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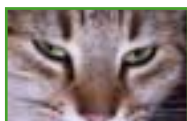
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## Minister of Education conducts surprise visit to Public & Private Schools



Dr. Haneef Hassan, Minister of Education, conducted surprise visits to both public and private schools. His Excellency made a stop at Al Ain English Speaking School, to look into the incident that occurred more than two weeks, when a number of students were caught taking part in immoral

acts. The Minister met with the school's Vice Principle Mrs. Sara Brannon, who explained the details of the incident and how the students were punished accordingly, one of them being expelled. The vice principal also expressed how shocked the staff, students and parents had been due to this

occurrence. The school even met with all the parents, to ensure that what happened was a personal issue the students involved suffered from, and that it does not in any way represent the school's image or beliefs. The minister pressed on the importance of parental communication with the children and the essential control over such situations as to not let them harm other students. And in an exclusive talk with the Al Ain Times, the minister stated that this visit was to ensure the relationship between the educational public and

private schools. He also emphasized on the importance of dealing with these surfacing issues from the roots for them not to develop into critical social problems. His Excellency also believes that this sort of responsibility starts from home leading to the parent's especial role in helping their children. Dr. Haneef also made stops at other private schools, such as Al Showaib and Al Sanawber.



## National Campaign for Traffic Safety

Al Ain Municipality will be a part of a traffic safety campaign march that will be held under the patronage of Her Highness Sheikha Fatima Bint Mubarak. The Campaign slogan is "Our Safety, Our Responsibility"

The March will be held on Sunday, 25th February 2007, at 9:30 am. The march will start at Al Morabbah roundabout and will end at Al Ain Mall.

## Al Ain Classical Music Festival.

Abu Dhabi Authority for Culture and Heritage are organizing the 7th Al Ain Classical Music Festival. The festival will be featuring I-Musici-Fiamminghi Classical Music Orchestra from Belgium. The festival will be held from 1st-3rd of March in Al Jahili Fort and Al Ain Municipality Stage.

The Orchestra will conduct four different parties: The opening on Thursday, 7:00 pm in Al Jahili Fort, Matinee party on Friday 10:30 am, in Al Ain municipality stage, Friday at 7:00 pm in Al Jahili Fort, and finally the last show will be conducted at 11:00 am on Saturday in Al Jahili Fort.

Abu Dhabi Authority for Culture and Heritage is a non-profitable government foundation in charge of promoting the heritage and culture of the Emirate of Abu Dhabi. It was established on the 14th of October 2005.

## International Oncology Conference held

Some 44 medical experts and faculty gathered in a 3-day symposium, February 19-22, to talk about the recent advances on cancer prevention, cancer education, and cancer care.

"This conference demonstrates that cancer is a global concern. We, in the UAE, share with the worldwide health care community the challenges of the fight against cancer. We observe the increased incidence of, and death rates from, cancer. We lament the lack of awareness among the public about the magnitude of the problem," said His Highness Sheikh Nahayan Mubarak Al-Nahayan, Minister of Higher Education and Scientific Research, who inaugurated the conference.

The Minister expressed though that, under the leadership of His Highness Sheikh Khalifa bin Zayed Al-Nahayan, they

'are committed to the continuous improvement of our system of health care, with a focus on diagnosis, treatment, and public education.' "Regarding the scourge of cancer, we strive to attain the most advanced technologies, to detect the disease as early as possible, and to implement the most effective treatments and cures," he added.

Currently, cancer is the third leading cause of mortality in the UAE, contributing 11% to the death rate. To lessen these figures, the Minister suggested to form partnerships between hospitals, health workers, colleges of medicine, and community organizations; develop public education campaigns; address the apparent delay in translating clinical discoveries into available cures; determine how to reduce the sufferings of the cancer patients; research extensively on

nanotechnology; and promote environmental and lifestyle changes.

The participants, in turn, discussed certain issues pertaining to evidence based oncology, molecular biology, diagnosis, staging and treatment encompassing chemotherapy, radiation therapy, surgery and novel experimental and therapeutic strategies, and palliative care.

Special sessions on breast cancer, haematological oncology, colorectal cancer, paediatric oncology, upper gastrointestinal cancer, gynaecological oncology, prostatic and endocrine malignancy, and infections brought by lung and bone tumours, were also conducted. There were also workshops, plenary and parallel lectures, and short and oral presentations during the forum.

Among of the keynote speakers are Robert

Arceci, King Fahd Professor of Pediatric Oncology;

Michael Choti, Associate Professor of Surgery at Johns Hopkins University; David Ettinger, Alex Grass Professor of Oncology and Associate Director for Clinical Research at Johns Hopkins Oncology Centre; and Cynda Rushton, Associate Professor at Johns Hopkins School of Nursing. Aside from them, there were also other invited faculty members that came from Australia, Belgium, Canada, France, Germany, Italy, Japan, Korea, Qatar, Spain, UK and UAE.

The event took place at Intercontinental Al Ain Resort through the initiative of Tawam Hospital, in affiliation with Johns Hopkins Medicine, and the Oncology Research Priority Group of the Faculty of Medicine and Health Sciences-UAE University.

