



## KUWAIT PRIME MINISTER CHECKS ON INJURED AFTER IRANIAN STRIKES

# Grid strain grows after plant takes another hit



### Opinion

Ahmed Al-Jarallah

Editor-in-Chief, the Arab Times

## The world must support the Iranian opposition abroad

IN yesterday's article, I had stated that the grave mistake made with the Iranian regime was a repetition of the mistake made with Saddam Hussein, who killed thousands of Iraqi people while seeking to consolidate his power after the liberation of Kuwait. The political and economic interests of certain countries played a major role in that crime.

The Iranian regime is currently attempting to consolidate its power not only through aggression against its neighbors and threats to international peace, but also through the suppression of widespread and internationally recognized peaceful opposition movements. I am not referring only to the People's Mujahedin Organization of Iran (PMOI/MEK), but also to Kurdish, Baloch, and Arab opposition groups.

Iran's demographic map reflects significant and often distinct ethnic diversity. Leaders of these ethnic groups have strong reservations about the Iranian regime. Some ethnic groups have engaged in armed conflicts with the Basij militia or the Islamic Revolutionary Guard Corps (IRGC) in Balochistan, Ahwaz, and Kurdish regions.

For decades, some ethnic groups, such as the Kurds, Baloch, and Arabs, have been demanding their right to self-determination. The Arabs in Iran had their own independent state until it was occupied by Iran in 1925 through deception, and its ruler was arrested. Since then, the people of Ahwaz have continued to strive for the liberation of their land.

Iran forcibly occupied Balochistan in 1928. The Baloch people continue to struggle for their right to self-determination and to seek the liberation of their state from Persian rule. For this reason, Baloch and Kurdish groups have formed armed organizations. They are among the communities affected by the unjust geographical divisions imposed after World War I, particularly in the region of Iran.

Approximately 50 percent of non-Persian ethnic groups seek independence or autonomy. It is unjust to leave them at the mercy of a fascist regime that hides behind historical grievances from which it derives its legitimacy and through which it seeks to suppress voices demanding liberation and a life of dignity.

The opposition groups, both inside and outside Iran, have gained significant political influence and a strong international reputation. The Iranian opposition has the capacity to challenge this regime and transform Iran into a normal state, capable of coexisting with its neighbors and the international community in a way that promotes peace and spares the global economy from the violent shocks caused by the current regime.

Continued on Page 5

Follow me on:  
@Ahmedaljarallah  
Ahmed aljarallah  
ahmed@aljarallah.com



PM Diwan photo  
His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah checks on the condition of an injured victim at Al-Adan Hospital, reaffirming the government's commitment to providing full support and care.

**KUWAIT CITY, July 19, (Agencies): Kuwait's Ministry of Electricity, Water and Renewable Energy announced Sunday that a power generation and water desalination plant was attacked for the second time in two days as part of what it described as Iranian aggression against Kuwait, triggering a fire at parts of the facility.**

The ministry said the attack affected a large number of power generation units, prompting the activation of emergency plans and immediate measures to contain the incident and safeguard the stability of the national power grid.

Continued on Page 5

- Air defenses thwart hostile threats
- Saudi backs Kuwait after fresh strikes
- GCC, EU stand against escalation
- US pounds Iran over troop deaths

## Customs busts 8.5kg hashish smuggling attempt at airport

KUWAIT CITY, July 19, (KUNA): Kuwait's General Administration of Customs foiled an attempt to smuggle about 8.5 kilograms of hashish into the country after the drugs were found concealed in a professionally designed hiding place in the luggage of a passenger arriving from an African country.

In a statement, Customs said the seizure was carried out under the supervision of Deputy Director General for Ports Affairs and Customs Search and Investigation Saleh Al-Omar as part of

directives issued by First Deputy Prime Minister and Minister of Interior Sheikh Fahad Yousef Saud Al-Sabah to strengthen customs inspections at border crossings and prevent the entry of prohibited substances into the country.

The administration reaffirmed its commitment to enhancing customs controls at all entry points and to employing all available human and technical resources to combat drug smuggling attempts, safeguard national security, and protect society.

## Kuwait deploys next-gen patrols

By Munif Naif

Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: Head of the Human Resources and Information Technology Sector at the Ministry of Interior, Brigadier General Anwar Al-Yatami, confirmed that the ministry has equipped smart patrols with the latest technologies, following the directives of the First Deputy Prime Minister and Minister of Interior, Sheikh Fahad Yousef Saud Al-Sabah, and with the support and follow-up of the Undersecretary of Ministry of Interior Major General Abdulwahab Ahmed Al-Wuhaib.

Brigadier General Al-Yatami explained that each smart patrol is currently equipped with six cameras dedicated to monitoring wanted vehicles, in addition to two cameras for identifying wanted individuals. These technologies contribute to expediting arrest operations and enhancing the efficiency of field performance.

He added that these upgrades are part of the Ministry of Interior's efforts to utilize smart technologies to support security personnel, improve response times, and strengthen the overall security system.

## Golden visas propel Kuwait into global investment race

By Najeh Bilal

Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: Economic expert and former advisor to the Ministry of Finance, Mohammed Ramadan, affirmed that the decision to grant golden visas to foreign investors offers a range of economic and social benefits.

He explained that the first and most direct benefit of this system is stimulating and attracting investment by enhancing the business environment and encouraging foreign capital to flow into the Kuwaiti market more quickly and flexibly, while benefiting from the legal and economic stability that long-

term residency provides for investors and their families.

The second benefit is solving the unemployment issue and restructuring the employment sector, especially since one of the main conditions and regulations for granting this residency requires foreign investors to employ a specific percentage and an appropriate number of Kuwaiti nationals.

Ramadan stressed the need to activate the role of Kuwaiti embassies and diplomatic missions abroad in actively promoting the Golden Residency program through extensive marketing campaigns.

Continued on Page 5



Ramadan



Supreme Judicial Council photo  
President of the Supreme Judicial Council and President of the Court of Cassation, Counselor Dr. Adel Bouresli, receives Assistant Foreign Minister for Human Rights, Ambassador Sheikh Jawaher Ibrahim Al-Duaij Al-Sabah.

## Kuwait's judiciary and MoFA strengthen human rights co-op

KUWAIT CITY, July 19, (KUNA): President of the Supreme Judicial Council and President of the Court of Cassation, Counselor Dr. Adel Bouresli, on Sunday held talks with Assistant Foreign Minister for Human Rights, Ambassador Sheikh Jawaher Ibrahim Al-Duaij Al-Sabah, focusing on recent developments in international humanitarian law and human rights.

In a press statement, the Supreme Judicial Council said the meeting, held at the New Palace of Justice, addressed key areas including the protection and welfare of the Kuwaiti family, children's rights, and broader efforts to safeguard the rights and interests of the State of Kuwait both domestically and in-

ternationally. The statement added that both sides agreed to maintain coordination and continue follow-up on these issues and related matters.

The meeting was attended by Deputy President of the Court of Cassation Counselor Saleh Al-Raqdan, President of the Court of Appeal Counselor Mohammed Al-Rifai, and Vice President of the Supreme Court Counselor Khalid Al-Othman.

Representing the Ministry of Foreign Affairs were Deputy Assistant Foreign Minister for Human Rights Affairs Counselor Abdullah Abu Shaiba, Counselor Bashar Al-Muwaizri, and Second Secretary Haya Al-Durayi.

## 51°C scorch factor hits maximum across Kuwait

KUWAIT CITY, July 19, (KUNA): The Meteorological Department forecast that the country will be affected by extremely hot weather and dust-raising winds, which will reduce horizontal visibility in some areas and cause temperatures to rise.

The acting Director of the department, Dhirar Al-Ali, explained to the Kuwait News Agency

(KUNA) that the country is being affected by an extension of a surface low-pressure system accompanied by an extremely hot air mass, along with moderate to active northwesterly winds that may become strong at times, raising sand and dust and reducing horizontal visibility in some areas, while causing a noticeable increase in temperatures.

Northwesterly wind speeds will gradually decrease, allowing dust to settle and visibility to improve during the first hours of the night. The weather will be relatively humid along coastal areas and islands.

Continued on Page 5

## KD10 cash limit in clinics begins

KUWAIT CITY, July 19: The official gazette, "Kuwait Al-Yaum," published on Sunday Ministerial Decision No. 110/2026, issued by the Minister of Commerce and Industry, prohibiting cash transactions for companies engaged in certain activities, reports Al-Seyassah daily.

The decision states the following:

Article 1 -

All companies that own private healthcare facilities licensed by the Ministry of Health, including hospitals, medical centers, clinics, home healthcare facilities, and others, are required to refrain from accepting cash payments exceeding KD 10 when collecting fees for their services. Any payments above this limit must be made through banking and electronic payment channels approved by the Central Bank of Kuwait.

Article 2 -

Without prejudice to any measures or penalties stipulated in relevant laws, the penalties provided for under Law No. 10/1979 shall apply. Any facility violating the provisions of the preceding article shall be closed and referred to the competent investigative authorities.

Continued on Page 5



ABK Wealth Management CEO Sherif ElRafie recognized among Forbes Middle East's Top Asset Managers in the Middle East 2026

Zain Kuwait named '5G-Advanced Network Innovation Leader GCC 2026'

Boursa trains 931 students in financial literacy & entrepreneurship in collaboration with INJAZ



HH the Amir



HH the Crown Prince

## Amir receives Crown Prince, Prime Minister & ministers

KUWAIT CITY, July 19, (KUNA): His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah received on Sunday His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah.

His Highness the Amir received His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah.

His Highness also received First Deputy Prime Minister and Minister of Interior Sheikh Fahad Yusuf Al-Sabah, Minister of Defense Sheikh Abdullah Ali Abdullah Al-Salem Al-Sabah, and Minister of Foreign

Affairs Sheikh Jarrah Jaber Al-Ahmad Al-Sabah.

### Crown Prince audiences

His Highness the Crown Prince Sheikh Sabah Khaled Al-Hamad Al-Sabah received on Sunday His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah.

His Highness also received First Deputy Prime Minister and Minister of Interior Sheikh Fahad Yusuf Al-Sabah, Minister of Defense Sheikh Abdullah Ali Abdullah Al-Salem Al-Sabah, and Minister of Foreign Affairs Sheikh Jarrah Jaber Al-Ahmad Al-Sabah.

## Kuwait Amir condoles with Algeria over victims of fire

KUWAIT CITY, July 19, (KUNA): His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah sent a cable of condolences to Algerian President Abdelmadjid Tebboune over the victims of a fire at a child welfare institution in the municipality of Mohammadia, east of Algiers.

His Highness expressed his sincere condolences and sympathy to the victims' families, praying to Allah Almighty to bestow His mercy upon the deceased, grant the injured a speedy recovery, and give their families patience and solace.

### Crown Prince condoles

His Highness the Crown Prince

Sheikh Sabah Khaled Al-Hamad Al-Sabah sent a cable of condolences to Algerian President Abdelmadjid Tebboune over the victims of a fire at a child welfare institution in the municipality of Mohammadia, east of Algiers.

His Highness the Crown Prince wished the injured a speedy recovery.

### Prime Minister condoles

His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah sent a cable of condolences to Algerian President Abdelmadjid Tebboune over the victims of a fire at a child welfare institution in the municipality of Mohammadia, east of Algiers.

# Kuwait preps experts to face climate challenges

EPA launches national training course for negotiators

By Inaas Awadh  
Al-Seyassah/Arab Times Staff

**KUWAIT CITY, July 19: The Environment Public Authority (EPA), in cooperation with the Saud Nasser Al-Sabah Kuwaiti Diplomatic Institute, on Sunday launched the first national training course for negotiators on the United Nations Framework Convention on Climate Change (UNFCCC), entitled 'Kuwait Challenges Climate Change.'**

Representatives of various government, academic and research institutions, and civil society organizations are among the participants in the course, which will continue until July 22.

The course aims to prepare national experts through the acquisition of the necessary legal, technical and diplomatic knowledge to participate in international climate negotiations and raise the level of the readiness of Kuwait for upcoming events, especially the 31st Conference of the Parties (COP31).

Speaking at the event, Deputy Assistant Foreign Affairs Minister for International Organizations Counselor Abdulmohsen Al-Mansour pointed out that climate change is one of the pressing international issues, which requires qualified nationals with negotiation and diplomatic skills to defend the interests of the State of Kuwait in international forums.

Al-Mansour conveyed the greetings of Assis-



Sadiq Marafi

tant Foreign Affairs Minister for International Organizations Ambassador Sadiq Marafi, who was unable to attend due to an official mission abroad.

He commended the support of Minister of State for Development and Sustainability Dr. Reem Al-Fulaij, who also serves as Director General of the Climate Action Committee, as well as the role of the Supreme Committee for Climate Change in formulating national policies, strengthening coordination among government entities, and overseeing the preparation of the negotiating position of Kuwait.

He affirmed the participation of several members of the International Organizations and Legal departments at the Ministry of Foreign Affairs, thereby, supporting the work of the National Negotiating Committee in line with the commitment of Kuwait to abide by the international agreements, as well as to protect its interests.

Meanwhile, acting Director General of EPA Nouf Behbehani affirmed that the course is in compliance with the directives of His Highness the Amir Sheikh Meshal Al-Ahmad Al-Jaber



Dr. Al-Fulaij

Al-Sabah who underscored the importance of international cooperation and multilateral action in overcoming global challenges and achieving sustainable development.

She stated that investing in national abilities is vital to ensuring effective participation in climate change negotiations. She added that since Kuwait is an energy-producing nation and a responsible member of the international community, a balanced negotiating stance that fulfills commitments to international agreements, protects national interests, and supports sustainable development efforts is necessary.

She expressed her gratitude to the Ministry of Foreign Affairs, specifically the International Organizations Department, and Saud Nasser Al-Sabah Diplomatic Institute for their cooperation in organizing and hosting the course.

Participants include representatives of EPA, Ministry of Foreign Affairs, Kuwait University, Kuwait Petroleum Corporation (KPC), Kuwait Oil Company (KOC), Ministry of Electricity, Water and Renewable Energy, and Petrochemical Industries Company (PIC).

### The course covers the following topics:

- History of climate negotiations and the United Nations Framework Convention on Climate Change (UNFCCC)
- Paris Agreement and its Rulebook
- Climate finance and Green Climate Fund
- Nationally Determined Contributions (NDCs) and carbon market mechanisms
- Adapting to climate change and the transparency framework
- Loss, damage and just transition

## Fines paid, impounded cars released at exhibit

By Munif Naif

Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: The four-day 'Be Aware' exhibition at The Avenues Mall has concluded, with a huge turnout of citizens and residents.

Undersecretary of the Ministry of Interior Major General Abdulwahab Al-Wuhaib inaugurated the exhibition, which is the initiative of First Deputy Prime Minister and Minister of Interior Sheikh Fahad Al-Yousef.

The exhibition aimed to raise public awareness on laws about combating drugs, cybercrimes, traffic safety and the Coast Guard, in addition to introducing the electronic services provided by the ministry.

The exhibition included the booths of the General Traffic Department, Drug Control General Department, Coast Guard General Department, Criminal Evidence General Department, Cybercrime Department, Human Resources and Information Technology Sector, and Public Relations and Security Media General Department.

Several services were offered on the sidelines of the exhibition. A large number of visitors paid traffic fines and their impounded vehicles were released immediately.

The Coast Guard General Department booth catered to those wishing to obtain maritime licenses, while many people benefited from the biometric fingerprint service, in an experience that reflected the success of the ministry in bringing its services closer to the public.

Many visitors praised the ease of completing their transactions and the variety of services offered. They pointed out that combining awareness and services in one place made them fully benefit from the event and gave them the opportunity to learn about the regulations, laws and security procedures.

Colonel Faisal Sand Al-Daihani, Director of the Public Relations Department at the ministry, organized the exhibition, with the participation of the staff in the department.



KUNA photo  
Chairman Jamal Al-Nouri and ICRC Regional Head of Delegation Anne Montavon after signing the deal.

## Al-Nouri Charity and ICRC sign deal to help out Gaza

KUWAIT CITY, July 19, (KUNA): Sheikh Abdullah Al-Nouri Charity signed a USD 600,000 partnership agreement with the International Committee of the Red Cross (ICRC) on Sunday to support urgent humanitarian needs in the Gaza Strip.

Chairman Jamal Al-Nouri told KUNA the agreement aims to provide clean water and strengthen medical services through cooperation with international humanitarian organizations.

He said the project will supply 51,429 cubic meters of trucked clean water for around 40,000 beneficiaries over 257 days, support repairs to desalination plants and water wells serving about 1.5 million people, and provide medical supplies for a field hospital for six months,

benefiting some 40,000 patients.

Al-Nouri said the charity is committed to directing donations toward projects with a lasting humanitarian impact through partnerships that ensure aid reaches beneficiaries efficiently and transparently.

For her part, ICRC Regional Head of Delegation Anne Montavon told KUNA the partnership highlights the importance of cooperation with charitable organizations in meeting urgent humanitarian needs.

She said the contribution would help sustain life-saving humanitarian programs, particularly in healthcare and access to clean water, praising Kuwait's leading humanitarian role and the contribution of its charitable sector to crisis response efforts.

Decree says MoIA sole management authority

## 'Exploitation of places of worship for political, non-religious aims banned'

KUWAIT CITY, July 19: Decree Law No. 72/2026 was issued concerning the regulation of the establishment and management of places of worship, with the exception of places of worship established or managed by the Ministry of Islamic Affairs, reports Al-Rai daily.

The law, published in the official gazette "Kuwait Al-Yaum" on Sunday, includes 30 articles addressing the law's objectives and the establishment of a "Places of Worship Committee."

Article 2 of the law states, "The law aims to regulate the establishment and management of places of worship transparently, with the goal of promoting freedom of religious practice and equality among citizens. The exploitation of places of worship for political or non-religious purposes is prohibited."

Article 16 stipulates the following:

The activities prohibited in places of worship are as follows:  
■ Insulting or advocating the denigration of the teachings of any religion, sect, or other belief.  
■ Interfering in the internal or external political affairs of the

state, its system of government, or disrupting public order.

■ Inciting sectarian, racial, religious, or ethnic strife, or promoting extremism or violence.

■ Performing any religious rites, rituals, or ceremonies outside places of worship in a manner that disrupts traffic, security, or public order is prohibited without prior authorization from the relevant department within the ministry.

■ Organizing events without prior authorization from the relevant department within the ministry is prohibited.

■ Performing any rituals or ceremonies that may cause harm to oneself or others, or threaten the health, safety, or security of any person, worshipper, or employee of the place of worship, is prohibited.

■ Communication with diplomatic, security, or official institutions of any country is prohibited.

■ Interfering in the internal or external policies of other countries or using places of worship as platforms for such interference is prohibited.

■ Recruiting or appointing employees, whether on a permanent

or temporary basis, is prohibited without obtaining a permit from the relevant unit within the ministry.

The executive regulations of this law shall be issued by a decision of the Council of Ministers, based on a proposal from the relevant minister, within six months from the date of publication of this law in the official gazette.

Existing legislation shall remain in force to the extent that it does not conflict with the provisions of this law until the issuance of the executive regulations.

Those responsible for places of worship at the time this decree-law enters into force must rectify their legal status within six months from the effective date of the executive regulations.

The relevant ministry shall close and liquidate the assets of places of worship that violate the provisions of the preceding paragraph and return the funds to their owners unless this is not possible. Alternatively, the ministry may manage these assets or assign their management to an entity it designates.

### Other Voices

## Al-Yousef, Al-Khaled, and Amghara

By Ahmad alsarraf

SINCE the suspension of the National Assembly, former MP Alia Al-Khaled has insisted on not letting the dust of oblivion settle on the memories of her followers and constituents, and asserting her presence in both the political and social arenas.

In her latest social media post, she questioned why the manipulation of Kuwaiti citizenship has become so widespread, while it is not as common in other countries.

Al-Khaled highlighted some strange and highly complex cases in which individuals used various methods to obtain citizenship, practices that have only recently been brought to an end.

Despite the significance of the examples cited by Al-Khaled, they represent only a small percentage compared to other fraudulent methods, which often received quasi-official but unlawful approvals. Although the names of many individuals involved are known, no one has been held accountable.

\* \* \*

Kuwait Municipality announced the launch of a campaign to clean roads and alleys between residential homes in all governorates. The campaign aims to remove violations, debris, and waste, eliminate unsightly conditions, and clear abandoned cars, boats, and illegally parked vehicles.

This is undoubtedly a good idea and one that has been long awaited for more than half a century. Better late than never. However, continued monitoring of these areas using drones and aerial mapping is essential. Reports from cleaning companies regarding

new or existing violations should be used to ensure immediate action, prevent recurrence, and prevent a return to the previous situation.

The problem is that some residents treat the roads and public areas surrounding their homes as private property. Some have built gardens or playgrounds on these spaces. I even saw someone in Al-Surra using an area adjacent to his house to establish a beehive for commercial honey production.

The campaign aims to improve cleanliness, enhance the urban environment, reduce pollution, and limit the spread of insects, rodents, unpleasant odors, and stray animals, particularly in light of the significant increase in the number of stray cats and dogs.

After reading the news, a friend who is a government official told me that the decision was excellent, but it should be expanded to include more dangerous areas. He asked me to accompany him to Amghara, which he described as being practically out of control. The area contains a large number of violations, including deteriorating road conditions, particularly during rainy days, as well as a significant number of residency violators, some of whom may include fugitives from justice.

The visit was genuinely alarming, and the situation was worse than I had anticipated. I hope that the First Deputy Prime Minister and Minister of Interior, Sheikh Fahad Al-Yousef, and the Minister of State for Municipal Affairs and Minister of State for Housing Affairs, Abdul Latif Hamed Al-Mishari, conduct an unannounced visit to the area to witness the situation firsthand.

I was not surprised by reports suggesting that certain groups, including Asian and Arab criminal networks, have been exerting control over parts of Amghara for their own interests.

□ □ □

email: a.alsarraf@alqabas.com.kw

## An eye for an eye ... only way to meet aggression

"INTERNATIONAL law recognizes the principle of reciprocity among states as a foundation for respecting state sovereignty," columnist Eng. Adel Al-Jarallah Al-Kharafi wrote for *Al-Seyassah* daily.

"No state has the right to attack another state, impose its will, or interfere with a country's right to establish alliances or conclude economic, political, military, or security agreements. Accordingly, any aggression against a sovereign state warrants an appropriate response. A state subjected to acts of terrorism has the right to take necessary measures it deems appropriate under international law. Those responsible for such crimes must be held accountable, tried, and punished.



Adel Al-Kharafi

"In a previous article, I reviewed the history of Iranian terrorism targeting Kuwait and the Gulf states. I emphasized that such aggression must be met with a firm response. Activating joint defense agreements between Kuwait and the Arabian Gulf states, as well as between Kuwait and the permanent members of the Security Council, has become an urgent necessity. The consequences of Iranian aggression extend beyond regional security, posing a threat to international stability.

"Therefore, it has become essential to undertake a major decisive operation to confront this terrorism. Kuwait is a defensive state, but when it is subjected to aggression and its vital facilities and infrastructure, including desalination plants, power stations, airports, and other critical sites, are targeted, an appropriate and reciprocal response becomes necessary.

"The barbaric enemy aims to kill as many people as possible by targeting essential infrastructure such as power plants and desalination facilities, and disrupting civilian services. The Iranian enemy disregards the principles of good neighborliness and shows no regard for human and Islamic values. Therefore, responding in kind to Iran has become an urgent necessity.

"Kuwaiti defenses are capable of reaching Iranian civilian targets, which are similar to those targeted by Iranian bombardment in Kuwait and the Gulf states.

"Kuwait and the Gulf states must adopt the principle of an eye for an eye and a tooth for a tooth. The leaders of the Iranian regime adopted this principle from the beginning of the war. However, instead of targeting US naval or Israeli aircraft, Iran chose to target the Gulf states.

"Iran did not appreciate the Gulf states' declaration from the very first day that they would not allow their territories to be used to launch attacks against Iran. Despite this, Iran continued its aggression against the Gulf states. Therefore, the Gulf states have the full right to defend their territories and their people in accordance with international law.

"Iran must understand that wisdom and restraint should not be mistaken for weakness. Kuwait and the Gulf states have sought to exhaust all diplomatic solutions. However, the continuation of aggression underscores the need to hold the aggressor accountable, particularly when he does not understand the language of diplomacy.

"In the past, the region faced threats from Israel, but today Iranian weapons have become the problem. The loss of even a single Kuwaiti life is a serious matter that demands a full-scale war of retaliation and the destruction of all nearby Iranian areas used as missile launch sites. It does not matter who among the aggressors dies, because they initiated the aggression."

### Also:

"The security of the Gulf is no longer just a regional concern, but it has become a fundamental pillar of global economic stability, energy security, and international trade," columnist **Mohammad Nasser Al-Aleem** wrote for *Al-Seyassah* daily.

