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9th AL AIN CLASSICS FESTIVAL COMES BACK TO TOWN OFFERING FREE SHUTTLE BUS SERVICE FROM DUBAI AND ABU DHABI

Al Ain Classics Festival has announced the offering of a free shuttle-bus service from select locations in Dubai and Abu Dhabi to the Festival in Al Ain which will take place on March 5th to 7th and again from March 11th to 13th, and ends on Friday March 20th.

The free round-trip shuttle-buses will be available at the Abu Dhabi Authority for Culture and Heritage headquarters, and will depart at 17:30 hours. Meanwhile, the Dubai busses will depart from the Al Nasr

Leisure Land, opposite the Mövenpick Hotel in Bur Dubai, at 17:00 hours. Return will be upon the end of the concerts to the same locations. Additionally, bus passengers without tickets will be able to purchase tickets upon arrival to the venue in Al Ain.

The programme of this year's festival will serve as a creative source for intercultural exchange by bringing together Arabic and Western masterpieces in the newly renovated Al Jahili Fort and in Al Ain's

Municipality Theatre.

All performances start at 20:00 hours. Tickets for the Al Ain Classics are available at www.timeouttickets.com, toll-free at 800 4669, Virgin Megastores, ADACH, House of Arts Al Ain, Al Ain Rotana Hotel, Intercontinental Resort Al Ain and at the evening box office. Tickets are priced at AED 50 for adults and AED 30 for students and children. Seating at the venue is not assigned.

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WHAT'S NEW

Under the title of "Operation - Let's keep Al Ain Clean"

Under the title of "Operation-Let's Keep Al Ain Clean", the Center of Waste Management, Abu Dhabi launched a massive cleaning campaign in Al Ain city starting from Sunday, 22nd of February, 2009. The campaign shall continue in phases. The first phase shall start from 22nd – 28th February, 2009 and the second phase shall continue from 4th – 10th March, 2009.

More than 1500 employees from the waste management contractors in the city shall be involved in this campaign along with their equipment

and other resources to cover Al Ain city and its regions. This campaign shall be in addition to the regular daily services being provided by the contractors.

The city has been divided into zones and districts and the cleaning activities have been planned for each zone. The employees of the center along with the waste management consultants shall monitor the activities through out the operation period. The cleaning campaign shall concentrate on garbage pickup, litter picking, bin cleaning and disinfection, sand removal, green

waste removal, graffiti removal etc.

The city of Al Ain divided into North and South area for the operation of Solid Waste collection, transportation and cleansing services is being operated by the contractors Lavajet and MBM-Dallah respectively. The cleaning campaign shall cover the residential areas in all the 26 districts in North zone and 34 districts in the South zone.

His Excellency Majed Al Mansouri of The Center of Waste Management, Abu Dhabi stated that: "another important

objective of the this cleaning campaign beside keeping Al Ain clean is to create awareness among the public about the importance of keeping the city clean and to encourage the residents of Al Ain city and its region to participate in and support the image of this oasis which has occupied an outstanding reputation regionally and internationally, and was awarded second most beautiful city in the world in the population category twice"

His Excellency added that the Centre is welcoming all the community associations and

individuals to participate in this campaign, especially students as this kind of participation

increases environmental awareness and highlights deep loyalty and identity for this wonderful city.



ONE-LINER For Laughing Out Loud

Beverly G. Merrick:

If you have ever taken a college course on humor, you would have to appreciate the performance of three comedians at the Al Ain Rotana last Wednesday. Patrons of the MOODZ Lounge were treated to the antics of comedians Pierre Hollins, Cole Porter and Geoff Norcott. Each one had a different stage presence.

College lessons in humor? Why, yes.

In my doctoral courses in journalism at Ohio University, one was able to sign up and get three hours of college credit for writing comedy monologues. Our teacher was Mel Helitzer, a confidant of master tongue-in-cheek comedian Woody Allen. The course was very fruitful because a student learned that even in the most tragic of human events, one could find a unique story reflecting the human comedy.

Mel Helitzer is the author of *Comedy Writing Secrets*, credited with being the best-selling book

on how to think funny, write funny, act funny, and get paid for it. He was billed by Rolling Stone Magazine as "The Funniest Professor in America."

In the class, Professor Helitzer gave the students a step-by-step guide to writing funny jokes.

