

The Egyptian Gazette

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Established 1880

www.egyptian-gazette.com

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Issue No: 45,968

Wednesday, August 10, 2022

Price: LE5

Egypt, Qatar agree to boost consultation, coordination

Sisi, Sheikh Tamim probe ties, regional issues over phone

Gazette staff

PRESIDENT Abdel Fattah El Sisi received yesterday a phone call from the Emir of Qatar Sheikh Tamim bin Hamad Al Thani during which they exchanged views on the developments of a number of regional issues, as part of Arab efforts in facing regional challenges.

During the call, the Qatari emir expressed deep appreciation for the tireless Egyptian efforts on the Arab arena, led by President Sisi, to consolidate regional peace and security, the latest of which was the success of Egypt's mediation to reach a quick ceasefire between the Palestinians and Israelis and restore calm to the Gaza Strip.

The two leaders discussed some topics within the framework of bilateral co-operation. In this respect, Sheikh Tamim valued the brotherly relations binding the two countries and expressed Qatar's keenness to strengthen the existing co-operation between the two countries and open new vistas for co-operation.

The two leaders also agreed to continue building on the current momentum in bilateral co-operation between the two countries. They also agreed to push forward mechanisms of consultation and mutual coordination on all issues and successive developments as part of safeguarding Arab national security.



File photo

PM follows up Maspero Triangle project

Gazette staff

PRIME Minister Moustafa Madbouli has asserted the state's keenness to transform the Maspero Triangle from a slum area to a date, clean housing complex.

The premier's remark came during his inspection tour of the Maspero Triangle Development Project yesterday to follow up progress of the scheme.

Minister of Housing, Utilities and Urban Communities Assem el-Gazzar, Cairo Governor Khaled Abdel-Aal and New Urban Communities Authority officials accompanied the prime minister.

The government has fulfilled its promise to develop this area without harm to residents, the premier said.

"During negotiations with occupants, we gave reassurances that everyone will benefit from the development," the premier added. "Those who received cash compensation, those who were given alternative housing, as well as those who will be re-housed here soon – everyone has benefited.

The state has also benefited by restoring the civilised face of this area in the heart of the capital."

The prime minister stressed conformity to technical specifications and



standards, and speedy completion in accordance with the highest quality standards.

The Alternative Housing project is scheduled for completion in September, Madbouli added.

Madbouli spoke highly of the progress made on the project to date, saying that this demonstrates how the govern-

ment confirm keeps its promises to develop slums and provide adequate housing.

Located on an area of 25,853 square metres, the residential towers project includes commercial, administrative and recreational activities, Housing Minister Gazzar said, adding that the area has its own 80 megawatt power station.



Sameh Shoukri

Gerd Müller

FM lauds co-operation with UNIDO

Gazette staff

FOREIGN Minister Sameh Shoukri praised the continuous co-operation between Egypt and the United Nations Industrial Development Organisation (UNIDO) at various levels and in various themes, including the UNIDO climate strategy, which is currently being discussed with the member states of the organisation. This strategy is an important step at the level of coordinating environment-friendly policies and practices, especially in the industrial sectors.

The remarks by the foreign minister who was appointed president of the 27th session of the Conference of Parties to the United Nations Framework Convention on Climate Change came during a phone call he received yesterday from Gerd Müller, Director-General of UNIDO.

The phone call touched upon means of co-operation between Egypt and UNIDO within the framework of COP27 meeting, which will be hosted and chaired by Egypt next November. They also discussed prospects for co-operation between the two sides in this regard.

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Ragaa Hussein

Mrs Sisi mourns veteran actress Ragaa Hussein

MRS Intisar El Sisi, the spouse of President Abdel Fattah El Sisi, mourned yesterday veteran actress Ragaa Hussein, who died this morning at 83.

On her social media accounts, Mrs Sisi said that actress Hussein managed during her career to please her audience with sublime art performances.

She added that actress Hussein devoted her life to serving the homeland and her family through offering a variety of arts.

US, Saudi forces to hold joint drills in Yanbu, al-Kharj

RIYADH (News Wires) – US Marines joined Saudi Arabia's forces in Yanbu to participate in a joint drill, the Saudi Press Agency (SPA) reported yesterday.

Titled "Native Fury 22," the drill maneuvers will reportedly take place in Yanbu and al-Kharj provinces, according to *Al Arabiya*.

"The exercise aims at enhancing partnership between the Saudi forces and their US counterpart in carrying out bilateral plans," SPA reported.

This marks the eighth iteration of the exercise, Marine Corps Forces Central Command said on Twitter.

"The exercise will focus on combined tactics, interoperability, logistical operations with Saudi Armed Forces," the statement added.

Palestinians in Gaza grieve, assess damage following ceasefire

GAZA (Reuters) – For many in Gaza, news of a truce between Israel and the Islamic Jihad after the most serious round of violence in just over a year was bittersweet. As families aired laundry on blasted walls and sifted through the rubble to salvage whatever documents and furniture they could find, others laid their loved ones to rest.

"My life ended when he was martyred," said Najwa Abu Hamada, 45, whose 19-year-old son Khalil was killed when he went out into the street outside their home and a car was hit. Her only child, he was born after 12 years of marriage and five failed IVF attempts.

"I promised him that joy will never find its way into my heart anymore," she said.

At least 44 people, including 15 children, were killed in 56 hours of violence that began on Friday when Israeli airstrikes hit a senior commander of the Islamic Jihad movement. More than 360 people were wounded in raids that continued all weekend, among them 151 children and teenagers, according to Gaza health officials.

Israel said it launched the airstrikes as a pre-emptive operation against an imminent attack by the Iranian-backed Islamic Jihad movement, targeting Islamic Jihad

commanders and arms depots and doing all it could to limit civilian casualties.

In response, Islamic Jihad fired more than 1,000 rockets towards Israel, sending residents of southern and central areas, including major cities like Tel Aviv, fleeing to bomb shelters.

Israel's Iron Dome air defence system prevented any serious damage or casualties on its territory but there was no such protection for blockaded Gaza where some 2.3 million people live on a patch of 365 square kilometres (140 square miles).

"We heard an explosion, we were shocked. When we got out, we saw our children dismembered," said Wessam Nejjim, whose four nephews were killed on Sunday in Jabalia refugee camp, the largest of eight camps in Gaza that are home to Palestinians whose families fled or were expelled from towns and villages during the 1948 war of Israel's creation.

"A child only four years old, why would he be targeted?"

The Israeli military said it was looking into the incident, which came a day after four children were killed in the same area by what Israel said was an Islamic Jihad rocket that veered off course and plunged to the ground shortly after being fired.



NAJWA, mother of 19-year-old Palestinian Khalil Abu Hamada, who was conceived through IVF and killed in a missile strike in the latest Gaza-Israel fighting, is consoled by her son's friends at her home in Jabalya refugee camp, in the northern Gaza Strip.

Power rationalisation to save gas, foreign currency

Gazette staff

PRIME Minister Moustafa Madbouli held a meeting yesterday to follow up the executive steps to activate the electricity rationalisation procedures, with the aim of allocating the natural gas used in power plants for export purposes, and consequently saving foreign exchange.

The meeting was attended by Minister of Electricity and Renewable Energy Mohamed Shaker, Minister of Petroleum and Mineral Resources Tarek al-Mulla, and Minister of Local Development Mahmoud Shaarawi, Minister of Youth and Sports Ashraf Sobhi, and Minister of Housing, Utilities and Urban Communities, Assem al-Gazzar.

The state is currently capitalising on the top resource it has, namely natural gas, a field where huge investments have been pumped over the past period, Madbouli told the meeting. He added that Egypt is seeking to export the most possible amount of natural gas to obtain foreign currency, amid the present global power crisis.



The government has started implementing a national plan to rationalise electricity consumption, in order to achieve the major goal of saving the natural gas used in power stations, and export it, the PM explained.