"Recent developments in this vital region do not stop at its borders but its repercussions extend to global markets, supply chains, investor confidence, and the future of the international economy. Threats and attacks targeting the security and stability of the Gulf Cooperation Council (GCC) states, whether through missiles, drones, or other means, represent a dangerous escalation that cannot be viewed as merely a regional issue. They constitute a direct challenge to international security and stability. An attack on any Gulf state affects the security of the entire region and threatens one of the world's most important economic centers and trade and energy routes in the world.

"Sadly, Iran continues to adopt escalatory policies that heighten regional tensions through threats and actions that undermine the security and stability of the Gulf states. These policies do not enhance security for any party; instead, they deepen crises, increase

the risk of confrontation, and diminish opportunities to build trust and foster cooperation among neighboring countries.

"Respect for the sovereignty of states, refraining from the use or threat of force, and upholding the principles of good neighborly relations are not merely political ideals but fundamental principles of international law. They are the only path for building a region characterized by security and stability, free from conflicts and adventures for which everyone pays the price.

"Because the Gulf encompasses some of the world's most important maritime routes, foremost among them the Strait of Hormuz, any threat to its security or to freedom of navigation affects not only the countries of the region but the global economy as a whole. Protecting these strategic waterways is therefore a shared responsibility that requires regional and international cooperation to ensure the safe and uninterrupted flow of trade and energy.

"The Gulf states have proven their commitment to a path of development, investment in human capital, stronger international partnerships, and the promotion of stability. They therefore have the right to enjoy security free from threats that undermine development, endanger their people, and put their resources at risk.

"Targeting the Gulf is not only an attack on its states but also represents also a destructive message that affects the entire world. Protecting the security of the Gulf, preserving the sovereignty of its states, and safeguarding freedom of navigation are therefore not solely the responsibility of the Gulf states but a shared international obligation, as the stability of the Gulf is one of the fundamental pillars of global stability."



"On a crowded morning, he left his house as usual, greeted his colleagues, smiled at those he met, answered his phone, completed his work, and perhaps even made those around him laugh. He seemed perfectly fine, yet no one saw the battle he had been fighting from morning until night just to appear okay," writer on family and psychological issues **Fahad Al-Rifai** wrote for *Al-Seyassah* daily.

"This is where the story begins. Not all heartbreak is visible. Some of it lives quietly in the heart, hidden behind a smile and carried for years without anyone noticing. How many people carry pain they cannot put into words? How many feel alone despite being surrounded by others?"

"How many words are spoken and quickly forgotten by the person who says them, yet remain in the heart of the person who hears them for years? Today, people face unprecedented pressures such as work pressures, family responsibilities, fear of the future, the relentless pace of life, and the constant comparisons fueled by social media. Many spend their lives trying to convince others that they are doing well.

"According to social psychology, studies indicate that it is not the event itself that exhausts a person, but the feeling of facing it alone. Psychological support, a sense of belonging, and the feeling of being understood are among the strongest factors that protect people from emotional collapse. This is why many people do not break under the weight of pain alone, but under the weight of loneliness.

"For this reason, Islam is not limited to abstract rituals, but is a religion that builds the individual from within. God Almighty says, "And We have already created man and know what his soul whispers to him, and We are closer to him than [his] jugular vein."

"This verse reminds humanity that there is a Creator who knows what cannot be expressed in words, who understands every fear, every moment of confusion, and every burden of weariness, and who sees the tears that people hide even from those closest to them.

"In the Prophetic tradition, the Prophet (PBUH) did not ask about people's well-being as a mere gesture of courtesy, but out of genuine mercy, care, and concern for them. He said, "Your smile to your brother is charity."

"Islam teaches that healing is not always found in medicine alone but sometimes it comes in the form of a cheerful face, kind words, and sincere understanding.

"One of the most meaningful examples of this is the story of a man who went to the Prophet (PBUH) expressing his worries. The Prophet (PBUH) did not offer him complicated solutions, but instead opened the door of hope, connected him to God, and renewed his faith in life. When the heart is filled with certainty, many worries seem insignificant."

— Compiled by Simi K. Kutty

## Jahra Governor honors outstanding students



Jahra Governorate photo

Jahra Governor Hamad Al-Habashi poses for a picture with the outstanding students from the governorate.

KUWAIT CITY, July 19: Jahra Governor Hamad Al-Habashi honored a number of outstanding high school graduates from the schools in Jahra Governorate in a ceremony held at the headquarters of the governorate.

The Governor congratulated the students on their exceptional academic achievements,

while praising their dedication and perseverance throughout their educational journey.

He also commended the vital role of parents, teachers and administrative staff in supporting the students, specifically in creating an environment conducive for learning. He underscored the importance of the concerted

efforts of families and schools in nurturing a well-informed and capable generation that can effectively serve the nation and contribute to its development.

He then wished the students continuous success and excellence in their academic endeavors.

# 3,237 kg rotten fish seized

GTD announces new work hours

**KUWAIT CITY, July 19: The Public Authority for Food and Nutrition (PAFN), represented by the Capital Inspection Department, in cooperation with the Ministry of Interior, seized 3,237 kilograms of fish unfit for human consumption during an inspection tour of the fish market on the waterfront, reports Al-Seyassah daily.**

PAFN explained that the seized quantities were found to be spoiled and had undergone changes in their natural properties, including color, appearance, and odor, while being prepared for sale. Reports were filed against the violators, and the necessary legal measures were

taken. The seized quantities were also destroyed in accordance with the applicable regulations.



**New GTD work hours:** The General Traffic Department announced on Saturday the official working hours for all its departments in various governorates, reports *Al-Seyassah* daily.

In an official statement, the department explained that vehicle inspection and driving test departments will operate from 7:30am to 1:30pm and from 1:30pm to 6:00pm.

The driver's license, vehicle registration, and traffic violation departments will receive visitors from 7:30am to 1:30pm and from 5:00pm to 9:30pm. These working hours apply in all governorates, and visitors are requested to arrive well before the end of the designated service hours.

## Why CCTV cams stolen from commercial property?

KUWAIT CITY, July 19: The General Department of Criminal Investigation, represented by the Farwaniya Investigation Department, launched an investigation to identify unknown individuals who disabled the surveillance system at a commercial property by damaging several security cameras and cutting off their power supply, reports *Al-Anba* daily.

According to security sources, the perpetrators managed to steal seven surveillance cameras along with their electrical wiring. One camera, which was neither damaged nor stolen, successfully captured images of the suspects, which may help in their quick identification and arrest.

The property management reported the in-

cident to the Ministry of Interior's Operations Room. The General Department of Criminal Evidence dispatched a team to the site to collect evidence and fingerprints left by the perpetrators in preparation for completing the investigation.

It remains unclear whether the suspects only stole the surveillance cameras and their accessories or whether they also took other property belonging to the commercial facility.



**Shotguns, bullets seized:** Security forces arrested a Kuwaiti citizen in possession of two shotguns and 113 rounds of unlicensed ammunition, reports *Al-Anba* daily.

The citizen was referred to the relevant authorities for legal action.

The Public Prosecution ordered the registration of a case for the possession of unlicensed weapons and ammunition and assigned the General Department of Criminal Investigation to conduct the necessary investigations.



**Worker files report:** Security authorities have launched an investigation into a report filed by an Egyptian worker who stated that he was injured while working at a construction site, reports *Al-Anba* daily.

The worker explained that he was working on a staircase connecting the ground and first floors, using temporary wooden supports during concrete pouring, when one of the supports broke. He fell from a height of approximately 3.5 to 4 meters, sustaining injuries.

## Kuwaiti citizen acquitted of fraud, robbing woman

KUWAIT CITY, July 19: The Criminal Court acquitted a citizen of fraud and stealing KD23,500 from a woman, reports *Al-Seyassah* daily.

The Public Prosecution charged the defendant with deceiving the woman by claiming that he wanted to marry her. He then persuaded her to invest in a stock market project to generate substantial profits.

The woman believed him, borrowed money from a bank and handed it over to him.

The prosecution demanded harsher penalty, because the defendant was previously convicted in a similar crime.

During the trial, the defendant's lawyer, Attorney Ayed Al-Rashidi, argued there were no elements of fraud, asserting that fraudulent methods, as defined in the Penal Code, were not used. He added the victim's testimony did not include proof that the defendant used fraudulent methods, as it was limited to his claim about an investment project.

The court made clear that the evidence did not reach the level of certainty, which is required to convict the accused. It added that the decision to impose penalty is not based on flimsy evidence.

### Al-Huwaila visits center

‘Ensuring safety of people with disabilities is priority’

By Fares Ghaleb

Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: Minister of Social, Family and Childhood Affairs Dr. Amthal Al-Huwaila visited the Sabahiya Center for the Care and Rehabilitation of People with Disabilities, affiliated with the Public Authority for Disabled Affairs (PADA).

Dr. Al-Huwaila reviewed the conditions of the residents and the level of healthcare and social services provided to them.

She inspected the center's facilities, assessed the readiness of shelters, and reviewed evacuation and emergency plans, along with the precautionary measures in place, to ensure the highest levels of safety and protection for residents and staff.

Dr. Al-Huwaila emphasized that ensuring the safety of people with disabilities is a top priority, noting that the ministry and PADA continue to monitor the readiness of care facilities and the quality of services provided.



Dr Al-Huwaila

## LARGEST SPREAD IN TOWN

### Child Buffet

**KD 3.450**

EVERY THURSDAY  
DINNER ONLY  
6 PM TO 11 PM

### Adult Buffet

**KD 5.950**

EVERY FRIDAY  
LUNCH & DINNER  
12:30 PM TO 4:30 PM  
& 6 PM TO 11 PM

HAWALLY ONLY

EVERY SATURDAY  
LUNCH ONLY  
12:30 PM TO 4:30 PM

AVAILABLE AT  
**HAWALLY BRANCH**  
BEIRUT ST, LULU AL  
WATAN COMPLEX, OPPOSITE CBK  
22626782 ☎ 22626783

AVAILABLE AT  
**FAHAHEEL BRANCH**  
1ST FLOOR, AL HOOR BUILDING  
BLOCK NO.II, BEHIND TO CENTERPOINT  
23911175 ☎ 23911174

# MoE nods grant, study leave plan

Online applications begin July 19 to Aug 1

**KUWAIT CITY, July 19: The Undersecretary of the Ministry of Education, Dr. Khaled Al-Rashid, approved the scholarship, study leave, and grant plan for the 2026/2027 academic year for ministry employees, reports Al-Seyassah daily.**

In an official statement, the ministry explained that the plan includes five scholarship programs covering 28 specializations across various academic levels. These scholarship programs provide employees with opportunities to pursue diplomas, bachelor's degrees in nursing, master's degrees, and PhDs both inside and outside Kuwait, in accordance with approved staffing needs and the regulations governing scholarships and study leaves issued by the Civil Service Commission (CSC).

The target groups include Ministry of Education employees seeking to study at Kuwait University and other distinguished universities, or to obtain study leave within or outside Kuwait, subject to the terms of the scholarship regulations. An opportunity has also been allocated for ministry employees with special needs.

Applications will be accepted online only through the "Taa" digital plat-



Dr. Al-Rashid

form on the Ministry of Education's website, starting Sunday, July 19 and ending Saturday, August 1.

Each plan has its own specific terms and requirements, in addition to a set of general conditions governing the scholarship process.

Among the most prominent general conditions are the following:

- The applicant must be a Kuwaiti citizen
- The applicant must not be older than 50 years of age for all academic levels
- The applicant must have at least one year of continuous service with the Ministry of Education
- The applicant must not have previously had a scholarship or study leave cancelled in the same specialization
- The selected specialization must be related to the applicant's field of work and included in the approved scholarship plan based on the ministry's needs.
- The applicant must not have received any disciplinary penalties during the past three years, unless such penalties have been addressed in accordance with Civil Service regulations or overturned by a final judgment.
- The applicant must provide a criminal status certificate (not a judgment certificate) through the Sahel application

Applicants wishing to apply for the scholarship plan at the Arabian Gulf University in the Kingdom of Bahrain or the scholarship plan at Kuwait University must register online through the relevant university's admission portals.

The application for enrollment or academic acceptance does not constitute

final approval until it is approved by the Ministry of Education and the Civil Service Commission (CSC).

The candidate may not interrupt their studies or employment arrangements before CSC issues its final approval.

Employees may not be granted a scholarship or study leave during the delegation period until the administrative procedures are transferred to the Ministry of Education.

The employees have the right to choose the payment mechanism for their salary throughout the duration of the scholarship or study leave, either receiving only the basic salary without allowances or receiving the full salary with allowances.

The applicant is required to obtain the academic qualification within the specified period. Otherwise, the scholarship or study leave may be cancelled, and the financial penalties stipulated in the regulations will be applied.

The applicable measures include refunding 50 percent of total expenditures if the applicant chooses to receive the salary without allowances, or 100 percent of total expenditures if the applicant chooses to receive the full salary with allowances.

Regarding scholarships outside Kuwait, the ministry stressed the need for applicants to select a recognized university or institute and ensure that the specialization is approved by the Cultural Office, the Ministry of Higher Education, and the National Bureau for Academic Accreditation and Education Quality Assurance.

## Kuwait supports joint Gulf action to develop educational programs

**KUWAIT CITY, July 19:** In confirmation of the State of Kuwait's commitment to strengthening its role in Gulf educational cooperation and joint policy-making, the Undersecretary of the Ministry of Education, Dr. Khaled Al-Rashid, participated today, Sunday, July 19, 2026, in the ninety-sixth session of the Executive Council of the Arab Bureau of Education for the Gulf States, held via videoconference with the participation of representatives of member states.

Kuwait's participation comes as part of its ongoing support for joint Gulf action and its contribution to the development of educational initiatives and programs that meet the requirements of the coming phase, enhance the quality of education and keep pace with rapid developments in the education sector.

During the session, the Council discussed the report of the Director General on the progress of educational programs and projects and the work of specialized bodies during the 2025–2026 financial term. The report reviewed the most prominent achievements within the framework of joint plans between member states, reflecting the continued development of the Gulf educational system.

The Council also approved the programs and projects of the strategic plan for the 2027–2028 and 2029–2030 sessions, along with their estimated budgets, in a move that

supports the sustainability of educational programs and initiatives and reaffirms the commitment of member states to advancing education in line with unified strategic visions.

In addition, the Council reviewed a report on the financial sustainability of the Arab Bureau of Education, with the aim of enhancing the efficiency of resource management and ensuring the continued implementation of its programs and projects. It also approved amendments to three job grades within the approved structure of the Arab Center for Educational Research for the Gulf States during the current financial term.

The State of Kuwait's delegation took part in the workshops held on the sidelines of the session, which addressed the latest educational trends. The first workshop focused on "shadow education" and its role in supporting the educational process, while the second examined "the advantages and challenges of artificial intelligence in education," highlighting opportunities to employ artificial intelligence technologies in improving education and the challenges associated with their responsible and effective use, in line with Kuwait's orientation towards digital transformation and the development of the educational system.

The program further included a presentation by the



Kuwait participates in the ninety-sixth session of the Executive Council of the Arab Bureau of Education for the Gulf States, held via video-conference.



Education Ministry photos

Ministry of Education and Higher Education in the State of Qatar entitled "Energies that create achievement, and capabilities that shape the future," which reviewed its experience in educating students with disabilities through a comprehensive and equitable educational system, contributing to the exchange of expertise and the benefit from leading Gulf experiences in this field.

The Council concluded its work by discussing the date and venue of its ninety-seventh session, reaffirming the continuation of coordination and integration among member states and the advancement of Gulf educational efforts in a manner that serves the aspirations of the Council countries for higher-quality and more sustainable education.



albander  
البندر



| Weekdays (Saturday - Wednesday)                                                    | Price                    |
|------------------------------------------------------------------------------------|--------------------------|
| One night stay in a <b>Queen Bed Cabana for 2 persons</b> inclusive of Breakfast   | <b>BHD 46.000 / Net</b>  |
| One night stay in a <b>Two Bedroom Chalet for 4 persons</b> inclusive of Breakfast | <b>BHD 102.148 / Net</b> |

| Weekends (Thursday & Friday)                                                       | Price                    |
|------------------------------------------------------------------------------------|--------------------------|
| One night stay in a <b>Queen Bed Cabana for 2 persons</b> inclusive of Breakfast   | <b>BHD 53.361 / Net</b>  |
| One night stay in a <b>Two Bedroom Chalet for 4 persons</b> inclusive of Breakfast | <b>BHD 119.173 / Net</b> |

Terms & conditions apply

Tel: +973.17701201 - Ext. 351 | Email: reservation@albander.com | www.albander.com | @albanderhotelandresort



Farwaniya Governorate photo  
Farwaniya Governor Sheikh Athbi Nasser Athbi Al-Sabah receives the local Farwaniya residents.

## Farwaniya Governor vows to address citizens grievances

**KUWAIT CITY, July 19:** Farwaniya Governor Sheikh Athbi Nasser Athbi Al-Sabah had a meeting with former Minister of State for National Assembly Affairs Dr. Abdulhadi Al-Saleh, along with Jawad Dashti, Adel Al-Momen, Majid Al-Qallaf and Abdullah Al-Yousufi.

During the meeting, the participants engaged in cordial discussions and reviewed a number of proposals and ideas related to Farwaniya Governorate, with the aim of bet-

ter serving the residents in the governorate.

The Governor affirmed his commitment to take into consideration the opinions and suggestions presented to him to help improve the services provided to all those residing in the governorate.

On the other hand, Al-Saleh and his companions expressed their gratitude and appreciation to the Governor for his warm welcome and hospitality, and praised his willingness to listen to their proposals.

## PAAET reschedules aptitude tests for high school grads

**KUWAIT CITY, July 19:** The Dean of Admissions and Registration at the Public Authority for Applied Education and Training (PAAET) Dr. Mohammed Al-Kandari announced that the academic aptitude tests for high school graduates have been rescheduled and relocated to the Higher Institute of Communications and Navigation, reports Al-Seyassah daily.

Dr. Al-Kandari explained that the new

dates for the aptitude tests will be announced in the coming days. All registered candidates will be notified through the Sahel application, in addition to the dates being published on the official PAAET website and social media accounts.

Dr. Al-Kandari affirmed that PAAET continues to take all necessary measures to ensure the smooth and efficient conduct of the tests.

## Postal sector suffers setback as CAPT nod cancels 'tender'

**By Mohammad Ghanem**  
Al-Seyassah/Arab Times Staff

**KUWAIT CITY, July 19:** In its meeting last Wednesday, the Board of Directors of the Central Agency for Public Tenders (CAPT) approved the request of the Ministry of Communications to cancel the tender for conducting consultancy studies on the Kuwait Post Company project.

The reasons behind the cancellation request are stated in the letter of the ministry, in accordance with Clause Three of Article 55 of Law No. 49/2016, which states "the tender may be canceled if all the submitted bids do not fully conform to the conditions stipulated in the documents."

According to the report of the Kuwait Authority for Partnership Projects

(KAPP), the tender includes the design, financing, construction, management, operation, maintenance and development of the postal sector in Kuwait. Through this project, the ministry will develop the postal sector and reduce the losses incurred by operating this sector due to digital transformation.

The main objective of the project is to comply with standards set by the Universal Postal Union (UPU), such as the commitment to continue providing postal services as per the international standards.

Other objectives are upgrading the postal service centers for the benefit of the public and to maximize the provision of main services and sub-services, improve the quality of services offered to the community, reduce operating costs, and gradually increase revenues.

Youth drive demographic boom

GCC population hits 62.8 million

MUSCAT, July 19, (KUNA): The population of the Gulf Cooperation Council (GCC) countries climbed to an estimated 62.8 million in 2025, marking an increase of more than 6.2 million people since 2022 and an average annual growth rate of 3.5 percent, according to the Statistical Center for the Cooperation Council for the Arab States of the Gulf.

The figures were released in a report highlighting key population indicators to mark World Population Day, observed annually on July 11.

The report showed that the GCC population grew from 56.6 million in 2022 to 59.1 million in 2023, before reaching 61.5 million in 2024 and an estimated 62.8 million in 2025.

Population growth is expected to continue over the coming decades, with projections indicating the GCC population could reach 83.6 million by 2050—an increase of about 33.1 percent compared to 2025. Despite the steady rise, the GCC accounts for only 0.8 percent of the world's total population.

The report highlighted the region's predominantly young demographic profile. In 2024, around 23.5 million people were aged 15 to 34, representing 38.2 percent of the total population.

People of working age (15 to 64 years) made up 76.7 percent of the population, while children under 15 years

accounted for 20.6 percent. Senior citizens aged 65 and above represented just 2.6 percent, underscoring the GCC's relatively youthful population.

The Statistical Center also reported a gender ratio of 168 males for every 100 females in 2024, while population density stood at approximately 25.5 people per square kilometer.

The overall demographic dependency ratio reached 30.4 dependents for every 100 working-age people in 2024, comprising 27 children and 3.4 elderly persons per 100 people of working age. The report noted that the dependency burden remains largely driven by children, although the share of elderly dependents is expected to increase gradually as demographic patterns evolve.

The center emphasized that the large proportion of working-age residents provides a strong foundation for sustaining economic growth and boosting productivity. It stressed the importance of investing in young people and empowering them to remain the primary drivers of development across the GCC.

Headquartered in the Sultanate of Oman, the Statistical Center for the Cooperation Council for the Arab States of the Gulf serves as the GCC's official authority for regional statistics, data and information, while supporting the work of national statistical agencies across member states.

Bid to protect families in digital age

KUWAIT CITY, July 19, (KUNA): Minister of Social Affairs, Family and Childhood Affairs Dr. Amthal Al-Huwailah on Sunday discussed with President of the National Cyber Security Center Eng. Abeer Al-Awadhi ways to strengthen joint cooperation in digital security and family protection.

In a press release, the ministry said Al-Huwailah underscored the importance of sustained coordination among government entities in the field of cybersecurity, emphasizing its role in protecting families and society, supporting digital transformation, and reinforcing an integrated digital security system that serves national interests.

The meeting reviewed areas of cooperation across several shared priorities, most notably raising public awareness of digital security and promoting a safe online environment for all segments of society.

Both sides stressed the need to continue coordination in implementing the government's family protection program through joint initiatives aimed at enhancing digital preven-



Ministry of Social Affairs photo  
Minister of Social Affairs, Family and Childhood Affairs Dr. Amthal Al-Huwailah with President of the National Cyber Security Center Eng. Abeer Al-Awadhi.

tion and safeguarding society from cyber risks.

Discussions also covered ways to improve Kuwait's cybersecurity indicators, reflecting national efforts to boost digital readiness and strengthen electronic protection systems in

line with international best practices.

The meeting further highlighted the importance of updating relevant laws and legislation to keep pace with global agreements and rapid digital developments, while enhancing legal protections.



Part of the workshop.

AI takes center stage at Adan Hospital scientific workshop

KUWAIT CITY, July 19, (KUNA): The Department of Nuclear Medicine at Al-Adan Hospital on Sunday organized a workshop and a series of scientific lectures highlighting the role of artificial intelligence in scientific research, featuring specialists who presented the latest applications and developments in the field.

In a press statement, Director of Ahmadi Health Zone Dr. Ammar Al-Fadhli said the event represents an important step for healthcare professionals, noting that artificial intelligence contributes significantly to advancing scientific research while

saving time and effort.

He added that such lectures introduce emerging concepts in medicine and research, ultimately serving patient care by keeping practitioners informed of the latest advancements.

Head of the Nuclear Medicine Department at Al-Adan Hospital, Dr. Esraa Al-Qattan, said artificial intelligence has become an integral part of daily life due to its growing role in developing scientific research. She noted that the Ministry of Health places strong emphasis on advancing research and adopting modern technologies to enhance healthcare services.

By Najeh Bilal  
Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: A recent government report revealed the sharp decline in the contribution of the industrial sector to the foreign direct investment (FDI) of Kuwait.

The industrial sector ranked last in terms of attracting foreign capital, with only 0.02 percent (about KD396,285). This figure is small compared to the total direct investments attracted by the Kuwait Direct Investment Promotion Authority (KDIPA), which reached a cumulative value of KD1.9 billion.

According to the report, the information technology sector ranked first -- accounting for 33.87 percent of total investments, oil and gas sector ranked second with 27.65 percent, construction and infrastructure sector ranked third with 14.36 percent, energy and electricity sector ranked fourth with 5.36 percent, human health sector

ranked fifth with 4.10 percent, education and training sector ranked sixth with 3.75 percent, insurance sector ranked seventh with 2.76 percent, consulting sector ranked eighth with 2.70 percent, and aviation sector ranked ninth with 2.67 percent.

Other sectors accounted for less than one percent each, including agriculture, market research, promotion, arts, entertainment, financial services, and scientific research and development.

This disparity in investment raises fundamental questions about economic diversification plans and the vision of the state. While the service, information and oil sectors have the largest share, the production and industrial sectors suffer from a noticeable weakness in attracting foreign partners.

An official source said this is linked to structural challenges in the local business environment. He attributed the foreign reluctance to invest in the industrial sector to several major obstacles that the investors are facing.

He confirmed that the government is currently addressing the lack of plots allocated for industrial businesses, in addition to resolving the adminis-

trative bureaucracy issue in order to minimize the complexity of business licensing procedures and facilitate obtaining approvals.

