

Decoding the cereal aisle

Beginning your day without breakfast is like starting your car without gas. Breakfast cereals provide a wide variety of nutrients that help to get you going.

Cereals - both ready-to-eat and cooked - provide vitamins, minerals and often lots of fiber. Adding milk, yogurt or fruit to the cereal further increases nutritional value. When choosing cere-

als, remember: Check the label for fiber content. Good fiber cereals have at least 2.5 grams per serving. Whole-grain cereals contain more fiber. Look for cereals with at least 25 percent of vitamins and minerals. In addition, breakfast cereals often make good snacks. With their portable nature, cereals can be enjoyed dry or with low-fat milk.

Upclose and personal with Arbain Rambey Indonesia's renowned photojournalist



Rambey's photo of Indonesia's impressive mountainous region.

Ricky Laxa
Staff Writer

KUWAIT: Indonesia's world renowned photographer, photojournalist and lecturer Arbain Rambey will grace the opening of his photo exhibition on Friday at 5:00 pm at the Movenpick Hotel in Bida'a. The exhibition entitled "Indonesia" which will exhibit fifty photographs of sights and events of Indonesia will be officiated by Indonesia's envoy to Kuwait Dr. Faisal Ismail. The event is organized in cooperation with the Indonesian Community Association and Indonesian Photographer Community in Kuwait. Arbain will also hold a two-days workshop. Al Watan Daily spoke to Rambey and shared his personal sojourn in the world of photography.

How were you introduced to photography?

Rambey: I was fascinated with cameras since I was seven years old. I have had these urges to capture still and moving objects. At the age of thirteen, I joined a photography club in my high school campus yet we were not introduced to techniques and other details of taking photos but focused more on processing films in black and white prints. It was until I was seventeen when my friends and I climbed Mount Ungaran and took my teacher's picture with panoramic view of the location.

What were the first subjects of your photography?

Rambey: I have great respect and passion for the beauty and abundant verdant scenes of nature, thus mountains and trees were my first subjects.

Who do you consider inspired you to take up photography?

Rambey: I always like to capture images and events through lenses but the books of internationally acclaimed Michael Freeman have given me good source of information and inspiration. Freeman has photographed everything from smallest subject to colossal structures and subjects. Among other photographers that helped me enhance my skills include Robert Capa, James Nachtwey and Eddie Adams

What are the qualities of a good photographer?

Rambey: I believe that talent is very important for a photographer to excel in the field but in many circumstances,



'Raging Water' of Arbain Rambey

es, everyone can be trained or skills enhanced to become a good photographer. They must have good eye for details especially when capturing their subjects through their lenses.

Which among your photographs do you consider most valuable and why?

Rambey: The most valuable picture I consider very important for me is the photo taken of Megawati Soekarnoputri, daughter of Indonesian first Indonesian President Soekarno, receiving a flower from a fan. The photo was taken in 1997. The photo is significant because, it was that time when Megawati was bound for jail for inciting a riot in 1996. Two years later she was elected as Vice President and in 2001 she

became the first female President. On the other hand I have another taken another photo of a model during a fashion show in 1993. Under a very low light source, I was able to capture a dramatic expression of the model. I think this picture deserves an award and recognition.

Why did you choose to exhibit sights of Indonesia in Kuwait?

Rambey: Indonesia is so diverse but we share one common goal and aspiration, which is to remain united as one country and this makes Indonesia beautiful. I hope that everyone who will see them will share sentiments of peace and happiness.

Do you think that photojournalists violate the right to privacy of those photos taken against their will?

Rambey: I believe it all depends on the nature of the photos taken. If they have been taken against their will then it is a violation of their rights. On the other hand, people must always consider that photos speak for themselves and it our duty photojournalists to present to readers the true emotions and expression as the incident unfolds. Photos are vital to every publication and bridges people worldwide.

Your advice to new photographers and photojournalists?

Rambey: Arm yourself with the positivism at all times, practice the virtue of "don't do to others what you don't want others do to you". Consider all possibilities and outcome when working on a project. Practice makes perfect.

What are you plans for the future?

Rambey: I plan to author a book on photography and eventually establish a school photography and photojournalism.

Your message to Kuwait photographers and photojournalists?

Rambey: Let us hand in hand build a world of peace and harmony with our photographs.