As part of the rationalisation plan, all ministries will be ordered to switch off electric current in their buildings after the end of the official working hours, except for services offices. In addition, no government building will have lights from outside. Stadiums, indoor sports halls will also be closed at a specific hour during night periods, as well as shopping malls, the premier said.

Meanwhile, Madbouli urged Egyptian people to rationalise personal use of electricity, which will help achieve integration with the government's plan, to achieve the state's goals in this regard.

Engineering firms merge for EV production

Gazette staff

THE extraordinary general assembly of El Nasr Automotive Manufacturing Company, affiliated to the Metallurgical Industries Holding Company, has approved a decision to merge the Engineering Automotive Manufacturing Company with El Nasr with a view to producing electric vehicles.

The decision comes within the framework of the Ministry of Public Business

Sector's plan to localise the electric vehicle industry of various sizes in light of the global trend towards transition to a green economy, the ministry said in a statement yesterday.

It also aims to create a strong entity in the automotive industry and achieve integration between both companies, the statement added.

The two companies had initially been a single entity before they got separated more than 20 years ago.

1st EgyptAir flight arrives at Libya's Mitiga airport

Gazette staff

EGYPTAIR started yesterday operating its first flight between Sharm el-Sheikh International Airport and the Mitiga International Airport in the Libyan capital, Tripoli, after an eight-

year hiatus, said the Libyan news agency.

A statement released by the Egyptian national carrier earlier this week said the operation of weekly flights would continue until October 11 to allow a number of Libyan tourist groups to visit Sharm.



Civil alliance may work with gov't

Gazette staff

MINISTER of Planning and Economic Development Hala el-Saeed yesterday met with a delegation from the National Alliance for Civil Development Work (NACDW) to explore opportunities for bilateral co-operation.

The minister hailed the achievements of the alliance since its founding earlier this year, a ministry statement said.

The minister also stressed the need for further coordination between the government and civil society.



El-Saeed also reviewed the major domains of her ministry's work and projects, and areas of-

ffering opportunities for co-operation with the alliance, notably the National Project for Devel-

opment of the Egyptian Family, which seeks to slow population growth.

The minister reviewed the presidential rural development initiative Decent Life that will improve living standards for millions of Egyptian people nationwide, as well as setting mechanisms for the NACDW to contribute to following up and monitoring the actual needs of the people.

Civil society should play a major role with the government and the private sector in achieving Egypt Vision 2030, the minister said.

Burkina Faso defence minister tours Military Factory 300

Gazette staff

MINISTER for Military Production Mohamed Morsi, accompanied by General Barthelemy Simpore, Minister of Defense and Veterans' Affairs of the Republic of Burkina Faso, and his delegation yesterday visited the Abu Zaabal Company for Specialised Industries (Military Factory 300) that produces small arms, ammunition and explosives.

Surplus production capacity is put to the service of national development projects, the minister added.

The two high-ranking officials in-

spected the company's most up-to-date production lines, which are operated by highly-trained staff.

Discussions covered possible co-operation to supply Burkina Faso's with military equipment, Morsi said, adding that his ministry would use manufacturing, technological and technical capacities of the ministry's subsidiaries to this end.

Simpore said his country considers Egypt a major partner in efforts to resolve current crises at home.

He also lauded Egypt's readiness to support development in Burkina Faso.

GIZ supports development 27 companies

Gazette staff

THE German Agency for International Co-operation or (GIZ) celebrated yesterday the conclusion of the first session of a programme to expedite the development of 27 Egyptian companies working in the fields chemical and packaging industries.

The programme was carried out in co-operation with the Ministry of Trade and Industry as well as the chemical industries chamber and the chamber of packaging industry and the exporting council of packaging.

GIZ said on its Facebook account that the Egyptian companies were provided with consultancies necessary for the upgrading process.

PM issues decree on launching initiative for smart green projects

Gazette staff

PRIME Minister Mostafa Madbouli issued yesterday decree No. 2738/2022 to launch a national initiative for smart green projects in all governorates under the supervision of the Planning Ministry.

The initiative shows the state's keenness to deal with the environmental dimension and climate change, as well as drawing a map for all smart green projects nationwide.

Under the decree, a committee, led by Hesham Badr, the general coordinator of international conferences at the Planning Ministry, will be formed.

The committee will include representatives of the ministries of foreign affairs, environment, ICT, local development, Planning, and International co-operation, as well as representatives of the National Council for Women and civil society.

The decree was published in the official gazette.

First aid by scooter

Gazette staff

MINISTER of Higher Education and Scientific Research Khaled Abdel Ghaffar, who doubles as Acting Minister of Health and Population, has announced the introduction of the electric emergency scooter to the Egyptian Ambulance Organisation.

Ministry Spokesman Houssam Abdel Ghaffar said the scooter will bring a paramedic to an incident before the arrival of an ambulance.

The scooter is environment-friendly and can cover 100 kilometres on a single charge with zero emissions, Abdel Ghaffar added.

Egyptian Ambulance Organisation chief Mohamed Gad said the scooter service will be available during the COP 27 summit in Sharm el-Sheikh in November.



'Waste management real chance for private sector'

Gazette staff

MINISTER of Environment Yasmien Fouad yesterday took part by video-conference in the 2nd Global Initiative for Waste 50 by 2050.

As Egypt is preparing for COP 27, this session offers an opportunity to make a real impact regarding participation by the private sector and NGOs in waste management, the minister said.



Yasmien Fouad

Success of the initiative depends on such participation, while innovative ideas are needed to involve the private sector and civil society in waste recycling and management, and derive the utmost benefit from this in terms of generating power from waste, the minister added, underlined the need for sustainable sources of funding.

The private sector must be supplied with the latest waste management and recycling technologies, Fouad said.

The minister's advisor on waste management Nagwa Karoug attended the session. The initiative is to be launched during the upcoming UN Climate Conference (COP 27) with the aim of raising the proportion of recycled waste in Africa to 50 per cent by 2050.

Pure Polymers Technology
The company has the pleasure to announce to shareholders that the company's shares have been registered on 8/8/2022 in the Central Depository System of Misr For Central Clearing, Depository & Registry
Starting from this date, there will be no deals on the company shares except through an Account Statement
All shareholders are kindly requested to deposit their shares at any of the approved custodians.

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Jadeer Development
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All shareholders are kindly requested to deposit their shares at any of the approved custodians.

Grow Construction
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Starting from this date, there will be no deals on the company shares except through an Account Statement
All shareholders are kindly requested to deposit their shares at any of the approved custodians.

ECG Pharma
The company has the pleasure to announce to shareholders that the company's shares will be registered as of 10/8/2022 in the Central Depository System of Misr For Clearing, Settlement & Depository
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The Egyptian Gazette

Wednesday, August 10, 2022

Working on permanent solution

EGYPT has again mediated a ceasefire in Gaza, following three-days of violence, which erupted through the weekend between the Palestinian Jihad movement and Israel.

Israel had actually started the fighting on Friday when it arrested a senior Jihad commander in the West Bank and launched a wave of strikes on Gaza, which it claimed was meant to prevent "concrete threat" against its citizens. In response, the Jihad movement fired hundreds of rockets at Israeli cities. The Israeli military campaign claimed the lives of high-profile members of Jihad and killed a total of 44 Palestinians including 15 children. More than 300 people were reported to be injured.

Last year, Egypt also played a key role in bringing fighting in the enclave to an end, which was originally triggered by Israel's brutal crackdown on Palestinians in occupied East Jerusalem. Hamas, which rules Gaza, was prompted at the time to fire rockets at Jerusalem, and of course Israel fired back resulting in an 11-day war.

Palestinian-Israeli engagement in Gaza has become a frequent encounter since the 2008-2009 war, which resulted in the death of more than 1200 Palestinians. Similar fights took place in 2012, 2014 and 2021.