He stated that there are government initiatives to resolve the crisis and create an attractive environment for industry. He pointed out that the economic and legislative institutions recognize the importance of implementing reforms to improve the legislative environment and enact several reform measures, including granting long-term residency to foreign investors.

He indicated that transforming Kuwait into a regional financial and commercial hub requires a complete overhaul of the industrial strategy, opening the door to international partnerships in the manufacturing sector, and not relying solely on digital and service-sector growth.

He affirmed that increasing the industrial sector's contribution to the gross domestic product (GDP) of the country is crucial, while stressing the need to enhance the added value of national industries and attract both local and foreign direct investments.

Continued from Page 1

KD10 cash

Article 3 -  
Any provision or ruling that contradicts the provisions of this decision is hereby repealed.

Article 4 -  
All officials, each within their respective capacities, shall implement this decision, which shall take effect from the date of its issuance and shall be published in the official gazette.

51°C scorch

The expected maximum temperatures will range between 49 and 51 degrees Celsius in inland areas, while maximum temperatures in coastal areas and islands will range between 37 and 45 degrees Celsius. Minimum temperatures will range between 34 and 37 degrees Celsius.

The weather is expected to remain extremely hot during the daytime until Tuesday, with moderate to active northwesterly winds that may become strong at times, ranging between 20 and 55 kilometers per hour, causing reduced horizontal visibility in some areas.

Nighttime weather until Tuesday will be hot to relatively warm, with dust settling and light to moderate northwesterly winds that may become active at times, ranging between 10 and 40 kilometers per hour.

Al-Ali urged the public to remain in air-conditioned places, avoid direct exposure to sunlight during peak hours to prevent heat exhaustion and heatstroke, and consume sufficient amounts of water and fluids to maintain hydration.

Golden visas

He indicated that these campaigns should include organizing regular investment forums and business gatherings in major global economic capitals, as well as distributing digital and printed brochures explaining the program's advantages and facilities while clarifying its terms and conditions.

Ramadan also called for removing obstacles, in accordance with applicable regulations and requirements, to attract more foreign investment, especially as foreign direct investment remains very limited, still below KD 2 billion.

He pointed out that a large segment of investors and international companies are constantly seeking to expand their investments outside their home countries, which has made Dubai a major destination for foreign investment.

Meanwhile, a government advisor confirmed that the initiative sends a highly significant message of confidence to the business community and international companies, as it aims to firmly position Kuwait on the regional and global investment map.

He noted that the Golden Residency system was designed to open broader horizons for successful investment partnerships and provide a stable and sustainable legislative and living environment for foreign investors and their families.

He explained that Kuwait's Golden Residency system has established financial criteria reflecting the country's desire to attract financially strong entities. The executive regulations stipulate that the investment value of the licensed entity must not be less than KD 5 million, and that a minimum paid-up capital of KD 1 million must be deposited in a bank account within the State of Kuwait.

The world

Therefore, the world should listen to the voices of the Baloch, Kurds, Arabs, Azeris, Lurs, Bakhtiari, and other ethnic groups demanding liberation from the current Iranian regime and freedom from Persian hegemony. These ethnic groups possess their own cultures and social, political, and economic heritages, which are distinct from Persian culture that continues to hold onto historical narratives and aspirations of reviving an empire that disappeared 1,350 years ago.

Lies that contradict history cannot form the foundation of a normal state, especially when they are based on nonexistent delusions. Myths are mere entertainment and cannot serve as the foundation of a state project. They cannot withstand the test of reality.

If the international community truly wants to rid itself of the terrorism associated with the current Iranian regime, it must support these factions and create the necessary conditions to help them achieve their right to self-determination. The current historical opportunity, presented by the weakness of the Iranian regime, must be seized. Such an opportunity does not arise every day.

The strategic mistakes that enabled Hitler to ignite the flames of World War II must not be repeated. When the international coalition refused to provide assistance to the Iraqi uprising, Saddam Hussein committed genocide against the Kurds and the people of southern Iraq.

Grid strain

The Kuwait Fire Force responded swiftly to control the blaze, while technical and emergency teams, in coordination with security authorities, began assessing the damage and working to restore the affected units as quickly as possible.

The ministry stressed that its teams are working around the clock to maintain the stability of the electricity network and ensure uninterrupted service, while continuously monitoring the grid.

It urged citizens and residents to cooperate by reducing electricity consumption during the current exceptional circumstances and said updates would be issued through official channels.

Air Defenses Intercept Hostile Missiles, Drones

Meanwhile, Kuwait Army General Staff announced Sunday morning that air defense systems were actively intercepting hostile Iranian rocket and drone attacks.

The General Staff said any explosions heard were the result of ongoing interception operations and urged the public to follow all safety instructions issued by relevant authorities.

Prime Minister Visits Injured Victims

His Highness the Prime Minister Sheikh Ahmad Abdullah Al-Ahmad Al-Sabah visited injured victims receiving treatment at Al-Adan Hospital following the Iranian attacks on civilian and vital facilities.

Accompanied by Health Minister Dr. Ahmad Al-Awadhi, the Prime Minister affirmed the government's commitment to providing full support and medical care for the injured until their recovery.

He directed authorities to ensure all necessary medical and technical resources were available and prayed for the speedy recovery of those affected.

Kuwait Condemns Attack on Power, Water Facility

Kuwait on Sunday strongly condemned the latest Iranian attack targeting one of the country's power generation and water desalination plants, describing it as a direct strike on a vital civilian facility.

In a statement, the Foreign Ministry said the repeated targeting of critical infrastructure reflects a systematic pattern of aggression, warning that it represents a dangerous escalation and a serious threat to civilian safety and security. The ministry stressed that the attack constitutes a flagrant violation of international law, international humanitarian law, the UN Charter, and UN Security

Council Resolution 2817 (2026).

Kuwait held Iran fully responsible – legally and morally – for the attack and its consequences, affirming its right to take all necessary measures to protect its security, territory and vital facilities, in line with Article 51 of the UN Charter and established principles of international law.

In a separate statement, Kuwait also condemned Iranian attacks targeting Bahrain and Jordan, describing them as clear violations of the two countries' sovereignty and territorial integrity, and breaches of international law and the UN Charter.

The ministry reiterated Kuwait's full solidarity with both countries, underscoring its support for all measures they may take to preserve their security, sovereignty and stability.

Kuwait, Saudi Arabia Condemn Attacks

Kuwait's Foreign Minister Sheikh Jarrah Jaber Al-Ahmad Al-Sabah and Saudi Foreign Minister Prince Faisal bin Farhan Al Saud strongly condemned the recent Iranian attacks targeting Kuwait during a phone conversation on Saturday.

The Kuwaiti Ministry of Foreign Affairs reaffirmed Kuwait's right to take all necessary measures to protect its sovereignty, national security and stability.

The two ministers discussed the latest regional developments and stressed the importance of diplomatic efforts to prevent further escalation and preserve regional security.

Fire Chief Visits Injured Firefighters

Kuwait Fire Force Commander Major General Talal Al-Roumi visited injured firefighters who were wounded during firefighting operations following the Iranian attacks.

Al-Roumi conveyed the greetings of First Deputy Prime Minister and Minister of Interior Sheikh Fahad Yusuf Saud Al-Sabah, who wished them a speedy recovery.

He was briefed by medical teams on their condition and praised the efforts of healthcare workers in providing treatment and care.

Saudi Arabia Condemns Attacks on Gulf States

Saudi Arabia strongly condemned Iran's continued attacks on Kuwait, Bahrain and Jordan, reaffirming its full support for the affected countries and their measures to protect their security.

The Saudi Ministry of Foreign Affairs rejected attacks targeting infrastructure and civilian facilities, including Kuwait's power generation and water desalination plant, describing them as violations of international law.

It called for an immediate halt to

military escalation and efforts to preserve regional security and stability.

Muslim World League Condemns Infrastructure Attacks

The Muslim World League also condemned Iran's continued attacks on Kuwait, Bahrain and Jordan.

Secretary-General Dr. Mohammed Al-Issa denounced attacks on infrastructure and vital civilian facilities, saying they violate international laws and threaten regional security and civilian safety.

He expressed the League's support for the affected countries in protecting their sovereignty and the safety of their citizens and residents.

GCC, EU Demand End to Attacks, Maritime Threats

The Gulf Cooperation Council (GCC) and European Union (EU) called on Iran to immediately and unconditionally halt attacks and interference with international maritime navigation.

The joint statement, issued after a high-level GCC-EU meeting in Brussels, stressed that freedom of navigation through the Strait of Hormuz is guaranteed under international law and the United Nations Convention on the Law of the Sea.

The two sides condemned attacks on commercial vessels and the territories of sovereign states, including Kuwait, Bahrain, the UAE, Qatar, Oman and Jordan.

They warned that such actions endanger civilians, sailors and regional stability, while rejecting any attempts to impose control, permits, fees or restrictions on international shipping through the strategic waterway.

The GCC and EU reaffirmed solidarity with affected countries and called for sustained openness of the Strait of Hormuz without conditions or restrictions.

They urged dialogue and diplomacy as the only path toward resolving the crisis and ensuring regional peace and security.

Arab League Calls for Immediate De-escalation

Arab League Secretary-General Nabil Fahmy warned Sunday of the dangerous consequences of escalating tensions in the Arabian Gulf, calling on the United States and Iran to immediately de-escalate and return to negotiations.

Fahmy cautioned that continued escalation could spiral out of control, causing major losses and damaging the regional and global economy.

He condemned Iranian attacks on Arab states and stressed that Arab countries should not bear the consequences of a widening conflict.

Fahmy called for respect of freedom of navigation through the Strait

of Hormuz in accordance with international law and UN Security Council Resolution 2817.

He emphasized that dialogue and negotiations remain the only viable solution to prevent further escalation and resolve outstanding issues.

US strikes Iran over troop deaths

Meanwhile, the United States launched more airstrikes on Iran on Sunday in response to the killing of U.S. troops, and Iran fired missiles toward Jordan that risked widening the conflict into neighboring Israel.

Step by step, the U.S. and Iran have returned closer to all-out war as last month's interim deal meant to permanently end the fighting has crumbled and shipping traffic in the Strait of Hormuz has largely stalled. Both sides have targeted civilian infrastructure relied on by millions of people.

The U.S. military said the latest strikes targeted Iran's paramilitary Revolutionary Guard to retaliate for Friday's killing of troops in Jordan. The campaign, now in its second week, has seen the U.S. target bridges, water desalination plants and electrical facilities in Iran. Tehran has hit U.S.-allied countries throughout the Middle East.

Kuwait, Jordan and Bahrain again activated air defenses for incoming Iranian drones and missiles. Israel warned that missiles launched toward neighboring Jordan could cause fire to spill over into Israeli territory for the first time in weeks.

The U.S. military's Central Command said it hit "Iranian military coastal surveillance and air defense facilities, maritime capabilities and missile and drone storage sites." It said the attack was designed to degrade Iran's ability to control the strait and "swiftly punish Islamic Revolutionary Guard Corps forces," a power base in Iran's theocracy that controls its ballistic missile arsenal.

Footage released by the U.S. military appeared to show strikes carried out by fighter jets and by Tomahawk cruise missiles launched from the sea. One target site appeared to be in a valley of a mountainous region. The Guard often has missile bases and other military equipment tucked into mountain ranges.

Iran's atomic energy agency said U.S. strikes targeted the construction site of a planned nuclear power plant in the southwest, state television reported.

Satellite images from Planet Labs PBC of the Darkhovin nuclear plant site showed earth clearing but little construction as of July 9. Iran did not previously announce it as being targeted.

# Hegseth again backs low-altitude army flyover as maneuvers draw scrutiny

WASHINGTON, July 19, (AP):US Defense Secretary Pete Hegseth is sticking to encouraging low-altitude military flyovers after a fighter jet buzzed a Florida beach during a show this week, raising new scrutiny after the Pentagon has dismissed a series of safety reviews of such flights.

In the latest maneuver, video spreading widely on social media shows a jet from the Navy's demonstration squadron, the Blue Angels, flying so low over a crowded beach in Pensacola on Wednesday that chairs and tents went flying, sand kicked up and children held their hands over their ears.

The US Navy said in a statement shortly afterward that it was "conducting a thorough safety review." Then on Thursday morning, a host of Trump administration officials heaped praise on the maneuver.

"The flyovers will continue until morale improves," Hegseth wrote on his personal X account, without elaborating.

The Pentagon's top spokesman, Sean Parnell, wrote "Carry on Patriots" on social media alongside a photo showing a Blue Angels jet with a wingtip just feet above the heads of beachgoers.



US Defense Secretary Pete Hegseth and Iraq's Prime Minister Ali al-Zaidi (unseen) hold a meeting at the Pentagon on July 14, in Washington. (AP)

The White House tweeted a cartoon showing people on a beach taking photos of a Blue Angels jet, with the words "Freedom" and "It's okay to love America."

It is at least the third time that Hegseth and others have voiced support for military aviators performing maneuvers that, while often popular with the crowds experiencing them, have drawn public scrutiny and mili-

tary investigations.

In two prior cases, Hegseth's remarks led to the end of the safety investigations. In the Florida flight, acting Navy Secretary Hung Cao, a Trump administration political appointee, said the Navy had "no problem" with the flight and there would be no reprimands or firings. His social media post was retweeted by Hegseth.

# US Senator Ossoff fuels reelection campaign with attacks on Trump

ATLANTA, July 19, (AP): Nearly a decade ago, Jon Ossoff was a 30-year-old Democratic congressional candidate promising Georgia suburban voters he would "cut wasteful spending" and make "both parties in Washington" be "accountable to you." His Republican opponent even complained that Ossoff "talks like a Republican."

Nobody would make that mistake today. After losing that race in 2017 and narrowly winning a U.S. Senate seat during a runoff in 2021, Ossoff is running for reelection with a full-throated broadside on President Donald Trump as a "national disgrace" leading a "Mar-a-Lago mafia" and "the most corrupt administration of all time."

The 39-year-old senator has always been a vessel for Trump opposition, no matter his message on the campaign trail. But not until now has Ossoff openly embraced the role. His approach is being noticed across the Democratic spectrum, from activists hungry for the right message in the 2026 midterms to those pining for viable presidential candidates in 2028.



US Sen Jon Ossoff, D-Ga., questions Jay Clayton, President Donald Trump's pick to head the nation's intelligence agencies, as he appears for his confirmation hearing before the Senate Intelligence Committee, at the Capitol in Washington on July 15. (AP)

This week, as Trump renewed his fixation on false claims of voter fraud in the 2020 election that brought Ossoff to Washington, the senator never missed an opportunity to denounce the "world's most famous sore loser."

"The senator is definitely having a moment, and these breakout moments can certainly become a

launching pad for something bigger," said Lis Smith, a Democratic strategist who helped Pete Buttigieg go from being an unknown Indiana mayor to a presidential contender in 2020. She said Ossoff's approach - tying Trump's personal financial gain to his performance on the economy - is "one that more Democrats should adopt."

Parallels between two US presidents become harder to ignore

# Trump shifts tone on Carter while grappling with Iran and own legacy

WASHINGTON, July 19, (AP): Jimmy Carter used to be one of US President Donald Trump's favorite political targets, a catchall foil for feckless Democrats that he could jeer at to make himself look strong and decisive.

But lately, Trump's sentiments on the 39th president have become more wistful as he faces some of the same challenges the late Carter did.

Those include the war in Iran with no end in sight - and now escalating as the US moves to control the Strait of Hormuz - and inflation, a drag on the economy Trump hasn't tamed despite long insisting that his business background would wipe it out.

The comparison seems to be on Trump's mind, too. Asked last month why he didn't dispatch US Special Forces into Iran to forcibly remove its enriched uranium, he responded, "I didn't feel like being Jimmy Carter."

That recalled the failed 1980 raid to free US hostages that killed eight American servicemen. Trump also said in March that the unsuccessful mission "cost them the election" against Ronald Reagan in 1980, sounding cognizant of political realities in a way he didn't when using Carter as a punchline.

The shift in tone coincides with Trump's increased focus on his personal legacy and comes as the parallels between the two presidents become harder to ignore.

"I think it is dawning on him - it's getting through even his thick skull - that

he's kicked over a hornet's nest and his presidency might be remembered for some of the same things Jimmy Carter's presidency is," said Jonathan Alter, author of "His Very Best: Jimmy Carter, A Life."

Asked about Trump's change in tone on Carter and the two facing overlapping challenges, White House spokesperson Olivia Wales said, "Trump will never allow Iran to have a nuclear weapon" and "remains laser-focused on implementing his proven economic agenda to lower costs."

"The president is a one-of-a-kind leader who will always unapologetically advance America's interests," Wales said in a statement. "The only legacy he is concerned with is making America greater than ever before."

Kori Schake, a former member of George W. Bush's National Security Council, said she doesn't think Trump is reassessing Carter. "He doesn't stitch facts together and create theories," she said.

Still, Trump's more recent comments are a long way from his 2024 reelection campaign, when he routinely called Joe Biden "the worst" president who made Carter look "brilliant" by comparison. Trump still frequently mentions Carter, who died two years ago at age 100, but usually to incorrectly suggest that he was wary of mail-in ballots.

Other disparities between the two are legion.

Carter was married to his wife, Rosal-



This combination of photos taken at the White House in Washington shows US President Jimmy Carter on Nov. 3, 1980, (left), and President Donald Trump on July 13, 2026. (AP)

ynn, for 77 years, was deeply religious and pledged to "never knowingly lie to the American people." Trump is twice divorced, relishes cursing publicly and offers a never-ending onslaught of falsehoods.

As president, Carter placed his family's peanut business in a blind trust. Control of the Trump Organization has transferred to Trump's sons, but the president took in nearly \$1.2 billion from his crypto businesses last year while not being shy about turning his

presidency into a major source of personal benefit in other ways.

Speaking in 1977, Carter declared, "We are now free of that inordinate fear of communism." Trump has seized on primary wins by progressive Democrats to constantly stoke new fears about communism.

Carter also won the Nobel Peace Prize in 2002. Trump hasn't, despite declaring himself more deserving than any of the award's past recipients.

While inflation plagued both presi-

dents, Carter had it much worse, facing a peak inflation rate of 14.7% in April 1980. Consumer prices rose 4.2% this May from a year earlier - a three-year high - and though they fell sharply from May to June, that decline included lower gas prices fueled by a U.S.-Iran ceasefire. That deal is now in tatters, driving up oil prices again.

Trump suggested he didn't think about Americans' financial woes when it comes to Iran, a war he started in conjunction with Israel in February. More recently, he shrugged off inflation concerns. But resolution has proved tricky and US attacks have intensified anew after Iran's attacks on commercial ships in the Strait of Hormuz.

Like Trump, Carter was also bedeviled by the strait, declaring during his 1980 State of the Union address that the situation "demands the participation of all those who rely on oil from the Middle East and who are concerned with global peace and stability."

Another Trump-Carter parallel was the Democrat having considered military action to seize Kharg Island, though he ultimately decided against it so as not to jeopardize the hostages. Trump targeted the island with US strikes early in the war, looking to thwart Iranian oil exports, and has threatened it again.

Schake, a senior fellow and director of foreign and defense policy studies at the American Enterprise Institute, noted a key difference was "while the Carter administration gave serious consid-

eration to attacking Kharg Island, the reason they didn't do it was they didn't want to be at war with Iran."

"And we're already at war with Iran," she said.

Alter said Iran tried to hurt Carter's reelection chances and raised the possibility that they may do the same to Trump's Republican Party ahead of the November midterm elections.

"These people are master diplomats, and they proved that during the Carter administration," Alter said. "They're proving that again. They're really good at rope-a-dope."

The president has lately named-checked many of his predecessors, praising William McKinley's support for tariffs and Teddy Roosevelt as a "great he-man." Trump said a key reason for reaching the now-imperiled June ceasefire with Iran was to avoid the "economic catastrophe" that befell Herbert Hoover. "I'm a student of a lot of history," Trump said this week.

During his first term, Trump frequently compared his own populist streak to Andrew Jackson's. He still praises Jackson but has more recently extolled many past presidential records, including those of Democrats like Franklin Delano Roosevelt.

Trump even listed some of Carter's accomplishments on the "Walk of Fame" he installed along the White House Colonnade despite displays for other Democrats, such as Barack Obama and Biden, offering biting attacks.



Hungary's Prime Minister Peter Magyar speaks, accompanied by Speaker of the Parliament Agnes Forsthofer, (top center), during the plenary session of the new National Assembly following the appointment ceremony of the Tisza cabinet in Budapest, Hungary on May 12, 2026. (AP)

# Hungary prez signs constitutional amendment ending his term

BUDAPEST, Hungary, July 19, (AP): Hungary's president signed a constitutional amendment into law on Saturday that ends his term in office, bringing to a close a dispute between him and the country's new government that was seeking to oust him as part of a purge of officials appointed during the reign of Viktor Orbán.

Hungarian Prime Minister Péter Magyar, who defeated the long-serving Orbán in a blowout election in April, had repeatedly called on the Orbán-appointed president, Tamás Sulyok, to resign, arguing he had failed to live up to his role as president by neglecting to stand in the way of antidemocratic steps by Orbán's government.

When Sulyok refused, lawmakers with Magyar's pro-European, center-right Tisza party passed a constitutional amendment this week that called for an immediate end to his term. Sulyok had five days to sign the amendment into law, which he did on the final day before the deadline.

In a video posted to Facebook Saturday evening, Sulyok - whom Magyar had frequently referred to as Orbán's "puppet" - said that being made to sign the amendment was "lasting proof that the fundamental values of a free society, the rule of law, democracy, the principle of power-sharing, have been trampled on in the interest of power."

Sulyok's term will officially end at midnight on Monday, when speaker of Parliament, Agnes Forsthofer, will automatically assume his duties until lawmakers elect a new president, a task which has a 30-day deadline.

Since taking office in May, Magyar's administration has quickly gone to work dismantling what he calls Orbán's "mafia" by removing numerous political appointees and heads of institutions viewed as having facilitated Orbán's autocratic government.

The new government suspended the news service of Hungary's public television and radio - which Magyar has argued served as a "propaganda factory" for Orbán's party - and shuttered Hungary's Sovereignty Protection Office, an authority seen by Orbán's opponents as a tool for intimidating critics and silencing independent media.

The amendment which removed Sulyok also made some judicial reforms, set up an office aimed at investigating financial abuses under the Orbán government, and imposed a 12-year term limit on lawmakers.

In a Facebook post on Saturday, Orbán responded to Sulyok's signing of the amendment by writing that "tyranny is no longer a threat, but a reality."

"If this could be done to the president of the republic, then tomorrow no one will be safe," Orbán wrote.

## Prosecutors release video on Monaco bombing

# Russia attack on Kyiv kills 1 and injures 16

KYIV, Ukraine, July 19, (AP): Russia attacked Kyiv overnight with ballistic missiles and other weapons, killing one and wounding 16 people, local authorities said, again highlighting Ukraine's shortage of U.S.-made Patriot air defense systems.

US President Donald Trump has said he is prepared to grant Ukraine licenses to produce Patriots, the most effective means of intercepting Russian ballistic missiles, potentially bolstering Kyiv's defenses against similar Russian strikes. However, the details and timeline for implementing the decision remain unclear.

The latest attack on Kyiv began at around 1:30 a.m. and continued for several hours, with explosions echoing across the city.

Russia launched 41 missiles and 125 drones across Ukraine overnight, according to the Ukrainian air force. President Volodymyr Zelenskyy said most of the missiles had targeted the capital.

The strikes on Kyiv sparked fires in five districts, damaging residential buildings, office and industrial sites, a dormitory and vehicles, according to Ukraine's State Emergency Service.

Viktoria Shejko, 32, was taking shelter in the corridor of her apartment block with her seven children and husband when they heard the loud explosions.

"When the alarm started, we checked that there were ballistics, then went into the corridor. Then it started exploding one missile after another," she said.

The strain of constant bombardment is "very difficult psychologically," she said. "It used to be once a week or even more rarely, but now if not every day, then every other day."

Rescuers pulled four people from a burning home in the Sviatoshynskiy district, while in the Shevchenkivskiy district, they rushed to save residents from a three-story building on fire. One person was found dead. Firefighters also responded to blazes in the Solomyanskiy, Desnianskyi and Dnipro districts.

Russia's Defense Ministry claimed the attack on Kyiv targeted sites linked to the Ukrainian



Debris surrounds a missile crater in the foreground of a building following Russia's missile attack in Kyiv, Ukraine on July 19. (AP)



A police officer guards in a street in Monaco on June 30, a day after an explosive device seriously injured three people at a residential building in Monaco. (AP)

military - including plants producing Flamingo drones and parts for Neptune guided missiles, as well as a postal terminal used for storing dual-use goods and assembling drones, robotic systems and electronic warfare equipment.

### Also:

**KYIV:** Ukrainian prosecutors have released video of what they say is the bombing in **Monaco** that seriously injured tycoon **Vadym Yermolaiev** and his family.

