school early, though parents know that all of their children need and deserve a quality education. Without the skills that a secondary education provides, the children who leave school early are condemned to poverty. Many eventually try to migrate to Europe in desperate search of a livelihood. Some drown on the way; others are caught by European patrols and returned to Africa.

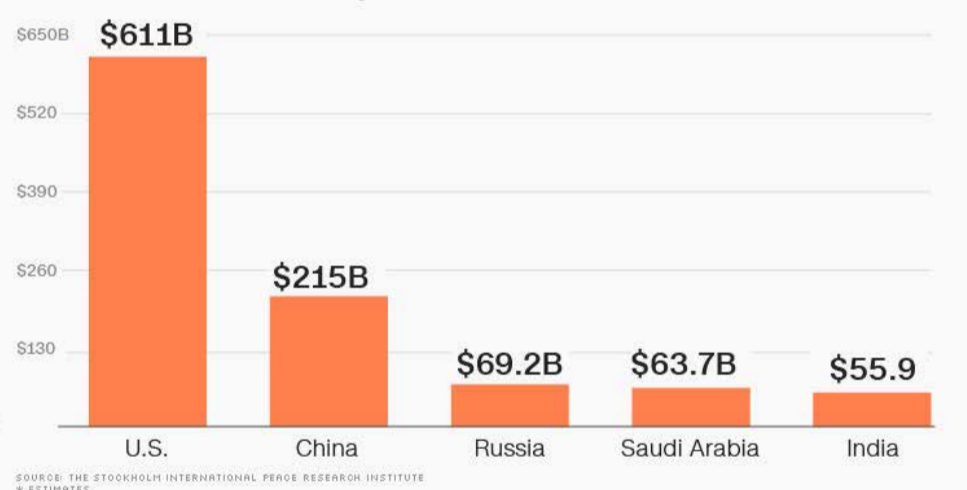
So now comes the GPE's replenishment round, scheduled for early February in Senegal. The GPE should be receiving at least \$10 billion a year (about four days' military spending by the NATO countries) to put Africa on a path toward universal secondary education.

Instead, the GPE is reportedly still begging donors for less than \$1 billion per year to cover GPE programs all over the world.

Instead of actually solving the education crisis, rich-country leaders go from speech to speech, meeting to meeting, proclaiming their ardent love of education for all.

Across Africa, political, religious, and civil-society leaders are doing what they can. Ghana has recently announced free upper-secondary education for all, setting the pace for the continent. As African countries struggle to fund their ambitious commitments, new partners, including private companies and high-net-worth individuals, should step forward to help them. Traditional donors, for their part, have decades of lost time to make up for. The quest for education will not be stopped, but history will judge harshly those who turn their backs on children in need.

2016 military spending



Health sector reforms remove capacity constraints

Continued from Page 1

Projects being implemented as part of health sector reforms are expected to bring about a sharp increase in the number of available hospital beds and provide health facilities with cutting-edge capabilities. Some of the new hospitals that form part of the reform initiative include a 780-bed Maternity Hospital, a 792-bed Children's Hospital, a new Police Hospital with 500 beds and a Physical Medicine Hospital with over 700 beds. Ongoing expansions to existing hospitals will also see a significant increase to their existing bed-capacities and health service capabilities. In addition, construction of the new 1,166-bed Jaber Al-Ahmad Hospital, one of the largest health facilities in the Middle-East, has been completed and is awaiting handover to the Ministry of Health. There are also three new hospitals, under the expatriate insurance program, with a total of 750 beds slated to open in the near future.

The plan to build more hospitals and expand existing ones in a bid increase the number of available hospital beds

and health facilities in the country is a welcome move. But new hospitals and beds are only one part of the healthcare equation; equally important is improving the quality of medical services provided to residents.

Apparently, it is a lack of this quality quotient, or at least confidence in the available quality, which has prompted many Kuwaitis to seek specialized medical services abroad at government expense. Until recently, the government had a policy of liberally funding specialized treatment abroad for Kuwaitis requiring complex medical procedures. The funding covered all medical costs for the patient's treatment, as well as the expenses of spouses and other family members accompanying them abroad.

But by signing on to this 'medical tourism' policy, the government had inadvertently been questioning the competency of local doctors and medical facilities to handle complicated medical procedures. Besides encouraging a rush of outbound 'medical tourists' this policy led to the government incurring huge overseas health bills that could have been better utilized to improve the

quality of local healthcare. In a damning report, the State Audit Bureau pointed out that the government spent in excess of KD440 million in 2014 to fund 11,000 medical trips abroad for citizens.

Repeated annual expenditure overruns and an avalanche of citizens seeking medical treatment abroad led the government to begin reining-in this unsustainable practice. In 2015, the authorities slashed the daily allowance granted to patients and their spouses during their stay abroad. Simultaneously, the authorities made the approval process for treatment overseas more arduous, so that politicians could no longer easily peddle medical tourism jaunts abroad in exchange for votes from their electorates.

The government also initiated the opening of several specialized medical treatment facilities at local hospitals and enhanced the quality of services provided. To maintain the quality of medical services, the Ministry of Health also signed a number of agreements with prestigious global institutions to regularly train medical staff and periodically evaluate the quality of

healthcare being delivered. By the end of 2016, these actions on their own had resulted in a drop by half the number of people seeking treatment abroad at government expense.

Initiatives aimed at improving quality of medical services and facilities, and policies designed to enhance the healthcare system in the country are undoubtedly necessary and welcome moves, but these policies should not come at the expense of one section of society. Segregating people on the basis of citizens and non-citizens, and apportioning the morning hours of the day for Kuwaitis and evening hours for expatriates at hospitals and clinics, is clearly a policy that the authorities have not thought through.

While this strategy might help alleviate rush during morning hours and relieve Kuwaitis from having to wait for services at public healthcare facilities, it will definitely increase the rush of expatriate patients in the evenings. The huge influx of patients and the limited work hours will in turn increase workload on doctors, nurses and other medical staff in the evening shift. The pressure is

bound to add up and eventually impact negatively on the quality of services provided, besides further straining the country's healthcare system.

Similarly, the recent move to increase fees for healthcare services provided to foreigners will certainly help increase health ministry revenues, but it will also prevent many non-citizens from availing of needed health services. Most Western expatriates and others having health coverage as part of their work contract generally do not seek medical attention at government-run facilities, but there are those in the weakest sections of society who rely entirely on public healthcare to meet their health needs. The high fees now being imposed by the government will deter this group of people from seeking the medical services that they might urgently need, but can no longer afford.

The authorities may feel that segregation of patients and selective fee hike for healthcare services are necessary steps, but for a country that takes pride in its generosity and humanitarian credentials these are definitely steps in the wrong direction.

EXCLUSIVE to THE TIMES KUWAIT

Embracing the New Age of Automation



**Christopher Pissarides
and Jacques Bughin**

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Ever since early-nineteenth-century textile workers destroyed the mechanical looms that threatened their livelihoods, debates over automation have conjured gloom-and-doom scenarios about the future of work. With another era of automation upon us, how nervous about the future of our own livelihoods should we be?

A recent report by the McKinsey Global Institute estimates that, depending on a country's level of development, advances in automation will require 3-14 percent of workers worldwide to change occupations or upgrade their skills by the year 2030. Already, about 10 percent of all jobs in Europe have disappeared since 1990 during the first wave of routine-based technological change. And with advances in artificial intelligence (AI), which affects a broader range of tasks, that share could double in the coming years.