## In Focus

## TWO AL AIN RESIDENTS APPOINTED TO FEDERAL NATIONAL COUNCIL

- by Monique Holtzhausen

The City of Al Ain is proud to announce that two of its residents have been appointed to the Federal National Council (FNC) of the United Arab Emirates. Both Dr. Mugheer Al-Khaili and Dr. Fatima Al-Mazrooei are employees of the United Arab Emirates University (UAEU) and will be representing Abu Dhabi on government level for the next two years.



Dr. Mugheer K. Al-Khaili

Dr. Al-Khaili was born in Al Ain on the 25th of January 1964. He has deep roots in the city, having lived here all his life along with his parents and siblings, and studied Human Resources at the UAEU before completing his Ph.D. in Egypt. With his natural leadership abilities and academic qualifications, Shaikh Zayed soon took notice of the young Mugheer Al-Khaili, and he spent a decade working with the President. He

made a career change, however, when he was offered the position of Secretary General of the UAEU and was sent to Longbeach University in California for a year in order to gain first hand experience in the day-to-day running of a successful university's administration and financial department.

Fulfilling the role as Secretary General of the University for the past two years, Dr. Al-Khaili has been the key driving force behind some of the major changes that were introduced in order to cut costs, streamline operations and revolutionize the way which business was conducted within the university's Administration and Finance Departments.

Dr. Al-Khaili is a strong believer in the power of forming task groups, flat reporting structures with delegated authority, accountability, transparency and team work. "What we have achieved thus far is only the first step. The progress and efforts to raise the bar will continue regardless of whether I'm here or not, because we have created a system that works and is not dependent on a single individual to succeed", Dr. Al-Khaili says. "If we

are serious about providing our students with the best education, we have to set the standards first. We have to match ourselves to the best practices standards internationally, and where possible, even improve on these standards. Nobody can predict which skills our students are going to need in twenty years from now in order to be a success. It is therefore always been my vision and my commitment to help my country and its children – the students – by giving them the best tools possible for survival and succeeding in a global, competitive market.

An avid collector of best-seller books, Dr. Al-Khaili says he looks forward to (hopefully) having more time to read. He will not be moving to Dubai, but plans to commute from Al Ain for meetings and official responsibilities. A new FNC has been formed in accordance with the new structure. 25 % of the Council is made up of women – the highest percentage in the world. "It is a big honor and I appreciate the trust that has been placed in me", Dr. Al-Khaili says. "I am not looking for position, but for contribution. I am

deeply thankful to my country for the opportunities given to me in the past and look forward to the new challenges that the appointment will bring. The most important motivating factor for accepting the appointment, however, is the chance I now have to give something back by serving the society in a way that will address and solve the difficulties that exist in the daily life of our people".

Dr. Fatima Al Mazrooei



Dr. Fatima Al-Mazrooei is an Associate Professor at the College of Humanities and Social Sciences of the UAEU and specializes in the area of Arab Literature and Criticism. She obtained her BA degree in Arabic Language and Literature from the UAEU, her Masters Degree from the University of Jordan in 2001 and her Ph.D. from the Aramouk University in Jordan in 2005. She spent one year of her studies in the United Kingdom and at the George Town

University in Washington DC before returning home.

Born in Abu Dhabi, Dr. Al Mazrooei feels strongly about issues affecting modern Islamic women in particular and will be using her position on the FNC to influence decisions and policies relating to women, children and education. "I have asked to serve on two sub-committees", she explains. "The first will deal with matters relating to education and culture and the second with issues relating to social affairs and the employment of women".

Like Dr. Al-Khaili, she also hopes to make a valuable contribution to the FNC and find solutions to the problems facing the modern UAE society. Maternity leave for local women, inequality in the workplace, discrimination based on gender and the negative image of women in the media are only some of the problems that she would like to see changed and improved. "I believe that the UAE community has started to change and is now accepting the new role of women. We are ready to take in our place as contributing members

at all levels of society. A qualified woman does not have to stand back for her male counterpart in the workplace any more. Her work will bear testimony to her commitment, excellence, ability to perform and her qualifications", she says.

Dr. Al Mazrooei encourages local women to become involved in volunteer work in their local communities. "Even if you are a house wife, it is important to volunteer your time and energy to a worthy cause because it makes you aware of what is happening in the outside world. The role of a woman in the house is very important, but it does not mean that she cannot make a similar contribution to her community".

Although Dr. Al Mazrooei says she is very excited about her appointment to the FNC, she says she is also sad about leaving the university and her students. "Teaching and lecturing will always remain close to my heart and I hope that there will still be a place for me at the university once I have completed my term at the FNC", she says.

### FIPS PLAYS HOST TO BRENDAN O'HARA WORKSHOP

Bean bags, movement, fun, laughter and inspiration characterised Brendan O'Hara's workshop on "Movement, the brain and learning", held at the Futures International School (FIPS) recently. Educators and parents alike had fun while learning from the world renowned speaker and presenter how to encourage children to use and integrate the different lobes of the brain during the learning process. The audi-

ence was guided through the different stages in child development and how an infant develops from a helpless, immobile baby, into a walking, running, jumping, talking and upright human being. "Problems arise when some of these reflexes fail to inte-

grate but are retained into later life", O'Hara explained.