The June 30 attack deeply shook

the discreet and ultra-wealthy principality on the Mediterranean coast. The motive remains unclear. The case has involved investigators in Monaco, **France** and **Ukraine** as well as international police agency Interpol.

The suspected perpetrator, **Anastasiia Berezovska**, was found dead in Ukraine a few days later. A Ukrainian military intelligence officer confessed to killing her, but said he acted on his own and without the knowledge of his superiors, according to the Ukrainian Security Service, known as the SBU.

Rescuers search rubble for survivors

# China’s vice premier urges all-out, scientific rescue efforts after landslide

CHONGQING, July 19, (Agencies): Chinese Vice Premier Zhang Guoqing has called for all-out efforts to carry out search and rescue operations in a scientific manner after a landslide struck southwest China’s Chongqing Municipality, while stressing the need to guard against secondary disasters.

Zhang, also a member of the Political Bureau of the Communist Party of China (CPC) Central Committee, led officials from relevant departments to Pengshui Miao and Tujia Autonomous County in Chongqing on Friday evening to direct on-site search and rescue operations and emergency response work on behalf of the CPC Central Committee and the State Council.

Upon arrival, Zhang immediately went to the disaster site, where he was briefed on the progress of rescue operations and the difficulties facing rescuers. On Saturday morning, Zhang returned to the site to review and refine the rescue plan. He also visited injured people at the county people’s hospital and spent time with evacuated residents at a temporary shelter.

Zhang called for every possible effort to search for and rescue those missing. In light of the limited space for rescue operations, the high risk of secondary disasters and persistent rainfall at the site, he called for stronger on-site command and safety management, as well as the deployment of professional rescue teams and appropriate rescue equipment.

He stressed the need to make every effort to treat the injured and ensure that the basic living needs of evacuated residents are met.

Noting the grave situation facing disaster prevention, mitigation and relief endeavors amid frequent extreme weather events, Zhang urged local authorities and relevant departments to strengthen bottom-line thinking and prepare for worst-case scenarios.

He called for responsibilities and measures to be further reinforced at every stage, including hazard screening, early warning and response, evacuation,



Rescuers work at the site of a landslide in Pengshui Miao and Tujia Autonomous County, southwest China’s Chongqing Municipality, July 18. (Xinhua)

prompt action to eliminate potential hazards.

Rescue crews used excavators on Sunday to comb through the rubble in search of survivors from a landslide in the southwestern Chinese city of Chongqing that killed at least eight people and left another 34 missing.

Massive amounts of rocks and soil roared down a slope and buried more than 10 residential buildings early Friday in Pengshui County on the outskirts of Chongqing.

On Sunday morning, about nine rescuers were seen carrying a sealed orange bag from the scene. It was not immediately clear if a victim had been pulled out.

State broadcaster CCTV reported that all the residents staying in 21 buildings in the potential impact zone had been evacuated. Authorities carried out the evacuations from buildings on slopes and in low-lying areas within a kilometer radius of the disaster site, relocating over 1,100 people, Chongqing authorities said in a WeChat post published Sunday.

Authorities said one of 10 survivors was discharged from the hospital while the other nine were in stable condition. Eight people pulled from the rubble had died.

The landslide contained about 18,000 cubic meters (635,500 cubic feet) of rocks and debris, with one boulder being around 3,000 cubic meters (106,000 cubic feet), Wang Chuanjun, head of Planning and Natural Resources in Pengshui County, told reporters Friday.

More than 120 experts were deployed to the scene to help with the operation.

The rain-triggered landslide occurred near a stretch of the Wujiang River that cuts through karst mountains peppered with small towns and terraces.

Pengshui County is located in the southeast part of Chongqing, bordering the provinces of Hubei and Guizhou.

## Asia

**5 survivors found after boat sinks in Indonesia:** Rescuers on Saturday evening found five survivors, including a 7-year-old girl, from a passenger boat that sank earlier in the week in eastern Indonesia waters and were searching for 20 other people still missing.

The KM Nurul Salsa, which was carrying 78 passengers and crew, experienced engine failure and sank Wednesday about 43 nautical miles (79 kilometers) from the port in the Selayar Islands, in South Sulawesi Province.

The five survivors were found late Saturday afloat, clinging to a fish trap belonging to a local fisherman, Muhammad Arif Anwar, head of the Makassar Search and Rescue Office, said in a statement. At least one person is known to have died from the accident.

The Makassar Search and Rescue Office previously reported that the boat was carrying 74 people when it departed from Jampea Island, but the figure was later raised.

The five survivors, one man and four women, were found before dark and evacuated by a fishing boat that passed near Matallang Island before they were finally taken to the search and rescue boat.

“They were taken to the port in Benteng town for health checkups and information gathering,” Anwar said.

Passenger boats are a common form of transportation in Indonesia, an archipelago with more than 17,000 islands. Lax safety standards and problems with overcrowding frequently result in accidents. (AP)

**1 dead in blast at Indonesian Army ammo depot:** One soldier was killed and six others injured in an explosion at an Indonesian Army ammunition depot in Madiun regency, East Java province, on Thursday, the Army said.

Army Information Service Chief Brig. Gen. Donny Pramono told a press conference that the explosion occurred while personnel were inspecting the facility.

“The incident occurred while personnel were conducting an inspection at the depot. One soldier was killed, four sustained serious injuries and two suffered minor injuries,” Pramono said.

The victims were immediately evacuated to hospital for medical treatment, he added.

The blast occurred at the Central Ammunition Depot II of the Army Equipment Center in Saradan district. Authorities secured the surrounding area following the explosion.

“We are conducting a thorough investigation to determine the sequence of events and the cause of the incident,” Pramono said. (Xinhua)

**2 soldiers, 3 civilians injured in Philippine grenade attack:** Two soldiers and three civilians were wounded after unidentified attackers threw a grenade at a passing military vehicle in Maguindanao del Sur province in the southern Philippines on Saturday, according to local authorities.

Police said the soldiers were traveling aboard a military truck when two motorcycle-riding men threw a grenade at the vehicle before fleeing the scene. The grenade landed on one side of the highway, not on the cargo deck of the vehicle, and went off.

All five victims were taken to a nearby hospital for treatment, while police and local authorities launched an investigation to identify and arrest the attackers. (Xinhua)

**NZ, Fiji renew partnership for next 5 years:** New Zealand and Fiji renewed their bilateral cooperation on Thursday with the signing of a refreshed Duavata Partnership which sets priorities for the next five years.

The signing “demonstrates New Zealand’s continued commitment to our strong friendship with Fiji and its people,” New Zealand Foreign Minister Winston Peters said in a statement, adding the agreement would deepen cooperation across areas of mutual benefit.

“Duavata” is a Fijian word meaning “working together.”

Peters described New Zealand and Fiji as “natural partners” with decades-long ties in culture, sport, business, tourism, education and people-to-people links. He also discussed with Fiji’s Foreign Affairs and External Trade Minister, Sakiasi Ditoka, on a shared goal of increasing two-way trade to 2 billion NZ dollars (1.17 billion US dollars) by 2030.

Peters is hosting Pacific counterparts from Fiji, Samoa and Niue in Auckland, citing the need to “connect with fellow Pacific leaders,” the statement said. (Xinhua)



Rescue personnel conduct maritime search and rescue after a passenger boat sank off South Sulawesi Province, Indonesia, July 16. (Xinhua)

# Cuban artist exiled from country after 5 yrs in prison arrives in US

MIAMI, July 19, (AP): A famous Cuban dissident artist and musician, Luis Manuel Otero Alcántara, arrived in Miami on Saturday after being released from a five-year prison sentence on the condition that he leave his country.

Alcántara, 38, was greeted at the airport by a crowd that was cheering, singing and holding their phones high in the air to get a photo of him. They draped him in a Cuban flag, printed with the words “Patria y Vida” - “Homeland and Life” - the title of a song he shared a Grammy for that became an anthem for Cuba’s political opposition against repression.

The United States granted him parole into the country earlier this week, according to a social media page maintained by his friends and supporters. They wrote that he accepted exile as the only way to escape persecution and continue his art and activism.

Alcántara co-founded a group of Havana artists, writers and musicians called the San Isidro Movement - named for the neighborhood where Alcántara lived.

He was arrested on July 11,



Cuban dissident artist Luis Manuel Otero Alcántara speaks with reporters after arriving at Miami International Airport on July 18, after serving a five-year prison sentence in Cuba. (AP)

# Mali rebels ambush army convoy, killing or capturing scores of soldiers

BAMAKO, Mali, July 19, (AP): Islamic militants and a separatist group ambushed a Malian army convoy in the country’s hard-hit north on Saturday, resulting in the killing or capture of scores of soldiers, the rebels said.

The Malian army confirmed the attack, saying in a statement that armed groups ambushed the convoy of Malian soldiers and their partners in a remote part of the northern Gao region, and that it was launching counterattacks. It was the latest in a series of militant attacks against Malian security forces in recent months as armed groups compete for influence and territories in the Sahel region.

Later on Sunday, the army said it carried out “precision strikes against enemy positions” in the area where the attack happened. “Three terrorist positions were successfully targeted (and) several terrorists were neutralized. ... These operations allowed the convoy to break free from the ambushes and continue its route,” it said.

Both the regional al-Qaida affiliate JNIM and the separatist Azawad Liberation Front, or FLA, separately claimed responsibility for the attack as a joint operation in statements that spoke about “great human losses” and “serious material damage” on the side of the Malian army.

The groups said the convoy was



This photo released the Azawad Liberation Front (FLA) shows what they say is the aftermath of an attack by FLA separatist and jihadist militants in Gao, northern Mali on July 18. (AP)

# Brazil court denies request for Argentina prez to visit Bolsonaro

SAO PAULO, July 19, (Agencies): A Brazilian Supreme Court justice late on Friday rejected a request from lawyers of former President Jair Bolsonaro for him to be visited under house arrest by Argentine President Javier Milei.

The encounter was intended to take place in the capital, Brasilia, on July 25.

Justice Alexandre de Moraes, who also chaired the trial that sentenced Bolsonaro to prison for more than 27 years over a coup attempt, said in his decision that the former president has already been barred from any visits of a “political-electoral nature.”

Milei is expected to attend the Liberal Party convention in Sao Paulo that will certify Sen. Flávio Bolsonaro, one of the sons of the former president, as its candidate against incumbent Luiz Inácio Lula da Silva.

Lula and Milei have a frosty relationship. The Brazilian president



Brazil’s former president Jair Bolsonaro stands at the entrance of his home while he is under house arrest in Brasilia, Brazil on Sept 2, 2025. (AP)

# Ferry carrying 116 capsizes off Guyana, with 53 rescued as search continues

MADRID, July 19, (Agencies): A ferry carrying 116 passengers and crew capsized in Guyana, with 53 people rescued so far, authorities said Sunday. The MV Barima was sailing from the capital, Georgetown, along the North Atlantic coast to Port Kaituma, said Guyanese Prime Minister Mark Phillips.

A distress call was received at 11:01 p.m. (3:01 GMT), which prompted a search and rescue operation involving state and private boats, Public Works Minister Juan Edghill said on Facebook.

Authorities said the vessel capsized near the Pomeroon River.

Details of the search-and-rescue operation were not clear, or if there were any dead, but Guyanese officials said they expect more passengers to be rescued.

**Also:**

**ACCRA:** At least 12 people have been



People sit on the seawall as the sun sets in Georgetown, Guyana on Nov 19, 2024. (AP)

killed in a head-on collision in central Ghana, the Ghana National Fire Service (GNFS) confirmed Thursday.

According to GNFS Public Relations Officer Alex King Nartey, the accident occurred at Konongo in the

Ashanti Region in the early hours of Thursday, involving a passenger bus, a cargo truck transporting tomatoes, and an empty fuel tanker.

Initial reports from the GNFS show that the cargo truck, which was going from Kumasi to Accra,

tried to pass another vehicle on a hill and lost control, causing it to crash head-on with the bus that was traveling from Accra to northern Ghana, while the empty fuel tanker then drove into the crash site.

**MOGADISHU:** The Somali National Army, with support from international partners, killed 25 al-Shabaab militants and wounded 18 others in a targeted airstrike in central Somalia, the Ministry of Defense said on Saturday.

The ministry said the overnight operation took place in the Suullaay area, located roughly 17 km south of Teedaan in the Hirran region.

It confirmed that four militants surrendered to the military during the operation, while several other fighters fled the area after suffering a significant defeat, abandoning their weapons as they escaped.

CFI.co recognizes Zain’s strategy-led customer experience and digital impact

Zain Kuwait named ‘5G-Advanced Network Innovation Leader GCC 2026’

KUWAIT CITY, July 19: Zain Kuwait has been named ‘5G-Advanced Network Innovation Leader GCC 2026’ by CFI.co (Capital Finance International), in recognition of its leadership in developing and operationalizing advanced network technologies to deliver tangible value for customers, businesses, and Kuwait’s digital economy.

The recognition followed an assessment by the CFI.co judging panel, which highlighted Zain Kuwait’s practical and commercially grounded approach to 5G-Advanced innovation. The panel recognized the company’s ability to align network investment with customer behavior, spectrum economics, service quality, and long-term strategic value, rather than pursuing technology deployment in isolation.

The award reflects Zain Kuwait’s continued transformation from a connectivity provider into an agile, customer-centric TechCo, guided by its ‘4WARD - Progress with Purpose’ strategy and aligned with Kuwait Vision 2035.

Zain was among the first operators to commercially launch nationwide 5G-Advanced services in Kuwait in 2025, delivering coverage across most of the country and establishing a stronger foundation for next-generation digital services.

The company further reinforced its 5G-Advanced roadmap by recently completing a regional-first ultra-high-capacity network test that reached 31 Gbps. The test used advanced multi-carrier spectrum aggregation across the n41, n77, and n78 sub-6 GHz bands and millimeter-wave spectrum, demonstrating the potential of combining broad, reliable coverage with extreme capacity in dense, high-demand areas.



Zain CFI 2026

The milestone reflects Zain’s leadership in network development and strategic investment, including targeted densification in high-traffic areas, intelligent capacity management, and the deployment of additional capacity where it can deliver the greatest customer and commercial impact. It also reflects the network’s readiness for advanced

fixed wireless access, enterprise-grade connectivity, large-scale IoT, smart environments, and applications requiring high throughput and ultra-low latency.

A key element of Zain Kuwait’s approach is its shift from conventional network performance indicators toward customer experience-focused management. Using analytics and AI-enabled tools, Zain can identify potential issues earlier, analyze traffic patterns, improve fault response, and proactively optimize performance in business districts, high-density venues, and other areas experiencing heavy data usage. This ensures that network innovation is measured not only through technical benchmarks, but also by its real-world impact on reliability, consistency, latency, and the overall customer experience.

The CFI.co judging panel also highlighted Zain Kuwait’s collaboration with leading global technology companies and hyperscalers. These partnerships, together with Zain’s digital business support system transformation, enhance service agility, operational efficiency, personalization, omnichannel experiences, and the speed at which new products and services reach the market.

The recognition reinforces Zain Kuwait’s position at the forefront of 5G-Advanced innovation in the GCC market and reflects its long-term commitment to infrastructure investment, specialized talent, and global collaboration. Through its evolving network, Zain will continue enabling advanced digital experiences, supporting enterprise and government transformation, and contributing to a more connected, innovative, and future-ready Kuwait.

Specialized training programs in 18 schools across eight months

Boursa trains 931 students in financial literacy & entrepreneurship in collaboration with INJAZ

KUWAIT CITY, July 19: Driven by its belief that building more sustainable financial markets begins with investing in education, Boursa Kuwait concluded its strategic partnership with INJAZ Kuwait for the academic year 2025/2026, empowering 931 male and female students from middle and high school through four specialized programs in financial literacy and entrepreneurship.

The partnership was from December 2025 to July 2026, covering 18 educational institutions across Kuwait, with the initiative surpassing its target at a completion rate of 116%, and reflecting Boursa Kuwait’s continued commitment to its social responsibility and role in promoting financial awareness, contributing to the preparation of a generation capable of making informed financial decisions and actively contributing to the national economy.

**Interactive educational initiatives to promote economic literacy and investment**



Naser Al-Sanousi



Laila AIMutairi



Financial awareness program.

of private sector mentors, the program also develops students’ competitive skills and allows them to participate in the regional INJAZ Arab competition and represent Kuwait.

**A strategic partnership to empower youth**

Commenting on the partnership’s outcomes, Senior Manager of Marketing and Corporate Communication at Boursa Kuwait, Mr. Naser Meshari Al-Sanousi, said, “Boursa Kuwait believes that building a sustainable financial future begins with bolstering knowledge and embedding financial awareness in future generations. Through our partnership with INJAZ Kuwait and our sponsorship of its educational programs, we have succeeded in providing interactive experiences that empowered students to acquire essential skills in money management, investment, and entrepreneurship, bridging financial concepts with practical application to enhance their ability to make informed financial decisions in the future.”

“We are proud of the results achieved by this partnership, which empowered 931 students and surpassed the set targets. Boursa Kuwait continues its commitment to initiatives that promote financial literacy and contribute to preparing a more aware and capable generation to participate in Kuwait’s economic development journey,” he added.

Boursa Kuwait’s partnership with INJAZ Kuwait falls within the framework of its corporate social responsibility (CSR) strategy, which places financial literacy and the development of national compe-

tencies among its key priorities, stemming from its belief that financial awareness must be cultivated from the early stages of education.

Boursa Kuwait also believes that investing in knowledge and skills is a fundamental pillar for preparing a generation equipped with the tools to become informed investors, innovators and vital contributors to the growth and advancement of the national economy.

“INJAZKuwait takes pride in its strategic partnership with Boursa Kuwait, which embodies a shared vision around the importance of empowering youth, developing their capabilities, and preparing them for meaningful participation in the national economy,” said INJAZ Kuwait’s Chief Executive Officer, Mrs. Laila Hilal AIMutairi.

“Boursa Kuwait’s support for our programs represents a significant contribution to preparing a generation equipped with the knowledge and skills needed to meet the demands of the future and enables us to expand their reach to a greater number of students across different educational stages. We extend our sincere gratitude to Boursa Kuwait for their trust and continued support and look forward to sustaining this partnership and amplifying its positive impact in the years to come,” she said.

INJAZ Kuwait is a non-profit organization affiliated with the global Junior Achievement network and supported by the Kuwaiti private sector. Through strategic partnerships with Kuwait’s business and education sectors, and with the support of

qualified volunteers, INJAZ delivers educational programs in both Arabic and English covering entrepreneurship and leadership skills to build successful career pathways and empower Kuwaiti youth to actively contribute to the national economy.

**Aligning community efforts with the United Nations Sustainable Development Goals**

Boursa Kuwait’s partnership with INJAZ Kuwait represents an effective model of complementary roles between financial sector institutions and organizations of civil society, aimed at prepping a generation equipped with the knowledge and skills needed to keep pace with an evolving labor market and strengthening their capacity for innovation and informed financial decision-making.

Through its continued support for INJAZ’s programs, Boursa Kuwait translates its vision for social responsibility and corporate sustainability into practical initiatives with tangible impact, focusing on the development of quality education, capacity building and youth empowerment and contributing to the growth of human capital and participating in achieving the State of Kuwait’s economic and social development objectives.

These efforts fall within Boursa Kuwait’s commitment to supporting the goals of Kuwait Vision 2035 to build a diverse knowledge-based economy, develop citizens’ capabilities, and strengthen the role of the private sector as an active partner in development.

This community initiative also aligns with the United Nations Sustainable Development Goals (SDGs), including:

- Goal 4: Quality Education: by supporting educational programs that promote financial literacy and develop students’ practical skills, contributing to the preparation of more future-ready individuals.
- Goal 8: Decent Work and Economic Growth: by empowering youth with financial knowledge, entrepreneurship skills, and the ability to explore economic opportunities and contribute to the growth of the national economy.
- Goal 17: Partnerships for the Goals: by building strategic partnerships with educational and community institutions, reinforcing the integration of efforts to achieve sustainable developmental impact.

Boursa Kuwait remains steadfast in its role as a responsible national financial institution, championing financial and investment awareness and advancing sustainable development by investing in knowledge and empowering the next generation.

Main indices decline

Boursa Kuwait closes lower

KUWAIT CITY, July 19, (KUNA): Boursa Kuwait ended Sunday’s trading session lower, with the general index falling 46.67 points, or 0.54 percent, to close at 8,617.85 points. Trading activity saw 246.3 million shares exchanged through 17,271 cash transactions, with a total value of KD 58.4 million (approximately USD 189.3 million).

The main market index recorded a sharper decline, dropping 97.61 points, or 1.10 percent, to settle at 8,756.31 points. A total of 144.2 million shares were traded via 9,312 transactions, valued at KD 23.7

million (approximately USD 76.8 million).

The premier market index also edged lower, shedding 38.23 points, or 0.42 percent, to close at 9,035.64 points. Trading activity included 102.1 million shares across 7,959 transactions, with a value of KD 34.6 million (approximately USD 112.1 million).

Meanwhile, the Main 50 Index posted the steepest drop, declining 130.29 points, or 1.28 percent, to end at 10,070.37 points. Market volume reached 108.4 million shares through 6,191 transactions, totaling KD 17.9 million (approximately USD 58 million).

Leading Kuwait in key SDG

AU achieves global top 300 spot in THE Impact Rankings

KUWAIT CITY, July 19: The Australian University (AU) has been ranked among the top 201–300 universities worldwide in the Times Higher Education (THE) Impact Rankings 2026, placing among 1,603 higher education institutions globally.

The rankings also highlight AU’s outstanding performance across several United Nations Sustainable Development Goals (SDGs). The University ranked first in Kuwait for Decent Work and Economic Growth (SDG 8), Reduced Inequalities (SDG 10), and Gender Equality (SDG 5), reaffirming its strategic commitment to advancing sustainability, inclusivity, and social impact. Globally, AU ranked:

- 44th globally for Decent Work and Economic Growth (SDG 8)
- 28th globally for Reduced Inequalities (SDG 10)
- 43rd globally for Gender Equality (SDG 5)

These outstanding results underscore AU’s sustained efforts to cultivate an inclusive academic environment, promote equitable opportunities, and generate mean-

ingful societal impact through education, research, and institutional engagement.

The Times Higher Education Impact Rankings are the world’s only comprehensive global performance rankings that evaluate universities against the United Nations Sustainable Development Goals (SDGs). Through a rigorous and internationally recognized methodology, the rankings assess institutional performance across four key pillars: research, stewardship, outreach, and teaching, providing a holistic measure of universities’ contributions to sustainable development.

This international recognition reflects AU’s long-term vision of embedding sustainability across every aspect of the University from academic programs and research excellence to governance, community engagement, and institutional practices. By aligning its strategic priorities with the UN Sustainable Development Goals, AU continues to strengthen its contribution to building a more sustainable, equitable, and resilient future while creating lasting impact at both the national and global levels.



# Unlocking value in real estate: Trends, strategies and insights

By NBK Wealth

For decades, the investment case for real estate was built on contractual income, with values driven primarily by fundamentals rather than the daily volatility of public markets. This made the asset class a reliable component of diversified portfolios. That changed when central banks raised interest rates at the fastest pace in decades, triggering a repricing in property values and slowing transaction activity. However, short-term capital depreciation can affect asset prices without fundamentally altering the sustainability of income.

This highlights a core principle that asset prices can diverge from underlying fundamentals. In real estate, net operating income (NOI) — the rental revenue remaining after operating expenses — is the key measure of performance. While valuation multiples and market sentiment influence short-term pricing, NOI remains the main driver of returns over long investment horizons.

Today, real estate performance is increasingly fragmented across sectors and geographies. While traditional core sectors face structural redefinition, alternative assets such as data centers, senior housing, and self-storage have emerged as important sources of stable, long-duration income. Building a resilient portfolio requires moving beyond legacy assumptions and capitalizing on valuation dislocations between public and private markets.

### Private vs Public Real Estate

Private and public real estate are not interchangeable and serve distinct roles within a portfolio. Private real estate offers direct asset control, flexible structures, and opportunities to generate alpha through active management, but at the cost of lower liquidity and appraisal based valuations. By contrast, public real estate, through REITs and ETFs, provides liquidity, transparent pricing, and efficient access to specific sectors and regions. The trade-off is greater exposure to equity market sentiment and higher short-term volatility.