Historically, job displacement has occurred in waves, first with the structural shift from agriculture to manufacturing, and then with the move from manufacturing to services. But throughout that process, productivity gains have been reinvested to create new innovations, jobs, and industries, driving economic growth as older, less productive jobs are replaced with more advanced occupations.

The internal combustion engine, for example, wiped out horse-drawn carriages, but gave rise to many new industries, from car dealerships to motels. In the 1980s, computers killed typewriters, but created a host of new occupations, from call-center service representatives to software developers.

Because the far-reaching economic and



social benefits of new technologies tend to receive less attention than job losses, it is worth noting that automation technologies are already demonstrating a capacity to improve lives. This past November, Stanford University researchers showed that an AI system outperforms expert radiologists in detecting pneumonia from lung X-rays. In an era of stalled productivity growth and declining working-age populations in China, Germany, and elsewhere, automation could provide a badly needed economic boost. Higher productivity implies faster economic growth, more consumer spending, increased labor demand, and thus greater job creation.

Nonetheless, any discussion about AI-based automation must also take public anxieties into account. Even though new occupations will likely replace those lost to automation, wages may take time to catch up to the reality of higher labor productivity.

In the early nineteenth century, wages stagnated for almost 50 years before picking up again. That may have been an extreme situation. But for lower-skilled workers, the transition underway today could prove just as wrenching. With fears of increased inequality already growing, governments will need to rethink policies for providing income and job-

transition support to displaced workers.

Looking ahead, policymakers and businesses should keep five imperatives in mind. The first is to embrace AI and automation without hesitation. Even if it were possible to slow the pace of change, succumbing to that temptation would be a mistake.

Owing to the effects of global competition, hampering technological diffusion in one domain would simply dampen overall prosperity. In fact, we recently estimated that northern European economies could lose 0.5 percentage points of annual GDP growth if they do not keep pace with their neighbors in adopting AI.

The second imperative is to equip workers with the right skills. Future-of-work debates often overlook the question of how the labor market will evolve and either improve or exacerbate the skills mismatch that is already acute in developed countries. According to recent OECD research as much as one-third of workers in advanced economies are either underutilized or unable to handle their current duties.

The jobs of the future will require not just more cognitive skills, but also more creativity and social skills, such as coaching. We estimate that, unless workers' skill sets are upgraded, today's mismatch could double in severity within

ten years, resulting in major productivity losses and higher levels of inequality.

Upgrading skills on a large scale will require coordination among parents, educators, governments, employers, and employees, with a focus on lower-skilled individuals. Unfortunately, in the past two decades, public spending on labor markets, relative to GDP, has declined by 0.5 percentage points in the United States, and by more than three percentage points in Canada, Germany, and Scandinavia.

The third imperative is to focus on augmented-labor opportunities. Unlike older industrial robots, newer technologies can interact safely and efficiently with humans, who sometimes need to train them and will increasingly have to work seamlessly with algorithms and machines. For example, a doctor's practice will be greatly enhanced by diagnostic algorithms. Policymakers and businesses should seek to maximize this kind of complementarity across all sectors.

Fourth, businesses will need to innovate and capitalize on new market opportunities at the same pace that human tasks are being replaced. For example, in the first wave of robotics, countries such as Germany and Sweden displaced auto-sector jobs by adopting CAD (computer-aided design) robots; but they simultaneously brought other jobs back from Asia, and even created new downstream jobs in electronics. Similarly, AI offers countless opportunities for innovation and tapping into global value chains. By seizing these opportunities quickly, we can ensure a smoother transition from old to new jobs.

Finally, it is imperative that we reinvest AI-driven productivity gains in as many economic sectors as possible.

Such reinvestment is the primary reason why technological change has benefited employment in the past. But without a strong local AI ecosystem, today's productivity gains may not be reinvested in a way that fuels spending and boosts demand for labor. Policymakers urgently need to ensure that strong incentives for reinvestment are in place.

Automation has been given a bad rap as a job killer. Nevertheless, to ensure that its benefits outweigh its potential disruptions, private- and public-sector actors must exercise strong joint leadership and keep the five imperatives for the new age of automation at the top of the agenda.

Philippines stops deployment of workers to Kuwait

Continued from Page 1

pending investigation into the cause of deaths of seven Overseas Filipino Workers. "We would like to seek justice for our OFWs, and we are doing this for utmost protection and welfare of our kababayan," Mr. Bello said.



Department of Labor and Employment Secretary Silvestre Bello III

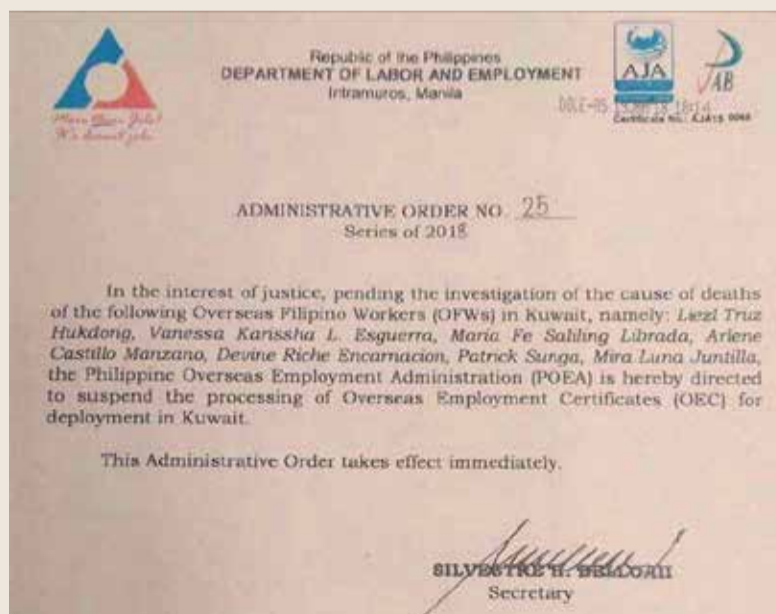
Overseas Filipino workers, Liezl Truz Hukdong, Vanessa Karissha L. Esguerra, Maria Fe Saliling Librada, Arlene Castillo Manzano, Devine Riche Encarnacion, Patrick Sunga and Mira Luna Junilla were found dead in various incidents over the past few months, with the authorities in

Kuwait maintaining in many cases that investigations to uncover the causes of death were still ongoing.

The ban came on the heels of a statement by Philippines President Rodrigo Duterte in which he had called for a total ban on deployment of OFWs, especially household workers, to Kuwait following reports of sexual abuses.

The Times Kuwait and other media in Kuwait have repeatedly carried stories of ill-treatment of Overseas Filipino Workers in Kuwait, including cases of rape, physical violence and other abuses, as well as deaths from murder or suicide. Just last week, The Times Kuwait had carried the story about three OFWs who were found dead in two separate incidents. Two of the dead, Arlene Manzano and Patrick Sunga, had succumbed to multiple stab wounds, while the third, Maria Librada, had been found hanging and was alleged to have committed suicide at her employer's place.

The deaths of these three OFWs were also alluded to in recent remarks by the Philippines President when he warned of a total ban on sending workers to Kuwait because of alleged "sexual abuses that traumatized



Filipino women and often lead to their suicide".

President Duterte had added that there needed to be a discussion with Kuwait officials to highlight the issue of abuses, which are unacceptable, and that measures had to be taken to protect the rights of the OFWs.

