

The perfect postworkout treat

For a postworkout drink that helps you trim, tone, and rehydrate, look to this childhood fave: milk. A recent study of weight lifters suggested that the beverage may give muscle-building and fat-trimming efforts a boost. In a 12-week study, male weightlifters who drank a 500-milliliter glass of milk right after a workout, and another glass 1 hour later, gained more lean body mass and lost more fat than the men who drank a soy or carbohydrate sports drink instead. Researchers suspect that certain proteins and amino acids in milk may help with body-building effort, while the calcium may be a boon to fat loss. A second study showed that milk rehydrates exercisers just as well as water and more effectively than sports drinks, probably because of the abundant electrolytes in milk. Of course, milk has calories, too. So if you're trying to reduce, nothing beats water for consequence-free hydration.

UN commemorates International Human Rights Day in Kuwait

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KUWAIT: Kuwait marked the International Human Rights Day with a press conference on Sunday that was held at the UN house in West Mishref. Seated at the dais were the United Nations Resident Coordinator and the United Nations Development Program Resident representative in Kuwait, Dr. Adam Abdelmoula, President of the Kuwait Human Rights Society, Ali Al-Baghli and Professor of political science at the Kuwait University and President of Al Salam Center for strategic studies and development, Dr. Ghanim Al-Najjar.

Observed annually across the world on December 10, since 1948, this year's theme was a dedication to courageous women and men striving to protect their own rights and the rights of others-human rights defenders!

Dr. Abdelmoula initiated the conference by reading out a message from the UN Secretary-General, Ban Ki-moon, which said that human rights are the foundation of freedom, peace, development and justice-and the heart of the work of the United Nations around the world. Stressing on this year's motto, Ki-moon said, "Defenders are a diverse group. They might be part of a civil society organization, a journalist or even a lone citizen, spurred to action by abuses close to home. But they all share a commitment to expose wrongdoing, protect the most vulnerable and end impunity. They stand up, speak out and today, tweet, in the name of freedom and human dignity."

The note also added how a defender's work entails tremendous risks. They are harassed, stripped off their jobs and sometimes imprisoned. In many countries, they are tortured, beaten and murdered. Their friends and family members are also subjected to harassment and intimidation. Women human rights defenders face additional risks, and therefore need additional support. "When the lives of human rights advocates are endangered, we are all less secure. When the voices of human rights advocates are silenced, justice itself is drowned out. Let us remember that everyone, no matter their background, training or education can be a human rights champion," concluded Ki-moon.

Dr. Abdelmoula then read out a statement by the UN



Ali Al-Baghli, Dr. Adam Abdelmoula and Professor Ghanim Al-Najjar addressing a press conference on human rights at the UN House in West Mishref on Dec. 12, 2010.

High Commissioner for human rights, Navi Pillay, which focused on a brief history of human rights defenders, the enormous efforts of hundreds of thousands of largely unsung heroes and the harassment they face. He cited examples of a Russian journalist, Anna Politkovskaya, who was murdered outside her apartment in 2006 and Floribert Chebeya Bahizire, the Congolese human rights defender, found dead in his car earlier this year. Pillay ended by saying, "We need

to stand up for human rights defenders' as much as they stand up for our rights. On this Human rights day, I call on governments to acknowledge that criticism is not a crime and to release those people who have been detained, for peacefully exercising their fundamental freedoms to defend democratic principles and human rights."

Coming closer to home, Dr. Abdelmoula spoke of the role of the United Nations office here in Kuwait. "In terms

of human rights, the role of the United Nations Development Program is to provide necessary support for the State, to enable it to meet the international conventions and agreements--Requirements which the country has officially and formally endorsed."

He added that human rights should not be defined within political civil rights as it also incorporates economic, social and cultural aspects.

Professor Al-Najjar then took the microphone and explained that even though the issue of human rights has been greatly promoted and endorsed here in Kuwait, with the introduction of a parliamentary human rights committee back in 2006, to this day, after four years have elapsed and with the introduction of mechanisms which directly deal with accountability, unfortunately, the very practice and policy remains subject to politicization.

Al-Najjar maintains that the issue of human rights and minority groups remain dominant factors in the current affairs of different countries and states. And that there is so much involved to meet the international community set of goals, in terms of achieving full rights for the underprivileged and minority groups. "Today we are celebrating 62 years since the international human rights declaration was made, and yet man is still being subjected to all kinds of subjugation, humility and deprivation, in particular what is taking place in the occupied territories. The Israeli occupation represents the oldest and most cruel occupation in our modern history," Al-Najjar remarked.