We learned in Helitzer's class that comedians, for instance, are some of the most tragic of heroes. This is the first basic lesson for laughing out loud.

Why? Because comedians, as a genre, have often grown up in hostile environments. As children, they must have had to take some bullying comments from someone more powerful in their young lives, to evaluate the full weight of the negative consequences, then turn all of this around to something they could laugh at to protect the human psyche.

This universal craving for love and attention was thereby restored in their own psyche.

I am reminded

here that American comedian Don Rickles, called Mr. Insult, really must have "dressed down" some of his earlier antagonists if one is to appreciate the vitriolic sarcasm of his public performances. And, he always managed to smile broadly, even as he inflicted the comeback pain to his tormenter.

Smiling, Rickles reportedly said to his legendary combative Rat Pack friend, Frank Sinatra, in Las Vegas, "Make yourself at home, Frank. Hit somebody!"

And, Rickles got away with it.

Yes, I affirm that we all heard the same comedic parrying while partying at the Rotana. We certainly "loved" the comedians performing at MOODZ. We gave them our full "attention."

Even the man in the audience who apparently was deep into his cups, and who had a comeback for nearly everything comedian Pierre

Hollins said on the intimate stage. Perhaps, he too fancied himself as a comedian. But he was no comeback match for Hollins.

The comedian always did him one better in that, plus made the audience laugh at the juxtaposition of dialogue. You will just have to "see more" of Hollins to know what I mean. He has entertained audiences in the United Kingdom, Europe and the Middle East like those at the Rotana. I will only say this: the comedian answered back with harmonious notes on this electric guitar to accompany his "barely revealing" dialogue.

Lesson Two in Helitzer's comedic routine: The major accomplishment for the comedian is to learn how to do one-liners, which any comedian knows is actually a four-liner. It is represented in the example of "Who's There?" jokes, which have made their way around the world

umpteenth times. The one-liner goes something like this:

"Knock, Knock."

"Who's there?"

"Boo who (hoo)!?"

"Don't cry; it's only a joke."

If you want to hear Geoff Norcott's one-liners you will have to come and hear them for yourself. He apparently has studied the crowd before he walks on stage if his one-liners are any indication of cutting to the quick.

And, if you like to sit in the front row, you might become the butt of jokes for Cole Parker as well.

Parker is someone who has mastered the Third cardinal rule of comedy: called "stand and deliver."

It is a matter of "timing" to know how to wait for the punch line after you work it for all it's worth. He almost reminds me of Jackie Gleason. You felt sorry for Gleason, even as he milked the laugh for all it was worth.



He definitely was not cowed.

If you haven't noticed this yet, I have been trying to apply Lesson Four: The Pundit. See if you can find any of those pundits above. Then you will know if I got an "A" in Helitzer's class.

However, if you want a bit of mooing and booing and guitar goose-a-going yourself, then try Comedy Night at the Rotana's MOODZ. We need a bit of tickling thoughts in these sobering economic times.

Then you too might get an "A" – as these three respectable comedians managed to do -- for laughing out loud.

EDUCATION & CULTURE

ABU DHABI CLASSICS TO WELCOME EXTRAORDINARY INTERNATIONAL LINE-UP OF VIRTUOSO TALENT IN MARCH

The first Abu Dhabi Classics concert in March will take place in Al Ain, as guest performance within the 9th Al Ain Classics Festival which is taking place under the patronage of H.H Sheikh Abdullah Bin Zayed Al Nahyan, Minister of Foreign Affairs. The Abu Dhabi Classics will be extending its musical reach with concerts in both the capital and Al Ain, the garden city of the Gulf. An extraordinary line-up of international talent is set to transform the emirate's musical landscape as the popular concert series welcomes two of the world's greatest conducting legends - Indian Zubin Mehta and American Lorin Maazel as well as piano soloists Lang Lang and Arcadi Volodos. The stellar line-up also includes the renown Vienna Philharmonic as

well as the spectacular young Orquesta de la Comunitat Valenciana, co-founded by Maazel and Mehta some years ago.