These retained reflexes continue to affect babies and children beyond the time when their influence is needed and are often the cause of difficulties with learn-

ing, co-organization and behavior. "Children with retained reflexes are often misunderstood and wrongly labeled as being naughty or lazy", O'Hara says.

"Our modern world, and the world in Al Ain is changing rapidly. Our children in particular need things that will stabilize and centre them – be it beanbag activities or Brain gym, yoga, meditation, traditional prayer – we all need things to maintain calm and focus. We can begin by educating ourselves, educating our brains and thereby integrate our beings".



**Al Manahil Private School offers new range of qualifications Cambridge International Center status awarded to local school .**

**Al Manahil Private school has been awarded International Center status by University of Cambridge International Examinations (CIE). Al Manahil Private School will now offer a range of internationally accepted qualifications including Cambridge's IGCSEs and GCE O levels.**

**For further information contact :**

**03 - 767 2030**



## Beat the Habit before it Beats You



### Why is smoking so addictive?

Most regular smokers are addicted to nicotine which is the drug that is inhaled from the tobacco in cigarettes. It gets into the bloodstream and stimulates the brain and acts as a depressant.

### Some facts on smoking

- About one third of the male adult global population smokes on regular bases.
- Smoking related-diseases kill one in 10 adults globally, or cause four million deaths.
- By 2030, if current trends continue smoking will kill one in six people.
- Every eight seconds, someone dies from tobacco use.
- About 10 million cigarettes are sold every minute.
- Among young teens (aged 13 to 15), about one in five smokes worldwide.
- Between 80,000 and 100,000 children worldwide start smoking every day - roughly half of whom live in Asia.
- Deaths caused by smoking are five times higher than the (22,833) deaths arising from: road traffic accidents (3,439), other accidents (8,579), poisoning and overdose (881), alcoholic liver disease (5,121), murder and manslaughter (513), suicide (4,066), and HIV

infection (234).

·About half of all regular cigarette smokers will eventually be killed by their habit.

·Smoking causes about thirty per cent of all cancer deaths (including around 84% of lung cancer deaths), 17% of all heart disease deaths and at least 80% of deaths from bronchitis and emphysema.

·3000 non-smokers die every year from lung cancer caused by ETS (environmental tobacco smoke).

·Children whose mothers smoked during pregnancy have an increased risk of Sudden Infant Death Syndrome.

·Passive smoking causes; low birth weight for gestational age, asthma, dental cavities, eye and nose irritation, and irritability, middle ear infections.

·Second-hand smoke causes between 150,000 and 300,000 lower respiratory infections in children younger than 18 months and results in 7,000-15,000 hospitalizations each year.

·Most successful ex-smokers have tried to quit an average of 7 times before they were successful.

·Chemicals in tobacco smoke affect every organ in the body.

·Smoking causes cats-bum mouth.

·Smoking is considered a slow suicide.

## BY THE TIME YOU HAVE FINISHED READING THE FACTS ON SMOKING AROUND EIGHT PEOPLE HAVE DIED THANKS TO TOBACCO USE.

### What can I do to beat this habit?

Replace your craving for something else. Try one of the following things, or even all of them.

#### Nicotine gum

Nicotine gums come in two different strengths - 2mg and 4mg. You should use the 4mg strength if you usually smoke 18 or more cigarettes a day. Don't be surprised if you find yourself using 12-15 pieces of gum a day as that is completely normal in the beginning.

#### Nicotine patches

These come in three different strengths; 15mg, 10mg and 5g. Most smokers should start with 15mg. One patch should be applied daily at

the same time every day. It should be removed after 16 hours.

#### Microtabs

These are small tablets containing nicotine which dissolve quickly under your tongue. One tablet should be used every one to two hours. Use no more than 40 tablets per day.

#### Lozenges

Lozenges are sweets that you suck slowly and by doing so release nicotine from them. They are available in different flavors.

#### Nicotine nasal spray

This is the strongest form of NRT (nicotine replacement therapy). This should be used as a last resort to severe withdrawal symptoms. It is a nasal spray.

#### Inhalators

An inhalator; which has the same mechanism as an inhaler, releases nicotine vapours which get absorbed through your mouth and throat.

#### Zyban (Bupropion Hydrochloride)

Zyban is a new treatment which changes the way that your body responds to nicotine. It is a 150mg tablet that should be taken twice daily. You should start taking Zyban a couple of weeks before you quit and then continue the treatment for a few weeks after to help you through your cravings.

Before using any of these treatments consult your local doctor.

### It's too late to stop...

After smoking for endless years we would think so. But in fact whenever you decide to quit smoking, immediate improvements would take place. Some of these are; better breathing, less coughing, better circulation, more energy, better sleep, and decrease in illnesses such as common colds. A lot of the damage that smoking does to the body can be reversed no matter how long you've been smoking for.