"I do not want a quarrel with Kuwait. I respect their leaders but

they have to do something about this because [otherwise] many Filipinas will be committing suicide," the president said in a recent speech. "We have lost about four Filipino women in the last few months. It's always in Kuwait," the president is reported to have said.

In response to the Philippines President's comments, Kuwait's

Deputy Foreign Minister Khaled Al-Jarallah, expressed his regret that the Filipino president made these remarks. He said that the Foreign Ministry had contacted the "Philippines' authorities to determine the motives behind the president's statement and refute the erroneous information in it".

He pointed out that the "number of the Filipinos in Kuwait has exceeded 170,000, thus the four cases mentioned in the president statement cannot be used as a criterion to assess the overall status of the Philippines' laborers in the country".

Kuwait enjoys "a bright image on treating expatriate workers and has laws that preserve their rights and organize their relations with the employers," the deputy foreign minister added.

Meanwhile, Philippines Foreign Affairs Secretary Alan Cayetano is set to meet with Kuwait's ambassador in Manila on Monday to discuss the President's concerns. "I'm expecting a good response from the ambassador, but of course we have to see the response translate into action, meaning protection of our OFWs," said Mr. Cayetano.

Tunisia announces new social reforms

Seven years after the Arab Spring upheavals in the region, Tunisia, which is seen as the birthplace of that uprising, last week announced a new set of social reforms. The government announcement came as anti-austerity protests continued to rock the capital and other cities in Tunisia.

Announcing the new measures, the country's Social Affairs Minister Mohamed Trabelsi said the reforms package were aimed at improving care for the needy and enhancing access to healthcare. He revealed that the new plan would increase monthly benefits to low-income families from roughly \$60 per month to \$85 and that in total the social reforms package would cost the government in excess of 170 million dinars (\$70 million). "This will directly benefit around 250,000 poor and middle class families," said the

minister. The announcement came after Tunisian President Beji Caid Essebsi met with labor unions, political parties and companies to discuss anti-austerity protests triggered by tax increases that took effect from January 1. "We discussed the general situation in the country and the reforms, especially socio-economic, that must be adopted to overcome the current problems," said Wided Bouchamaoui, who heads the UTICA employers' federation.

January marks the seventh anniversary of anti-government protests led to the ouster of longtime President Zine El Abidine Ben Ali and triggered the so-called Arab Spring, a revolutionary wave of demonstrations across North Africa and the Middle East. Protest organizers have called for mass demonstrations to mark



the anniversary, saying that since the Arab Spring there have been nine governments in Tunisia, all of whom failed to rectify the socio-economic imbalances prevailing in society.

On another front, the authorities

moved swiftly to quash anti-government protests that began last Friday, with the interior ministry revealing that 800 people had been arrested on suspicion of engaging in violent acts during the week's

protests, including rioting and looting.

Tunisians have held rallies across the country to protest the government's new austerity measures, aimed at minimizing the country's deficit. The Tunisian people have become increasingly angry since the government said it would increase the price of petrol, some goods, and taxes on cars, phone calls, the internet, hotel accommodation and other items from January 1.

Tunisia has been in economic crisis since 2011, when the Arab Spring uprising unseated the government. Two major militant attacks in 2015 also greatly damaged the country's tourism industry, which made up eight percent of gross domestic product. Many people face unemployment, with official figures put the unemployment rate at around 15 percent.

South Africa to woo investors

In his first official statement, the newly elected ruling African National Congress (ANC) party president, Cyril Ramaphosa, has promised to resuscitate the country's faltering economy.

The ANC chief, who is the potential successor to incumbent South African President Jacob Zuma, said that the ruling ANC party would implement an economic and social program of fundamental and radical change. He said the government would focus on building an economy that welcomes investors and in which all South Africans can flourish. We will concentrate on "building an economy that benefits the people of our country as a whole rather than just a few privileged individuals and families", he said.

While promising to implement the ANC's policies on free education and radical economic transformation, he added that the party wanted "an open and diverse economy that will provide opportunities for all, especially young people and women."



As president of the ruling ANC, Mr. Ramaphosa,

a former business tycoon, is tasked with implementing the government's free education program and the controversial economic transformation drive that includes redistribution of land without compensation to current owners. However, attempting to ease investor unease over these measures, Ramaphosa said land will be redistributed while meeting the constitutional requirement of redress. He invited investors from all over the world to come to South Africa to invest and help the country's economy to grow, "so that we can create more jobs, end poverty and reduce inequality".

In recent years, South Africa's status as the leading African economy has suffered, with ratings agencies downgrading their assessment of the country's economy and growth projection for the current year at less than two percent. Prevailing political uncertainty in the ANC and President Jacob Zuma's frequent cabinet reshuffles have also pushed investor confidence to an all-time low since the party led by anti-apartheid icon Nelson Mandela took over the country's reins in 1994.



Snow in the Sahara

Residents of Aïn Séfra, an Algerian town on the edge of Sahara Desert, woke up last week to find the beautiful sight of snow capping the sand dunes in their neighborhood. What made the snowfall so remarkable is that the town, sometimes called the 'Gateway to the Desert', and where temperatures can often soar to above 40°C in summer, is now beginning to witness more frequent snowfalls.

The first recorded snowfall in recent memory was way back in 1979, but since then it has snowed

more frequently. In January 2012, the Algerian TV channel Central TV covered snowfall in the same town which it described as "an exceptional natural phenomenon in this Saharan region."

It again snowed in the consequent winters of 2016 and 2017 and again this year. Two years ago, the snow settled for around a day, and the town saw snowfall again last year.

A freak winter storm that hit the town on 20 January, 2017 left behind more than a meter of snow across the desert landscape. This was

the largest snowfall in residents' memories and caused travel disruptions due to roads becoming iced, while children sledged and made snowmen on the sand dunes.

There are speculations as to how many times it has snowed in the Sahara because of the vastness of the area and the availability of a few monitoring facilities.

Stefan Kröpelin, a geologist at the University of Cologne in Germany who has been researching the Saharan climate for years said the challenge in the Sahara is the humidity and not the temperatures.

The assumption is that deserts refer to average temperatures when in fact it is lack of precipitation.

He added, "The Sahara is as large as the United States, and there are very few weather stations," he added.

"So it's ridiculous to say that this is the first, second, third time it snowed, as nobody would know how many times it has snowed in the past unless they were there." The Sahara is the largest hot desert and the third largest desert in the world after Antarctica and the Arctic.

Nigeria proposes setting up cattle colonies

The Nigerian Federal government met last week with governors and security agency chiefs of six states to discuss the ongoing crisis between herdsmen and farmers that has left hundreds of people, including women and children, dead in repeated clashes in at least six states.

The latest clashes in Benue, Taraba, Adamawa and Kaduna, as well as deadly gang violence in Rivers State, had put the nation on edge and necessitated the federal government's intervention. Governors present at the meeting were Nasiru Ahmed El-Rufai (Kaduna), Darius Ishaku (Taraba), Tanko Al'makura (Nasarawa), Samuel Ortom (Benue) Mohammed Jibrilla (Adamawa), and Abubakar Bello (Niger). In a bid to diffuse the situation and quickly curb the



incessant violent clashes between farmers and herdsmen, the federal government has suggested the immediate setting up of cattle colonies.