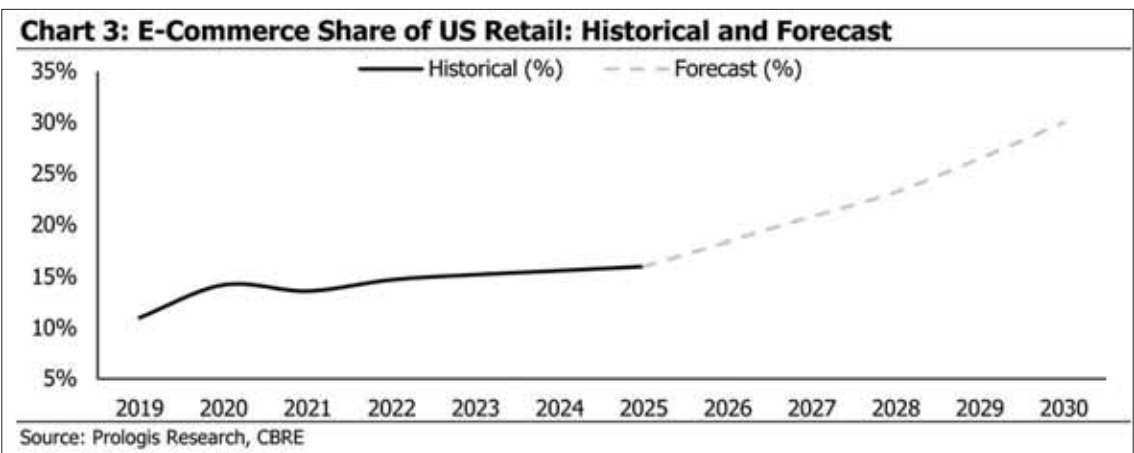
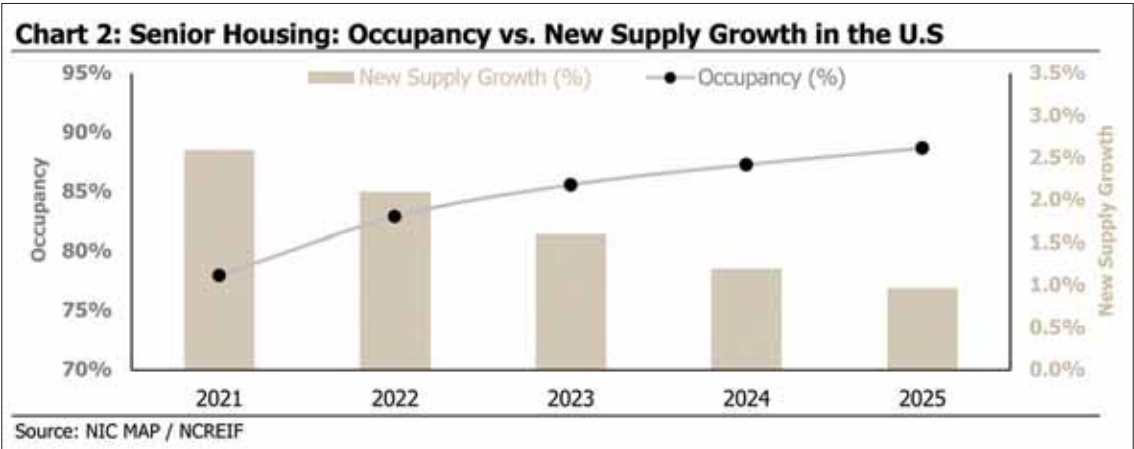
Understanding the relationship between private and public real estate is essential for building resilient, diversified portfolios. A strategic allocation to both helps bridge the complementary strengths of each structure within a broader wealth strategy. As a result, portfolios can benefit from the liquidity of public markets alongside the control and flexibility of private investments.

### The Role of Real Estate in a Portfolio

Real estate income is contractual and has historically shown inflation resilience through lease resets, rent increases, and rising replacement costs. Supported by stable fundamentals, it has provided diversification and lower reported volatility than public markets. However, 2022 highlighted that private valuations are not immune to repricing and that some of their stability reflects appraisal lags. Combining public and private vehicles captures long-term value while maintaining tactical flexibility.

### Real Estate Strategies

There is a wide range of real estate strategies, each with a distinct portfolio role, differing in risk and in where the return originates, from owning existing income to creating it. Chart 1 shows target returns and the spread around them widening as risk rises. While these real estate investment strategies exist in both private and public markets, they differ significantly in implementation. Private investments typically involve long-term, illiquid ownership structures, whereas public strategies are generally accessed through sector-specific REITs or real estate ETFs that provide liquid,



drivers of real estate. Senior housing illustrates this well: as more U.S. baby boomers enter their 80s, rising demand and constrained supply are creating a favourable backdrop for the sector (see Chart 2).

Demographic tailwinds extend well beyond the United States. In Asia, the population aged 60 and over is projected to nearly double to 1.3 billion by 2050, representing one in four people. Japan already has nearly 30% of its population aged 65+, while South Korea crossed the 20% “super-aged” threshold in 2024. As a result, demand for senior housing, healthcare, and eldercare infrastructure is expected to grow. With Asia’s senior housing market projected to more than double by 2030 (Colliers), the strong demand seen in the U.S. may signal a broader global aging-driven investment theme.

These demographic shifts are also supporting growth in alternative real estate sectors, including senior housing and other specialized property types. More broadly, structural trends such as urbanization, household formation, and migration continue to shape long-term demand across real estate markets, supporting assets ranging from multifamily housing and student accommodation to self-storage in major urban centers.

### Sector Structural Shifts and Asset Repositioning

Demographic trends are long-term demand drivers, while secondary market forces move on a shorter horizon. These faster-moving shifts reshape demand patterns, making repositioning and development a primary focus for value-add and opportunistic strategies. The secular growth of e-commerce is one example. As on-line retail penetration rises (see Chart 3), demand for modern logistics facilities has increased because online retailers require significantly more warehouse space than traditional stores. This supply-demand imbalance has created opportunities to redevelop obsolete retail assets, including underperforming malls and big-box properties, into distribution centers.

### Key Takeaways

- **Public vs. Private Dynamics:** Public real estate offers liquidity and tactical flexibility, while private markets provide direct asset control and long-term alpha through active management.
- **Dual Return Drivers:** Net operating income provides stable cash flow, while capital appreciation is driven by macroeconomic conditions and market sentiment.
- **Structural Inflation Hedge:** Lease structures, rental escalations, and rising replacement costs help preserve purchasing power during inflationary periods.
- **Risk-Return Spectrum:** Target returns increase along the risk spectrum, from stabilized core assets to value-add and opportunistic strategies.
- **Secular Demand Catalysts:** Demographic shifts, urbanization, and changing behaviors are directing capital toward alternative and specialized property types.
- **Active Management Opportunities:** Growth in AI infrastructure, data centers, and evolving retail and office use creates opportunities for repositioning, redevelopment, and adaptive reuse.

## Eurozone industrial production slips 0.2% MoM in May

# Market Crosscurrents: Disinflation meets escalation as cooling US prices collide with energy & tech risks

By National Bank of Kuwait

Global markets traded on two competing narratives this week: the clearest US disinflation signal in over a year on one side, and renewed US strikes on Iranian targets alongside a sharp repricing of AI-linked technology valuations on the other. In the United States, June CPI fell 0.4% MoM - the largest monthly decline since April 2020 - taking headline inflation to 3.5% YoY from 4.2%, while core CPI was flat MoM, easing to 2.6% YoY; producer prices echoed the impulse, falling 0.3% MoM. Fed Chair Kevin Warsh, in his first semi-annual testimony before Congress, cautioned that the improvement is not “mission accomplished”, with a majority of officials still seeing the case for at least one hike before year-end; initial jobless claims fell to 208K, underscoring labour-market resilience, while retail sales slowed to 0.2% MoM as ex-autos sales declined 0.2%, the first drop in over a year. Meanwhile, the Bank of Canada held its overnight rate at 2.25% and upgraded its growth outlook. Across Europe and the United Kingdom, euro area industrial production slipped 0.2% MoM in May as durable-goods weakness persisted, while UK GDP returned to growth at 0.1% MoM and BoE Governor Bailey signalled that rate cuts remain off the table despite a softening economy. In Asia-Pacific, China’s Q2 GDP slowed to 4.3% YoY, the weakest since late 2022, keeping stimulus expectations alive into the late-July Politburo meeting, while the yen remained pinned near multi-decade lows amid escalating intervention rhetoric. US Treasury yields firmed, with the 10-year at 4.56%, and global equities saw a chip-led correction - the Nasdaq underperformed as Micron and TSMC slid on AI-spending concerns - even as the S&P 500 held near record territory at 7,534. Commodities remained hostage to geopolitics, with Brent at 85.40, WTI at 80.30 and spot gold at 3,970, as fresh hostilities kept a supply-risk premium embedded despite uninterrupted physical flows through the Strait of Hormuz.

### United States and Canada

**US CPI Posts First Monthly Decline Since 2020 (-0.4% MoM) as Headline Eases to 3.5% YoY; PPI Falls 0.3% MoM**

US inflation data delivered a decisively disinflationary surprise, with headline CPI falling 0.4% MoM in June - below consensus and the largest monthly decline since April 2020 - taking the annual rate down to 3.5% from 4.2% in May. The energy index was the largest contributor to the monthly decrease, dropping 5.7% MoM as gasoline tumbled 9.7% during a lull in the Iran conflict, while shelter rose just 0.1% MoM and food gained 0.2%. Core CPI was unchanged MoM, also below expectations, easing to 2.6% YoY from 2.9%. Producer prices reinforced the message, with headline PPI unexpectedly falling 0.3% MoM against a flat consensus, as goods prices dropped 1.4% - the steepest decline since July 2022 - on a 6.4% plunge in energy, although services prices edged up 0.2% and the annual rate remains elevated at 5.5%. Markets remain wary that renewed Gulf escalation since the survey period could reverse part of the energy-led improvement in coming prints.

**Warsh Tells Congress Inflation Fight Is Not “Mission Accomplished”; Majority Sees Case for a Hike by Year-End**

Delivering his first semi-annual Monetary Policy Report testimony as the 17th Fed Chair, Kevin Warsh told the House on Tuesday and the Senate Banking Committee on Wednesday that the June CPI decline should not be over-interpreted, warning that “there might be some that look at this morning’s data and say, ‘oh, mission accomplished’”, while vowing to make the inflation surge of the last five years “a thing of the past”, describing it as “a tax on the American people and businesses”.

| Previous Week Levels |        |        |        |        | This Week's Expected Range |         | 3-Month Forward |
|----------------------|--------|--------|--------|--------|----------------------------|---------|-----------------|
| Currencies           | Open   | Low    | High   | Close  | Minimum                    | Maximum | Forward         |
| EUR                  | 1.1410 | 1.1376 | 1.1482 | 1.1439 | 1.1300                     | 1.1600  | 1.1481          |
| GBP                  | 1.3388 | 1.3339 | 1.3557 | 1.3453 | 1.3300                     | 1.3700  | 1.3452          |
| JPY                  | 161.56 | 161.55 | 162.54 | 162.39 | 160.00                     | 164.00  | 161.19          |
| CHF                  | 0.8078 | 0.8032 | 0.8151 | 0.8072 | 0.7900                     | 0.8200  | 0.7993          |

With the federal funds target range held at 3.50%-3.75%, Warsh reiterated that a majority of officials continue to see a case for at least one rate hike before year-end, criticised the 2020 flexible average inflation targeting framework as “a mistake”, and unveiled five task forces reviewing communications, balance sheet management, data usage, productivity and employment, and the inflation goal as part of a broader “regime change” in Fed operations. Swap markets continue to price roughly one 25bps hike by year-end, with September seen as live.

**US Retail Sales Slow to 0.2% MoM as Ex-Autos Falls 0.2%; Jobless Claims Drop to 208K**

US consumer momentum cooled in June, with headline retail sales rising 0.2% MoM - in line with consensus but the weakest gain since January, as sales ex-autos unexpectedly declined 0.2% against a flat forecast, the first decrease in over a year. The control group, which feeds directly into GDP, rose a firmer 0.5% for a sixth consecutive increase, leaving headline sales up 6.7% YoY. The labour market, by contrast, remained resilient: initial jobless claims fell 8K to 208K, below the 215K consensus, while continuing claims eased to 1.805M and the four-week average declined to 214K. The combination of falling inflation, stable employment and cooling-but-positive consumption keeps the soft-landing narrative intact.

The Greenback was last seen trading at 100.765.

**Bank of Canada Holds at 2.25% and Upgrades Growth Outlook; Inflation Seen Back at 2% by Early 2027**

The Bank of Canada left its overnight rate unchanged at 2.25% (Bank Rate 2.50%), judging that the current policy stance “remains appropriate to sustain the economic recovery and bring inflation back to the 2% target”. CPI inflation reached 3.2% in May, driven primarily by gasoline prices linked to the Middle East conflict, while inflation excluding gasoline stood at 2.2%. The Bank projects inflation to ease gradually and return to around 2% in early 2027, averaging near target through 2027-2028. On growth, momentum was upgraded: Q2 GDP is estimated at 2.5% annualised with expansion broadening across consumer spending, exports and business investment, and the economy is projected to grow 1.8% in both 2027 and 2028 following 0.7% in 2026. Governing Council reiterated it is “prepared to adjust monetary policy as needed” amid elevated geopolitical and trade-policy uncertainty.

The USD/CAD currency pair was last seen trading at 1.4020.

### Europe and the United Kingdom

**Eurozone Industrial Production Slips 0.2% MoM in May as Durable-Goods Weakness Persists**

Euro area industrial production declined 0.2% MoM in May, reversing April’s 0.1% gain and leaving no clear underlying trend across the bloc: output rose in Germany and Spain, fell sharply in Ireland, and eased more moderately in Italy and France. Durable consumer goods production declined again - a consistently negative factor in recent months - while activity continues to draw support from precautionary inventory accumulation against supply-chain disruption, comparative-

ly favourable production conditions versus Asia in the conflict’s early phase, and structurally higher defence spending. With the energy shock still filtering through to costs and sentiment resting heavily on hopes of geopolitical stabilisation and public investment, the data reinforce a subdued eurozone growth pulse heading into the second half.

The EUR/USD currency pair was last seen trading at 1.1439.

**UK Economy Returns to Growth with GDP Up 0.1% MoM in May; Bailey Says Rate Cuts Remain Off the Table**

UK GDP rose 0.1% MoM in May, in line with expectations and reversing April’s 0.1% contraction, leaving output up 0.7% on a three-month rolling basis - a sixth consecutive period of expansion. Services (+0.3% MoM) drove the gain, led by a 5.1% surge in scientific research and development, while production fell 0.5% and construction contracted 0.8% on a 5.0% decline in private housing repair. Speaking on Tuesday, Governor Andrew Bailey said the decision to hold rates was based on a softening economy, stressed that rate cuts are “off the table at the moment” given the oil-driven inflation spike, urged a renewed national growth push, and noted the Bank would need to respond were an AI-related asset bubble to burst. Markets continue to see the BoE holding through the energy shock while fiscal pressures keep the policy mix delicate.

The GBP/USD currency pair was last seen trading at 1.3453.

### Asia-Pacific

**Yen Pinned Near 162.50 as Intervention Rhetoric Escalates**

The yen remained under persistent pressure, with USD/JPY grinding to the top of its recent range as wide rate differentials, elevated energy import costs and the Bank of Japan’s cautious normalisation kept carry demand intact, while Japanese authorities again warned against excessive one-way moves, keeping intervention risk elevated on approaches toward 163. A Reuters poll sees June core CPI, due July 24, accelerating to 1.6% YoY from 1.4% in May - boosted by elevated crude costs linked to the Iran situation and revised medical service fees - a fifth consecutive month below the 2% target but an outcome that would strengthen the case for further BoJ tightening at its month-end meeting, when the Board also conducts its quarterly review of growth and price forecasts.

The USD/JPY currency pair was last seen trading at 162.39.

**China Q2 GDP Slows to 4.3% YoY, Weakest Since Late 2022, as June Activity Beats Mask an Investment Slump**

China’s economy expanded 4.3% YoY in Q2, missing the 4.5% consensus and marking the weakest print since the final quarter of 2022, with sequential growth slowing to 0.9% QoQ from 1.3%; first-half growth of 4.7% nonetheless remains within Beijing’s 4.5%-5.0% target band. June activity data surprised positively - retail sales rose 1.0% YoY against expectations of a decline, reversing May’s 0.6% drop, while industrial production jumped 5.3% YoY on AI-led export strength - but the investment picture deteriorated, with H1 fixed asset investment down 5.7% and real estate investment plunging 18%, underscoring the widening gap between supply and demand. Attention now turns to the late-July Politburo meeting, where analysts increasingly expect policymakers to lean in harder during Q3 - possibly with a rate cut and an infrastructure push - although export resilience gives Beijing room to stay measured.

The USD/CNY currency pair was last seen trading at 6.7760.

### Kuwait

USDKWD closed last week at 0.30750.

Underscoring ABK Wealth's market leadership

# ABK Wealth Management CEO Sherif ElRafie recognized among Forbes Middle East's Top Asset Managers in the Middle East 2026

KUWAIT CITY, July 19: ABK Wealth Management has achieved another significant milestone, adding to its distinguished track record, as Forbes Middle East announced the inclusion of its CEO, Sherif ElRafie, in its prestigious annual list of the Top Asset Managers in the Middle East for 2026.

ElRafie ranked 33rd across the region and 7th in Kuwait, reaffirming the company's leadership position in wealth and asset management. The recognition also reflects appreciation for his strategic vision in leading the company towards sustainable growth while developing innovative investment solutions that meet clients' evolving aspirations amid regional and global market changes.

ElRafie's prominent ranking on the list reflects ABK Wealth Management's strong performance and continuous efforts to strengthen its position as one of the most trusted investment partners in Kuwait and the wider region.

Commenting on the recognition, ElRafie said, "Being named among Forbes Middle East's Top Asset Managers this year is not merely a personal achievement; it is a well-deserved recognition of the exceptional performance and unwavering dedication of the entire ABK Wealth Management team, as well as the invaluable trust of our clients, which we deeply value."

He added that this regional recognition places an even greater responsibility on the company to



Sherif ElRafie

continue driving innovation and excellence by placing greater emphasis

than ever on developing agile investment strategies capable of adapting to evolving market dynamics, while adhering to the highest standards of governance and risk management to protect and grow clients' wealth.

ElRafie further stated, "We will continue expanding the range of investment solutions we offer our clients by developing innovative products and strengthening our digital capabilities, in line with global market developments and the evolving needs of investors. This will further reinforce ABK Wealth Management's position as a trusted partner in wealth management and investment, while also contributing to strengthening Kuwait's role as a leading financial and economic hub

in the region."

He continued, "We are committed to delivering integrated solutions that combine investment expertise with technology, ranging from investment funds and portfolio management solutions to the ABK Wealth Trade platform. This enables us to provide our clients with a more efficient and flexible investment experience while reflecting our ongoing commitment to innovation and delivering added value."

Forbes Middle East's annual ranking features an elite group of leading executives and CEOs from the region's largest asset management companies, recognizing those who play a pivotal role in shaping the investment landscape and driving wealth creation across the Middle East.

## In partnership with Civil Defense as part of its risk framework

stc conducts evacuation drills at its headquarters in Assima Tower

KUWAIT CITY, July 19: Kuwait Telecommunications Company – stc, a world-class digital leader providing innovative services and platforms to customers, enabling the digital transformation in Kuwait, announced that it recently conducted evacuation drills at its headquarters in Assima Tower. The drills were carried out in collaboration with the General Directorate of Civil Defense at the Ministry of Interior and the Emergency Medical Services Department at the Ministry of Health, with the participation of the Company's employees, as part of its ongoing efforts to enhance workforce readiness and raise awareness of safety procedures during emergency situations.

The evacuation drills were conducted in the presence of representatives from the General Directorate of Civil Defense, who oversaw the implementation of the Company's evacuation plan and assessed its compliance with

the regulations and standards adopted by the relevant authorities. The drills aimed to ensure the safety and preparedness of employees under emergency and unforeseen circumstances while reinforcing stc's commitment to maintaining a safe and secure working environment.

In a statement, stc indicated that conducting the evacuation drills form an integral part of its risk management strategy, through which the Company is committed to implementing all civil defense requirements and enhancing emergency preparedness measures. This includes appointing trained employee coordinators on each floor to supervise evacuation procedures, ensuring the readiness of entrances and exits, installing directional signage, and maintaining safety systems such as alarm devices, a PA system, water hoses, and smoke detection equipment.

The Company further stated that its emergency preparedness framework also includes

identifying designated assembly points and emergency routes, in addition to conducting periodic training sessions and first aid awareness programs for employees. These measures reflect stc's commitment to adopting proactive practices that prioritize the safety and well-being of its employees while ensuring business continuity under various circumstances.

stc reaffirmed that its efforts in the area of health and safety stem from its comprehensive internal strategy, which places significant emphasis on supporting employees across various professional and functional aspects. The Company also highlighted its continuous efforts to strengthen engagement with employees both within and beyond the workplace, based on its belief that its people remain the key driver behind its success and continued leadership in Kuwait's telecommunications and digital solutions sector.



stc evacuation drill.

# Chinese company demands compensation from UK over British Steel nationalization

BEIJING, July 19, (AP): The Chinese company that formerly owned British Steel demanded Sunday compensation from the U.K. government for investment losses following the nationalization of the manufacturer last week.

The British government took operational control of the company last year after Jingye Group said that it was considering closing the blast furnaces at its Scunthorpe plant in northern England, the last in the United Kingdom to make "virgin steel" from raw materials.

Jingye Group said in a WeChat statement that the nationalization move tarnished the credibility of the British government, spooked international investors and caused great losses to the company's operation and British taxpayers' funds. It also demanded that the U.K. government stop "trampling on international investment rules."

The Chinese company announced it had initiated negotiation procedures under relevant bilateral investment agreements, reserving all rights, including to international arbitration. Jingye said it will also represent British taxpayers seeking to hold the U.K. government and British Steel's management legally liable. However, it did not specify how it would handle the case.

"The U.K. disregarded Jingye's continuous investment and significant contribution and was only willing to provide almost zero compensation," it said.

An independent evaluation will be carried out to determine whether any compensation will be paid to Jingye Group, the U.K. government said last week.

The Department for Business and Trade announced the move on July 17, saying it would save thousands of jobs and protect the U.K.'s national interest by ensuring a supply of domestically produced steel for major construction projects and the defense industry.

British Steel and its forebears have been making steel at Scunthorpe for more than 130 years, building on the U.K.'s development of improved steelmaking technology during the Industrial Revolution. The plant currently employs about 2,700 people.

Jingye bought British Steel in 2020 and said it saved the steel company from crisis.

The Chinese Foreign Ministry on Saturday said the way the U.K. handles the issue would directly influence how Chinese investors view the British investment environment and the credibility of the British government.

"China urges the UK to earnestly respect market principles and the spirit of contract, and find solutions on compensation and other issues acceptable to both sides," it said in a statement.

It added China supports enterprises in safeguarding their legitimate rights through legal means.

# India launches first hydrogen-powered train built in the country to expand clean energy on railways

NEW DELHI, July 19, (AP): India rolled out its first indigenously built, hydrogen-powered train on Friday, a move aimed at expanding the use of clean energy in its vast rail network.

The train made up of two hydrogen-powered driving cars and eight passenger coaches will operate in the northern state of Haryana. It can run at speeds of up to 75 kph (47 mph) and carry a maximum of about 2,600 passengers, railway officials said.

Prime Minister Narendra Modi inaugurated the "NaMo Green Rail" at Haryana's Jind railway station on Friday. "NaMo" is a common abbreviation of Modi's first and last names.

"This is a very significant day in the direction of self-reliant India and sustainable development," Modi said in a post on X.

The pilot project includes hydrogen storage and refueling infrastructure to test the use of the technology in India's rail network, according to officials.

Hydrogen fuel cells generate electricity by combining hydrogen and oxygen, producing water vapor as the only direct emission. Several other countries have introduced hydrogen-powered trains as an alternative to diesel on routes that are not fully electrified.

The launch is part of India's broader efforts to develop green hydrogen and reduce carbon emissions. India has set a target of reaching net-zero emissions by 2070, with Indian Railways exploring hydrogen as an alternative to diesel on some routes.

by combining hydrogen and oxygen, producing water vapor as the only direct emission. Several other countries have introduced hydrogen-powered trains as an alternative to diesel on routes that are not fully electrified.

The launch is part of India's broader efforts to develop green hydrogen and reduce carbon emissions. India has set a target of reaching net-zero emissions by 2070, with Indian Railways exploring hydrogen as an alternative to diesel on some routes.

by combining hydrogen and oxygen, producing water vapor as the only direct emission. Several other countries have introduced hydrogen-powered trains as an alternative to diesel on routes that are not fully electrified.

The launch is part of India's broader efforts to develop green hydrogen and reduce carbon emissions. India has set a target of reaching net-zero emissions by 2070, with Indian Railways exploring hydrogen as an alternative to diesel on some routes.

## Brazen corruption or legal business?

# Truth Social plans to charge Wall St for fast-lane access

NEW YORK, July 19, (AP): America's first billionaire president may soon be profiting from a new line of business tied to his office: charging access for a first peek at certain posts on his Truth Social platform.

Donald Trump's struggling media company plans to sell Wall Street traders the chance to see posts from "highest-ranking" accounts - including possibly his own - milliseconds before others.

That could mean big money for them, and Trump.

Trump's posts are often important enough to rattle financial markets, sending prices soaring and plunging within seconds. Until this moment, presidential policy announcements were considered sort of public property that should be free and available to all at the same time.

The president has the most followers on Truth Social - 12.9 million - so presumably will be included in the mix of high-ranking accounts.