The destruction caused and the casualties reported speak of themselves in the narrow Gaza Strip, where Palestinians are living under extremely harsh conditions. Poverty is prevailing, power cuts are a daily occurrence, clean water is a rare commodity, unemployment is estimated at 50 per cent and the health system is in a dilapidated condition.

The truce reached in the wake of every flareup provides the people in Gaza with a break to take their breath. But that is only a contemporary situation, which soon rebounds to tension and escalation between Palestinian groups and the occupation forces. That is because the core of the conflict is not resolved.

Gaza is not the only territory in crisis. Those living in East Jerusalem and the West Bank are also suffering under Israel's policies of oppression and illegal expansion in the occupied territories. And year-round provocations by Jewish extreme settlers in Al Aqsa Compound usually bring confrontations to the edge.

Being deprived of their basic rights, it stands to reason that the Palestinians will continue to resist Israeli occupation and malpractices. So, this closed cycle of violence and counter violence will continue to go on and on.

Egypt is actually doing its best not only to contain any arising tension but also to push for peace talks. There has to be a fair and lasting solution for this more than 70-year-old conflict. Unless the Palestinians are granted statehood, there is little hope that the recently brokered truce or any other future ones would hold for long.



Mind's Eye

Manal Abdul Aziz

Israel's impunity prolongs Palestinian crisis

LAST month, UN Secretary-General Antonio Guterres called for blacklisting Israel over child killing.

Following publication of the UN Children and Armed Conflict report, the UN verified 2,934 violations against 1,208 Palestinian children in the occupied West Bank, East Jerusalem, and Gaza. According to the report, Israeli forces killed 78 Palestinian children, maimed 982 and detained 637.

"I am shocked by the number of children killed and maimed by Israeli forces during hostilities, in airstrikes on densely populated areas and through the use of live ammunition during law enforcement operations," the UN chief wrote.

Guterres' threat of listing Israel among the countries violating children's human rights was not enough to prevent fresh Israeli assaults on the Palestinians causing the death and injury of dozens of people including some six children as a result of the recent bombardment of Gaza. This week, the Israeli government decided to launch a fierce airstrike against Gaza with the claim of protecting Israel against the "imminent threat" from the Jihad movement after arresting one of its leaders in the West Bank.

Israel's PM said the operation launched on Friday followed "an immediate threat" by Palestinian Islamic Jihad (PIJ) after the arrest of one of its members early this week.

In other words, Israel arrested one of the Jihad leaders, therefore, expected retaliation in what it called an immediate threat so decided to launch a deadly airstrike against Gaza to target other commanders of the Jihad movement and cause more destruction to the strip that had not yet recovered from last year's operation in which Israeli air, land and sea forces carried out a massive military attack on the impoverished Strip in which tonnes of high-explosive bombs were dropped.

The 2021 operation was the most destructive as it caused the killing of 254 Palestinians, including 66 children, 39

women, and 17 elderly, and injured 1,948 others. Unlike the Israeli repeated claims of targeting elements of Hamas and Jihad movements, the Israeli forces had targeted civilian objects and homes, many of which were bombed with residents inside. A report made by the Euro-Mediterranean Human Rights Monitor over the 2021 operation noted that the Israeli forces had targeted children, women (including pregnant women), people with disabilities, paramedics, medical facilities, and media and educational institutions.

Today, Israel reiterates its claim of targeting members of the Jihad movement rather than any other party. However, reports indicate the murder of around 44 Palestinian most of them were civilians including 15 children. Even with its attempt to neutralise the Hamas movement from this operation by claim targeting just Jihad members, Israel was quite sure that such raids would trigger rocket throwing against its towns and settlements close to Gaza. Hence the operation would be widened to a full-fledged assault similar to the other four operations enforced against Gaza since 2008.

Fortunately, Egypt intervened again and brokered a ceasefire between the two parties so as to prevent escalation of the process that would cause more destruction to the strip that suffers living under siege for over 15 years.

So why Israel had launched this operation in the first place while knowing the global opposition to such operations that enhance the tragic living condition of the Palestinians in Gaza?

The cause is clear, Israel is heading to fresh legislative elec-

tions in November and its leaders are competing to gain public trust. Therefore, the caretaker Prime Minister Yair Lapid struggles to ensure the power of his party Yesh Atid in face of Benjamin Netanyahu's Likud hopes to form the new government. Thus he played on the security concern of the Israelis and launched this intensified three-day operation against a faction of the Palestinian resistance to ensure possessing the power to conduct precise slain of certain commanders of the Jihad movement that enjoys strong support from Iran.

The three-day operation raised concern of the world powers. Even with world disagreement with the directives of some Palestinian movements such as Jihad and Hamas, there is a general agreement that the Israeli occupation is the dilemma that hinders settlement of the Palestinian crisis.

Therefore, US President Joe Biden called for an investigation into civilian casualties while Russia condemned the airstrike against Gaza and reaffirmed its stand reflected in the relevant resolutions of the UN General Assembly and Security Council support for a comprehensive and long-term settlement of the Palestinian-Israeli conflict in accordance with the two-state principle.

Innumerable investigations have been conducted following similar operations that all proved Israel's brutality against the Palestinians. However, Israel continued enjoying impunity against questioning by the international community the way proves nothing but the continuation of the Israeli atrocities and the endless fall of more Palestinian victims.



IN THE CAIRO PRESS



Presidential initiative to boost NGOs

MOST of the 52,000 non-governmental organisations (NGOs) and outreach societies in Egypt seem more concerned with political activity than actually helping the less fortunate of Egyptian society.

Such are the findings of surveys by the Ministry of Social Solidarity.

Earlier this year, 24 such organisations formed the National Alliance of NGOs and Outreaches, whose chief concern is providing social support in urban and rural areas nationwide.

President Abdel Fattah El Sisi last week met with the alliance.

Columnist *Adel el-Sanhouri* of *Yoom7* said President Sisi's meeting had given a significant boost to NGO and outreach activities.

Words were backed up with action as the president instructed the government to allocate LE1 billion to help these organisations upgrade and expand their social protection to those in need, and to encourage them to play their part in Egypt's 2030 Development Strategy.

"More significantly," the columnist continued, "President Sisi stressed that these NGOs and outreaches should develop their commitments to include empowerment to provide jobs and increase production."

"The president told the alliance that the public should enjoy the fruits of their societies' commitments," he wrote.

"The rapid pace of global change and economic crises sweeping across the world should prompt efforts to strengthen co-operation between the government on the one hand and the NGOs and outreaches on the other."

Commitment to peace force for good

Columnist *Reda Salama* of *Al-Wafd* liberal party daily high-



lighted Egypt's efforts to broker a ceasefire in Gaza.

"Israel's latest airstrikes on Gaza prompted Egypt's to wield its influence in the Middle East region. The moment the violence erupted in Gaza, Cairo undertook intensive and extensive contacts with the Palestinians and the Israelis, resulting in bringing the conflicting parties to a ceasefire agreement," he wrote.

"When the Israelis launched what they called Operation Breaking Dawn against the Palestinian resistance movement Al-Jihad and killed its prominent leaders – Tayseer al-Jabari and Khaled Mansour – Al-Jihad retaliated with a barrage of 1,000 missiles on Israeli settlements.

Acknowledging Egypt's regional influence, the writer went on to say that the world community pinned its hope on Cairo to intervene and stop the hostilities before the situation spiralled out of control.

"Egypt's success in averting further

tragedy gained the approval of the US, EU and the UN."

This goes to show that Egypt's commitment to maintaining stability and ending violence in the Middle East is on this and previous occasions a force for good.

Globalisation of conflict

The controversial visit to Taiwan by Speaker of the US House of Representatives Nancy Pelosi led political analyst *Ramzi Beshoi* of *Yoom7* to comment that the United States was embarking on a new strategy of global mischief making.