Some section of society voiced their discontent at this move and said the policy was an attempt by

the federal government to forcibly collect land from citizens and hand them over to herdsmen. Refuting this allegation, the Minister of Agriculture and Rural Development, Audu Ogbah, said that the policy would not transfer communal land ownership to herdsmen wherever

it was established. "Cattle colony is not using herdsmen to colonize any state. It is going to be done in partnership with state governments that will like to volunteer land for it. The federal government will fund the project and those wishing to benefit from it will pay some fees.

"While ranching is more of an individual venture for the herdsmen and those wishing to invest in the livestock sector, cattle colonies is a larger project where up to 40 ranchers can share same facility that will be provided by the government at a reduced rate. Already, 16 states have volunteered land," he said. The minister said the federal government would soon hold a stakeholders' forum with the herdsmen and other stakeholders on the implementation of the new policy.



GREECE

Step into the ring where Olympians first competed. Climb steps hewn out of stone to Meteora's monasteries, perched atop towering rocks. Contemplate the oracle's insights from the grandeur of Delphi, take in a starlit drama at an ancient outdoor theatre and be stunned by massive marble sculptures dredged up from the Aegean. The cultural treasure chest that is Greece is filled with other-worldly experiences and a plethora of sites that are unique, remarkable and inviting to travelers of all interests.

Wander along cobbled Byzantine footpaths, hike into volcanoes, watch for dolphins and sea turtles, and cycle through lush forests. Meander through olive groves, idyllic villages and petrified forests. Thrill seekers can discover world-class kite surfing, wreck diving, and rock-climbing locations with dizzying views. Visitors are bound to feel at home with the warm welcoming nature of the local population in a country where socializing is not just a pastime, but is in fact adopted as a way of life.



Athens: With equal measures of grunge and grace, Athens is a heady mix of history and edginess. Cultural and social life plays out amid, around and in ancient landmarks.

The city is still dominated by 5th-century BCE landmarks, including the Acropolis of Athens, a hilltop citadel topped with ancient buildings like the colonnaded Parthenon temple. Visible from almost every part of the city, it reminds tourists and locals alike of the city's many transformations and rich heritage. A glimpse of this magnificent sight cannot fail to exalt your spirit. It is a showcase of lavishly colored colossal buildings and of bronze, marble and gold gargantuan statues.

The Acropolis Museum, along with the

National Archaeological Museum, preserves sculptures, vases, jewelry and more from Ancient Greece.

Beyond Athens, down the Attica peninsula, are more spectacular antiquities, such as the Temple of Poseidon at Sounion, as well as remarkable beaches, such as those near historic Marathon.

A contemporary city, it is not uncommon in Athens for the nightlife hubs of Kolonaki, Psiri and Gazi to stay busy until dawn. Some areas of the city are pedestrian-only, such as the winding lanes of the Plaka neighborhood, lined with cafes, traditional tavernas and neoclassical houses. The Grand Promenade walkway, created for the 2004 Olympics, circles the Acropolis, passing fabled remains such as the crumbling Ancient Agora of Athens complex.



Santorini: Resembling a giant slab of layered cake, Santorini is filled with multicolored cliffs soaring above a sea-drowned caldera, drawing tourists and travelers from around the world for much of the year.

The island's intrigue reaches deep into the past, with the fascinating Minoan site of Akrotiri and the gorgeous traditional hilltop village of Oia. It also glides effortlessly into the future with accomplished artists, excellent wineries, a unique microbrewery and some of the Cyclades' finest accommodation and dining experiences. The multicolored beaches are simply the icing on the cake. The main island of Thira will take your breath away with its snow-drift of white Cycladic houses lining the cliff tops and, in places, spilling like icy cornices down the terraced rock. Ancient Thira consists of Hellenistic, Roman and Byzantine ruins and is an atmospheric and rewarding site to visit. The ruins include temples, houses with mosaics, an agora (market), a theatre and a gymnasium with splendid views.

Mykonos: The great glamour island of Greece that Mykonos is, proudly flaunts its lively reputation. Also known as Hora, the island's well-preserved port and capital is a warren of narrow alleyways and whitewashed buildings overlooked by the town's famous windmills.

Located in a sheltered bay on the west coast, narrow, mazelike lanes are lined with white cubiform houses trimmed with bougainvillea



and blue doors and shutters. In the heart of the waterfront Little Venice quarter, which is spectacular at sunset, tiny flower-bedecked churches jostle with glossy boutiques and decadently enhancing the streets and corners are cascades of bougainvillea that are bound to take your breath away.

Matoyianni Street is the heart of the retail scene, with chic, high-end shops, cafes and art galleries. The town's Little Venice quarter is filled with waterfront bars, seafood restaurants and houses with colorful balconies. Nearby, Panagia Paraportiani is a whitewashed church with a famously lumpy, lopsided shape. Mykonos is also the jumping-off point for tourists keen on exploring the archaeological site of the nearby island of Delos.

Naxos: The largest of the Cyclades, Naxos is an increasingly popular destination among tourists keen on excitement and luxury minus the financial toll. The main city here has a gorgeous waterfront and a web of steep cobbled alleys below its hilltop kastro, all filled with the hubbub of tourism and shopping. You need not travel far, though, to find isolated beaches, atmospheric mountain villages and ancient sites. On an islet near the Naxos city harbor is the immense marble gate of Portara, part of an unfinished temple from the 6th century BCE, dedicated to the Greek god Apollo.

Naxos was a cultural centre of Classical Greece and Byzantium, and Venetian and Frankish influences also left their mark. Its high

mountains form rain clouds, and consequently Naxos is more fertile and green than most of the other Cyclades islands. It produces olives, grapes, figs, citrus fruit, corn and potatoes. Mt Zeus (also known as Mt Zas) is the Cyclades' highest peak at 1004m and is the central focus of the island's mountainous interior, where you will find enchanting villages such as Halki and Apiranthos.



Rhodes: By far the largest and historically the most important of the Dodecanese islands, Rhodes (ro-dos) abounds in beaches, wooded valleys and ancient history. Whether you arrive in search of buzzing nightlife, languid sun worshipping, diving in crystal-clear waters or to embark on a cultural journey through past civilizations, all your needs can be fulfilled here.

The atmospheric Old Town of Rhodes is a maze of cobbled streets that will spirit you back to the days of the Byzantine Empire and beyond. Further south is the picture-perfect town of Lindos, a soul-warming vista of sugar-cube houses spilling down to a turquoise bay.

A steep footpath climbs the 116-meter rock above Lindos to reach the beautifully preserved Acropolis of Rhodes. First walled in the 6th century BCE, the cliff top is now enclosed by battlements constructed by the Knights of St John. Once within, you are confronted by stunning ancient remains that include a Temple to Athena Lindia and a 20-columned Hellenistic stoa. Silhouetted against the deep blue sky, the stark white columns are dazzling, while the long-range coastal views are out of this world.



WEF 2018 co-chaired entirely by women

For the first time in the 48-year history of the World Economic Forum (WEF), the 2018 summit in Davos, Switzerland will be chaired entirely by women.

The move, a response to previous criticism about the prominence of men in the running of the event, will see seven women on 2018's meeting. The co-chairs of the event include International Monetary Fund Director Christine Lagarde, IBM Chief Executive Ginni Rometty and Norwegian Prime Minister Erna Solberg.

Solberg said ahead of the summit that it was "an honor to be asked to be co-chair at the World Economic Forum this year."

"I look forward to meeting representatives from the business sector, politics and various organizations to discuss how we can bring the world forward," she said.