The question and answer session that followed saw Dr. Abdelmoula describing Kuwait as "really advanced in terms of human rights issues" stressing at the same time that no country is without discrepancies when it comes to human rights record.

When asked about the US State department international religious freedom report, Abdelmoula said that the discrepancies related to human rights here in Kuwait is by far less than those in other countries. "Let's assume this scenario. If Kuwait were to write a report on human rights issues in the United States, there would be some issues to discuss here and there, starting with Guantanamo, black people status, Islamophobia, and the state of US prisons, which are the worst in the whole world."

'Do not criticize, condemn, complain': Dale Carnegie

Dale Carnegie Training Programs offer humanistic, participatory and life changing seminars

Ricky Laxa
Staff Writer

KUWAIT: The Dale Carnegie Training Kuwait is part of the U.S.-based Dale Carnegie Training founded in 1912 by a communication teacher, sought after counselor to world leaders and aspiring actor Dale Carnegie. The training modules, which focus on public courses, seminars and workshops, as well as in-house customized training, corporate assessments, online reinforcement and one-on-one coaching, have been availed by established companies in Kuwait. Currently Dale Carnegie Kuwait plans to offer specialized seminars to high school students in anticipation of their entry to college. AlWatan Daily spoke to Kuwait's first certified Dale Carnegie trainer Dr. Stacey Al-Ghawas, who gave an insight of the company's 98 successful years of training accomplished individuals and institutions.

"The Dale Carnegie Principles are based on pyramid structure of thirty different principles of human relations," commented Al-Ghawas. The base of the pyramid is composed of nine distinct guidelines that direct an individual to win and friends and influence people. These principles are as follow; Don't criticize, condemn or complain, Give honest, sincere apprecia-

tion, Arouse in other person an eager want, Become genuinely interested in other people, Remember that a person's name is to that person the sweetest and most important sound in any language, Be a good listener, Encourage others to talk about themselves and Make the other person feel important and do it sincerely.

Al-Ghawas explained that personal development is basic and essential in order for an individual to successfully communicate and deal with other people. She added that a person who has a negative perception of oneself will always carry an indelible negative emotional imprint that further affects his or her personal interaction with other people.

"Family and our environment influence our own characters. We often take these acquired traits into our work place, show people how to behave and expose them to our own liking. It is difficult at times to look inward or mirror oneself but only through such can we build our character and become better persons. When we do something positive then you affect the people around you as well as yourself. We live in a society where culture, heritage, norms and traditions are diverse and that the most common problem is communication. People do not understand that whatever they say and how they say it affect others", quoted Al-Ghawas.

The middle part of the pyramid contains 21 principles that win people to our way of thinking. These principles include; The only way to get the best of an argument is to avoid it, Show respect for other person's opinions, never say "You're wrong", If you're wrong admit it quickly and emphatically, Begin in friendly way, Get the other person saying "yes, yes" immediately, Let the other person do a great deal of the talking, Let the other person feel that the idea is his or hers, Try honestly, to see things from the other person's point of view, Be sympathetic with other person's ideas and desires, Appeal to the nobler motives, Dramatize your ideas and Throw down a challenge.

The top of the pyramid of Dale Carnegie involve in principles of being a leader.

These are; Begin with praise and honest appreciation, Call attention to people's mistakes indirectly, Talk about your own mistakes before criticizing the other person, Ask question instead of giving direct orders, Let the other person save face, Praise the slightest improvement and praise every improvement. Be hearty in your approbation and lavish in your praise, Give the other person a fine reputation to live up to, Use encouragement. Make the fault seem easy to correct and Make the other person happy about doing the thing you suggest.

As for training company employees, Al-Ghawas explained that being an important entity in the office does not necessarily require one to be the CEO, because each one fulfills a role vital to the company. Each employee has his or her inner goal and desire, yet if these skills could be drawn and put together, it would create a work environment that is safe, motivated and happy. Dale Carnegie Kuwait has been involved with Equate, Al Kharafi national called Cybernet, auk continuing education, Arab Open University, leadership training for managers of Zain.

Al-Ghawas graduated with Doctorate of Philosophy and Degree in Physiology and Cell Biology from the University Of Santa Barbara, California, she then joined Dale Carnegie Kuwait armed with an remarkable business and training track record and with over 20 years of experience, she worked with variety of local and international companies. Al-Ghawas has extensive local business development experience in different market sectors from medical, real estate, call centers, telecom, restaurants, and investment.



Kuwait's first certified Dale Carnegie trainer Dr. Stacey Al-Ghawas speaks to Al Watan Daily on Dec. 10, 2010.