The writer dubbed this strategy 'Globalisation of conflict'.

"Since the end of the Cold War, the US found a new enemy in amorphous 'terror' in addition to lighting the blue touch paper and needling raw nerves and standing back."

"The US-led 'war on terror' part of Washington's grand scheme plans to maintain the top spot in a unipolar world order.

The author is of the opinion that Pelosi's visit to Taipei, which drew fierce condemnation from Beijing followed the war in Ukraine, which was planned by the White House.

"It seems that in recent years the US is behind the ratcheting up of tensions across the world only to tighten the noose on its major opponents: China and Russia.

"For example, the Taiwan affair, which upset stability in Asia, trailed after the Ukrainian nightmare, which is weighing heavily on Europe. "Worse, Ukraine is a byword for food and energy shortages."

The writer expressed deep concern that the Ukrainian crisis and its ramifications are taking their toll on unfortunate countries that have no survival plan.

As for the infamous Taiwan visit, Washington was deliberately challenging Chinese sovereignty and the 'One China' Policy, which includes Taiwan.

Mohssen Arishie

An Introduction to the Methodology of Electric Motor's Maintenance and Replacement to Guarantee Efficiency in the Industrial Processes

Electricity consumption in electric motors systems represent %70 of the global electricity consumption in the industrial sector. Electric motors are used in multiple manufacturing processes, including pressing, transferring, and moving materials, as well as in ventilation and cooling systems, water pumps, and air compressors. Studies and experience have shown that there are great untapped opportunities and potential for optimizing the energy used for electric driven motor systems in both developed and developing countries.

The International Energy Agency (IEA) estimates that the potential savings in electric motors systems in the industrial sector is %20 to %30 of the electricity consumed, which can reduce global electricity demand by %10. However, IEA proposes a more realistic and attainable target for the International plan of action, which is to improve the optimum use of electric motor systems by %10 to %15.

But the pressing need for continuous production reduces the chances of reconsidering the method of purchasing, maintaining and replacing electric motors so as long as no one is held accountable for the responsibility of managing electric motor's operating systems maintaining, repairing and replacing spare parts of electric motors will continue to be implemented in a traditional manner without contemplating the cost of the motor (both initial and operating costs).

A management plan for the motor's maintenance and replacement can help achieve long-term energy savings in factories, as it ensures that motors are being replaced in a timely manner and efficiently maintained. Following up on motor's performance and finding modern management plans include aspects of preventive and predictive maintenance, which ensures the motor's operation without encountering malfunctions which would hinder the production cycle.

In some cases, it may be better to repair the engine (rewind it) when it malfunctions

rather than buying a new one. When repairing or rewinding a motor, it is important to follow unsurpassed standards in order to minimize losses from potential efficiency reduction. Those standards were defined by the United Nations Industrial Development Organization (UNIDO) and the best practices they have for motors rewinding within the framework of implementing the "Egyptian Program for Promoting Industrial Motor Efficiency" in cooperation with the Industrial Modernization Center.

Selection of a high-efficiency electric motor depends on the operating conditions of the motor and the life-cycle costs associated with the investment. Generally, high-efficiency electric motors are economically attractive to replace with motors that have an annual operating life of more than 4000 hours. In many occasions replacing the motor with a more efficient model may pay off more financially than cheaper motors with low-efficiency. As per the data issued by *Chemonics Egypt*, a consultancy firm specializing in resource efficiency and industrial activities, replacing a low-efficiency industrial motor (with efficiency class IE1) with a more efficient motor can help save costs paid to purchase the new engine in a period of less than 18 months.

The energy efficiency of electric motors in industrial processes follows the UNIDO methodology, which promotes the use of high-efficiency motors in the industrial sector. Therefore, lots of information was disseminated to raise awareness on the technical, financial and environmental benefits to improve the efficiency of electric motor systems in the industrial sector and to develop the local market for using high-efficiency motors with the aim of boosting efficiency and reducing greenhouse gas emissions in Egypt and increasing the profitability of the industrial sector in Egypt. All technical publications may be found on "Egyptian Program for Promoting Industrial Motor Efficiency" official website: <https://www.imeep-eg.org>



DISCLAIMER: Opinions expressed by writers and readers on this page don't necessarily reflect the newspaper's views, unless otherwise stated.

Medvedev retains top spot as Washington winner Kyrgios climbs to 37



PARIS (News Wires) – Daniil Medvedev, who won his first tournament of the year at the weekend, retained his position at the top of the ATP rankings published while Nick Kyrgios climbed to his highest rank in two and half years.

Medvedev, who is over 1,000 points clear of the injured Alexander Zverev, won his first title since claiming the US Open almost a year ago, when he roared past defending champion Cameron Norrie in the final of the hardcourt tournament in Los Cabos, Mexico.

Medvedev snapped a five-match losing streak in finals – a stretch that included his agonising five-set loss to Rafael Nadal in the Australian Open final in February.

He did not get a chance at Wimbledon, where Russian and Belarusian players were banned because of Russia's attack on Ukraine.

In spite of losing his title Norrie still moved up a place to 11 with the Pole Hubert Hurkacz nudging up to 10.

The man on the slide, down two places, is Jannik Sinner, who chose to skip the event in Washington, losing the points he gained last year when he won it.

Sinner's absence left the door open for Australian Nick Kyrgios who followed his journey to the Wimbledon final with his first title in three years.

The Australian climbs 26 places to 37th, his best ranking since February 2020.

ATP top 20:

- 1. Daniil Medvedev 7,875 pts
2. Alexander Zverev (GER) 6,760
3. Rafael Nadal (ESP) 5,620
4. Carlos Alcaraz (ESP) 5,035
5. Stefanos Tsitsipas (GRE) 5,000
6. Novak Djokovic (SRB) 4,770
7. Casper Ruud (NOR) 4,685
8. Andrey Rublev 3,710
9. Felix Auger-Aliassime (CAN) 3,490
10. Hubert Hurkacz (POL) 3,015 (+1)
11. Cameron Norrie (GBR) 2,985 (+1)
12. Jannik Sinner (ITA) 2,895 (-2)
13. Taylor Fritz (USA) 2,860
14. Matteo Berrettini (ITA) 2,430
15. Diego Schwartzman (ARG) 2,245
16. Marin Cilic (CRO) 2,085
17. Reilly Opelka (USA) 2,010
18. Roberto Bautista-Agut (ESP) 1,850
19. Grigor Dimitrov (BUL) 1,775
20. Gael Monfils (FRA) 1,615



GENERAL view as fireworks are seen while Ozzy Osbourne performs during the closing ceremony in Birmingham.

Commonwealth Games face uncertain future

BIRMINGHAM (News Wires) – Birmingham rock icons Black Sabbath fittingly capped a buzzing fortnight in England's second city at the Commonwealth Games closing ceremony on Monday but it may be the last time the multi-sport event makes such a big noise.

Reliable hosts Australia and the country's sports-mad fans will welcome the 2026 Games in the southern state of Victoria but it promises to be a much different affair to the Birmingham bash.

Not unlike this year's hosts, Victoria did not plan to stage the Games as quickly as 2026 but rode in as a white knight to the rescue when no other city bid for them.

In a handover during the closing ceremony, Indigenous Australian elders issued a welcome to "Naarm", the Aboriginal name for the land where Melbourne sits.

But barring the opening ceremony, the Games are set to skip the Victoria capital and cultural heart, and scatter the sports across multiple regional centres. Officials have touted infrastructure improve-

ments and new jobs created in sleepy rural areas among a range of benefits along with themes like meeting diversity and inclusion commitments.

But the disparate nature of the Games may mean they struggle to reproduce the atmosphere and fan engagement that drove Birmingham's success as a singular urban hub.

Other familiar questions will dog the Games through the interim period.

Hosts Australia, who finished top of the medals table in Birmingham, will be certain to push its champions into competition, and most will willingly grab the chance to dominate their sports in front of home fans.