"For my part, as Norwegian Prime Minister, I am particularly concerned about the need to create a sustainable welfare society. Inclusive growth is essential to reach that goal. This means, among other things, that both women and men must be able to take part in the labor market on equal terms."

WEF has faced criticism in the past that the summit, attended by more than 2,500 people

including global leaders and policy makers, lacked female representation. This resulted in 'Davos Man', a catch-all term with negative undertones used to refer to elite, wealthy men that attend the event. Sharan Burrow, another of the forum's co-chairs, said that 'Davos Man' must sit up and take notice.

"Davos Man needs to listen if he cares about his families and particularly about the question of equality and equal opportunity for his daughters," Burrow, general-secretary of the International Trade Union Confederation (ITUC), said. "If you ask me whether this rise of the alpha leader has created a wave of misogyny, you know my answer is yes."

The other co-chairs this year are Isabelle Kocher, chief executive of French energy supplier ENGIE; Fabiola Gianotti, director-general of the Switzerland-based European Organization for Nuclear Research (CERN); and Chetna Sinha, founder and chair of India's Mann Deshi Foundation, which supports female entrepreneurs.

WEF said the co-chairs would "lend a strong voice to all parts of society, ensuring a multi-stakeholder approach to the program and eventually the impact of the annual meeting



2018," WEF said, adding that the women "represent both the public and private sectors, international organizations, organized labor, academia and science, as well as civil society and social entrepreneurship."

Despite the all-female line-up, women in senior roles in industry are still the exception rather than the norm and gender inequality remains a global problem, particularly the gender pay gap.

WEF published a report in November, 'Global Gender Gap in 2017', which found that the gap in different spheres of society, including the economy, education and health, was still prominent and even deteriorating.

The report looked at 144 countries' progress towards gender parity across the economic, education, health and political empowerment fronts. It found that the "overall global gender gap can be closed in exactly 100 years" and that the most challenging gender gaps were in the economic and health spheres.

WEF noted that the gender pay gap was deteriorating and that "given the continued widening of the economic gender gap, it will now not be closed for another 217 years." According to PwC's Women in Work Index 2017, achieving pay parity in the Organization for Economic Co-operation and Development (OECD) could increase total female earnings by \$2 trillion.

Minouche Shafik, director of the London School of Economics and a WEF contributor, said that society needed more women at senior levels of corporate life.

"There are still many places where women are paid differently for equal work at the same level (as men) and every decent organization should look at itself and make sure everyone's being paid equally. That's a minimum that everyone should be able to do immediately. Then the longer-term issue is about getting more women to a senior level."



Reasons why a good friend at work helps

Whether someone is a new grad or a longtime veteran, everyone hopes to love where they work. There are plenty of components to satisfaction with your job, but two of the most key variables are your work/life balance and the people you work alongside. Other than your boss, your most important coworker is probably your work friend, AKA best friend on the job. Your work bestie supports you, pushes you, and – most importantly – always eats lunch with you. Check out these reasons to be grateful for your office-based friend.

They are always in your corner: Depending on where you work, having someone who constantly supports you can be vital to your success. Not everyone in your workplace will 100 percent approve of you or everything you do, but your work friend will always be there to encourage your efforts and celebrate your successes.

And when they are not, you have built-in feedback: On your not-so-good days, your work friend is there for you with perspective and advice. Sure, your friends and significant other can chime in, but nobody quite knows office situations as well as your Work Friend does. Having guaranteed access to candid-but-kind feedback will challenge and inspire you to be an even better version of yourself.

They are your lunch buddy: Your

work friend is your go-to for weekday lunches. Maybe you two always try new local spots together – or maybe you break out homemade lunches while you catch up on life. Either way, you never have to sit at a cafeteria table by yourself, and that is a huge win for both of you.

They understand industry jokes in ways your regular friends don't: If your friends are in different lines of work, they might not understand what's so hilarious about Comic Sans (graphic designers) or why inefficiency is the worst (industrial engineers). Every job has its own lingo (and jokes to make fun of that lingo), and your Work Friend is one person who speaks your language.

They probably have the same boss: You and your work friend might have the same boss – meaning you two experience similar work expectations and customs. If your boss is the worst, you will have someone who totally understands. If your boss is the best, you will have someone to gush with.

They know the heights of your goals: The person who watches you work your butt off is the person who knows what you are aiming for and just how far you will go to achieve it. Your work friend roots for you, challenges you, and celebrates you when you finally cross something off your professional bucket list.

WiSER Conference explores opportunities for women advancement

Global leaders from business, government and academia gathered in Abu Dhabi for the third annual Women in Sustainability, Environment and Renewable Energy (WiSER) conference under the theme, 'Women of Easternisation', focusing on the impact on women advancement through renewable energy and sustainability initiatives. The event was organized by Masdar in partnership with the Zayed Future Energy Prize.

The rise of Easternisation due to rapid growth of domestic economies, particularly in India and China, has seen heavy investments in renewables. China's announcement of the 'The Silk Road Economic Belt' initiative sees a trillion-dollar infrastructure plan and ample opportunities arising in efforts to shift trade flows towards Asia and revitalise the old Silk Road stretching from Asia and the Middle East, to the Mediterranean. This shift in geopolitical and economic power from the west to the east also presents unparalleled opportunities for women to enter the clean energy industry and support the global energy transition to new, clean forms of energy.

Mariam bint Mohammed Saeed Hareb Al Mehairi, UAE Minister of State for Food Security, delivered a keynote address focusing on the crucial role of women in transforming the world's food, energy and water systems and the role Easternisation has to play in achieving women empowerment and a sustainable future for all.

Dr. Nawal Al-Hosany, WiSER Programme Director, Deputy Director-General Emirates Diplomatic Academy, and Director of the Zayed Future Energy Prize, said, "Easternisation will involve major economies investing and the opening trade routes that spans several regions extending beyond 65 countries. China's progress in solar power plants development and its export of its skills and capacity, especially to Central Asia and Africa, not only presents energy access but will stimulate growth opportunities in these regions. It is essential that policy makers and corporations leverage this growth opportunity to overcome



the barriers that have historically prevented women's participation and leadership in clean energy-related fields.

Specifically, the existing strategic energy-focused partnership between the UAE and China, which is anchored on research and development of renewable energy sources, supports the UAE's move towards achieving a competitive knowledge economy, and has created many advancement opportunities for women.

The WiSER conference, a key event at Abu Dhabi Sustainability Week, also convened women leaders at a panel to discuss the impact of Easternisation on women advancement. The panelists discussed opportunities and barriers for women's entry into education, science and knowledge industries, and the critical importance of having policies that not only protect women's rights but ensure the inclusion of women at the beginning of any opportunities that arise from Easternisation.

Panelists involved were Anja-Isabel Dotzenrath, Chief Executive Officer of E.ON Climate & Renewables (EC&R); Dr. Florence Eid-Oakden, CEO & Chief Economist, Arabia Monitor; Dr. Manar Al Moneef, CEO, Renewable Energy, GE, MENAT; Lara van Druuten, Managing Director, The Waste Transformers.

Reflecting on the opportunities for women in Asia, Dr. Wandee Khunchornyakong, Founder, Solar Power Company Group, Thailand, said, "Opportunities have risen for

women in Asia with the deployment of Easternisation and the renewable energy industry. Education and self-belief amongst women are two crucial elements in their advancements. With two thirds of bachelor and masters graduates being women, we see women pursuing higher education and advancing themselves now more than ever.