Led by Zubin Mehta, one of the world's leading conducting luminaries and conductor-in-residence of the Abu Dhabi Classics, the Vienna Philharmonic makes a historic return to the Arab world. After a series of 9 concerts held in Cairo in 1950, the orchestra, will debut at the lovingly restored UNESCO-listed Al Jahili Fort. Set amongst Al Ain's green avenues, the fort will provide a stunning cultural backdrop to the lively programme on the evening of Friday, 13th March.

Indian-born Mehta's musical pedigree is undeniable. A veteran

of the podium, he has wielded the baton at virtually every celebrated concert venue in the world from the New York Metropolitan Opera and the Vienna State Opera to the Royal Opera House, Covent Garden and La Scala Milan. His list of awards and honours is extensive and in 1999 he was presented the Lifetime Achievement Peace and Tolerance Award of the United Nations.

The following evening, Saturday, 14th March, Mehta and the Vienna Philharmonic will return to Abu Dhabi and the elegant surrounds of the Emirates Palace Auditorium for a performance that is already seeing record advance ticket sales, with the UAE debut of Chinese pianist, Lang Lang who will also be

playing a piano recital on Tuesday, 17th March in the Emirates Palace. Heralded as the 'hottest artist on the classical music planet' by the New York Times, 26-year-old Lang Lang has played sold-out recitals and concerts in every major city around the globe. A piano prodigy at age three he gave his first public recital when he was just five years old and since being thrust into the musical spotlight aged 17, has played to world leaders and heads of state alike.

Wrapping up the March series on Thursday, 19th March, is a final evening of symphonic masterworks under the banner headline a 'Spanish-Russian Night'. The Emirates Palace Auditorium will resound to the musical masterpieces from

distinguished French, Spanish and Russian greats.

Leading the charge will be legendary conductor Lorin Maazel, and the evening will showcase the talent of young Russian pianist Arcadi Volodos supported by the prestigious Orquesta de la Comunitat Valenciana. With five decades of experience, Maazel first publicly took up the baton in 1939 and his diverse international career has made him one of the most revered and sought-after conductors on five continents.

Many say no pianist on this planet performs Rachmaninoff's 3rd piano concerto better than Russian pianist Arcadi



Volodos. Known for his incomparable technique and timeless poetry, he is a regular guest of the Salzburg Festival, music capitals such as Vienna, Paris, London and Berlin and appears with who-is-who of orchestras and conductors, including the Berlin Philharmonic, the Philharmonia Orchestra, the Boston Symphony Orchestra, and the New York Philharmonic, under the direction of Maazel, the great Seiji Ozawa, Valery Gergiev, James Levine and Zubin Mehta.



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The Al Ain Career Fair Launches in May 2009

Against the backdrop of a global financial meltdown, businesses know all too well that every decision is critical. Like a game of chess, one wrong move can mean checkmate. This places an ever increasing burden on the Human Resources and recruitment divisions to deliver properly qualified, suitable candidates in a cost effective way.

The importance of having successful leaders, competent management, and a skilled workforce is integral to weathering this current economic storm. While effective recruitment is the main prescription to avoiding high staff turnover, finding the right candidates can be time consuming and costly. One increasingly popular option is participation in career fairs, as they provide the dual benefit of a cost effective recruitment solution - offering exposure to a large number of candidates in a short period of time as well as brand awareness to future candidates and would be employees.

Following this trend, the first ever Al Ain Career Fair is gearing up to launch on the 4th, 5th, and 6th

of May 2009. Dedicated to the program of Emiratisation, the Al Ain Career Fair will provide an opportunity for companies to meet top students and graduates, while also providing local students with the opportunity to discover the vast number of training, education, and career opportunities available to them.

Supported by the Higher Colleges of Technology in partnership with the Abu Dhabi University and Bayt.com (Exclusive Online Recruitment Partner), the 1st Al Ain Career Fair offers companies first access to the future leaders of our country. A prominent and diverse list of sponsors promises to provide a wealth of opportunities for the local talent to explore.