Whether other nations' athletes fancy the long trip Down Under is doubtful, given the profile of the Games struggles to match that of other meets.

The women's 100 metres at Birmingham could have been a showdown between Jamaican trio Elaine Thompson-Herah, Shelly-Ann Fraser-Pryce and Sherricka Jackson, but only Thompson-Herah made the trip, with the others preferring a Diamond League meeting in Poland.

After Durant ultimatum, NBA Nets owner backs Nash, Marks

NEW YORK (News Wires) – Brooklyn Nets owner Joe Tsai backed head coach Steve Nash and general manager Sean Marks after reports of a them-or-me ultimatum from NBA superstar Kevin Durant.

After a report from The Athletic detailed Durant meeting Tsai in London and saying he won't stay with the team as long as Nash and Marks remain in their jobs, Tsai made his position clear in a Twitter posting.

"Our front office and coaching staff have my support," Tsai tweeted. "We will make decisions in the best in-

terest of the Brooklyn Nets." The decision likely burns the last bridge between the Nets and their top scorer, who asked for a trade in June.

Durant indicated that he lacks faith in the team's direction after the Nets were swept out of the playoffs by Boston in the first round last season.

The 33-year-old forward, a two-time NBA champion and 2014 NBA Most Valuable Player, is entering the first season of a four-year contract extension worth US\$198 million that he signed a year ago with the Nets.



BROOKLYN Nets forward Kevin Durant (7) dunking against the Philadelphia 76ers during the first quarter at Wells Fargo Centre in Philadelphia March 10, 2022.

Real Madrid looks to keep momentum at UEFA Super Cup

MADRID (News Wires) – Real Madrid wants to start the new season the same way it ended the last one – winning a trophy.

Madrid won the Champions League in its final match last season, and today it begins the new season by taking on Europa League winner Eintracht Frankfurt in the UEFA Super Cup in Helsinki, Finland.

It will be the team's first competitive meeting since the 1960 European Cup final, when Madrid won its fifth straight European title at the time with a thrilling 7-3 win at Glasgow's Hampden Park. Ferenc Puskás scored four goals for Madrid and Alfredo Di Stéfano got a hat trick. Around 127,000 fans watched the match in what is still the highest attendance for a European Cup final.

Madrid is chasing its fifth Super Cup title, and first since 2017, while Frankfurt will be making its first Super Cup appearance following its shootout victory over Rangers in the Europa League final. That win ended the German club's 42-year wait for a European trophy.

Madrid ended last season on a high after comfortably winning the Spanish league and overcoming poor performances to advance in the knockout stages of the Champions League. It eventually clinched a record 14th European title in the final against Liverpool.

The Spanish powerhouse will be mostly unchanged going into 2022-23, led by Karim Benzema following his best season ever. Vinicius Júnior and Rodrygo are also back in an attack that was dominant last season, and the midfield remains anchored by Casemiro, Luka Modric and Toni Kroos. The team's additions come with central defender Antonio Rüdiger and midfielder Aurélien Tchouaméni.

Isco Alarcón and Gareth Bale left after their contracts expired, but the club did not replace them despite the disappointment of failing to sign Kylian Mbappé from Paris Saint-Germain. Instead Madrid is hoping for another impressive season up front from the 34-year-old Benzema.

The France striker was the top scorer in the Spanish league and the Champions League. He scored 44 goals in 45 matches with Madrid, and equaled Raúl González as the club's second-highest scorer with 323 goals, behind Cristiano Ronaldo (451).

Benzema scored twice in his two preseason games – a 2-2 draw with Mexican club América and a 2-0 win over Juventus – and did not play in Madrid's 1-0 loss to Barcelona.

Madrid will play its Spanish league opener on Sunday at promoted Almería.

Frankfurt's season has already started. It routed second-division club Magdeburg 4-0 in the first round of the German Cup, then lost 6-1 at home to Bayern Munich in the Bundesliga opener on Friday, when the visitors led 5-0 at halftime.

Bournemouth sign Argentina defender Senesi

LONDON (News Wires) – Newly-promoted Bournemouth have signed Argentina defender Marcos Senesi on a four-year contract from Dutch Eredivisie side Feyenoord, the Premier League club said on Monday.

Bournemouth did not disclose the fee but British media said the transfer was worth about €15 million.

"This is a huge signing for us and Marcos brings significant pedigree to our squad," Bournemouth chief executive Neill Blake told the club's website.

"There was, inevitably, a lot of interest in him so for him to choose to come here is a clear sign of our appeal as a football club.

"Bringing in a current Argentina international with experience in European competitions is another indication of the club's ambition and we are all looking forward to seeing Marcos in an AFC Bournemouth shirt."

The 25-year-old joined Feyenoord in 2019 from Argentine Primera Division side San Lorenzo. He made 116 appearances for the Rotterdam-based club, featuring regularly in Europe.

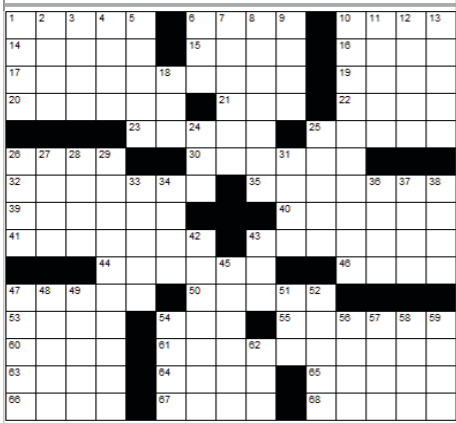
Having been called up by the Italy and Argentina national teams, Senesi chose to represent the latter and made his debut in a friendly win over Estonia in June. "I'm very excited to join the (Bournemouth) team. Let's make some memories together," he wrote on Twitter.

Senesi also thanked his former side. "Feyenoord was my first club in Europe and I have always felt very much at home in Rotterdam. I have come a long way with the club and the supporters," Senesi said.

He will be Bournemouth's fifth signing of the close season following the addition of defender Ryan Fredericks, midfielders Marcus Tavernier and Joe Rothwell plus goalkeeper Neto, who joined on a free transfer on Sunday.

Test Your Brain Power

Crossword puzzle



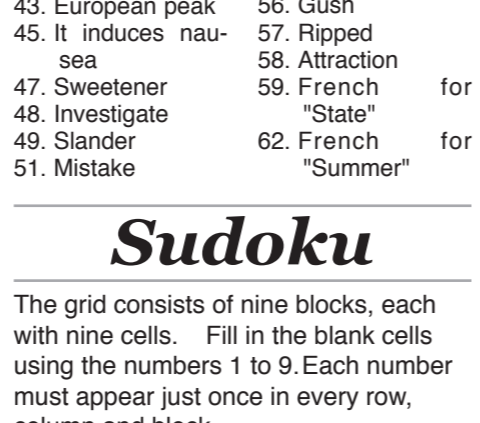
- 63. Incite
64. Send forth
65. Latin name for our planet
66. Depend
67. Cut into cubes
68. Sugary

DOWN

- 1. Disable
2. Forearm bone
3. Location
4. Black, in poetry
5. Egyptian peninsula
6. Not cold
7. Loathsome
8. Most destitute
9. Sea eagle
10. Significant
11. Drome
12. City in France
13. Indolence
18. Commercials
24. Gender
25. A light informal meal
26. Among
27. What a person is called
28. Rewards for waiting
29. Stretchability
31. God of love
33. Sheep sound
34. Paddles
36. Rational
37. A single time

- ACROSS
1. Contemplates
6. Expect and wish
10. Geographic illustrations
14. Pretext
15. Smell
16. By mouth
17. Chanting
19. Roman emperor
20. An unnaturally frenzied woman
21. Mineral rock
22. Module
23. Put out
25. Demolish
26. Blind (poker)
30. Ancient ascetic
32. A receptacle for letters
35. A window above a door
39. African antelope
40. A hydrocarbon in petroleum
41. After dinner treat
43. Sideways
44. Anagram of "Steals"
46. Scallion
47. Divided
50. Refereed
53. Relating to urine
54. Half of a pair
55. A light noise
60. Mongolian desert
61. A tornado over water

Crossword solution



Sudoku

The grid consists of nine blocks, each with nine cells. Fill in the blank cells using the numbers 1 to 9. Each number must appear just once in every row, column and block.