### Why quit?

After quitting smoking you will feel the benefits after only 20 minutes from doing so. After just 20 minutes blood pressure drops to a level close to that before the last cigarette you've had and the temperature of your hands and feet return to normal. 8 hours later the carbon monoxide level returns to normal. 24 hours later the risk of heart attack already starts to decrease. By 3 month your circulation has improved. After a year extra risk of coronary heart disease is reduced to half that of an average smokers, and so on. Every minute of every hour of every day you're not smoking, you will gain more control over your health and life.

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# ALAIN TIMES

YOUR WORLD, YOUR CITY, YOUR LIFE

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# Education & Culture



**ASK THE VET**

**Dear Dr A,**  
**My male cat keeps getting in fights with stray cats. Someone said desexing him might help, is this true?**

Dr A Replies...

Once male cats reach puberty at around 8-9 months, the surge in production of the male hormone testosterone starts to make them more territorial in relation to other cats coming into their area or compound. They may also start to actively seek out female cats on heat to mate with, often

leading to injuries from other competing males or worse still, being hit by a car. Sometimes the effect of the resulting bites or scratches can take up to 48 hrs to become apparent. Cats carry bacteria such as pasteurella in their oral cavity and fight injuries can result in abscesses, cellulites (generalized skin infections) or even septicaemia ('blood poisoning'). The territorial behaviour can also lead to the male cat backing up to objects and spraying urine to mark his domain, which can be

a particularly 'antisocial' habit if performed in the house.

Occasionally even a desexed male cat can start this behaviour later in life, usually as the result of a territorial threat such new aggressive stray cat in the area or a big change in the household structure. (visitors staying for an extended time, oldest child leaves home for example)

It is always best to get male cats (or female for that matter) desexed before they reach puberty at about 4-5 months of age. If

he is a mature cat (over 18mths) the desexing will still make a big difference but sometimes your vet may need to initially supplement the surgery with some medical treatment if some of his bad habits don't settle quickly enough.

Desexed male cats live longer, look better (don't develop the thick neck and face of the "street tomcat"), make far more affectionate pets and get into far less trouble.

## Teacher Feature

Sharon Al-Khateb

Back after the holidays, our teacher featured is at the other end of the educational scale.

Ms Jenny Lampard teaches students at the UAE University. She teaches English to 18-21 year olds at the university general requirements unit (UGRU) and is on part time release creating new course book in collaboration with a number of talented and gifted teachers. Jenny juggles her career with caring for her twin boys Anthony and Michael who both play rugby for Al-Ain where Jenny is an active committee member. A

budding tennis Champion, Jenny's other hobbies include Macramé and Crochet work. Her hand made presents are eagerly awaited by family and friends all over the world.

When time permits, she loves to travel and has recently returned from Sri Lanka, where she indulged in her passion for Scuba Diving and enjoyed watching stunning sun sets. As if she doesn't have enough to fill her time she is taking an online distance learning course in plumbing. Jenny really is a useful lady to have around.

## Cake Contest at AAESS



The Judges and Contestants.

On the 13th February the Primary school at Al Ain English Speaking School was overwhelmed with the creative entries of the students who had entered the Students Representative Council (SRC) "Cake Bake Competition" The rules of the competition stated that students should bake a cake with the help of an adult but then decorate it

completely on their own. There were two categories; the "Valentines" section saw lots of beautifully decorated heart shaped and pink cakes, the "Free Style" had a range of fabulous designs from dinosaurs, tables, and flowers to Pikachu.

Altogether there were 36 cake entries which would

have been very difficult to judge had it not been for the expert assistance of the Food and Beverage Manager from the Hilton Al Ain Mr. Mikael Petersson and three of his chefs Mr. Volkmar Ertel, Mr. William Velasco and Mr. Peter Zhao. The judges took their job very seriously and looked for presentation, consistency and taste in the cakes. The students were in a whirl of excitement to see such a professional team at work.

1st place Valentines

1st place Free Style

Year 3 Linn Berger  
Charlotte Archer

Year 4 George Zayoun  
Martha Snookes

Year 5 Susana Sotutu  
Alice Archer

Year 6 Jacqueline Orthmann  
Meera Al Matroushi

On the 14th February the students throughout the school had a Valentines Day treat of being able to buy slices of cake, which was enjoyed by all.

The Cake Bake competition was a lovely initiative which was organised by the students, for the students. It gave children a chance to have a go at something quite different. Whilst there may have been some rather messy kitchens at home it seems that there are a lot of creative and talented children in the school.

## INTERNATIONAL YOUTH AWARD AT AAESS

Almost 40 young teenagers at the Al Ain English Speaking School (AAESS) are preparing themselves for the challenges of adult life, touching and impacting their community and are learning more about getting along with people through their participation in the International Youth Award.

The International Youth Award is a programme of personal development for young people between the ages of 14 and 25. It has three levels, namely Bronze, Silver and Gold – each of which takes an increasing commitment of time, energy and resources to achieve. Participants set themselves challenging personal goals in four different Sections, namely Service, Skills, Physical Recreation and Adventurous Journey. There is an

additional requirement of a Residential Project at the Gold.