Truth Social's public parent, Trump Media & Technology, did not respond to emailed questions, including whether Trump's posts will be excluded from the offering, but the planned service is attracting plenty of attention - and not just from traders.

"It's odious, selling access to highest bidders on Wall Street," said Dylan Hedler-Gaudette, an expert on federal ethic rules at watchdog Project on Government Oversight. "Everything he says has market implications."

Called Truth PSI, the service announced in a short press release Thursday would allow Wall Street trading firms and institutions to see certain posts earlier than other users so they could profit off subsequent moves in stocks, bonds and interest rates.

The Trump Media release did not give any sense of the size of the new business but quotes CEO Kevin McGurn as saying he expects it to become a "meaningful" source of revenue as part of a strategy to "monetize proprietary assets." The company added that it expects to launch the service next month.

The customers that Truth Social is targeting are high frequency traders who jump ahead of others in reacting to news to buy and sell bonds and other financial instruments. And a few thousands of a second often spells the difference between profits and losses.

When Trump announced his sweeping tariffs on April 2 last year, it was major political and financial news -- and many found out first on Truth Social.

"It's Liberation Day in America," Trump posted hours before a formal Rose Garden announcement, sending stocks plunging nearly 5% over the next few hours. Safe haven investments like gold and Treasury bonds soared.

A few days later, Trump reversed course by suspending the tariffs for 90 days with an announcement again on Truth Social, writing, "THIS IS A GREAT TIME TO BUY!!!"

Stocks soared 9.5% that day, adding \$4 trillion to investor wealth as measured by the S&P 500 index.

"It's yet more brazen corruption," said Kathleen Clark of Washington University School of Law and an expert in government ethics rules. "Trump can line his pockets by selling access."

Trump has announced major decisions and musings about other topics, including staff changes, immigration crackdowns, and matters of war and peace in Ukraine and Iran.

"THE CEASEFIRE IS NOW IN EFFECT. PLEASE DO NOT VIOLATE IT!," he posted on June 24 last year about a short-lived Iran deal, sending oil prices plunging instantly.

No other social media platform has such access to the president, and presumably banks and traders will have to pay up for it.

Trump Media did not state in its release how much it plans to charge but said it has already signed up customers.

The service is similar to others at rival social media firms but with a key difference: It's the president posting. But there appears to be nothing to stop Trump from doing this, at least legally.

Conflict of interest laws would bar U.S. government officials from owning a company that profits off their office by selling access to their decisions through public posts, says Washington University's Clark. But the president and vice president, she notes, are excluded from the provision.

Despite that, all presidents since the law was passed decades ago have acted as if it applied - selling individual stocks, dumping business holdings or putting their financial assets in a blind trust so they wouldn't know what was being bought and sold on their behalf while they wielded power - but Trump has refused.

The White House referred questions, including those about the president profiting off its office, to the company that owns Truth Social. Several messages sent to that company, Trump Media & Technology, have not been returned. And Trump's own family company, the Trump Organization, declined to comment.

Trump himself has repeatedly denied that there any conflicts between his obligation to act in the public interest and the opportunity to make money off the presidency.

The White House has previously said Trump only does what is good for the country and is not involved in his family business.

The new service is the latest in a series of moves to try to revive the fortunes of Trump Media whose stock has plunged more than 70% since the president took office last year.

The company has been diversifying into various businesses - crypto, financial services and nuclear fusion - but all to no avail.

It recently replaced its longtime CEO, former Congressman Devin Nunes, with McGurn - but the stock kept sinking anyway.

The stock rose 0.6% on the news Thursday, and up by half that amount the next day at \$9.66. Before Trump took office last year, it closed at \$40.



People walk past the Grand Mosque of Paris, where a banner reads, '100 years of light, a century of history, spirituality and dialogue' marking its 100th anniversary, Friday, July 17, 2026. (AP)

Centenary reflects longstanding cultural presence

# Historic Paris Grand Mosque marks 100-year milestone

PARIS, July 19, (AP): A hundred years ago, Paris erected a monumental mosque to honor Muslim soldiers from French colonies who fought in World War I. It's now an integral part of the capital's bustling Latin Quarter, and as it celebrates its centenary, worshippers are reflecting on being Muslim in today's France.

The rector of the Grand Mosque of Paris sees it as a symbol of inter-faith dialogue and France's diversity, but worries about religious tensions in the country linked to conflicts in the Middle East and the polarizing campaign for next year's presidential election.

"It's the responsibility of everyone to see Muslims as a part of the national community," Chems-eddine Hafiz told The Associated Press.

Visitors arriving for 100th anniversary prayers Friday included people from different regions around Paris, those born in France or those who came over the decades from Algeria, Senegal and beyond. Many trace their origins to France's colonial empire.

The Paris city tourism office's website lists the mosque as a top attraction, calling its ornate, carpeted prayer room a "must-see." Inspired by the Alhambra in Spain's Granada, the mosque has a 33-meter



Left: Rector of Paris' Grand Mosque Chems-eddine Hafiz, gestures as he speaks during an interview with the Associated Press, as it celebrates its 100th anniversary in Paris, Friday, July 17, 2026. Right: A man sits at the entrance of Paris' Grand Mosque where a placard reads '100 Years of Light' marking its centenary, Friday, July 17, 2026. (AP)

(108-foot)-high minaret that overlooks the Seine River - complementing but not overshadowing the twin towers of nearby Notre Dame Cathedral. The mosque houses a popular tea room and hammam steam baths.

But most of all it is a place of worship and history.

French authorities wanted to honor the "blood spilled" during WWI by Muslim soldiers who died

in trenches of Verdun and beyond to defend France, Hafiz said. Most came from colonies in Africa.

The mosque's imam during the Nazi occupation of Paris, Abdelkader Mesli, helped shelter Jews and supply false documents to try to protect them, and was later himself deported to death camps, according to Hafiz. He survived, but returned in poor health and died a few years



later. Mesli's wartime efforts were rediscovered in 2015 when his family found notebooks documenting the period.

"When it was built, French President Gaston Doumergue made a declaration reminding us that France's diversity could only reinforce its national community," Hafiz said, calling it a "beautiful message."

"I believe the political will and

the political message have remained unchanged" since 1926, Hafiz said. "The problem lies in people's attitudes. Today, anti-Muslim acts are still being committed against Muslims. Islam is often misunderstood, and talking about Muslims or Islam can trigger hostility."

Islam is now the second religion in France, which has the largest Muslim population in Western Europe.

But the country's Muslims often struggle to gain full acceptance and face discrimination. Stigmas against Muslims worsened after deadly Islamic extremist attacks in France over the past decade.

France is in the midst of a campaign for next year's presidential election so far dominated by Marine Le Pen and her far-right National Rally, which has targeted Islam and immigration.

Fatma Chouchane, a volunteer at the Grand Mosque, lamented restrictions on women wearing Muslim headscarves in French schools and some workplaces.

"I ask France to leave these people alone" and let them make their religious choices, she said.

Like other worshippers at Friday's prayers, however, she focused on messages of tolerance and celebrating the mosque anniversary.

"It's a symbol, it is the Paris museum for Muslims," she said. "We must all be in solidarity."

For Ibrahima Seye, the mosque was one of the first places he visited after arriving in France from Senegal.

"It's always open," he said. "It's good for the Muslim community, and I see that it's a mosque that is appreciated by a lot of tourists, too."

## Variety

**LOS ANGELES:** Influencer brothers Andrew and Tristan Tate, whose social media empire promoting wealth, male dominance and misogyny has made them among the world's most polarizing internet personalities, were arrested Saturday in Miami as British authorities sought their extradition on rape and sex trafficking charges.

The brothers were taken into custody by the U.S. Marshals Service on a sealed warrant, agency spokesperson Brady McCarron told The Associated Press, placing the United States at the center of an international legal saga that has stretched from Romania to Britain.

British prosecutors announced Saturday that they were seeking the brothers' extradition on charges alleging they raped and trafficked women between 2010 and 2017.

The dual U.S. and British citizens moved to Romania in 2016. They were arrested there in 2022, accused of participating in schemes to lure women for sexual exploitation. They denied those allegations and the Romanian case hasn't gone forward because of legal and procedural problems.

Last year, they were allowed to leave Romania and flew to Florida on a private jet. (AP)



Andrew Tate, right, and his brother Tristan arrive an event, April 11, 2026, in Miami. (AP)

## This week in streaming: Chaos, comebacks, and cultural crossovers

# Pickleball comedy serves up summer laughs

Charli xcx's new album and a pickleball movie starring Jake Johnson are some of the new television, films, music and games headed to a device near you.

Also among the streaming offerings worth your time this week, as selected by The Associated Press' entertainment journalists: the "Big Bang Theory" spin-off "Stuart Fails to Save the Universe," "72 Hours" and the Nintendo game "Splatoon Raiders."

Pickleball is the target of the new Apple TV comedy "The Dink," starring Jake Johnson as a tennis pro who "almost beat Andy Roddick" and reluctantly takes up the popular sport while recovering from an injury. The movie, streaming on July 24, co-stars Ben Stiller, Mary Steenburgen, Ed Harris and Patton Oswalt.

Kevin Hart goes on a bachelor party trip with some twentysomethings after being accidentally included in the group chat in the new Netflix comedy "72 Hours," streaming on July 24. Said twentysomethings are played by "SNL" cast members Marcello Hernandez, Kam Patterson and Ben Marshall and Mason Gooding as the groom-to-be.

"Blue Heron," streaming on the Criterion Channel starting July 21, made The Associated Press's list for best movies of the year so far. Film Writer Jake Coyle wrote that, "So-



Jake Johnson, Mary Steenburgen and Aaron Chen attend the photo call for Apple TV's 'The Dink' at CityPickle Hudson Yards on Tuesday, July 14, 2026, in New York. (AP)

phy Romvari's exquisite and soulful directorial debut melds documentary and fiction, past and present. It's based on her own childhood, when her Hungarian parents moved their family of six to Vancouver Island in British Columbia ... It's an aching, probing memory piece."

Another movie that made our list, "Nirvana the Band the Show the Movie," has a quite different tone. This silly, lo-fi indie about two slacker buddies (Matt Johnson and Jay McCarroll)

who concoct crackpot schemes to land a gig at the Toronto music venue, the Rivoli, is a gem that begins streaming on Hulu on July 24. I wrote that I'm proof that no prior knowledge is needed to get on their goofy wavelength and enjoy the ride - and all the "Back to the Future" references.

— AP Film Writer Lindsey Bahr

"BRAT" summer came and stayed and eventually went - and what would be built in its absence? Charli xcx

claims the dance floor is dead on her latest album, "Music, Fashion, Film," out Friday. She's making "Rock Music" this time around, at least, her version of it: a bit troll-y, a bit sincere, full of distorted guitars and processed vocals. But her pop heart remains intact, like on the depressed and dreamy "SS26." If that's not enough to inspire curiosity, perhaps this is: The album's sole feature credit is Canadian auteur and beloved horror filmmaker David Cronenberg on its closer, "No One Lasts Forever."

Grammy winning South African artist Tyla burst onto the mainstream with her 2023 global hit "Water." It married R&B, pop and amapiano - a style of music which translates to "the pianos" in the Zulu language, a fusion of Kwaito house music and jazz, often driven by log drums. And it did so at a time where hunger and curiosity for African music was at an all-time high. Afrobeats have only continued to skyrocket in the time since, and Tyla has proven to be no one-hit wonder. She's paved her own path. On Friday, she will release her sophomore album, "A(asterisks) POP." It's the next evolution of her sound, which features a dancehall collaboration with Zara Larsson, "She Did It Again," the amapiano-pop "Chanel" and so much more.

— AP Music Writer Maria Sherman (AP)

Moonshot’s Kimi K3 challenges ChatGPT and Claude

Chinese AI model sparks surprise across US technology sector

NEW YORK, July 19, (AP): Another powerful new artificial intelligence model from China took the U.S. tech industry by surprise Friday, the latest sign that Chinese startups that publicly release their “open-source” AI technology are making the California titans of AI sweat.

The newest Kimi K3 model from Beijing-based startup Moonshot, run by a Pink Floyd-loving entrepreneur who earned his doctorate in Pittsburgh, appears to be catching up to the best versions of Anthropic’s Claude and OpenAI’s ChatGPT.

“This may be the single biggest release of the year,” and marks a moment when open-source Chinese models are surpassing closed U.S. models, said Anastasios Angelopoulos, co-founder and CEO of Arena, a platform for evaluating AI systems.

Kimi K3 topped the charts in Arena’s ranking of what it calls “front-end coding capability,” a measure of an AI large language model’s performance. “More results are rolling in that are likely to continue to show

it is at the top of the pack,” Angelopoulos said on social media.

It was not likely a coincidence that K3’s unveiling came shortly before Chinese President Xi Jinping’s opening address Friday to the nation’s annual World Artificial Intelligence Conference in Shanghai.

American-led restrictions have blocked China from accessing some of the world’s most advanced technologies, spurring China’s efforts to build its own know-how and intensifying the rivalry between the world’s two biggest economies.

“The development of artificial intelligence should not be a solo performance by any single country but rather a symphony of global cooperation,” Xi said at the event.

K3 follows another major AI model release last month from the Chinese startup Zhipu, or Z.ai. Its new flagship GLM-5.2 model is already widely used by software developers around the world who say it can perform work almost as well as top U.S. models at a lower price.



Chinese President Xi Jinping speaks at the opening ceremony for the World AI Conference in Shanghai, Friday, July 17, 2026. (AP)

The hype over the new Chinese model resembles the market-shaking panic that followed Chinese startup DeepSeek’s new model release in early 2025, though not everyone finds it justified. The response to K3 is an “overreaction shockingly similar” to DeepSeek’s release last year,

said tech analyst Patrick Moorhead on social media. He said it could be good for parts of the broader AI industry but poses a revenue challenge to Anthropic and OpenAI.

During the conference, which runs until Monday, tech giant Huawei has also been showcasing a new AI computing system called the Atlas 950 SuperPoD, a signal that China increasingly is amassing the domestic hardware it needs despite U.S. restrictions on imports from chipmakers like Nvidia.

Moonshot hasn’t said what hardware it used to build K3, but the startup is a partner with Huawei.

The price to use K3 is the highest yet for a Chinese AI model, but is still half as expensive as OpenAI’s high-performing GPT-5.6 Sol model, according to a Friday report by Bank of America research analysts.

U.S. politicians and several major U.S. AI companies including Anthropic and OpenAI have accused Chinese AI models of illicit “distillation” of their models to extract their

technologies, a claim that Beijing says is “groundless.”

Anthropic in February accused DeepSeek, Moonshot and a third China-based AI lab, MiniMax, of engaging in campaigns to “illicitly extract Claude’s capabilities to improve their own models” using the distillation technique that “involves training a less capable model on the outputs of a stronger one.”

Anthropic said that distillation can be a legitimate way to train AI systems but it’s a problem when competitors “use it to acquire powerful capabilities from other labs in a fraction of the time, and at a fraction of the cost, that it would take to develop them independently.”

But it can go both ways. San Francisco-based startup AnySphere, maker of the popular coding tool Cursor, has acknowledged that one of its top products was based on Moonshot’s K2.5 model. Elon Musk’s SpaceX is planning to close a deal to buy Cursor for \$60 billion later this year.

Strong systems safeguard nature

Xizang’s trans-Himalayan efforts win guests’ praise

LHASA, July 19, (Xinhua): Officials and international delegates attending a forum held in southwest China’s Xizang Autonomous Region have highlighted the region’s endeavors to protect its ecological environment and advance international cooperation across Himalayan regions.

Themed “Promoting Harmony between Humanity and Nature, Sharing the Fruits of Cooperation and Development,” the fifth China Xizang Trans-Himalaya Forum for International Cooperation was held in the city of Nyingchi from Thursday to Saturday, having attracted attendees from 29 countries and regions.

“The trans-Himalayan region is the roof of countless mountains and the source of thousands of rivers. Safeguarding this pure land is the shared responsibility and historic mission of all countries across the region,” said Wang Guangqian, vice chairperson of the National Committee of the Chinese People’s Political Consultative Conference, the country’s top political advisory body.

Since the first forum in 2018, China has carried out extensive exchanges and cooperation with all participating parties in environmental governance, green development, cultural exchanges and mutual learning, yielding fruitful outcomes, Wang said at the forum’s opening ceremony on Friday.

At this year’s forum, attendees discussed ecological conservation, cultural tourism development, sports cooperation, and health on the plateau.

More than 50 percent of Xizang’s land has been designated as areas within ecological protection “red lines,” while the forest coverage rate and vegetation coverage of grasslands keep rising year by year in this region. Xizang remains one of the regions with the finest environmental quality in the world, according to Wang Junzheng, secretary of the Xizang Autonomous Regional Committee of the Communist Party of China.

“We have adopted the strictest systems and most rigorous rule of law to protect the ecological environment,” Wang said.

For many, Xizang ranks among the top places to visit because it is a place to find harmony, peace and beauty, Gim Huay Neo, managing director of the World Economic Forum, said at the Parallel Symposium on High-Quality Development of Plateau Culture and Tourism.

“At a time of geopolitical tensions and global fragmentation, travel and tourism become especially important to bridge cultures, foster human connections and create shared experiences,” she said. “The Qinghai-Tibet Plateau can be a place where we embrace our differences and yet work together to safeguard our common home for future generations.”

Bangladesh Ambassador to China Md. Nazmul Islam said the forum is both timely and profoundly relevant, reflecting a collective aspiration that transcends borders and resonates deeply with the realities and challenges faced by all countries in this region.

“Forums such as this one play an important role in promoting dialogue, building partnerships and generating innovative ideas for addressing common challenges,” he said. “By bringing together policymakers, scholars, entrepreneurs and representatives from different sectors, this platform helps strengthen mutual understanding and encourages practical cooperation.”

Pelé’s final shirt sold for \$4.9m

NEW YORK, July 19, (AP): A No. 10 jersey worn by Brazil icon Pelé in the 1958 World Cup final has been sold for \$4.9 million, Sotheby’s said Thursday.

Pelé, who died in 2022, was 17 when he scored twice in Brazil’s 5-2 win over hosts Sweden at the Rasunda Stadium and still remains the youngest player ever to score in a World Cup final.



Pelé

Sotheby’s said the jersey worn by the Brazilian star is the second-most valuable soccer shirt ever sold. Diego Maradona’s “Hand of God” jersey sold in 2022 for \$9.3 million.

The previous most valuable item of Pelé memorabilia was \$976,000 for a 1958 trading card last month, the auction house said.

Edson Arantes do Nascimento - aka Pelé - had gifted the handmade shirt after the final to his roommate and teammate, Dida.

The jersey had remained with Dida’s family for decades before being housed in a Brazilian museum and eventually acquired in 2004.

Arts & Culture

Gion Matsuri blends worship, culture & community

Centuries-old Japanese festival comes alive

KYOTO, Japan, July 19, (AP): There’s a special moment when Katsushi Horikawa feels closer to the gods. It comes as he rides atop one of the towering floats pulled through the streets in a centuries-old procession in Japan.

This is the Gion Matsuri festival, born more than 1,000 years ago as a ritual to ward off epidemics and celebrated in the former imperial city of Kyoto throughout July.

“I am conscious of them when I’m riding on top,” Horikawa said. “When we’re assembling it as well, but I think the main time is when I’m riding on it.”

The parades - accompanied by dances, music and song - draw large crowds and tourists every year. The biggest floats can weigh up to 12 tons. Yet behind the festive atmosphere lies a tradition rooted in the worship of deities and rituals of protection.

“Those performances are not meant primarily for the entertainment of people,” said Fabio Rambelli, a religious studies professor at the University of California, Santa Barbara. “They are offerings to the gods.”

The Gion Matsuri originated in the late 9th century as a ritual to appease spirits believed to cause epidemics and to pray for protection from disease. It takes its name from Kyoto’s Gion District and “matsuri,” the Japanese word for festival.

At the heart of the celebration is Kyoto’s Yasaka Shrine, a Shinto site whose principal deity has long been revered as a protector against calamities. But the shrine’s history also reflects centuries of interaction between Shinto and Buddhism in Japan.

“Until about 150 years ago it was a Buddhist temple,” Rambelli said. “That’s part of the religious changes that have taken place in Japan.”

Back then, the sanctuary’s main deity was Gozu Tennō, an ox-headed figure believed to have the power either to spread epidemics or to avert them.

“It was a kind of syncretic deity - probably of Indian origin - with connections to Korea and local folklore,” Rambelli said. “A lot of gods in Japan are a mixture of different traditions.”

Early versions of the Gion Matsuri involved that deity, Rambelli said.

To show evil forces and spirits that their god would confront them, devotees carried him around the city in processions that resembled those seen throughout Kyoto today.

Japan’s government separated the two traditions of Shinto and Buddhism in 1868 during the Meiji era,



People carry the ‘Niwatori Hoko’ float during one of the main parades of Shinto’s Gion Matsuri festival in Kyoto, western Japan, Friday, July 17, 2026. (AP)



The top of a festival float is seen during one of the main parades of Shinto’s Gion Matsuri festival in Kyoto, western Japan. (AP)



Young women dressed in traditional attire take part in the ‘Mikoshi Arai’ purification ritual ahead of the Gion Matsuri festival in Kyoto, western Japan. (AP)

effectively bringing Shinto shrines under state control and placing the emperor at the center of the new order.

“Because the emperor was the direct descendant of the goddess of the sun, they purified the whole system creating what now we see as Shinto,” said Andrea De Antoni, professor of anthropology and religious studies at the University of Kyoto.

De Antoni said a strong anti-Buddhist movement followed. Temples, mandalas and statues were burned and destroyed.

Shinto was formally separated from the state after World War II, but its traditions still reflect a broader history of religious and cultural influences.

“It is an institutionalized religion that revolves around ideas of deities called kami and different spirits,” De Antoni said.

“Kami shares its rules with general ideas of animism that can be found throughout the world, but there are a lot of similarities with certain parts of Southeast Asia and with the Pacific,” he added.

Japanese festivals often serve as ways for deities to be brought into the streets for sacred or ritual purposes while also bringing communities together in celebration.

“This is the festival of all the people in the neighborhood,” said Jacques Garrigues, a Frenchman who has lived in Kyoto for three decades and who attended the Gion Matsuri procession with his son on Friday.

“We also come together through a certain sense of religion, although the religious significance is not the same as in France,” he added.

The Conversation

New pediatric guidance urges parents to look beyond screen time limits

The Conversation is an independent and non-profit source of news, analysis and commentary from academic experts.



By Gabriel E. Hales  
Michigan State University

Concerns surrounding young people’s screen time are widespread.

Australia became the first country to ban social media for users under 16 in December 2025, and Denmark, France

and the U.K. have since announced similar restrictions to begin this year.

In the U.S., as of mid-2026, more than 30 states have passed laws banning or restricting cellphones in K-12 classrooms; in 2023, the U.S. surgeon general issued a formal advisory on social media and children’s and adolescents’ mental health; and bestselling books tell parents that smartphones are “rewiring” their children’s brains.

These concerns and policies are part of a quickly changing national and international conversation around how young people spend time on screens and its relationship to their overall health and development. My reading of the mounting research on this issue across disciplines is that the popular narrative blaming screens and smartphones for an adolescent mental health crisis runs well ahead of the

current evidence.

I study adolescent digital media use and its influence on social, emotional and academic outcomes. A growing body of research suggests that one-size-fits-all solutions are not the answer and that managing appropriate use of digital media needs to take into account a child’s developmental milestones, how parents and adults around them use media, and the ways kids use it to connect and learn with friends and family.

Wide adoption of digital media and the internet broadened the range of experiences young people could have online. At the same time, the digital age introduced newfound uncertainties. As with the advent of radio, comic books and arcades, adults worried about how children might interact with or be affected by internet use.

In response, the American Academy of Pediatrics first recommended in 1999 that parents and caregivers keep children under 2 away from screens. In the decades since, professional guidance largely treated children’s media use as a behavior to be mitigated.

Policies introduced by the academy in 2013 and 2016 continued to advise that school-age kids and adolescents - those ages 5 to 18 - be restricted to no more than two hours of “entertainment” screen time a day. The goal was to curb risks associated with heavy media use, among them disrupted sleep, online safety, cyberbullying and physical inactivity.

Originally created for young people’s engagement with

stationary media that tend to be confined to one room or context - for example, watching television - these hourly limits became outdated with the integration of smartphones and other digital devices into everyday life. Compared with watching television, online media was far more difficult to track and define, and more nuanced in its use.

Developmentally beneficial activities such as education, socializing and leisure have come to rely on the internet to extend and maintain face-to-face connections. Remote schooling and social distancing during the COVID-19 pandemic only accelerated this digitization of daily life.

In my view, adopting strict time limits and restrictions could pose risks to children’s well-being, autonomy and development, for example, by harming adolescent self-esteem.

In January 2026, the American Academy of Pediatrics retired its decade-old framework that had largely organized its advice around hourly screen limits. The new policy statement on children, adolescents and digital media diverges from this blanket approach. Instead, it suggests parents consider the larger picture in which this media use exists rather than lumping all screen use together.