Sudoku grid with numbers and empty cells.

Crossword solution



Sudoku solution

Sudoku solution grid.

Weekly Horoscopes

Grid of 12 horoscope entries for signs: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces.

Moscow steps up attack eastern Ukraine

KYIV (News Wires) – Russia unleashed ground forces, air strikes and artillery as it pressed ahead with a grinding offensive designed to complete its capture of eastern Ukraine, but Kyiv said its troops were putting up fierce resistance and holding the line.

Heavy fighting was reported yesterday in frontline towns near the eastern city of Donetsk, where Ukrainian officials said Russian troops were launching waves of attacks as they tried to seize control of the industrialised Donbas region.

"The situation in the region is tense - shelling is constant throughout the front line... The enemy is also using air strikes a great deal," Pavlo Kyrylenko, governor of the Donetsk region, one of two that makes up Donbas, told Ukrainian television.

"The enemy is having no success. Donetsk region is holding."

The Ukrainian military said it had repelled ground assaults in the direction of the cities of Bakhmut and Avdiivka and had wiped out Russian reconnaissance units, including near Bakhmut.

Russia gave a different assessment. Chechen leader Ramzan Kadyrov claimed his forces had captured a factory for Moscow on the edge of the eastern town of Soledar, other Russian-backed forces said they were in the process of "clearing out" the heavily fortified village of Pisky, and Russian media reported that a group of mercenaries from the Wagner Group had dug in near the city of Bakhmut.

Some of the places Russia is targeting like Pisky are heavily fortified settlements crisscrossed with tunnels and trenches where Ukrainian forces have long been dug in.

Reuters could not verify either side's battlefield accounts.

British military intelligence, which is helping Ukraine, said that Russia's push towards the city of Bakhmut had been its most success-



POLICE officers work next to a destroyed car after a Russian military strike, as Russia's operation of Ukraine continues, in Kharkiv, Ukraine.

ful operation in the Donbas in the last 30 days, but said it had still only managed to advance around 10 km (6 miles). It said Russian forces in other areas had not gained more than 3 km over the same period.

Russia, as part of what it calls its "special military operation", has said it plans to seize full control of the Donbas on behalf of pro-Kremlin separatist forces, while Russian-installed officials in parts of southern Ukraine have said they plan to press ahead with referendums to join Russia.

Ukraine, which say Russia is prosecuting an unprovoked imperial-style war of aggression, is banking on sophisticated Western-supplied rocket and artillery systems to degrade Russian supply lines and logistics.

Kyiv, which has made modest progress in recent weeks taking back some settlements in places, is also getting Western help when it comes to intelligence, training and logistics, and hopes it can launch a wider counter-offensive in southern Ukraine to dislodge Moscow's forces.

Apparently spooked by that risk, Russia has

moved to bolster its forces in the south and, according to Britain, focused on reinforcing its defences there over the weekend.

Neither side reveals the number of dead or wounded, but both are believed to have suffered heavy losses.

US Under Secretary of Defense for Policy Colin Kahl on Monday said Russia had suffered between 70,000 and 80,000 casualties, either killed or wounded, since President Vladimir Putin sent tens of thousands of troops into Ukraine on Feb. 24.

Stepping up its fiscal aid and military spending on Ukraine, Washington announced it would send \$4.5 billion in budgetary support and \$1 billion in weapons, including long-range rocket munitions and armoured medical transport vehicles.

Ukrainian President Volodymyr Zelenskiy said in an interview with the *Washington Post* that he wanted the West to impose a blanket ban on all Russians, including those that had fled Russia since Feb. 24, and for them to "live in their own world until they change their philosophy".

"Whichever kind of Russian... make them go to Russia," Zelenskiy was quoted as saying.

"They'll understand then," he said. "They'll say, 'This (war) has nothing to do with us. The whole population can't be held responsible, can it?' It can."

The Kremlin dismissed Zelenskiy's call for a ban as irrational, saying that Europe would ultimately have to decide if it wanted to pay the bills for his "whims".

"Any attempt to isolate Russia or Russians is a process that has no prospects," said Kremlin spokesperson Dmitry Peskov.

Tensions remained high around the Zaporizhzhia nuclear power plant, the largest of its kind in Europe, after both sides accused each other at the weekend of endangering it with reckless military action.

The plant, which is staffed by Ukrainians, has been under the control of Russia since March. Moscow has militarised it to prevent Ukrainian forces from retaking it.

Russia's RIA news agency cited a Russian-backed separatist official yesterday as saying anti-aircraft defences around the plant would be strengthened.

United Nations chief Antonio Guterres on Monday called any attack on a nuclear plant "suicidal" and demanded UN nuclear inspectors be given access.

Biden to sign documents backing Sweden, Finland for NATO

WASHINGTON (News Wires) – US President Joe Biden was due on Tuesday to sign documents endorsing Finland and Sweden's accession to NATO, the most significant expansion of the military alliance since the 1990s as it responds to Russia's attack on Ukraine.

The US Senate backed the expansion by an overwhelming 95-1 last week, a rare display of bipartisan unity in a bitterly divided Washington. Both Democratic and Republican Senators strongly approved membership for the two Nordic countries, describing them as important allies whose modern militaries already worked closely with NATO.

The vote was a sharp contrast with some rhetoric in Washington during the administration of former Republican President Donald Trump, who pursued an "America First" foreign policy and criticized NATO allies who failed to reach defense spending targets.

Sweden and Finland applied for NATO membership in response to Russia's Feb. 24 attack on of Ukraine. Moscow has repeatedly warned both countries against joining the alliance.

NATO's 30 allies signed the accession protocol for Sweden and Finland last month, allowing them to join the nuclear-armed alliance once all member states ratify the decision.

Nigeria arrests suspects in Catholic church massacre

LAGOS (News Wires) – Nigeria has arrested suspects in an Islamist militant attack in a Catholic church that killed 40 people two months ago, Chief of Defence Staff General Leo Irabor said yesterday.

Irabor said the attackers were arrested during joint operations involving the armed forces, the Department of Security Services and police, privately owned Channels TV reported earlier.

It was not immediately clear how many suspects were taken into custody or where and when the arrests were made.

"It was my intention to present them to the public, but because of the investigation still going on, I had to change my mind," Irabor said in a statement.

"I will like to say that in due course, the world will see them and others who are behind other daring attacks in the country."

Nigerian authorities have said they suspect insurgent group Islamic State West Africa Province (ISWAP) carried out the massacre of members of a congregation inside the St Francis Catholic Church in the southwestern state of Ondo on June 5.

Devastating fire may force Cuba to resort to floating oil storage

HAVANA (News Wires) – An inferno at Cuba's largest oil storage facility has killed at least one firefighter, injured many more, and threatens to further swell the fuel import bill for the impoverished island nation that relies on foreign oil for everything from transportation to its power grid.

Cuban officials may need to scramble to set up expensive floating storage capacity to handle imports aimed at easing an acute fuel scarcity, sources and experts said on Monday.

A large fire spreading since Friday is expected to boost shipping and import costs. Cuba was already struggling to afford fuel purchases, and global tanker freight rates have skyrocketed since Russia's attack on Ukraine.

Cuba now may have to seek long-term tanker charters for its storage needs or smaller vessels to carry imports. This logistical problem would be on top of recovery costs for the largest oil industry accident in Cuba decades.