Knowingly or unknowingly, the city of Al Ain has been touched and impacted in many ways through the teenagers' involvement in the International Youth Award. The Family Fun Day held recently at the Hilton Hotel was a prime example of how they serve the community through their projects. An ambitious recycling project has been launched inside the school and they are currently working and planning on a Desert Clean-Up in March that will involve the community.

"These projects take a huge amount of hard work and dedication from the pupils, but they gladly do it because of the

benefits that they derive from it both as individuals and as a team", says Oliver Millar – one of the teachers at AAESS and the Coordinator of the Award at the school. "The children have to raise funds for their expeditions and projects themselves, and this takes place in the form of selling soft drinks, bake sales, washing windscreens etc", Millar explains.

Throughout the Programme, participants can either develop existing interests or try something new. The award is not a competition, but is based on personal improvement and achievement. Once participants have set their goals, striven to achieve them and shown improvement, they will achieve their Award.

As part of their Recre-

ational Journey section of the award, the Bronzes completed a 20 km walk in the desert where they were completely self-sustained for two days and nights. More recently, the Silver participants spent 3 days and trekking (30km) and camping near Masafi where they climbed mountains, learned to navigate a compass, read a map, work together as a team and get along with fellow team members of different nationalities and religious backgrounds despite the often difficult circumstances. "We have children from Australia, New Zealand, South Africa, the United Kingdom, Ireland, Pakistan, America, India, Egypt, Lebanon, Zimbabwe, Germany, Romania and Syria", Millar says. "Despite their different ages and backgrounds, these

challenges teach them how to work together as a team and to cooperate. They motivate each other to keep going and continuously push themselves past their comfort zones", Millar says.

The International Youth Award participants at AAESS are hoping to visit Nepal in June this year for a 4-5 day trek in the mountains and helping at a local school in the area. They are raising funds to pay for the AED 5000 per student that will be required to pay for this trip. "We are looking for more ways, however, to become involved in our own community on a regular basis", Millar says. "Because service is such an important part of completing the Award, we would like to offer our manpower and willing hands free of charge for

any initiative in Al Ain that could benefit from our help and enthusiasm".

It is exciting and comforting to know that there are healthy, balanced alternatives being offered to a generation of young people who often complain about being bored and are seen to be addicted to malls or sitting in front of computers. These young people are expected to grow up in a modern, complicated world facing many difficulties and limited opportunities for personal achievement. The International Youth Award introduces worthwhile leisure activities and voluntary service to these teenagers as a challenge that helps them discover the satisfaction of achievement.





# CERT

Centre of Excellence for Applied Research and Training

## The Future of Learning

23rd February 2007

Dr. Fadwa Al Mughairbi , Chief Editor Al Ain Times Newspaper

**Dear Sir,**

I wish to express my thanks and appreciation for the technical support provided to my organization during our recent recruitment campaign.

I was able to place ¼ page advertisements by sending your copy editors an email of the content and jpeg files before the requested placements. The ease of communication and the helpfulness of your staff made the entire process very satisfying. The resulting ads were highly visible and the layout, fonts was most pleasing.

I was especially pleased to have the ads published in Arabic as well, since my target sector included bilingual staff recruits. After checking with my own staff on the appropriacy of the Arabic text, I was grateful for your assistance in this particular area of the advertising campaign. I had not experienced this aspect of publishing previously and consider this service to have been one of the key success factors.

As a result of the advertisements in this 6 week period, I estimate that my organization received more than 400 responses by email, fax and telephone. This was not only unexpected but most satisfying since I consider your publication to be the principal communication medium in Al Ain. Your publication has significantly enhanced the community's knowledge of my organization and in future, I intend to promote training courses, professional development seminars and other educational opportunities through your publication.

Than you again and good luck with the growth of the newspaper. It is a welcome addition to the local press.

Kind regards , Shane P. McKenna , Business Development Manager



# 60,000

## Multicultural Readers

### Largest circulated Weekly Paper in Al Ain

الجريدة الأكثر إنتشاراً  
في مدينة العين وضواحيها ...



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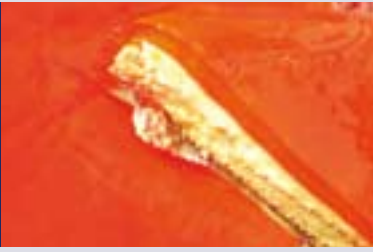
PO Box 15229, Al Ain, UAE, Phone (03) 767 1995 Fax (03) 767 1997

## Life Style

## Jelly Triple Layer Cake

yummy  
jelly

By: Amal Tatanaki



## Ingredients

3 eggs  
1tsp vanilla  
3/4 cup sugar  
1 1/4 cup flour  
dash of salt  
1 tsp baking powder  
1/4 cup milk  
1/4 cup veg oil  
2 cups sweet cooked custard ( room temperature)  
3 cups prepared strawberry and banana jelly (not set)

## Method

Beat eggs with sugar and vanilla until fluffy. Add oil gradually. Sive flour salt and baking powder. Add the flour mix to the egg mixture slowly stirring by hand. Add the milk - stir quickly a few times. Pour in greased round 11inch pan.

Bake in medium heated oven - 160c for 15 - 20 minutes.