Similar to the World Health Organization’s 2019 guidance for children under 5, the American Academy of Pediatrics still advises that parents avoid screen media for children younger than 18 months. This recommendation is largely because extended use by children by themselves can be problematic for many young children, crowding out

important developmental milestones.

Both the World Health Organization and the American Academy of Pediatrics also recommend that when children under 24 months use screens, they should be limited to content and devices that encourage children and caregivers to interact. For ages 2 to 5, screen time - including TV and interactive apps on devices - may be extended to more solo use, provided it’s high-quality digital media designed around learning goals in mathematics and reading. But recreational use should be limited to roughly an hour per day.

For school-age children and teens, the newest guidance has begun to step away from fixed screen time limits and asks families to weigh online activity in the context of everyday life.

Doing so recognizes that a child’s digital experiences are shaped by diverse factors rather than the hours spent online. Current guidelines call on caregivers to distinguish among types of media, from television and social media to video games and interacting with artificial intelligence chatbots. They also call for taking into account a child’s individual characteristics, such as their interests and personality, family members’ own use of screens, and the type of content children are spending time on.

Moving beyond strict screen time limits includes questioning the kind of digital activities kids and adolescents participate in. Do the activities encourage time spent interacting with others online, which can help young people develop important skills and competencies? (AP)



United States' Malik Tillman (17) scores his team's first goal during the World Cup round of 16 soccer match between the United States and Belgium in Seattle on July 6. (AP)

‘Having team around you incredibly important to get good advice’

## What injured athletes can teach us about recovery, resilience

FLAGSTAFF, Ariz., July 19, (AP): Serious injuries and medical conditions disrupt people's daily routines and can impact their confidence and sense of identity. Elite athletes know the challenges from an injury that sidelines them from their sport, requires physical rehabilitation and leaves their ability to return to competition in doubt.

The process that top athletes go through to heal physically, mentally and emotionally highlights what a recovery might demand of athletes at all levels, as well as people experiencing chronic pain, recuperating from surgery or facing other setbacks. Because progress is rarely linear, patience and the ability to reset expectations can be as valuable as perseverance, consistency and motivation, according to experts.

"Sport has always mimicked life," said Ross Flowers, a sports and performance psychologist in Los Angeles. "You're going to face challenges, bumps and bruises. You got to figure out how to work through them and overcome them."

Here's what some sports psychologists and former athletes say about confronting the unknown and coming through injuries:

Fans are accustomed to watching athletes compete at the Olympics, the World Cup and other sporting events with broken bones, torn ligaments and dislocated joints. Comeback stories like Alpine skier Lindsey Vonn's, after multiple injuries and another serious injury this year at the Winter Olympics, are an enduring element of sports.

While discomfort is expected during intense training, and pushing through pain becomes more critical during competition, even seasoned competitors need to know when to listen to their bodies, experts say.

"There's a relationship with pain and understanding how to work with it, if it's possible to work through it, but also knowing how to back off of it so the pain does not persist," Flowers said, adding that training to the point of physical fatigue or in conditions that build endurance is the sweet spot for improvement.

Liv Paxton, 28, learned this lesson firsthand after dealing with shin splints, quadricep strains and a partially torn Achilles tendon. As a runner at Winthrop University and the College of William & Mary, she pushed herself until her body forced her to stop. Since recovering from Achilles surgery, she said she has a better understanding of when to slow down.

"I'm so much better about keeping in tune with my body," Paxton said, explaining that she prioritizes eating and sleeping well. "That's not something that I focused on in college. I just thought I was bulletproof."

Injuries can happen suddenly or develop from a nagging but manageable nuisance into a debilitating condition over time. Whether it's a soccer player sidelined after a collision or a worker who can't stand after months of chronic back pain, the outcome is similar: a forced pause and learning to heal once pushing through pain no longer works.

"So how do we know our limits? It is definitely an experimental process," said Lisa Miller, a health and sport sciences professor who teaches at the online American Public University System from her home in Columbus, Ohio. "We have plenty of athletes who still don't know. But we have also had more examples of athletes saying this is too much, I'm burned out and I'm going to take a break, bringing much more attention to the psychological side of sport."

Honestly assessing whether an injury is affecting daily life and long-term well-being is part of recognizing one's physical limits. Miller said she has seen athletes of all levels return to competition thinking they are ready to excel, but not all can or do.

Tennis great Serena Williams made the difficult decision to withdraw from a doubles match this month because of a knee injury.

Even after bones heal and surgeries succeed, experts say recovery can mean coming to terms with what injuries have changed and giving yourself permission to grieve those losses.

‘People who are maximizers especially suffer from proliferation of options’

## Cut the number of choices you make each day, your brain will thank you

WASHINGTON, July 19, (AP): Jeans that fit perfectly. The ideal Netflix show for a Tuesday night. Your one and only soulmate. Modern life promises that with enough options, you will happily find the best of everything.

But behavioral scientists say the increasing flood of choices - whether it comes to shopping, social lives or relationships - is doing the opposite.

The idea that more choice is better is baked into Western culture, but research shows that having more options can make people anxious, indecisive and, paradoxically, less happy with what they pick, said Barry Schwartz, an emeritus psychology professor at Swarthmore University and author of "The Paradox of Choice."

"There have been hundreds of studies showing that there can be too much of a good thing," Schwartz said.

To minimize the mental noise, he said, limit the number of choices you make, and your brain will thank you for it.

Schwartz offered several examples of cases where more options left people worse off.

In the case of Medicare Part D prescription drug plans, people in states with more choices were less likely to choose any of them, he said. The same goes for 401(k) investments. The more options a company had, the less likely employees were to sign up, even when the employer offered matching money.

Less consequential choices are no different. Schwartz pointed to one oft-cited study that showed shoppers at a gourmet grocery store bought more jars of artisanal jam when they were presented with six flavors rather than with a wider array of 24. In a follow-up study, students were more likely to complete an extra-credit assignment when they were given six topics to choose from instead of 30.

Schwartz's research expanded on those findings to learn the emotional responses to this phenomenon.

"Instead of being liberated by all this choice, you're paralyzed," he said. "You can do anything, and you can't figure out which of those many things to do."

People also often end up making worse decisions since more options suggest more potentially bad outcomes, he said. And once someone finally decides from all the possibilities, they may be less satisfied with even a good choice because they fear there was a better alternative.

Schwartz said the satisfaction problem is especially acute for people whose



aim is to get the best, whom psychologists call maximizers.

"People who are maximizers especially suffer from the proliferation of options," he said. "Only the best will do."

The tendency isn't true for all people in all situations, Schwartz noted. Car buffs will gladly dive into the details of nearly unlimited choice when buying a new one.

"But you don't feel that way when it comes to buying jam," he said.

Daniel Willingham, a psychology professor and neuroscience researcher at the University of Virginia, said the phenomenon occurs because the brain is designed to save people from having to think.

Problem-solving requires more energy than relying on memory, a fact that has roots in evolutionary survival mode, Willingham said. When faced with a goal, whether it be an immediate need like responding to a threat or something longer term like finding shelter, the mind first searches for what's worked before. The problem-solving part of the brain only kicks in afterward.

"Another way to put it is that if you're thinking, things are not going well,"

he said.

That explains why sometimes people move through parts of their day on autopilot, he said. Throughout the day, people are confronted with hundreds of situations where they could do something different, but they almost always take the same route to work.

Schwartz said the proliferation of choices also has become tangled with identity in the social media age, where everyone can easily compare their choices to others.

"When all you've got to choose from is Lee's and Levi's, nobody expects the jeans they buy to fit perfectly," he said. "When there are 2,000 options, well, now, dammit, you do expect your jeans to fit perfectly."

David Epstein said that after researching his book, "Inside the Box: How Constraints Make Us Better," he began to shift away from his maximalist tendencies. Now, he limits his opportunities for making choices, such as when he bought 10 of the same well-fitting T-shirts in different colors.

He was following the example of Herbert Simon, a psychologist and 1978 Nobel laureate in economics, who had three sets of clothes and ate nearly the same thing every day. Simon introduced the term "satisficing," a combination of satisfying and sufficing that means setting good-enough criteria for decisions and moving on.

Epstein sets satisficing rules for himself when shopping online by first focusing on the purpose of the purchase.

"When I find one that does that, I'm buying it, instead of reading all the reviews and getting sucked into, 'Well, this one has all these other features,'" Willingham and Schwartz suggested farming out some decisions. If you're looking for a new phone, find a friend who is happy with theirs and buy that one.

For larger decisions like financial planning, you'll be happier if you rely on someone else's professional expertise, Willingham said.

"If you're thinking, 'Well, I'm a clever guy, I can figure that out,' I think 9 times out of 10, you're fooling yourself," he said.

Schwartz acknowledged that for people who have trouble making decisions, changing is difficult. But it's worth it.

"What happens over time is you find it easier to make decisions, you end up more satisfied with the decisions you make, and all of a sudden, you've got an extra two hours in every day," he said.

## Wildfire smoke kills tens of thousands of people a year. Here's how it attacks the body

WASHINGTON, July 19, (AP): Smoke from wildfires - which are burning more of the Northern Hemisphere as Earth warms - attacks nearly every system in the human body, killing tens of thousands of people a year, numerous medical studies show.

It attacks the body immediately, spiking asthma cases with increased ambulance runs within hours, swamps emergency rooms in a day or so with people suffering from heart attacks and other cardiovascular and lung issues, as well as mental health issues, doctors and scientists told The Associated Press.

Smoke also harms pregnant women, increasing the risk of premature births and low-weight babies who could have breathing problems the rest of their lives, doctors and studies say. And then there are long-term risks connecting prolonged smoke and other air pollution exposure to some cancers and dementia.

After huge global fires in 2018 and 2019, the medical and science communities started looking at the health effects from the smoke with "more and more studies coming out finding that there's all types of impacts that may not have been so obvious before," said Dr. Mary Johnson, a Harvard School of Public Health environmental health scientist.

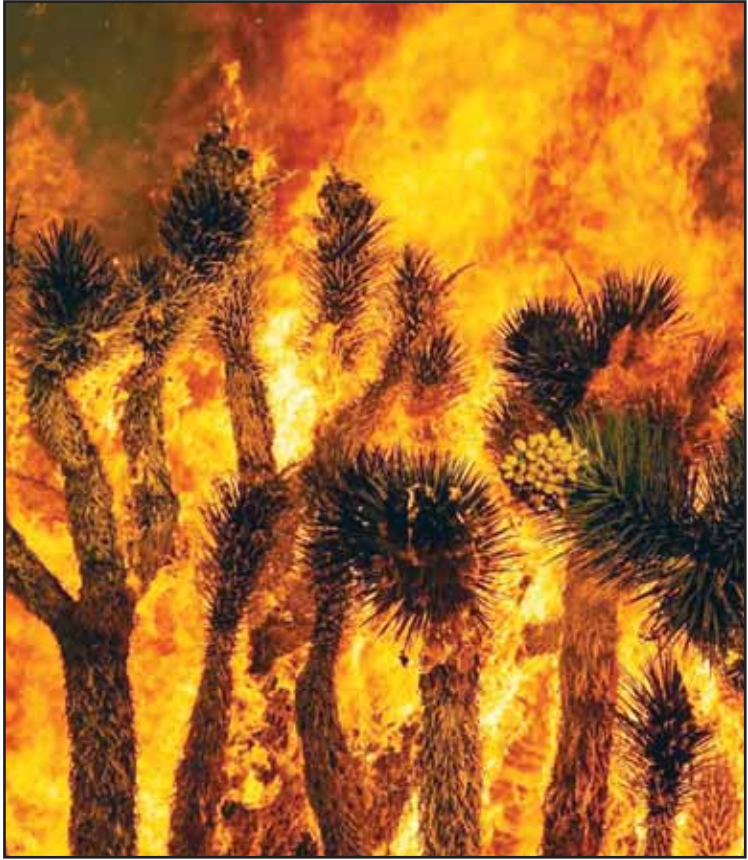
Smoke causes inflammation by triggering the body's immune system to go into overtime to fight the irritant. Scientists have found it can harm the brain, the skin and men's sperm, with almost no system of the body spared, Johnson said. People over 60 become more prone to stroke in wildfire smoke, she said.

"Wildfire smoke is the toxic product of combustion of whatever burned," which could include houses and cars, said Dr. Courtney Howard, an emergency room physician, chair of the Global Climate and Health Alliance and president-elect of the Canadian Medical Association.

"So really it's a big giant toxic soup of particles and gases."

Scientists have counted at least 1,000 toxins in wildfire smoke, according to Colorado State University environmental toxicologist Luke Montrose.

"If I gave you a list, you would recognize some of these as being very bad, oftentimes associated with the burning of diesel fuel or cigarette smoke, things like formaldehyde or volatile organic compounds," Mont-



A blaze engulfs trees on the Summit Fire in Llano, CA. Friday on July 10. (AP)

rose said. "So just the smoke itself can be bad."

So far this year, more than 5,740 square miles (more than 14,860 square kilometers) of the United States has burned from wildfires, which is 31% more than the average of the previous 10 years on this date, according to the National Interagency Fire Center. The amount of U.S. land burned each year in the 2020s - averaged out over a decade - is now more than twice what it was 30 years ago.

Europe saw a record high amount of land burned in 2025, Canada has had several record or near-record fire years in the 2020s and the Arctic recently has had unprecedented levels of burning.

"Wildfires are becoming more frequent and intense because of climate change, and when a fire happens, you have smoke," said Colleen Reid, a University of Colorado geographic health professor.

Most of the biggest particles in wildfire smoke fall close to where a blaze is burning, while the smallest particles -



People from the Tikuna Indigenous receive aid from an NGO because of the drought along the Amazon River in Santa Sofia, on the outskirts of Leticia, Colombia on Oct. 20, 2024. (AP)

## Lat-Am govts prepare for El Nino as drought, floods and heat loom

BOGOTA, Colombia, July 19, (AP): Governments across Latin America are mobilizing firefighters, activating contingency plans and preparing water, energy and transportation systems as El Nino strengthens across the Pacific, raising concerns about drought, extreme heat, flooding and other climate-related disruptions in the months ahead.

The preparations come as meteorologists warn that El Nino is already underway and increasingly likely to strengthen through the remainder of the year. Unlike hurricanes or earthquakes, the climate phenomenon develops gradually over months, which gives governments time to prepare before its most severe impacts arrive.

But experts say authorities across the region have often struggled to turn forecasts into action, raising questions about whether countries will be better prepared than during previous El Nino events that caused widespread economic damage and disrupted water, energy and food systems.

"Now is the time for decisions, for effective preparedness and the political consistency to really be proactive

this time," said Rodney Martinez, the World Meteorological Organization's representative for North America, Central America and the Caribbean.

"El Nino is confirmed. El Nino is ongoing. It's not simply a possibility," he said.

Previous strong El Nino events have caused billions of dollars in damage across Latin America, contributing to severe drought in some regions while triggering floods and landslides in others. The phenomenon has disrupted agriculture, strained drinking water supplies, fueled wildfires and, in some countries, reduced hydroelectric power generation, leading to energy shortages.

Martinez said countries should use the months before impacts intensify to secure alternative energy sources, protect vulnerable communities and prepare for potential strain on public services.

In hydropower-dependent countries such as Ecuador, that could mean bringing thermal power generation online to offset lower reservoir levels during drier conditions and completing maintenance and

procurement work well in advance. He pointed to Ecuador's energy crisis last year, when drought depleted water levels at hydroelectric facilities and contributed to widespread power outages.

Central America, parts of the Caribbean and northern South America are already experiencing drier-than-normal conditions associated with the phenomenon, according to the WMO. Those conditions are expected to expand into parts of the Amazon basin, raising concerns about water availability, agriculture and wildfire risk.

The threats vary considerably across the region.

In Brazil, Colombia and parts of Central America, authorities are focused on drought, water shortages and wildfire risk. Brazil has hired more than 4,600 federal personnel for wildfire prevention and response, expanded firefighting brigades and deployed aircraft ahead of what officials fear could be a difficult fire season. Colombia has activated water-monitoring systems, strengthened wildfire preparedness and urged local authorities to prepare for potential shortages.

## SPORTS

## Clark and Mitchell fuel Fever's comeback victory

## Valkyries extend streak behind Williams' clutch performance

SAN FRANCISCO, July 19, (AP): Gabby Williams hit two key 3-pointers over the final six minutes and finished with 18 points, Veronica Burton had 11 points, 11 assists and five rebounds, and the Golden State Valkyries held off the Washington Mystics 74-69 on Saturday night for their ninth straight win.

Kayla Thornton connected on a go-ahead 3-pointer with 4:14 remaining and finished with 11 points. Williams' 3 with 5:55 left cut the Washington lead to 65-62, and then Kiah Stokes hit from deep to tie the game. Burton's 3 with 2:14 remaining made it 71-65 as the Valkyries ended on a 15-4 run.

Washington guard Sonia Citron went down on her backside beneath the Valkyries basket with 7:19 left in the third quarter after a hard collision with Cecilia Zandalasini as they fought for a rebound. Citron returned and had 12 points.

The Valkyries have won 13 of 15 - with 11 wins at home, where the team has sold out every game at Chase Center since the start of its inaugural season last year.

Shakira Austin had 18 points and matched her career high with 16 rebounds for the Mystics, who had 45 boards in a 75-56 loss to Portland on Thursday, including 19 on the offensive glass to equal the most in the WNBA this season. Washington leads the league in rebounding and had 37 Saturday.

The Valkyries came in allowing a WNBA-low 76.1 points and 69.2 over the previous five with a Western Conference-leading defensive rating. Coach Natalie Nakase said before the game her team still must do a better job of being the aggressor.

Golden State certainly delivered on both ends down the stretch.

After falling behind 18-10 on Michaela Onyenwere's 3 with 33 seconds left in the first, the Valkyries responded with a 23-6 run on the way to a 33-28 halftime lead.

The teams meet again at Chase Center on Monday night in their final game before the All-Star break.

## Fever 108, Liberty 88

In Indianapolis, Kelsey Mitchell had 33 points on 10-of-14 shooting. Caitlin Clark added 17 points, and the Indiana Fever beat the New York Liberty 108-88 on Saturday night.



The Golden State Valkyries forward Gabby Williams (1) drives down the court against Washington Mystics guard Sonia Citron (22) in the first half of a WNBA basketball game in San Francisco. (AP)

Mitchell, who scored 30 Friday night in a 110-107 win over Seattle, has back-to-back 30-point games for the first time in her career and has scored at least 20 points in 10 consecutive games.

Clark was coming off a franchise-record 45 points and 10 assists against Seattle, the first game of 40-plus points and at least 10-plus assists in WNBA history.

The Fever, who trailed by 13, used a 13-3 run late in the second quarter to cut their deficit to 49-45 at halftime. Clark converted a three-point play that gave Indiana its first lead of the game at 50-49 early in the third quarter. The

Liberty committed nine of their 15 turnovers as they were outscored 28-12 in the third.

The Liberty (13-12) have lost four games in a row and six of seven overall and have dropped five straight on the road.

Breanna Stewart led New York with 26 points on 10-of-16 shooting. Marine Johannes - who scored 12 points on 4-of-8 shooting from 3-point range, all in the first seven minutes - left the game early in the fourth quarter due to an ankle injury and did not return.

Clark was called for a technical foul in the opening moments after a no-call on a hard screen set by Jonquel Jones that knocked the All-Star guard to the ground. Leonie Fiebich (foot) and Satou Sabally (concussion protocol) did not play for New York.

The Liberty beat Indiana 83-75 at home in the first of four matchups this season on June 6.

## Lynx 101, Fire 93

In Minneapolis, Kayla McBride scored 24 points to move into the top 20 on the WNBA career scoring list and the Minnesota Lynx beat the Portland Fire 101-93 on Saturday night for their fifth straight victory.

McBride was 9 of 14 from the field, making four 3-pointers to help Minnesota improve to a league-best 20-6. McBride topped 20-plus points for a sixth straight game and upped her career total to 5,846. She hit a 3-pointer to move past No. 20 Becky Hammon (5,841) and give the Lynx an 86-76 lead with 5:14 left to play.

Natasha Howard had 16 points for the Lynx, who finished off a four-game homestand. Rookie Olivia Miles added 14 points and 10 assists, Courtney Williams scored 15 points and reserve Dorka Juhasz had 12.

Bridget Carleton had 22 points and Carla Leite and Sarah Ashlee Barker both scored 21 to pace Portland (11-15).

Miles sank a 3-pointer for a 7-4 lead and the Lynx stayed in front from there.

Carleton hit a 3-pointer to cut it to 53-50 with 6:11 remaining in the third quarter, but Nia Coffey and McBride answered with back-to-back 3s and Portland got no closer.

## Kazma launches pre-season

## Al-Arabi signs Jawher as fifth foreign player

By Hassan Mosa

Al-Seyassah/Arab Times Staff

KUWAIT CITY, July 19: Al-Arabi has completed their foreign-player roster after signing Senegalese defender Jawher Khadim Rasoul, who becomes the club's fifth overseas player for the new season.

Rasoul joins Brazilians Leonardo Sheldon and Lucas Chalon, Nigerian Anabo Iwala, and Ethiopian Kenan Maliko, completing Al-Arabi's foreign contingent.

The arrival of the 30-year-old defender appears to have ended Palestinian forward Zaid Qunbar's hopes of remaining with the club for another campaign.

Rasoul began his professional career with Belgian side Lokeren, where he played from 2015 to 2019, before moving on to Turkish clubs Adana and Anagold Spor, Romanian outfit UTA Arad, and Iraqi side Duhok, whom he represented last season.

Al-Arabi is now awaiting the arrival of Croatian head coach Goran Sablić at the team's training camp in Türkiye, where he will assess the squad before confirming the final list of foreign players for the upcoming season.

Meanwhile, Al-Salmiya has bolstered its attacking options by signing Bahraini international Abdullah Yusuf.

The striker has represented Bahrain at international level and previously featured for Czech champions Slavia Prague, making appearances in the UEFA Champions League group stage. His career has also included spells with East Riffa and Muharraq in Bahrain, Czech clubs Bohemians 1905, Slovan Liberec, and Mladá Boleslav, as well as Indonesian side Persija Jakarta.

The Sky Blues have also added six domestic players to their squad ahead of the new campaign: Abdullah Al-Jazzaf from Al-Tadamon, Aqeel Al-Hazim from Al-Yarmouk, Ahmed Khorsheed and Abdullah Al-Ayoub from Al-Arabi, Fahad Al-Omairi



Senegalese defender Jawher Khadim Rasoul controls the ball during a match.

from Kazma, and Khaled Al-Othman from Kuwait Club.

Earlier, Al-Salmiya renewed the contracts of Naif Zuweid, Ahmed Boumaryoum, Omar Ali, Isa Waleed, Abdulmohsen Al-Turkimani, Ahmed Aidan, and goalkeeper Yousef Al-Kandari, while also bringing back Mubarak Al-Fanaini following a three-year spell with Al-Qadsia.

The club has also parted ways with Bahraini midfielder Sayed Diaa and Syrian defender Amro Midani, opting not to extend their contracts after last season. Al-Salmiya thanked both players for their services and wished them success in the future.

Kazma begins pre-season training this evening under Croatian head coach Dragan Tadić as they prepare for the new season, which will include participation in the GCC Champions League.

The Orange side has retained Yemeni Nasser Mohammadoh and Algerian Idriss Chaabi, while recruiting Brazilian Patrick Robson, Senegalese Amath Ndao, Fahad Al-Hajri, and renewing the contract of Nasser Lafi as they continue to strengthen the squad.

## South Africa crushes Wales to maintain unbeaten run

## England survives Argentina comeback

**DURBAN, South Africa, July 19, (AP): South Africa put down Wales 43-0 and was three for three in Nations Championship rugby on Saturday.**

The Springboks struggled to reflect their utter domination on the scoreboard and ought to have doubled their seven actual tries by seven different scorers.

A team of 10 changes with four debutants following the 42-28 win over Scotland was slick at times but frequently undone by knock-ons.

But even ragged with a slippery ball, the Springboks still blanked Wales in successive matches for the first time since the first two matches in this rivalry, in 1906 and 1912.

Wales was far stronger than the all-local team that was thrashed 73-0 by South Africa last November in Cardiff, and still outclassed. Wales hasn't scored a point against the world champion Springboks in more than 2 1/2 hours.

Only South Africa and New Zealand were unbeaten after the southern hemisphere leg of the new Nations Championship. The tournament takes a break to November when it will conclude in Europe.

Wales was the wooden spoon holder after the last two Six Nations and remained a work in progress. The defense missed 29 tackles against South Africa and missed 102 across all three Nations Championship fixtures this month.

Wales was overpowered by Argentina last weekend in San Juan and was determined to front up at Kings Park against the most direct team in world rugby. But it was quickly apparent Wales couldn't.

No. 8 Jasper Wiese blew through Jac Morgan and Rhys Carr to score the opening try in the fifth minute. The Bok scrum, with new cap Carlu Sadie at tighthead, monstered Wales'



South Africa's Ruben van Heerden, front, is tackled by Wales' Ellis Mee during the Nations Championship Test rugby match between South Africa and Wales, in Durban. (AP)

eight back over their own tryline to gain the put-in. From that scrum, scrumhalf Cobus Reinach crossed too easily.