Bluefin tuna catches to be reduced in Pacific: Reports



FILE - A Japanese fisherman loads tuna fish caught at bluefin tuna farm around mid Adriatic Croatian town of Zadar before transporting them to Japan. (AFP)

TOKYO: Fishing nations have agreed to hold their catches of young bluefin tuna in the central and western Pacific in 2011 and 2012 below the 2002-2004 annual averages, press reports said Sunday.

The agreement was reached at an annual meeting of the 25-member Western and Central Pacific Fisheries Commission, which ended in Honolulu, Hawaii, on Saturday Japan time, the reports said.

It was the first international agreement on cuts in bluefin catches in the Pacific, following moves to reduce catch limits in the Atlantic.

The commission, including Japan,

China, Samoa, South Korea, Taiwan and the United States, determines resource management measures on fish such as tuna, bonito and swordfish in the central and western Pacific.

The deal will obligate Japan to slash its annual catches of bluefin tuna aged three years or less by about 26 percent from the present level of 6,100 tons, the Asahi Shimbun said.

Japan's annual catch of young bluefin tuna averaged 4,500 tons between 2002 and 2004, the daily added.

But an official at Japan's fishery agency in Tokyo said the reduction "will not have

a large impact on consumption in Japan" as the margin of reduction is equivalent to around one percent of the country's sashimi tuna supply, Jiji Press said.

South Korea has resisted the deal but agreed to "take necessary measures to restrict its catch of young bluefin tuna", the Asahi said.

Japanese and South Korean fishing boats have been catching large quantities of young bluefin tuna in the Pacific with large net fishing boats, and critics say the practice threatens to deplete the bluefin tuna stock in the waters, Kyodo news agency said. -AFP

Ancient tiger-sized predator unearthed in Texas

NEW YORK: Paleontologists have unearthed a nearly complete fossil of a dimetrodon, a reptile-like predator that roamed the Permian landscape 287 million years ago according to LiveScience.

This weekend, the team is working to transport the 400-pound animal's torso from its resting place in north Texas to Houston, where the fossil will be prepped for display in the newly renovated Houston Museum of Natural Science (HMNS) paleontology hall in 2012.

Famous for the enormous fin on its back, dimetrodon is often mistaken for a dinosaur, although dimetrodons pre-dated dinosaurs by millions of years. The creature could easily pass as a reptile, but dimetrodon wasn't precisely reptilian, either: It was a synapsid, a category that includes modern mammals. Think of dimetrodon as a very distant, very toothy cousin.

The first dimetrodon fossils were discovered in the late 1800s, but the new find is the most complete skeleton of the species found in 100 years, said Robert Bakker, HMNS curator of paleontology and the director of the dig that uncovered the fossil.

"It's stunning," Bakker told Live-

Science. "Everyone who visits it, and there's been a steady stream of ranchers and amateur paleontologists, they just sit at the edge of the quarry and stare in reverence."

The dimetrodon, dubbed "Wet Willi" by the researchers after Samuel Williston, a paleontologist who dug at the site 100 years ago, was found in north-central Texas in the remains of an ancient sinkhole. The site has been a rich source of dimetrodon bones for decades, but the Houston team began the first meticulous exploration of the area five years ago. Since then, the researchers have turned up a number of partial dimetrodon fossils as well as the bones of smaller reptiles and amphibians. "This site has more dimetrodon bones in it than the rest of the world put together," Bakker said.

But until this year, the researchers and their teams of volunteers hadn't turned up anything as complete as Willi. The fossil was first discovered on a steamy day in June. David Temple, the associate curator of paleontology at the Houston museum, was digging a drainage ditch in the fossil site when he came across the dimetrodon's jaw, full of steak-knife teeth.

At first, the team didn't realize how intact the find was. Then a volunteer, children's book author Kathleen Zuehl, uncovered the thin bones that once held up the animal's sail.

"You're constantly waiting for the bone to end and then that's all there is, and you've got a fragment or something like that," Temple told LiveScience. "But in this particular case, you know, we got the whole thing."

The new Willi specimen may help clear up questions about how many dimetrodon species there were, Bakker said. But Willi will also be a tool for education. "Willi will be the subject of much scientific analysis, but the real goal is to have natural objects that make kids' brains shift from 1st gear to 2nd gear to 3rd gear to 4th gear," Bakker said.

Willi is already making an impression on the public, Bakker said. The owner of the ranch where Willi was found has visited the fossil a half-dozen times, as have the cattlemen who run cattle on the property, Bakker said. One local cattlemen had his own take on the discovery.

"He said, 'The only thing prettier is a newborn calf!'" Bakker said.