"Today, 40 percent of CEOs in Thailand's listed companies are women. Beyond this, we hope to ensure that women are better represented in boards of directors in companies too. For this to happen, we need to collectively ensure policies and organisations focus on women inclusivity and equality."

Present at the conference and presenting the youth's perspective, Fatima Al Kaabi, the UAE's youngest inventor, said, "It is essential that children, regardless of gender, receive the support they need to pursue their passion – access to the right tools, education and opportunities to explore their full potential. Easternisation will see accelerated development for many parts of the world, more professional options, and hopefully better education to support ambitions of the youth.

"Beyond the support of my family and friends, I've been fortunate to have received tremendous support from the UAE government, encouraging me to develop my skills and interest in the field of technology and science to invent practical solutions that would make a positive impact in our world."

DASH deemed best diet overall

The Dietary Approaches to Stop Hypertension (DASH) diet has for the eighth consecutive year been ranked as the 'best overall' diet by a panel of health experts associated with the US-based media publication, US News & World Report.

Announcing the results of the annual diet review for 2017, which included appraising nearly 40 different diets, the panel noted: With its focus on vegetables, fruits, whole grains, low-fat dairy, and lean proteins, DASH, tied this year for 'best overall' diet and was ranked No. 1 in the 'healthy eating' and 'heart disease prevention' categories.

The panel's high rankings were based on relative ease with which the diet could be followed, its nutritional value and safety, as well as its effectiveness for weight loss and protection against diabetes and heart disease.

The health panel's choice of DASH as best overall diet coincided with the release of new research which suggests that combining DASH with a low-sodium diet has the potential to lower blood pressure as well as or even better than many anti-hypertension medications.

According to the World Health Organization, hypertension, more commonly referred to as high blood

pressure, is the most common chronic condition worldwide. It is a major risk factor for heart disease, affects 1 billion people, and each year accounts for 1 in 8 deaths around the world.

Researchers funded by US health research agency, the National Institutes of Health, developed DASH primarily to prevent and treat high blood pressure, but the diet also has proven highly effective in lowering blood cholesterol.

Previous research has shown that



people who follow the DASH diet may be able to reduce their blood pressure by a few points in just two weeks. Over time, their systolic blood pressure (the top number in a blood pressure reading) could drop by eight to 14 points, which significantly reduces the risk of cardiovascular disease.

The positive health effects could

be even greater if DASH is combined with a low sodium diet. A previous study of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that the combination of a low-salt diet with DASH substantially lowers systolic blood pressure. The results were impressive overall, with participants who started out with the highest blood pressure achieving the greatest reductions.

An interesting aspect of the DASH diet is that the effects are greater in people with hypertension or higher blood pressure at baseline, which is comparable to anti-hypertensive medications. The results from the study showed that dietary interventions can be as effective as, or even more effective than, antihypertensive drugs in those at highest risk for high blood pressure, and should be a routine first-line treatment option for such individuals.

DASH is not a fad diet, but a healthy eating plan that supports long-term lifestyle changes. It is low in saturated fat, trans-fat and cholesterol. It emphasizes fruits, vegetables, and low-fat dairy foods, and includes whole grains, poultry, fish, lean meats, beans, and nuts. It is rich in potassium, calcium, and magnesium, as well as protein and fiber. It also calls for a reduction in high fat red meat, sweets, and sugary beverages.

Tracing genes linked to obesity

It is not just diet and physical activity, your genes too play a part in determining how easily you might lose or gain weight.

Researchers affiliated with the Genetic Investigation of Anthropometric Traits (GIANT) consortium, an international collaboration among various health institutions, have found 13 genes that carry variations associated with body mass index (BMI). In the past decade, researchers in the GIANT consortium have performed genome-wide screens in hundreds of thousands of individuals to identify genetic variations associated with obesity and BMI. However, until now, the genetic variations they identified were merely 'flags' on the genome that highlighted DNA sequences of interest.

In this new, first ever large-scale study to pinpoint genetic variations that may directly impact the function of the genes, researchers focused on a specific set of genetic variations that are likely to affect the function of genes and their proteins — an approach that expedited the discovery of the causal genes that affect body weight. The new study, an international collaboration that involved more than 250 research institutions, combined genetic data from more than 700,000 individuals and 125 different studies to form the largest genetic association study to date. The researchers identified 14 genetic variations in 13 genes, including a risky copy variation — a

phenomenon in which sections of the genome are repeated — that causes carriers to weigh over seven kilos more, on average, than individuals who do not carry the variation. The implicated risky copy variation gene is called MC4R and approximately 1 in 5,000 individuals carry this risk copy, which causes the gene not to produce any of the protein needed to inform the brain to stop eating. While this variant was identified two decades



ago in individuals with extreme and early-onset obesity, the new study shows that it also affects body weight in the general population.

Furthermore, the researchers identified two variants that may affect the function of a gene called GIPR. Approximately 1 in 400 individuals carry a protective copy of either variant and they tend to weigh an average of two kilos less than non-carriers. Eight of the 13 genes identified were newly implicated in obesity, and researchers said these genes will require further follow-up to understand the mechanisms through which they affect body weight.

New technique to fully map brain wiring

Billions of neurons (nerve cells) in the human brain are wired together in an intricate network that communicates through electrical pulses and chemical signals. Despite making progress in understanding some of the brain functions, such as those regulating sleep, storing memories, and making decisions, neuroscientists are unable to visualize the entire 'wiring diagram' of neural connections within the brain, using techniques currently available.

Now, for the first time, researchers at California Institute of Technology (Caltech) in the US have been able to easily see neural connections and the flow of communications in real time in the brain of live house flies. The new



technique has the potential to help scientists understand neural circuits within human brains.

When two neurons connect, they link together with a structure called a synapse, a space through which one neuron can send and receive electrical and chemical signals to or from another neuron. Even if multiple neurons are very close together, they need synapses to truly communicate. Researchers at Caltech developed a technique, called Trans-neuronal Control of Transcription (TRACT) to trace the flow of information across synapses. Using genetically engineered Drosophila fruit flies, TRACT allows researchers to observe which neurons are 'talking' and which neurons are 'listening' by prompting the connected neurons to produce glowing proteins. With TRACT, when a neuron

'talks' — transmits a chemical or electrical signal across a synapse — it will also produce and send along a fluorescent protein that lights up both the talking neuron and its synapses with a particular color. Any neurons 'listening' to the signal receive this protein, which binds to a so-called receptor molecule, which was genetically built-in by the researchers, on the receiving neuron's surface. The binding of the signal protein activates the receptor and triggers the neuron it is attached to in order to produce its own, differently colored fluorescent protein. In this way, communication between neurons becomes visible. Using a type of microscope that can peer through a thin window installed on the fly's head, the researchers could observe the colorful glow of neural connections in real time as the fly grew, moved and experienced changes in its environment.

Many neurological and psychiatric conditions, such as autism and schizophrenia, are thought to be caused by altered connections between neurons. Using TRACT, scientists can monitor the neuronal connections in the brains of hundreds of flies each day, allowing them to make comparisons at different stages of development, between the sexes, and in flies that have genetic mutations. Thus, TRACT could be used to determine how different diseases perturb the connections within brain circuits. Additionally, because neural synapses change over time, TRACT allows the monitoring of synapse formation and destruction from day to day. Being able to see how and when neurons form or break synapses will be critical to understanding how the circuits in the brain assemble as the animal grows, and how they fall apart with age or disease. TRACT is seen as a new tool that will allow scientists to create wiring diagrams of brains and determine the function of connected neurons. This information could in the future provide important clues towards understanding the complex workings of the human brain and its diseases.