Any companies or candidates interested in more information, or participating in the Al Ain Career Fair should please visit the website,

www.alaincareerfair.com

or contact the marketing team at

marketing@alaincareerfair.com



Al Ain Classics Festival
مهرجان موسيقى العين الكلاسيكية

Under the patronage of
HH Sheikh Abdullah Bin Zayed Al Nahyan, Minister of Foreign Affairs

9th Al Ain Classics Festival

5 March 2009, 8.00 pm
**Warsaw Philharmonic
Chamber Orchestra**
Open-air concert
Al Jahili Fort

12 March 2009, 8.00 pm
**Selim Sahab Orchestra
and Amal Maher**
Arabic national music
Al Jahili Fort

6 March 2009, 8.00 pm
**Mozart: The Marriage
of Figaro**
Fully staged opera, sung in Arabic
Municipality Theatre

13 March 2009, 8.00 pm
Vienna Philharmonic
Zubin Mehta
Open-air concert
Al Jahili Fort



7 March 2009, 8.00 pm
Gala Concert
UAE born pianist Arsha Kaviani
Opera highlights
Warsaw Philharmonic
Chamber Orchestra
Municipality Theatre

20 March 2009, 8.00 pm
Shakespeare: Richard III
An original adaptation
of Shakespeare's play in Arabic
Al Jahili Fort

11 March 2009, 8.00 pm
**Vienna Philharmonic
Chamber Ensemble**
Soloists of the Vienna
Philharmonic in a special
chamber-music concert
Al Jahili Fort - Courtyard

7 April 2009, 8.00 pm
**Mahler's "Resurrection"
Symphony**
Zubin Mehta
Orchestra and Chorus of the Maggio
Musicale Fiorentino (Florence)
Al Jahili Fort



30 April 2009, 8.00 pm
**Bobby McFerrin
meets Al Ain**
Municipality Theatre



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ENTERTAINMENT

SUDOKU!

A Sudoku puzzle consists of a 9x9 grid which has been subdivided into 9 smaller grids. The aim of the game is that each column, row and box must contain each of the numbers; one to nine. Meaning you cannot use the same number twice in any column, row or box!

		9	1	3			7	
	6					1	5	
2				4		9		
	8	6		2	7	3		
				1				
		2	4	5		7	1	
		4		8				1
	3	7					2	
	1			9	4	5		

SOLUTION:

4	3	5	7	6	2	8	1	9
7	2	8	1	9	5	7	3	6
1	6	9	3	8	7	4	2	5
8	1	7	5	4	2	6	3	9
6	9	2	8	1	3	5	7	4
5	7	4	3	2	7	6	9	8
3	8	6	5	7	9	1	7	2
2	5	1	6	7	9	8	4	3
9	8	1	3	2	4	7	6	5

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Answer for issue 59 was (Will Smith) (إجابة العدد 59 (ويلي سميث))
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Upcoming Films

- Reviewed by Latifa S. Al Khaili



He's Just Not That Into You

Comedy, Drama, Romance

Since the age of 5, Gigi has been told that when men act like jerks, it means they like her. Years later, Gigi struggles to find true love while shifting through men who are simply not interested. Anna, Beth, and Janine are going through similar situations to those Gigi is going through. They are all searching for the right person and their relations end in different ways.

Contains sexual material and brief strong language.



Slumdog Millionaire

Crime, Drama, Romance

Slumdog Millionaire is the story of Jamal Malik an 18 year-old orphan from the slums of Mumbai. He experiences the biggest day of his life. He is just one question away from winning a staggering 20 million rupees on India's "Who Wants To Be A Millionaire?" But everyone keeps wondering how is it someone like Jamal could know the answers and win the prize?

Contains some violence, disturbing images and language.



Push

Sci-Fi, Thriller

A group of young Americans with supernatural abilities are hiding from a clandestine U.S. government agency. They must utilize their different talents and band together for a final job that will enable them to escape the agency forever.

Contains violence, action, strong language, smoking and teen drinking.



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LIFESTYLE

Mom's Kitchen

Mini Cheese Cake



Ingredients:

- ½ cup cocoa powder
- ½ bar butter
- 3 packets Philadelphia cheese
- 1 large can Nestle cream
- 3 eggs
- 2 tsp vanilla

For the biscuit base:

- 1 ½ cup crushed biscuits
- 6 Tb cocoa powder
- 6 Tb powered sugar
- 6 Tb butter

Method:

Mix cake ingredients together. Mix the ingredients for the biscuit base. Place a tablespoon of the biscuit mix in the cupcake mold and press well into the sides. Pour the cheese cake mix on top of the biscuit base. Place pan in medium oven for 15 minutes. Serve cool. Garnish with cream and shaved chocolate.