Pour jelly into a same size pan - let it set.

Pour custard over set jelly and let it set in the fridge.

Flip cooled cake over cooled jelly and custard in the pan.

## To serve

Let the pan sit for 1 sec in hot water then flip onto serving plate. Serve immediately

## Nature and Beauty

Since ancient times, plants have been used to beautify and enhance. Making your own cosmetics using the therapeutic properties of herbs can be interesting and fun. It is important to remember that, without the chemical preservatives of proprietary cosmetics, homemade herbal products do not have as long a shelf life. As a general rule, make up each preparation on the day you want to use it where possible, rather than making a large quantity and storing it. Make sure all storage bottles and jars are clean and thoroughly sterilized in boiling water before use. Always keep homemade cosmetics in the fridge, away from food, or, where specified, store in a dark, cool place such as a cupboard. Don't forget to label each jar or bottle with details of the contents and date.

Recommended Herbs for Face

## Normal skin

Fennel , Lime flowers  
Peppermint , St John's wort

## Dry/sensitive skin

Elderflowe , Marigold  
Marshmallow

## Oily skin

Chamomile , Sage  
Yarrow

## Mature/sallow skin

Dandelion , Elderflower  
Lavender .

## Herbal cleansing lotion

Simmer one handful of fresh or 10g (1 tsp) of dried chosen herb (according to your skin type), finely chopped in 250 ml water for 10 - 15 minutes. Strain and cool. Store in fridge and use within 2 - 3 days.

## Herbal cleansing milk

Put 30g (1 tbsp) of fresh or 10g (1 tsp) of dried chosen herb, finely chopped, in 150 ml (1 cup) of boiling water and leave to steep for 10 minutes. Strain. Take 10 g (1 tsp) of cornflour and mix to a smooth paste with a small amount of the infusion. Stir in 8 ml (1 1/2 tsp) of fresh milk and 5 ml (1tsp) of sunflower oil and then gradually mix in the rest of the infusion. Warm to boiling point. Remove from heat and leave to cool. Keep in fridge and use within 2 - 3 days.

## How to Use Cleansers

Apply morning and

night. Put a little of the lotion or milk into the palm of one hand, massage gently into the face, Tissue off using gentle, upward movements.

## Herbal Toner

Pour 150 ml (1 cup) of boiling water over 30 g (1 tbsp) of fresh or 10 (1 tsp) of dried chopped herb and leave to infuse for 20 minutes. Strain and cool. Keep in the fridge and use within 2-3 days

Apply morning and night on a pad of cotton wool with gentle, upward movements. This will help tighten the pores after cleansing and also help stimulate the circulation. Use daily after cleansing.

## Herbal Moisturizer

2 - 3 very soft, fresh apricots, shopped (if using dried, soften first in cold ater for one hour, then strain and chop before using)

75 ml (1/2 cup) and 40 ml (2 tbsp) glycerine

A pinch of fresh or dried St John's wort, finely chopped or ground

A pinch of fresh or dried marigold flowers, crumbled

15 g (1/2 tbsp) corn-

flour

20 ml (1 tbsp) light sunflower oil

120 ml (6 tbsp) water (for normal and dry/sensitive skins substitute the water for orange flower water. For oily skin substitute the water for rose water)

Mash the apricots and blend with the 75 ml (1/2 cup) glycerine, or pop both into a blender and liquidize for a couple of minutes. Add the herbs. Stir well and then push through a sieve. Blend the cornflour with the sunflower oil into a smooth paste. Gradually stir in the 40 ml (2 tbsp) glycerine and the water. Blend with the apricot mixture and then warm to boiling point, Stirring occasionally, until smooth and thickened. Cool. Keep in the fridge and use within four days.

## How to use

Apply night and morning. Place a very small amount in the palm of one hand, massage the moisturizer onto the face, being careful not to pull or drag the skin.

\* From: Boddie, H. The Herbal Beauty and Health Book (1995). CA: Prima Publishing

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**Sports**

# Al Ain Youth Rugby Teams Outstanding in Dubai Competition

By Steve Arnott



**Under 10's team with their medals**

On 16-17th February Dubai exiles hosted their annual youth rugby festival. With over 1200 youth players taking part from as far afield as Azerbaijan, Jordan and Cairo it is the biggest youth competition in the Middle East.

Al Ain Rugby Cub fielded 3 teams, Under 10's, Under 14's and Under 16's.

The Al Ain Under 10's team, captained by Cameron Arnott, were in a very strong division against 3 Dubai teams, Abu Dhabi, Azerbaijan, Doha and Sharjah.

Al Ain's first game early on Friday morning was against Dubai 2. A fantastic solo effort from Eoin Cunniffe resulted in the first 5 points. The remainder of the game was a hard fought

contest resulting in a 5-5 draw. An hour later and Al Ain were in action again, this time against Abu Dhabi, Andrew Muirhead scored a great individual try early on and, as the result of good



Luke Howarth scrummaging from hooker Max Tooby, Andrew scored again in the second half. Unfortunately the final result was 15-10 to Abu Dhabi.