In the first half of the year, Cuba imported 57,000 barrels per day (bpd) of crude and fuel from its main ally, Venezuela, Refinitiv Eikon data showed. The imports arrive onboard shrinking fleets of old tankers owned by Cuba or Venezuela.

The Cuban government has been ramping up purchases from others, including Russia, to ease shortages that have led to long lines of drivers at stations and to power rationing. President Miguel Diaz Canel has complained about almost unaffordable fuel prices this year.

The Liberia-flagged tanker NS Laguna is scheduled to arrive in Matanzas next week carrying some 700,000 barrels of Russian oil, according to Eikon. The vessel follows a delivery of Russian fuel oil to the country in July.

If Matanzas' containment walls can stop the fire



FIRE is seen over fuel storage tanks that exploded near Cuba's supertanker port in Matanzas, Cuba.

from spreading to port berths, the receiving portion of the facility could still be used for discharging imports and transferring the oil to smaller tankers for floating storage, experts said.

Once the fire is extinguished, Matanzas' berths could be used to make an "u" to fill other vessels, which does not represent a difficult technical challenge.

A switch to floating storage might lead Cuba, a heavily sanctioned country, to ask the US government for relief from rules limiting the flow of vessels touching the island's ports, the experts said.

"The most likely scenario now is that authorities will let burn the product remaining in the tanks while keeping the area as cold as possible by using water," said Lino Carrillo, a Canada-based expert and former executive at Venezuela's state oil company PDVSA.

Following a fire of the proportions seen in Cuba, recovery typically takes time and millions of dollars in repairs, according to analysts.

"Affected tanks will be useless after the fire and everything else connecting them within the containment walls," Carrillo added.

Record rain leaves at least 8 dead in S. Korean capital

SEOUL (News Wires) - At least eight people died in and around Seoul overnight, South Korean authorities said yesterday, after torrential rain knocked out power, caused landslides and left roads and subways submerged.

The southern part of the national capital received more than 100mm (3.9 inches) of rain per hour on late Monday, with some parts of the city hit with 141.5mm, the heaviest rainfall in decades, according to Korea Meteorological Administration (KMA).

The accumulated rainfall in Seoul since midnight Monday stood at 451mm as of 2 pm yesterday, with more forecast.

President Yoon Suk-yeol yesterday visited a semi-basement apartment where three family members had died the night before after swift moving flood waters filled the space.

The dangers of such underground flats, called banjija, were famously depicted in a flooding scene in the 2020 Oscar-winning film "Parasite."

Yoon told the area's residents he would try to ensure their lives returned to normal as quickly as possible, and he instructed officials to look at measures to better ensure housing safety, according to a statement from his office.

At least five people had died in Seoul and three others in the neighbouring Gyeonggi Province by early yesterday, the Central Disaster and Safety Countermeasures Headquarters said.

Four, including the three family members, had died after being drowned in flooded buildings, one was believed to have been electrocuted, another person was found under the wreckage of a bus stop, and the others two died in a landslide, it said.

At least nine people were injured, while seven were missing.

In the glitzy, dense Gangnam district, some buildings and stores were flooded and were without power, while cars, buses and subway stations were submerged, leaving people stranded.

شركة سوديك للتوريد «ش.م.م»

السادة حاملي سندات الإصدار الأول من البرنامج الأول

الشريحة «ب»

بمبلغ إجمالي ١٠٨٠٤٥٠٠٠ ج.م

آخر استحقاق ٢٠٢٤/٧/٢٦

تحدد صرف

بمبلغ إجمالي ٢,٥٤٩,٥٨٩,٠٤١٦ ج.م

«عائد الكوبون»

سوف يتم الصرف اعتباراً من ٢٠٢٢/٨/٢٨ عن طريق شركة مصر للمقاصة والإيداع والقيود المركزي

شركة سوديك للتوريد «ش.م.م»

السادة حاملي سندات الإصدار الأول من البرنامج الأول

الشريحة «أ»

بمبلغ إجمالي ٢٣٤٩٥٥٠٠٠ ج.م

آخر استحقاق ٢٠٢٢/٧/٢٦

تحدد صرف

بمبلغ إجمالي ١٨,٢٣٧,٨٢٤,٦٤٧ ج.م «للسند»

ويتمثل في مبلغ ١٧,٨٠٠ ج.م استهلاك أصل قيمة السند

وبمبلغ ٤٣٧,٨٢٤,٦٤٧ ج.م «عائد الكوبون»

سوف يتم الصرف اعتباراً من ٢٠٢٢/٨/٢٨ عن طريق شركة مصر للمقاصة والإيداع والقيود المركزي

Retraining brain may lower back pain



ARE you among the hundreds of millions of people worldwide with low back pain? If so, you may be familiar with standard treatments like surgery, shots, medications, and spinal manipulations. But new research suggests the solution for the world's leading cause of disability may lie in fixing how the brain and the body communicate.

Setting out to challenge traditional treatments for chronic back pain, scientists across Australia, Europe, and the US came together to test the effectiveness of altering how neural networks recognize pain for new research published this week in the *Journal of the American Medical Association*.

The randomised clinical trial recruited two groups of 138 participants with chronic low back pain, testing one group with a novel method called graded sensorimotor retraining intervention (RESOLVE) and the other with things like mock laser therapy and noninvasive brain stimulation, according to *Web MD*.

The researchers found the RESOLVE 12-week training course resulted in a statistically significant improvement in pain intensity at 18 weeks.

"What we observed in our trial was a clinically meaningful effect on pain intensity and a clinically meaningful effect on disability. People were happier, they reported their backs felt better, and their quality of life was

better," the study's lead author, James McAuley, PhD, said in a statement. "This is the first new treatment of its kind for back pain."

Brainy talk

Communication between your brain and back changes over time when you have chronic lower back pain, leading the brain to interpret signals from the back differently and change how you move. It is thought that these neural changes make recovery from pain slower and more complicated, according to the Neuroscience Research Australia (NeuRA), a nonprofit research institute in Sydney, Australia.

"Over time, the back becomes less fit, and the way the back and brain communicate is disrupted in ways that seem to reinforce the notion that the back is vulnerable and needs protecting," said McAuley, a professor at the University of New South Wales and a NeuRA senior research scientist. "The treatment we devised aims to break this self-sustaining cycle."

RESOLVE treatment focuses on improving this transformed brain-back communication by slowly retraining the body and the brain without the use of opioids or surgery. People in the study have reported improved quality of life 1 year later, according to McAuley.



Can milk be a cause of acne problem?

ALL dairy products do not cause acne but what is it about milk that triggers the worst of acne? Let's find out. Are you someone who starts and ends your day with a huge glass of milk? While that is a very healthy choice but if you have been suffering from severe acne breakouts, you may want to reconsider your milk or overall dairy intake.

There can be countless reasons why one goes through this horrid problem of acne. Especially if you are a teenager, this phase is basically a rite of passage for you. But if there is a possibility that

you are getting breakouts because of milk consumption, According to popular dermatologist Dr. Jaishree Sharad, it has been proven by various studies that milk can cause you to have acne. In her recent Instagram post, she explained how this happens:

Sometimes cows are administered with bovine growth hormones to increase the amount of milk they produce. Now, because of this growth hormone, the milk produced by these cows is high in IGF1 (Insulin-like Growth Factor) which causes us to have acne.

Walking reduces bad effects of prolonged sitting

MODERN lifestyles are often associated with sedentary behaviour (SB) and are also associated with adverse health outcomes.

SB has been defined as any behaviour occurring in a waking individual who sits, lies down, or reclines while using up 1.5 metabolic equivalent tasks (METs) or less. The total time spent on SB is linked to a decline in several health biomarkers, whether or not the person exercises at other times.