Got questions?? Ask the Chef, Amal Tatanaki, on amaltatanaki@gmail.com.

Dealing with Sleep

Millions of people experience insomnia, and when you have a demanding job or a fussy baby, a night of not being able to sleep can feel tortuous. And once you're in your thirties, insomnia has a strongly negative affect on your looks (hence the term, "beauty sleep"). Under-eye circles, blotchy skin and bleary eyes are only three of the drawbacks of insomnia.

Insomnia is caused by so many factors that you can have one reason or six, each one potent enough to keep a person awake. Consider the following possible causes:

Common cause of insomnia and sleep deprivation disorder

1. Caffeine. Some people get jittery after a single cup of coffee and others can drink gallons with no discernable effect. In some situations, drinking moderate amounts of caffeine (which includes tea and cola, by the way) seems to have no effect until you've been at it for several days in a row. Leaving it alone for a few days usually puts things right again.

2. Stress. If you're worried or tense, insomnia comes along

as part of the package. You can try a couple of techniques to relieve your tension enough to get to sleep.

a. Promise yourself you'll deal with whatever it is the very first thing in the morning. If you're putting off paying a bill or making an unpleasant phone call, promising to solve the problem helps you to temporarily shelve it (but you'd better keep that promise, or you'll never trust yourself again!)

b. Setting aside a daily time for worry can help you contain it. Take ten minutes out of each day and worry like crazy. Make lists of the things you're agonizing over, then rate each item from 1-10 on a "likelihood of happening" scale. When you find yourself worrying at other times of the day or night, remind yourself that you'll worry tomorrow, at 3PM and set it aside.

c. Imagine yourself taking a bundle of worries and locking them inside a cabinet. Take your time and be thorough. They may try to wiggle away or sneak out, but gather them all together. You may decide to put rubber bands around them or have them sedated.

You might want to tie them together and roll them up like a fire hose. Be as creative as you can when picturing your worries and the way you're going to handle them. Will you stow them in an iron-bound trunk? A cedar chest? A garage or barn? Visualize the type of lock you'll use and see yourself locking the door or cabinet. Sometimes, just elaborating on this exercise is enough to put yourself to sleep.

d. If nothing you try seems to work, consider visiting a therapist to help you learn more about reducing your anxiety.

4. Hormones. Insomnia can result from hormonal fluctuations. Keeping an insomnia diary can help you figure out if sleeplessness is linked to your menstrual cycle. Sleeplessness is also one of the symptoms of menopause. If you're generally content with the way your hormones are performing, you may choose to induce sleep by having a hot bath or a cup of warm milk. If hormones are causing you real problems, try herbal remedies or go have a chat with your ob-gyn about the latest in

the medical community's understanding about women's sexual health.

5. Sugar. Eating late snacks or desserts can cause insomnia as your blood sugar races around trying to find something to do. Replace sweets with sugar-free snacks and see if it helps. Eating a meal late at night can also cause insomnia, either because of the rise in blood sugar or because trying to sleep before your meal is fully assimilated can give you indigestion.

6. Exercise. Studies have shown that when people exercise later in the evening, they also tend to have a harder time getting to sleep.

We've all seen the commercials for pain relievers and cold medicines with "sleep aids", which often consist of either decongestants or alcohol. There are also herbal remedies, usually containing chamomile, which is a sleep aid know world-wide since medieval times. Valerian root (to see an example of a .) smells stinky, even ground and in capsule form, but it's also effective and gentle. Of course, there are always pharmaceutical remedies for

sleeplessness, but they should be last resorts, because they tend to be habit-forming and have other side effects.

A good way to help you get to sleep is to create a before sleep ritual. Wear your pyjamas, brush your teeth, wash your face, put on your moisturizer or whatever else you would. Take something non complicated to read, like a comic, a fantasy novel or an article. And set your mind on going to sleep.

If you don't have to go to work the next morning, insomnia can be pretty manageable. You might find that with punchiness comes creativity, so don't rule out getting out of bed to sketch, bake or plan next year's garden. Also, not having the stress of counting the hours until you have to get to work can often calm you down to the point of relaxation. If you're expected at work the next day, you could call in sick the night before. Then, if you can't get to sleep, you can stay home and rest the next day, and if you can get to sleep, you can show up the next day.

Sources: <http://www.freebeautytips.org>



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