Straight after lunch Al Ain had their best game of the weekend

against Sharjah. Suzannah Sotutu and Eoin Cunniffe both scored twice, Andrew Muirhead was on the score sheet again and a darting run from James Neubert resulted in a try. Final score: 30-5 to Al Ain.

Less than an hour later came the game against Al Ain's great rival - Doha. Cameron Arnott had an excellent run down the left hand side of the pitch to score the first try which settled his team's nerves, Luke Howarth, who had a superb two days, scored twice and the eventual "Player of the Tournament" Suzanna Sotutu scored once again. Final Score: Al Ain 20-Doha 5.

The next game was against Dubai 3, Andrew Muirhead took a pass from his sister Fiona and

scored, bringing his tally to four tries. Luke Howarth, the Al Ain "Man of the Match", scored twice and Eoin Cunniffe popped up on the wing and then cut inside to score again. Final score 20-10 to Al Ain.

The last game of the first day was against the unknown side from Azerbaijan. This was the first time they had entered a competition and no-one expected them to be as good

as they were! Despite ferocious tackling from Ahmed Shaaban and Ibrahim Elghandour, Al Ain were 10 points behind at half time. Mikaela Sotutu, Maddy Thompson and Brychan were brought on in the second half to help and even with some excellent scrummaging from Daniel Armstrong, Azerbaijan were too strong. Final score 20-0 against Al Ain.

The second day saw an Al Ain side

slightly depleted by injuries and tired legs from the day before. Unfortunately they were well beaten by the Dubai first team, the eventual competition winners. This put them in a play off for the semi-finals against Dubai 2, the whole team played magnificently but Dubai 2 eventually won 10-0.



**Under 16s in Dubai, match report**

by Steve Holden

The U16s traveled to Dubai with an under strength squad which didn't bode well for the two days of hard rugby ahead.

On the first day they lost to Dubai Exiles 19-0, and then had a very creditable 10-0 win against Bahrain.

On the second day they had an excellent game against Kuwait resulting in a draw, Josh Hillman was voted «Man of the Match» and Ameen Hachemi got the «Fair Player award». This was followed by a loss to Abu Dhabi then a draw against a very good Bahrain team.

The knock out round saw a very hard fought game against the

Dubai team again. Although Al Ain lost, Alex Diaper had an outstanding game and was voted «man of the Match».

The Under 16 team learned a lot over the weekend, 6 very hard games have pointed out some of their weaker areas and they will bounce back as a stronger team as a result.

By Mark Smith

**Report from Al Ain adult team who played in Sharjah**

Al Ain's adult team traveled to Sharjah over the weekend to take part in a one day ten-a-side competition. The first game of the day was against the Dubai Dragons – an unfortunate beginning with a loss of 3 tries to 1.

The opposition for the second game failed to turn up and Al Ain was awarded a bye. By winning the next opposition, Al Ain was now in second position in the group - in the Semi-final of the Bowl competition against the emerging Dubai Falcons, a team made up from young Emiratis with a team manager from New Zealand.

This was a tough game and an exciting match of skill with the Falcons putting on the pressure from the start. The Falcons took a 5 point lead (one score) into the second half. Al Ain were reduced to 9 players after a massive rush of blood to the nose of Scrum half Stew Chapman saw him seeing red, the red card that is.

The rest of the game was played ferociously from both sides which saw the Falcons put on another try to seal the game 12 points to nil.

Despit the loss, the Al Ain players returned proud from the game which proved Al Ain being a serious force in the game of rugby.

**Al Ain Rugby Club**

Al Ain Rugby Club is situated immediately behind the Al Ain English Speaking School on school road. There are teams ranging from Under 8 years right up to adults and even a Veterans team for the over 35's. Training takes place on Sundays and Tuesdays from 4.30pm to 7.30pm. The club is

a family based, safe, friendly environment where you can enjoy

everything from sport on their wide screen TV's to light refreshments to physical fitness training to watching or playing a good standard of rugby.

The club is always looking for new players of all ages and nationalities. If you are brand new to the game or a seasoned

player, or anything in between please call Mark Smith 050 6631745 or Steve Arnott 050 3351250.

Al Ain Rugby Club would like to thank this years sponsors;

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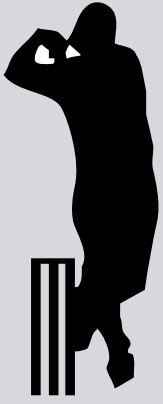
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## AL AIN CRICKET ASSOCIATION



Pakhtoon CC thrashed Baloch CC by nine wickets while Ghantoot CC, Al Jabri CC and Mughal CC emerged victorious by huge margins in the second round matches of the 12th Nehru Cup 2006-07 played over the weekend in Al Ain.

Baloch CC set a target of 210 for Pakhtoon CC that was smashed by

opener Akbar who hit a blistering unbeaten 112 (6x6s, 14x4s), well supported by Raseeka (68n.o.) to see his team through an easy victory by nine wickets against a hapless Baloch CC.

In Al Jabri CC-WED encounter, superb ground fielding and some brilliant catches by Al Jabri CC youngsters shocked WED CC who were skirted out for just 116, their lowest score of the season. Al Jabri CC knocked off the required runs without hiccups in 12 overs taking sweet revenge for their previous defeat.