This trend is still stronger in those individuals who are at risk for type 2 diabetes. The total SB time is associated with poor lipid and glu-

cose control and thus with lower cardiometabolic health, independent of exercise at moderate to vigorous levels (moderate to vigorous physical activity (MVPA)).

Exercise breaks are viewed as a feasible way to prevent prolonged sitting. A new study explores the effects of such breaks, in the form of light walking, on cardiometabolic health in sedentary individuals. Earlier studies have shown that frequently getting up from a seated position improves cardiometabolic markers, including glucose and lipid levels, blood pressure, and waist circumference. These are independent

of the total time spent on SB, of MVPA, and the average intensity of exercise during breaks. These results indicate that interrupted sitting may be less dangerous than a single session of prolonged sitting, according to *Medical News*.

More recent research suggests that standing is comparable to walking at light intensities in its effects on energy expenditure via postural muscle contraction and the changes elicited in the blood pressure, heart rate, and vascular tone. The current study, published online in the journal *Sports Medicine*, reviewed the changes in cardiometabolic

markers with standing or light walking during a bout of sitting.

The review included seven studies, of which only those that reported postprandial glucose, systolic BP (SBP), and insulin levels were taken up for the meta-analysis. Most did not report diastolic blood pressure (DBP), triglyceride levels, heart rate, total cholesterol, high-density lipoprotein (HDL), non-esterified fatty acids (NEFA), and flow-mediated dilation (FMD). These measures were therefore excluded from the

meta-analysis. Three studies showed a lack of effect of intermittent standing or light walking on the DBP, but one showed an increase in DBP with light walking but not standing. Similarly, the studies showed mixed results on triglyceride levels when sitting was broken by standing or light walking. The heart rate and FMD also showed the same conflicting results.



Acupuncture could help prevent diabetes

ACUPUNCTURE has been used as an alternative treatment to various medical conditions for thousands of years. It uses needles to stimulate sensory nerves under the skin and in the muscles. Now a study has shown it could help people living with type 2 diabetes.

Diabetes is a condition that causes someone's blood sugar to become too high. Type 2 is the most common form of the condition, accounting for around 90 per cent of cases in the UK. It means that your body does not produce enough insulin, or the body's cells do not react to insulin, *Daily Express* mentioned.

It is well known that type 2 diabetes is often affected by lifestyle, such as the type of food you eat, drinking too much alcohol, smoking and being overweight. "We need to do more research into acupuncture and diabetes, as we need to find more ways to prevent prediabetes from developing into type 2 diabetes."

"Many people with prediabetes have no symptoms and feel fine, but some people do not progress to a diabetic period for more than six months after their prediabetes diagnosis."

"In fact, prediabetes intervention is an expense, rather than an investment. "So, the best time to prevent type 2 diabetes is now." A family history of the condition can also put you more at risk.

However, research published in the *Holistic Nursing Practice* journal in

July, suggested acupuncture can decrease the chance of developing prediabetes – a condition that can result in type 2 diabetes.

The meta-analysis by a team at the Edith Cowan University in Australia also showed that the practice could help improve glycaemic control in those with prediabetes. As part of the investigation, researchers considered dozens of studies that covered the effects of acupuncture on more than 3,600 people with prediabetes.

The findings showed the therapy "significantly" improved fasting plasma glucose, two-hour plasma glucose, and glycated haemoglobin, and there were no adverse reactions. In a statement lead author and PhD candidate, Min Zhang, said the treatment could "prove valuable".

"Without intervention, 93 per cent of people with prediabetes will develop type 2 diabetes within 20 years," she said. As part of the investigation, researchers considered dozens of studies that covered the effects of acupuncture on more than 3,600 people with prediabetes.

The findings showed the therapy "significantly" improved fasting plasma glucose, two-hour plasma glucose, and glycated haemoglobin, and there were no adverse reactions. In a statement lead author and PhD candidate, Min Zhang, said the treatment could "prove valuable".

Foods that could 'stop' hair loss

WHILE losing your hair can be totally normal, it might also feel upsetting. Fortunately, some types of hair loss can be aided by a healthy diet. An expert shares four key foods that could help "stop" hair loss.

Although certain types of hair loss are permanent, such as male and female pattern baldness, others might be only temporary. Between illnesses and stress, there are various factors that could be triggering hair shedding. The good news is that certain foods could step in and promote your hair health.

A healthy diet is key when it comes to battling or preventing various conditions. However, Abbas Kanani, a pharmacist at Chemist Click, shared that four foods might be especially potent when it comes to hair loss.

Opting for these goodies could help boost your sebum production and even stop hair loss. The promising foods in question are sweet potatoes, spinach, oily fish and eggs. Kanani said: "These foods naturally have vitamin D which helps hair growth and reduces hair loss by supporting glands in the scalp to produce an oily substance known as sebum, *Daily Express* pointed out.

"Sebum helps to keep the scalp moist, which in turn, promotes hair growth and stops hair loss." The expert recommended opting for at least one portion of oily fish a week, which is the equivalent of



around 140 grammes.

In case you're not aware, oily fish includes the likes of salmon, sardines, herring and mackerel. If these four foods don't sound that appealing to you, Kanani shared other options that could still boost your hair health.

Another food group he recommended are eggs, nuts and meat as they are rich in a B-vitamin called biotin. He said: "Biotin works by helping to produce keratin which is a protein that helps to strengthen hair and prevent damage to hair follicles.

"Biotin is proven to promote hair

growth, as well as reduces the rate at which hair is lost."

In terms of nut options, Brazil nuts might be especially potent as they also contain selenium which encourages the hair growth cycle to function correctly and is used in many hair loss supplements.

Other foods that could also be beneficial are peppers, guavas, broccoli and citrus fruits. Kanani said: "These foods are rich in vitamin C, an antioxidant that reduces the stress placed on hair follicles by free radicals. "Vitamin C also produces collagen, an amino acid which acts as

a building block for thick and healthy hair.

"Too little vitamin C can cause anaemia, a side effect of which is hair loss." Although your hair loss could be aided by healthy foods and vitamins in some cases, certain types of hair loss can be permanent. *The experts recommend seeing a GP if:*

- You have sudden hair loss
- You develop bald patches
- You're losing hair in clumps
- Your head also itches and burns
- You're worried about your hair loss.



New technique leads to organ transplant breakthrough

A NEW technology can keep organ cells alive for hours after the rest of the body dies in a breakthrough that experts hope can quell the dire need for more transplantable hearts, kidneys and livers.

Researchers at Yale University developed 'OrganEx' – an offshoot of the breakthrough 'BrainEx' technology designed by scientists at the New Haven, Connecticut school in 2019. The device delivers fluid containing compounds that boost cellular health and prevent inflammation into the organs – keeping them alive for up to six hours after the rest of the body dies.

This research was performed on pigs, but the team is hopeful that their experimental process will be effective on human organs as well. If so, it could significantly boost the supply of available hearts, kidneys and livers for transplant – and even help extend the lives of some people stuck on the waiting list, according to *Daily Mail*.

With more than 105,000 Americans waiting for an organ transplant – and 17 dying each day – researchers are hoping these findings can help improve and extend the lives of millions down the line.

The study's lead researcher said that these findings 'could one day significantly increase organ availability.'

Dr Robert Potre, who wrote a response piece to the study in *Nature*, told the *New York Times* that the effect of this process on the future of organ transplants 'would be huge', and is hopeful that it will have an impact on the global organ shortage. The research team, who published their findings in *Nature*, induced cardiac arrest on anaesthetised pigs to determine how their bodily functions would react to the compound.

An hour went by, and then they used a device similar to machines that keep the heart and lungs pumping during surgery to prop the pigs' organs while delivering them the substance.

Six hours after death, areas of key cell function were still active in the pigs' bodies and some organ functioning had even been restored after death. "We were also able to restore circulation throughout the body, which amazed us," Dr Nenad Sestan, a neuroscience professor at Yale who led the study, said in a statement.