In portraiture, Rambey has captured the images of many world class profiles. Some of the names like Nelson Mandela (1996), Andre Agassi, Pete Sampras, Steffi Graf (1991-1996) Nawal el Saadawi (2006), Hernando de Soto (2006), George Benson (2003), Jason Mraz, Diana Krall, Alicia Keys (2009), as well as local prominent figures. He was appointed as the sole photographer for Indonesian Vice President Jusuf Kalla and his running mate General Wiranto on the last presidential campaign. Arbain has participated in more than 10 photo exhibitions in Indonesia and in other country such as Singapore and Australia. His solo exhibitions organized at home are Expression (2002), Mandailing (2002), Silence (2004) and, Colors of Indonesia (2004). In 2004, a book compelling his works, titled "Indonesia, Mists of Time" was launched in London by an oil and gas service company, Scotia Waterous. Arbain Rambey's works can be viewed at www.arbainrambey.com. Arbain works till today as photojournalist for KOMPAS daily, the biggest and the most acclaimed national newspaper in Indonesia.

Google allows publishers to limit free content

LONDON: Google Inc. is allowing publishers of paid content to limit the number of free news articles accessed by people using its Internet search engine, a concession to an increasingly disgruntled media industry. There has been mounting criticism of Google's practices from media publishers - most notably News Corp. chairman and chief executive Rupert Murdoch - that argue the company is profiting from online news pages.

In an official blog posted late Tuesday, Josh Cohen, Google's senior business product manager, said the company had updated its so-called First Click Free program so publishers can limit users to viewing no more than five articles a day without registering or subscribing.

Previously, each click from a user of Google's search engine would be treated as free.

"If you're a Google user, this means that you may start to see a registration page after you've clicked through to more than five articles on the website of a publisher using First Click Free in a day ... while allowing publishers to focus on potential subscribers who are accessing a lot of their content on a regular basis," Cohen said in the post.

Murdoch on Tuesday told a Washington D.C. conference that media companies should charge for content and stop news aggregators like Google from "feeding off the hard-earned efforts and investments of others."

News Corp. already charges for online access to The Wall Street Journal and it plans to expand that to other publications, including British newspapers The Sun and The Times.

A fundamental problem facing the media industry, Murdoch told the US Federal Trade Commission workshop, is that "technology makes it cheap and easy to distribute news for anyone with Internet access, but producing journalism is expensive." "Right

now there is a huge gap in costs," he added, referring to news compilation sites like Google. Cohen stressed that publishers and Google could coexist, with the former able to charge for their content and still make it available via Google under the revamped click program.

"The two aren't mutually exclusive," Cohen said on the blog.

"After all, whether you're offering your content for free or selling it, it's crucial that people find it," he added. "Google can help with that."

Cohen said that Google will also begin crawling, indexing and treating as "free" any preview pages

- usually the headline and first few paragraphs of a story - from subscription websites.

People using Google would then see the same content that would be shown free to a user of the media site and the stories labelled as "subscription" in Google News.

"The ranking of these articles will be subject to the same criteria as all sites in Google, whether paid or free," Cohen said. "Paid content may not do as well as free options, but that is not a decision we make based on whether or not it's free. It's simply based on the popularity of the content with users and other sites that link to it." - AP



FILE - A mouse and Google mousepad are shown at Google's New York office. Google Inc. is allowing publishers of paid content to limit the number of free news articles accessed by people using its Internet search engine.

Aware Center presents how Muslims view Virgin Mary

Farah Alhashim
Staff Writer

KUWAIT: Aware Center organized on Tuesday evening a presentation about how Muslims view Virgin Mary.

The presentation included a detailed examination of how the Holy Quran described Virgin Mary, how she was born, who is her mother, and what happened to her.

The presentation was divided to several sections starting from the birth of Virgin Mary, the annunciation, the birth of Jesus, the miracle of the palm tree and Mary's status in Islam

The lecture cited versus from the Quran talking about Jesus' birth and the fact that he was born miraculously by the will of God without a father.

It also mentioned that his mother is treated as a honorable woman and she is a highly respected figure in Islam. In addition to that The Quran said that Jesus was the result of a virgin birth, but neither Mary nor her son was divine.

In addition to that, Virgin Mary was special in the eyes of God, according to the Quran, in which the nineteenth sura of the Qur'an is named after her having her among only eight people who have a sura named after them.

In Islam, she is generally referred to as Maryam, Umm Isa (Mary, the mother of Jesus) and Muslims view her as a symbol of submission to God and piety.

Moreover the presentation included Mary's status as one of the most highly regarded women in Islam and concluded the presentation with examples taken from the holy Quran.

After the event has ended, a discussion was opened for the attendants to ask questions for additional inquires.

Aware is known to be a supporter for Westerners-Arab Relations that is considered to be a non-profit, non-governmental, and non-political organization that is working for promoting positive, relations between Westerners and Arabs by organizing social activities and information services related to Arab and Islamic culture.