New Boks flyhalf Vusi Moyo and wing Jaco Williams impressed in test debuts on their home ground. This season the 20-year-old Moyo has also made his Sharks debut and played for the Junior Springboks. After the half-time siren, his kickpass to Williams set up a try for Jesse Kriel and a 19-0 lead that flattered Wales.

Williams scored 44 seconds into the new half after superb work by Reinach and Wiese, then Williams returned passes with Herschel Jantjies to give the replacement scrumhalf a try in his first test since 2023.

While Wales prop Ben Warren was in the sin-bin for an upright tackle, winger Kurt-Lee Arendse crossed and South Africa finished the humid night with a try from a lineout maul by flanker Paul de Villiers, the man of the match in his third cap.

Meanwhile, England showed steel in an emotionally charged atmosphere, holding on while twice reduced to 13 men to beat Argentina 31-24 Saturday and take a bonus point from one of the longest and most bizarre matches in its history.

A controversial match saw seven yellow cards and both teams were reduced to 13 men in the second half. At the end of an unfulfilling season, England found a way to win in a hostile environment, though Argentina

threatened to snatch a draw at the end.

England's 19-3 halftime lead melted away as Argentina rallied with a try and penalty try to cut its lead to two points 15 minutes into the second half. At the same time, England found itself in desperate straits with both Alex Coles and Jack van Poortvliet in the bin for deliberate knock-ons.

England was superb with its back to the wall, first holding out volleys of Argentina attacks then, restored to 14 men and finally to full strength, scoring tries through Marcus Smith and Manny Feyer-Waboso to seal its win.

But that wasn't the end and the tension that had been present at the start remained until the third minute of stoppage time when the final whistle sounded.

## Pogacar retains big lead

## Evenepoel claims Tour 15th stage as Vingegaard crashes out of race

## Means' late strike lifts Denver past Portland in Heaps' debut

COLORADO, July 19, (AP): Natalie Means scored late and the Denver Summit welcomed U.S. national team captain Lindsey Heaps to the club with a 2-1 home victory over the Portland Thorns on Saturday in front of a sellout crowd of more than 12,000.

Heaps started for Denver (5-4-4) after spending four seasons with Lyon. The Summit announced the signing in January, but she first had to finish the season with the French club.

Portland (8-5-3) took a 1-0 lead when Sophia Wilson converted a penalty kick in the 23rd minute.

Janine Sonis made it 1-1 in first half-stoppage time, before Means scored her first professional goal on a narrow angle shot from outside the box in the 86th minute.

Esther González scored a brace and Rose Lavelle added the winner as Gotham FC (9-3-3) erased a late two-goal deficit for a 3-2 victory over the visiting Seattle Reign.

Mia Fishel scored on a penalty kick in the 14th minute for a 1-0 Seattle lead and Maddie Mercado made it 2-0 in the 22nd minute on a feed from Maddie Dahlien.

The Reign (5-7-2) drew another penalty kick in the 50th minute but Dahlien's attempt hit off the post.

González cut the lead in half in the

81st minute, then scored the equalizer in the fourth minute of stoppage time. Three minutes later, Sam Kerr slipped it to Rose Lavelle for the victory.

With the win, Gotham passed the San Diego Wave for the top spot in the NWSL standings. The match at Icahn Stadium on Randall's Island was delayed more than two hours due to inclement weather.

Karlíe Lema scored a first-half brace as visiting Bay FC (5-6-3) cruised to a 3-0 win over the North Carolina Courage.

Lema beat multiple defenders and rounded past goalkeeper Kailen Sheridan for the game's first goal in the 14th minute. She made it 2-0 three minutes later. Lema has now scored in three consecutive games with four goals in that span.

Racheal Kundananji intercepted a Courage pass and slotted it home for the final tall.

Goalkeeper Jordan Silkowitz made five saves for her second consecutive clean sheet and fourth of the season.

The Courage (6-5-3) have dropped consecutive matches.

Narumi Miura scored as the Utah Royals (8-4-3) beat the Orlando Pride to end a two-match skid.

Narumi dribbled left to the edge of the box and lofted the ball into the goal in the 36th minute.

PLATEAU DE SOLAISON, France, July 19, (AP): Remco Evenepoel held off Tadej Pogacar and his teammate Isaac Del Toro to win the 15th stage of the Tour de France, while Pogacar kept his commanding overall lead and saw his main rival Jonas Vingegaard crash out of the race.

Vingegaard fell about 20 kilometers (about 12 miles) from the end of the 184-kilometer (114-mile) trek, which ended with a big climb.

Belgian rider Evenepoel withstood two attacks from Del Toro in the last 800 meters and then beat Pogacar in a dash to the line for his first stage win of this year's race and third overall on the Tour. Del Toro finished a few seconds behind them in third.

Vingegaard's retirement means that Evenepoel climbed to second overall, five minutes behind four-time Tour champion Pogacar, with the 22-year-old Mexican Del Toro 5:58 back from Pogacar in third place.

Barring mishap, a fifth Tour crown looks inevitable for Pogacar, who has won four stages so far in



Belgium's Remco Evenepoel celebrates as he crosses the finish line to win the fifteenth stage of the Tour de France cycling race, from Champagnole to the Plateau de Solaison, France. (AP)

this year's race.

Only Belgian Eddy Merckx, Spaniard Miguel Indurain and Frenchmen Jacques Anquetil and Bernard Hinault have won the over-

all Tour five times.

Sunday's trek featured one Category 1 (the second-hardest category) up Col de la Croisette and concluded with a HC climb (the hardest cate-

gory) up Plateau de Solaison in the French Alps - an 11-kilometer slog with a punishing 9% gradient.

It was a special stage for the 19-year-old rising French star Paul Seixas, whose grandparents' house was about 15 kilometers from the finish. Seixas credits his grandfather, José Manuel Seixas, for introducing him to cycling when he was a youngster. Seixas finished fourth and is fourth in the standings, 6:23 behind Pogacar.

A lead group of nine riders, including Olympic mountain bike champion Tom Pidcock and American Quinn Simmons, headed up the sharp 4.7 kilometers of Col de la Croisette, with Simmons moving ahead.

Shortly after Vingegaard's crash, which saw the Danish rider tumble close to a roadside kerb after losing control of his front wheel, riders reached the Solaison ascent.

Pogacar caught Simmons with just under 5 kilometers remaining, with Del Toro and Evenepoel the only ones able to stick with him.



Fans celebrate during the World Cup third-place playoff soccer match between France and England in Miami Gardens, Fla. (AP)

FIFA to assess hydration breaks after World Cup, says Wenger

NEW JERSEY, July 19: Arsene Wenger has revealed that FIFA will conduct a review into the impact of the hydration breaks introduced during the World Cup once the tournament concludes.

The decision to add scheduled water breaks during matches has sparked debate among coaches, with Uruguay boss Marcelo Bielsa among those questioning the move, saying that splitting matches into quarters “adds nothing and takes a lot away.”

Speaking at the final press conference of FIFA’s Technical Study Group, Wenger said FIFA would examine match data to determine whether the breaks had any influence on the competition.

“Some people did not like it at times. We will analyse it after the World Cup, but I did not feel that

these breaks changed the results of the tournament,” Wenger said.

“In certain games, they were badly needed. When stadiums had closed roofs, there were complaints, but at the beginning of the tournament we decided to introduce them in every match to ensure there was no difference between games. We have not reached a final conclusion yet, but I promise there will be one.”

The former Arsenal manager also dismissed concerns that travel demands and the tournament schedule had affected the standard of soccer.

“Logistically, things were obviously very different, and before the tournament FIFA had some concerns that these factors could impact the matches,” Wenger said.

“But personally, I do not share that opinion. I believe we have witnessed games of a very high level here.”



Arsene Wenger with FIFA President Gianni Infantino

60,000 miles across three nations

Infantino World Cup travels reach extraordinary levels

NEW JERSEY, July 19, (AP): Multiple flights in a single day. Nearly 60,000 miles. More than 100 hours aloft.

FIFA President Gianni Infantino got some serious air time over the course of the 2026 World Cup, the tournament’s most far-flung edition ever. He crisscrossed North America for matches, meetings and other appearances during the competition, which took place in three countries, 16 cities and four time zones, and ended with Sunday’s final in New Jersey.

To track his travels, The Associated Press analyzed flight logs for a private business jet used by Infantino in recent years, along with photos taken by AP photographers and images posted on Instagram by FIFA and the head of world soccer’s governing body himself. The analysis shows that by the time either Argentina or Spain emerges as champion, he will have flown far enough to circle the planet almost 2 1/2 times.

Access to a Gulfstream G650 jet from the fleet of the Qatari government made Infantino’s prodigious jet-setting possible. The aircraft is operated by the private charter division of Qatar Airways, a World Cup sponsor.

Since a June 9 flight from Los Angeles to Mexico City ahead of the tournament’s opening match, the aircraft averaged more than one flight a day and on multiple days made more than three, according to flight-tracking site FlightAware.

Along with attending matches, Infantino’s itinerary included stops in New York for an interview on Fox & Friends and in Miami for a FIFA summit attended by representatives from the organization’s 211 member associations. He also flew to Doha to attend the funeral of Qatar’s former emir before returning to the U.S. in time for the World Cup semifinals.

FIFA did not respond to an emailed request for comment about Infantino’s travel schedule and arrangements.

Here’s a look at some of the numbers racked up by the person overseeing the tournament that will have featured a record 104 matches spread across the United States, Canada and Mexico, the largest geographic footprint in World Cup history.

The number of World Cup matches Infantino attended before Sunday, FlightAware showed the Gulfstream originally was scheduled to fly from New Jersey to Miami in time for the third-place match between England and France but never took off. Thunderstorms caused flight delays at New York City area airports on Saturday, according to the Federal Aviation Administration.

Infantino saw at least one match at all 16 World Cup venues. Miami’s Hard Rock Stadium, where he attended five games, is the venue he visited the most.

The number of days Infantino attended two matches, often at stadiums located hundreds of miles apart.

The Gulfstream mostly used the host cities’ main international airports during the tournament but sometimes relied on smaller general and business aviation airports, including Atlanta’s Fulton County Executive Airport and Miami’s Opa Locka Executive Airport.

The number of international border crossings the jet made within North America through the semifinals.

The flight time the Gulfstream amassed during the tournament, not including repositioning flights and 29 hours of travel for the funeral in Qatar, equals nearly five full days in the air and would be enough for a commercial plane traveling at typical cruising speed to fly from New York to Los Angeles 20 times.

Excluding the journey to Qatar, the flight that took the longest lasted 344 minutes and went from Miami to Seattle, where Infantino attended the Belgium-Egypt match on June 15. The flight time is the same length as three full World Cup matches from kickoff to final whistle.

World Cup integrity under scrutiny as rights body urges FIFA action for 2030



France’s Kylian Mbappe (10) leaps to play the ball as England’s Ezri Konsa (2) and Marc Guehi (6) defend during the World Cup third-place playoff soccer match between France and England in Miami Gardens, Fla. (AP)

‘Political influence has also moved onto the field’

GENEVA, July 19, (AP): Europe’s top human rights body questioned the integrity of the World Cup and urged FIFA on Sunday to help build a stronger framework for the 2030 edition being played mostly in Spain and Portugal.

“The next crisis has already begun. It has two names: money and power,” the head of the 46-nation Council of Europe wrote Sunday in an open letter to its formal working partner FIFA hours before the final between Spain and Argentina in East Rutherford, New Jersey.

Swiss politician Alain Berset cited FIFA suspending a ban for United States forward Folarin Balogun while under pressure from U.S. President Donald Trump and the risk of fraud in the soccer body signing a prediction market as a World Cup sponsor.

“When the rules bend under pressure, every result is open to doubt,” Berset wrote about Balogun being freed from a mandatory one-game ban to face Belgium with a quarter-finals place at stake. Belgium won 4-1.

“Political influence has also moved onto the field,” said Berset, who was twice a president of FIFA’s home country Switzerland. “The sanction suspended mid-tournament came after a head of state called the president of FIFA.”

FIFA signed a prediction market sponsor deal in April worth a reported \$150 million with ADI Predictstreet, one week after the Abu Dhabi-backed company was formally created. FIFA also has other commercial deals with the gambling industry for this World Cup.

Prediction betting has been criticized as rewarding insider trading, and Berset noted that in soccer it allowed wagers to be won on “moments a single player can produce

without changing the score.”

“It is an open door to fraud,” he wrote. “And this World Cup has opened the door wider.”

The Council of Europe (CoE) aired its concerns publicly despite having a formal working agreement with FIFA signed by its president Gianni Infantino in 2018.

The inter-governmental body, which created the European Convention on Human Rights, has a stated mission: “To promote democracy, human rights and the rule of law across Europe and beyond.”

When signing the FIFA-CoE memorandum of understanding eight years ago, Infantino said: “It is a natural relationship, as we share common values and goals: transparency, accountability, integrity, safety in sport and respect for human rights, for children’s rights.”

Infantino and Berset met in 2024 on the sidelines of the United Nations general assembly in New York. FIFA’s disciplinary ruling on Ba-

logun was fiercely criticized by European soccer body UEFA, which said the decision “crossed a red line” in soccer’s rule of law and transparency. FIFA has yet to publish documents explaining the reasoning of its disciplinary judge from the United Arab Emirates.

“A sanction suspended under pressure, within days, with no reasons given,” Berset wrote, before adding other concerns about the first 48-team, 104-game World Cup.

“The authority of referees called into question. Racist abuse of players, some of it from elected officials. Betting on every pass, every card, every corner.”

The next men’s World Cup will be staged mostly in Europe, with Morocco also co-hosting. Three South American neighbors, Argentina, Paraguay and Uruguay, are currently scheduled to host one game each at the start of the centenary edition in June 2030 to mark the original 1930 World Cup host Uruguay.

Argentine hailed as best coach in USMNT history

Wall Street sees Pochettino as key to US World Cup ambitions

WASHINGTON, July 19: Argentine coach Mauricio Pochettino’s future with the United States men’s national team has become a symbol of the growing influence of private investment in American soccer, with Wall Street firms reportedly supporting the project as the country builds toward and beyond the 2026 FIFA World Cup.

According to Bloomberg, a number of investment groups have backed efforts to keep Pochettino in charge, highlighting the expanding role of private capital in the development of U.S. soccer. The investors view the national team as a long-term commercial asset that could benefit significantly from the expected surge in the sport’s popularity following the 2026 World Cup.

Scott Goodwin, co-founder of credit investment firm Diameter Capital Partners, described Pochettino as “the best coach the U.S. men’s national team has ever had” and expressed hope that he will remain in the role. However, Goodwin stressed that the decision ultimately belongs to the Argentine manager.



In this file photo, United States head coach Mauricio Pochettino gestures as he walks off the pitch after United States defeated Bosnia in the World Cup round of 32 soccer match between the United States and Bosnia in Santa Clara, Calif., near San Francisco. (AP)

Bloomberg reported that investor enthusiasm reflects confidence that hosting the 2026 World Cup will create lasting commercial momentum for soccer in the United States. Financial backers believe sustained success on and off the pitch could expand the team’s fan base, attract additional sponsors and investment, and significantly increase the national team’s commercial value.

Pochettino’s extensive experience managing some of Europe’s biggest clubs has made him a central figure in that vision. Supporters believe his leadership can help improve the team’s competitive level while strengthening its brand in one of the world’s largest sports markets.

The report added that as investment in American soccer continues to grow, football decisions are becoming increasingly linked to business strategy. Investors are looking beyond results on the field, placing equal importance on building a recognizable brand, expanding the fan base, and delivering long-term commercial returns.



England's Bukayo Saka (7) shoots but does not score on a shot defended by France goalkeeper Mike Maignan (16) during the World Cup third-place playoff soccer match between France and England in Miami Gardens, Fla. (AP)

# Sports

## England, France produce 10-goal World Cup thriller

Saka steals show as Three Lions finish 3rd

**MIAMI GARDENS, Fla., July 19, (AP): England and France delivered a thriller in a World Cup match that was supposed to be an afterthought.**

A day before Lionel Messi and Argentina were set to try and defend their title in a highly anticipated final, Bukayo Saka scored three goals to lead England past Kylian Mbappé and France 6-4 in a wild third-place game.

Mbappé surpassed Messi's record for World Cup goals, scoring twice in the second half. The 27-year-old star has 22 goals in his career and 10 in this World Cup, two ahead of Messi in the Golden Boot race.

It was the highest-scoring World Cup game since Hungary beat El Salvador 10-1 in 1982, and the 10 goals were the most in a third-place match.

Saka had goals in the 37th minute and in first-half stoppage time, then added his third on a penalty in the 87th for his second career hat trick with England. The Three Lions also got goals from Declan Rice and Ezri Konsa to build a 4-0 halftime lead, and they hung on against a relentless France attack in the second half to secure their second-best finish in the World Cup. England won its only title in 1966.

"I hope that the players can be proud of that in some time," England coach Thomas Tuchel said. "We are fiercely competitive, so we almost don't allow ourselves to be proud of third place because 18 months ago we set the highest goal. We set the highest dream to chase, and we were very, very ambitious with our dream to make it to the final and win the World Cup. So it's very, very painful if you miss out."

Tuchel said he viewed England's World Cup run as a success despite its collapse in the semifinals. The Three Lions blew a 1-0 lead against Argentina and lost 2-1 when Messi assisted on two late goals.

Tuchel was criticized for his tactical decisions in the loss, with many wondering what it will take for England to end its decades-long wait for another trophy.

He said Saturday's result was the first step toward closing the gap with teams like Argentina and France.

"This game will help us for sure," he said, "even if a part will never allow you to fully celebrate the bronze medal."

Jude Bellingham capped the scoring in the eighth minute of second-half stoppage time, his seventh goal of the tournament and the most in a World Cup by an England player. Captain Harry Kane scored six this year and in 2018, and Gary Lineker had six in 1986.

Bradley Barcola and Ousmane Dembélé also scored in the second half for France, which pulled within 4-3 on Mbappé's second goal.

Messi - with 21 career World Cup goals and eight in this tournament - will get one last shot to pass Mbappé for the scoring title when he and defending champion Argentina face Spain on Sunday in East Rutherford, New Jersey. Mbappé also won the Golden Boot four years ago, when France lost the final to Argentina on penalties.

"Leo scores all the time," Mbappé told Fox Sports in French. "Tomorrow he will score for sure. I just try to help my team every time to score. It's certain that when you score so many goals in the World Cup, it elevates you to certain levels. I would have preferred not to be the top scorer in history and play in the match tomorrow."



England poses with their medals after winning the World Cup third-place playoff soccer match between France and England in Miami Gardens, Fla. (AP)

Both teams had said they'd rather be playing in Sunday's final. France had enough offensive firepower to potentially win the tournament, but Les Bleus lost to Spain in the semifinals and squandered their chance at reaching a third straight World Cup final.

Still, a sellout crowd of 64,478 showed up to watch the seventh and final match of this World Cup at Hard Rock Stadium.

Plenty of supporters were cheering for both teams. Many were there simply for the atmosphere of the low-stakes match, and it more than delivered.

"I love English football," said Gaston Esquivel, a native of Mexico City who came to support England. "I've followed the Premier League since I was a kid. I am a Manchester United fan. I like their style, I like their game."

Thomas Viel, who traveled from Paris to follow France throughout the tour-

namment, was hoping to see a hat trick by Mbappé. He nearly got his wish.

France trailed 4-0 when Mbappé flicked a shot past goalkeeper Dean Henderson in the 48th minute. Then he beat Henderson again with a left-footed strike from about 14 yards in the 66th.

"I think Messi will not score a hat trick tomorrow," Viel said.

It was also the final match for France coach Didier Deschamps, who has said he will step down after 14 years. Deschamps embraced players and waved toward the crowd as he exited the pitch.

"We were not expecting such a first half," Deschamps said through an interpreter. "And we did better in the second half. We were deeply disappointed, gutted after the semis. I don't want to sum up my career on this moment."

## Kuwait chases main round spot in crucial South Korea clash



Yousuf Madouh makes a goal attempt during Kuwait's Asian Junior Handball Championship match.

**By Khaled Al-Enezi**  
Al-Seyassah/Arab Times Staff

BEIJING, July 19: Kuwait faces a key challenge today when it meets South Korea in the fifth round of the preliminary stage at the 19th Asian Men's Junior Handball Championship, which serves as a qualifier for the World Championship and is being hosted by China.

Kuwait opened its campaign with a defeat to Iran before responding strongly with a big win over India. It then continued its battle for points with a difficult encounter against Japan yesterday as it looked to strengthen its position in the group.

Kuwait will be aiming for another impressive display against the Korean side to underline the development of Kuwaiti handball and boost its hopes of reaching the main round of the tournament.

### Best of the Rest

**Asmus, Shriever win BMX world champ'ships:** Australia's Jesse Asmus and Britain's Bethany Shriever were crowned the men's and women's elite champions at the 2026 BMX Racing World Championships after Sunday's finals were canceled because of persistent strong winds in Brisbane.

Under Union Cycliste Internationale (UCI) regulations, when a competition is canceled before the finals, the results from the last completed round in each category are used to determine the final standings. (Xinhua)

## Kuwait set for Oman showdown in West Asia Volleyball Championship semifinals

**By Khaled Al-Enezi**  
Al-Seyassah/Arab Times Staff

MUSCAT, July 19: Kuwait secured a semi-final meeting with host Oman at the second West Asia Men's Volleyball Championship, currently being held at the Sultan Qaboos Sports Complex in Muscat. The tournament will conclude tomorrow with the final.

The other semi-final will see Qatar face Iraq, with the two winners advancing to the championship match and the defeated sides meeting in the third-place playoff.

The Blues reached the last four after finishing second in Group A with three points, behind Qatar who topped the group with six points. Oman led Group B with seven points, while Iraq followed in second place with six points after the preliminary



Kuwaiti players attempt to block a spike from Qatar players.

round.

The four semi-finalists will now battle for a

place in the final as they chase the West Asia title following impressive displays in the group stage.

Kuwait arrived at the tournament after a comprehensive preparation programme that included a training camp in Cairo, where the team played four friendly matches. During the camp, Argentine head coach Julian Alvarez and assistant coach Zaid Al-Kazmi worked on improving the squad's technical and physical levels while finalizing the best possible lineup ahead of the competition.

The Kuwait squad consists of Abdullnasser Al-Enezi, Rashid Anbar, Nasser Dashti, Ahmed Al-Munais, Fares Suleiman, Abdullah Fares Al-Enezi, Athbi Al-Enezi, Omar Al-Enezi, Mohammed Al-Dhafiri, Abdullah Al-Muwaineh, Fahad Saad Yaqoub, Ali Saadoun, Talal Ahmed Abdulrazzaq, and Saud Al-Duwaisan.

## Russell fumes at loss of speed before his race-ending crash

## Antonelli wins Belgian Grand Prix for big title boost



Mercedes driver George Russell (center) spins out on the track during the Formula One Grand Prix at the Spa-Francorchamps racetrack in Spa, Belgium. (AP)

and is 50 ahead of Russell.

In a sign of tension at Mercedes after a heavy blow to his title chances, Russell seemed to blame his car, rather than Hamilton, for the incident. Russell said the incident wouldn't have happened if his car hadn't lost speed on the straight into the corner, dropping him behind Hamilton.

Hamilton was fourth for Ferrari after an eventful race including a five-second penalty for colliding

with Russell, verbal spats with Ferrari over strategy and car setups over the radio, and knocking over a Ferrari mechanic as he left the pits.

Hamilton immediately asked after the team member's health and was told he was OK, but was still facing an investigation after the race for an "unsafe release" from a pit stop.

Oscar Piastri was fifth for McLaren and Isack Hadjar was a strong sixth for Red Bull despite starting at the back of the field because of a penalty.

Lando Norris started 13th for McLaren thanks to a grid penalty but sliced through the field and even briefly led the race when others pitted. A pit stop delay dropped him back but he still finished seventh.

Gabriel Bortoleto placed eighth for Audi, Arvid Lindblad ninth for Racing Bulls and Alpine's Franco Colapinto took the final point in 10th.

Mercedes team principal Toto Wolff said the team needs to work to restore George Russell's confidence after the British driver blamed a lack of speed for the collision that ended his Belgian Grand Prix and damaged his Formula 1 title chances.

Russell was trying to retake fourth place from Lewis Hamilton around the outside when the Ferrari driver clipped his rear wheel and sent him spinning into the gravel trap, putting him out of the race on the first lap.

In an expletive-filled message to Mercedes over the radio, Russell directed the blame at the car, not Hamilton, saying it was "unacceptable" he'd had a dramatic loss of speed on the previous straight, dropping him from third to fifth behind Hamilton.

"It was a new problem but it wasn't only on George's side. Instead, it affected all the Mercedes engines, some more, some less, and Kimi (Antonelli) too," Wolff told Sky Sport Germany, suggesting a software problem was to blame.