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Revamp your look



Get a brand-new look by revamping your outfits with a few strategic styling hacks. Maybe it's something as simple as changing up the way you drape a jacket, layering a dress, or the shoes you style with a certain outfit. Maybe it's embracing a totally new trend. In any case, these small switch-ups can have a huge impact on how you look. Here are some tips to change the way you play around with your style.

Embrace brights: Swap out your neutrals for some high-impact color. If you're really feeling it, go for bright colors on a dress or a head-to-toe look. Otherwise, start small with a flash of color on a bag or shoes. Wearing bright colors is a sure way of exuding confidence, energy and youth. The best way to flaunt your bright pink purse or that electric red blouse is to pair them with subdued colours that will shy away from the attention the bold colour is attracting. A pop of bold colour also ensures that you look striking, but not over-the-top.

You don't always have to limit yourself to an outfit featuring only one bold colour. Colour block or patterned dresses, for example, help to fuse several shocking colours together to create an arresting look

Wear denim alternatives: Give your jeans the day off, but embrace denim in all of its cool silhouettes, like a tailored jacket or skirt. Cheer yourself up with an embroidered jacket, from hearts to bouquets of flowers, there's something for everyone. Another amazing trend is the pearl embellished denim that is perfect for those who prefer elegance.

Fringed skirts are a good addition to your wardrobe as this added detail gives even the simplest skirt a flirty touch.

Let your socks steal the show: Don't underestimate how cool a pair of socks can look peeking out from your sneakers, brogues, and even heels. Add a bit of sparkle to your look with glitter ankle socks or metallic embellished socks, or how about going for sheer mesh socks that look great with colorful mules.

For a style that makes a bold statement, opt for socks in a bold color or print. Those fascinated with romantic style, tulle socks in pink are the best choice. Get an updated look

Layering on your usual full face of makeup isn't the best option either. Usually when you have dry, flaky skin, makeup will only highlight these issues, so you need to combat the problems before applying makeup. Here's how to cover the signs of a cold without making already-compromised skin even more irritated.

Smooth over flaky skin: If your skin isn't painfully chapped, start with a soft scrub to get rid of any dry or rough patches. This will ensure that your makeup doesn't catch on the skin.

Swap in a moisturizing cleanser: Once the dryness is removed, clear away any lingering cold remnants with a super hydrating, gentle cleanser that cleanses without sucking away much needed moisture from your skin.

Prime and moisturize: Now is the time to start using heavier moisturizers, oils, and masks. You can tackle multiple signs of a cold (i.e., redness and dryness) with a good moisturizer. A good serum hydrates and works as the perfect primer to help keep your makeup in place.

Forgo the foundation: Foundation on skin that is already irritated can look cakey. To even out your complexion, try a lighter, tinted CC cream instead. Choose a product that helps minimize redness, protects the skin, and also treats sensitive areas with vitamins and antioxidants.

Go for the glow: Dull skin will only exacerbate the signs of a cold, so pump life

with floral knee-high socks to play up your style of fun and flirty.

Embrace daytime shine: Sequined tops look great with boyfriend jeans and sequined skirts can be dressed down with a sweatshirt or graphic top. A knee-length dress with a swirling of sequins will look appropriate with the right outerwear such as slouchy jackets or blazers.

Another good purchase is a long blazer coat embellished with a gathering of sequins you can wear often and with everything. You can also work a sequined turtleneck with a pencil skirt, or denim on your day off.

Rework your button-down shirt: Button-downs have long been staples in our closet and they are so easy to rework. Layer yours with a vest or a crop top, let a longer hemline peek out from a sweater, or belt it to take it to a totally different place. Work with the oversized quality of your shirt by layering it with a long dress gathered at the waist. Another great idea is to introduce some extra menswear influence to your outfit by pairing a button-down with an oversized corduroy blazer or suit.

back in by creating a dewy, glowy finish. Stick with cream glosses and highlighters as powder highlighters, especially ones with chunky glitter, have the potential to cake up and can also irritate already sensitive skin.

Ditch the loose powder: Setting powders and powder foundations will only call attention to any dry areas. To help lock in the coverage of your CC cream or tinted moisturizer, use a fluffy eyeshadow brush to swipe a waterproof concealer on top. This will not only add that extra bit of coverage, but it will also set it to the touch.

Sallowiness: A peachy blush will hide a multitude of sins and instantly perk up sallowness. Avoid red-toned blushers as they could emphasize any flare ups or blotchiness.

Cracked lips: Chances are, your lips are parched when you have a cold, and this is usually triggered by dehydration, combined with your immune system being down. So keep a bottle of water handy and load your lips with a nourishing lip care that rebalances skin's moisture levels and encourages healing.

Dull complexion: A vitamin-packed face mask will help to recharge your complexion back to its former glory. Find a product that contains a boost of anti-oxidants and a dose of exfoliating AHA acids, both of which should help shift the buildup of dead cells and leave your skin underneath looking baby-soft and smooth.



Top Nail trends

Everyone is detoxing, making healthier food choices, hitting the gym and even revamping their makeup routine. But are you upgrading your nail choices, too? Sure, everyone still loves half moons, negative space and pretty pastel colors, but isn't it high time you gave your digits a fresh look for 2018? Here are a few must-have looks to dive into.

Black accents: The cool thing about accent nails is that you don't need a design on every finger. Try adding black accents on all ten nails or compliment one or two. It can be tricky incorporating black accents to nails; a base of silver or gold will always work, but to go bolder and more exciting, use with light, bright colors such as pink or coral. Alternatively, pair black accents with a nude or neutral color to make it pop in a subtle way.

Glittered tips: French tips are so 1990, but when paired with glitter, the look is instantly upgraded. The best way to wear glitter is over dark colors. Apply the glitter



sideways or in a diagonal on half the nail or, in a French style. To set off an amazing look for work or evening, go with a pink or nude in the grey/brown family and then apply glitter and/or rhinestones on top. It's a fun way to rock a low-key exciting look.

Marbled nails: White marbled nails are the latest manicure trend appearing on the fingertips of women around the world. Inspired by the sophisticated look of white



marble, this manicure takes this same white, black and gray free-form pattern and puts it on your nails. The marbling technique in nail art is done by adding nail polish into a bowl of water and slightly

swirling the colors around, so that when you dip your fingers in it, you end up with a very cool-looking marble effect on your nails!. It's much easier than it sounds, honestly. Mix soft colors like pink and white together, or try a swirl of periwinkle shades for when you're feeling buoyant. Gain inspiration from desserts, by etching a combination of browns, beige and white on your nails that are reminiscent of tiramisu.

Color blocking: There doesn't ever need to be a reason to brighten up your nail color palette, but achieving a kick-a color block manicure is totally one of them. Geometric nail art benefits from a range of vibrant colors and the varying combinations are a fun way to express yourself. You can attempt a super cool take by sticking to tiny squares of polish against a white nail background that act as a technicolor stripe, which is insanely eye-catching. Try this style in a gradient or in repeating colors, too. Or, go for a bold color block look that has a slight asymmetry, which keeps the nail art interesting. Maybe you would rather play around with shine by introducing a sparkling silver striping tape to your dreamy pastel color block tips.

MASKING A COLD WITH MAKEUP



There really is no such thing as a good time to have a cold, but catching one during the winter, when your skin is already scaly, dry, and red, is particularly brutal. Of course, the best remedy is staying in bed and makeup free until it blows over — but that's not real life.

Tech companies scramble to fix Spectre, Meltdown problems

Major tech companies, including Intel, Microsoft, Apple, Google and others are scrambling to find solutions, after a large number of computer users reported performance problems linked to security updates for the recently revealed Spectre and Meltdown vulnerabilities found on nearly all computer chips.

A firestorm of criticism has erupted over the response to the chip flaws, which researchers at Google's Project Zero discovered in 2016. Months passed before the problems were disclosed to the public. Further, the security patches released in recent days have been blamed for performance problems, including slowdowns in many systems. The fixes reportedly also rendered a smaller number of systems unbootable.

Last week, Intel CEO Brian Krzanich sent an open letter to the technology industry, pledging

the company would make frequent updates and be more transparent about the process, and that it would report security issues to the public in a prompt manner.

In an update on the impact of patches on performance, Intel said its latest eighth-generation Coffee Lake chip platforms would see less than a 6 percent performance decrease; seventh-generation Kaby Lake platforms would experience a 7 percent reduction, and the impact on the sixth-generation Skylake platforms would be slightly higher at 8 percent. However, users running Web applications with complex Javascript operations might see a 10 percent reduction in performance of their systems. Meanwhile, users of Windows 8 or Windows 7 systems using Haswell or older CPUs would see a discernable decrease in system performance after patching the flaw.

Researchers at Google's Project Zero had



discovered and reported in 2016 the serious security flaws in modern computer processing units executing a technique designed to optimize chip performance. Google said the company had updated its G Suite and Google Cloud platforms to protect against known attacks, though it conceded that a variant of Spectre needed to be further monitored.

While Intel has faced the brunt of public anger over the flaws and subsequent patches offered,

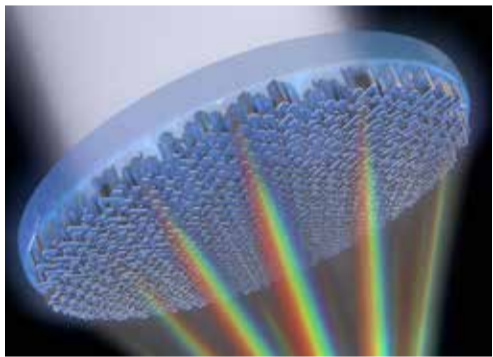
it needs to be said that computers using chips from other vendors will also likely be affected by the same vulnerabilities. Tech experts say the flaw could technically allow a non-privileged user to access passwords or secret keys on a computer or a multi-tenant cloud server. Like most organizations, chip manufacturers long have prioritized speed over security and that has now led to sensitive data being placed at risk of unauthorized access via Meltdown and Spectre.

The Meltdown and Spectre vulnerabilities require adjustment to critical, low-level interfaces in affected operating systems," said Mark Nunnikhoven, vice president of cloud security at Trend Micro. "Given the scale of the issue, the patches by Microsoft, Apple, Google and others have been very successful," he said. Still, there have been problems in some cases, including reports of computers slowing down or in some cases not booting.

Metalens to shrink size of devices using cameras

Scientists at Harvard University recently unveiled a new metalens that has the potential to shrink the size of any device that uses a camera while at the same time improving performance.

While traditional lenses are made from glass, metalenses use a flat surface peppered with



nanostructures to focus light. One problem with metalenses has been their inability to focus the full spectrum of light. That is no longer the case, said the Harvard researchers who helped develop the new lens. Metalens can focus the entire visible spectrum of light, including white light, at a focal point, with high resolution.

Another advantage that metalens has over

conventional lens systems, is that multiple elements are not needed to correct for color aberrations — the refraction of different wavelengths of light through slightly different angles, resulting in a failure to focus. Those multiple elements make lenses thick, and thick lenses mean thicker devices. For example, if this lens were used in a cellphone, the cellphone could be much thinner since the lens is responsible for the ugly bump on the back of many cellphones.

By correcting chromatic aberration, where different color wavelengths move at different speeds, metalens also addresses the annoying problem of the lack of visual fidelity and realism in artifacts that confront virtual reality (VR) and augmented reality (AR) hardware developers.

Another benefit of using an achromatic metalens in a camera is that it makes the production of the camera subsystem easier to produce. Now, the subsystem is made up of a sensor, which is a piece of fabricated silicon, and a stack of lenses, which are produced by lens molding, a process dating back to the 19th century. The use of cameras with metalenses is still some time away and a cellphone using metalens is equally far off, but it is going to be exciting times ahead for camera buffs.

Dell makes gold jewelry from recycled motherboards

Dell Computers is not a name that you would think of when shopping for fine jewelry, but last week, Dell launched a limited-edition jewelry collection made from gold mined from recycled computer motherboards.

Dell has partnered with Twilight actress Nikki Reed on the line, offering up 14- and 18-carat gold rings, earrings



and cuff links. While it could be a maneuver aimed at drawing attention to the company's green initiatives and e-waste recycling, it was nevertheless an interesting take.

According to the US Environmental Protection Agency (EPA), only around 12.5 percent of e-waste in the country is recycled, resulting in around \$60 million in gold and silver being thrown away each year in the form of just old phones.

Dell says its efficient new recycling processes have given the company an excess amount of the material, so it decided to do something a bit more

interesting with the gold rather than just stockpiling it. The Reed-designed circular jewelry is a nod to the company's push toward a 'closed-loop system' it hopes will help create around a million new motherboards within the next year.

The jewelry's up for preorder now, ranging from \$78 for a gold ring to \$348 for a flashy pair of cuff links. So next time someone asks where you got that flashy new bling, you can say, "Dude, I got it at Dell."

In a separate development, this time on the software front, Dell also launched last week a new app that brings mobile notifications to the desktop. The company's 'mobile connect' app is a free offering that will be bundled with all new Dell computers.

The application delivers mobile notifications to the desktop via Bluetooth, similar to some of the functionality already on offer from Microsoft's Cortana. However, unlike Cortana, the Dell app does not require you to sign into each individual account on the desktop. The apps themselves do not need to be approved by Dell, either. As long as you can get a notification on your phone, you will see it on the screen. The only things it does require, in fact, are a new Dell computer and a smartphone within Bluetooth range and a small notification box pops up in the upper right-hand corner of your computer screen.

TestDrop tests safety of potable water

Billions of people around the world lack access to clean drinking water, and even when they do have access to water it is not possible to easily assess its quality. A tech start-up named Lishtot says it now has a solution in the form of a new device named TestDrop that can determine the quality of a water sample just by analyzing its electric field.

The fact that the device does not need any additional strips, microfluids or chemicals to determine the water quality makes it a practical solution for use in many places in the developing world. The device is very simple to operate; all you need to do is press the test button on the device and move it toward a cup of water. If the water is clean, the blue light on the device lights up and if the water is contaminated, a red light comes on. Technology



behind the device is equally simple and is based on the electromagnetic fields that surround everything. Water creates its own specific electromagnetic field, with clean water emitting a slightly different field than water with lead, chlorine, bacteria such as E.coli, dissolved animal matter or other contaminants.

The device can detect even tiny amounts of lead and other matter instantly and with 100 percent accuracy with no false positives or negatives. The replaceable watch battery should last for years, even if the device is used 10 or 20 times a day.

Several of the known contaminant readings are built-in and is calibrated around half a plastic cup of water, as the plastic does not interfere with the electromagnetic fields.

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