Mughal CC kept their dominance with another remarkable win over

Bin Saqr CC. Bin Saqr CC were bowled out for 149 with veteran Agha Amjad (64) showing form with the bat. Mughal CC acquired the winning target with ease as opener Amanat hit 50 thus winning by seven wickets.

Al Ain Sportsplex youngsters found Ghantoot CC too hot for them as opting to bat first, they could manage 156/8 in 25 overs with opener Rinku hitting a bustling 68. The winning mark was achieved without much effort in 14th over as opener Shahid struck 57.

The tourney is being held under the auspices of Al Ain

Cricket Association and sponsored by Al Faraa Group of Companies and co-sponsored by UAE Exchange.

Summarized Scores:

Baloch CC lost to Pakhtoon CC by 9 wickets.

Baloch CC 209/8 in 24 overs (Faisal 20, Ishaq 50, Idrees 56, Niyaz 20, Hassan 3/52, Rasika 2/30) Pakhtoon CC 213/1 in 18.5 overs (Raseeka 68 n.o., Akbar 112 n.o.) Man of the match: Akbar of Pakhtoon CC

WED CC lost to Al Jabri by 7 wickets.

WED CC 116 in 21.2 overs (Sajjad Hussain 32, Omer 3/16, Irfan 3/23)

Al Jabri CC 117/3 in 12 overs (Saud 34, Ashfaq 23, Omar 21 n.o., Waris 2/37) Man of the match: Omer of Al Jabri CC

Bin Saqr CC lost to Mughal CC by 7 wickets.

Bin Saqr CC 149 in 23.1 overs (Agha Amjad 64) Mughal CC 155/3 in 22 overs (Amanat 50, Irfan 29, Azam 43 n.o., Imran 22 n.o., Masrur 2/10) Man of the match: Amanat of Mughal CC

Al Ain Sportsplex lost to Ghantoot CC by 8 wickets.

Al Ain Sportsplex 156/8 in 25 overs (Rinku 68, Imran 3/19) Ghantoot CC 158/2 in 13.5 overs (Shahid 57, Imran 39 n.o., Bilal 33 n.o., Saqib 2/35)

Man of the match: Imran of Ghantoot CC

Fixtures for Friday (23/02/2007):

ACA Ground 1: Al Ain Sportsplex vs Al Faraa Blues at 8 am

ACA Ground 3: Al Jabri CC vs ISC at 8 am

ACA Ground 1: WED CC vs Ghantoot CC at 2 pm

ACA Ground 2: Pakhtoon CC vs Mughal CC at 2 pm

ACA Ground 3: Bin Saqr CC vs Baloch CC at 2 pm



Last Friday saw the first round of the Al Ain Motocross Championship at the Al Ain Speed and Hobbies club. Riders from all over the Emirates traveled to Al Ain to take part in this event, which was also to represent the third race in the UAE National Motocross Championship.

Competitors ranged in age from 6 years old to 48 years old riding machines from 50cc mini quads up to 450cc Open class bikes and quads. Junior racing took place on the junior track which was designed and built by Sean Gaugain of Gecko Motorsports, Dubai. The senior track was brought up to race day condition by Mohammed Al Balushi of the Dubai Motocross Club and offered spectacular racing with big table tops and huge double jumps.

Spectators also were privileged to watch some

top standard international riders: visiting rider Mitch Cooke, a professional rider with the Blackfoot Honda Racing Team in Canada gave us an awesome display of riding in the Pro class as did brothers Cedric (14) and Julian (12) Leiber from Belgium racing in the 125 Youth class and 85cc class respectively. «Cedric and Julian are racing for KTM in the European Championships and stand a good chance of finishing on the podium» said their coach Georges Jobe, himself a five times world champion.

Only three riders from Al Ain competed in their home event, Gary Evans and Daz Sweatman raced in the Club-

man class and James Evans, the youngest rider on the Honda team, in the 85cc class. «I was disappointed with my 4th overall,» said James «but it was good enough for me to maintain second place in the National Championship. If I can maintain second place, it means that the Honda team will have a good chance of being one and two on the podium in the Nationals.»

The team at the Al Ain Sports and Hobbies club did a great job of putting on a fantastic day's racing and thanks must go to all of those who volunteered their time to help with the organisation on the day.



## Ghantoot Ice Hockey Team

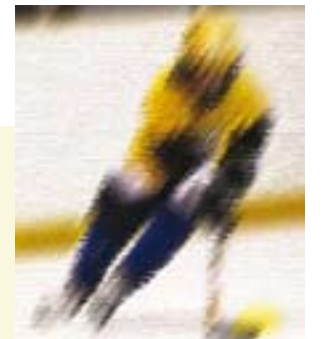
Under the supervision of His Highness Sheikh Falah Bin Zayed Al Nahyan, the honorary president of the United Arab Emirates Ice Hockey Association, Ghantoot Ice Hockey Team was officially established in October 9, 2001 and ever since then the team worked hard to build up a champion reputation that it owns and plans now to keep for ever more. Ghantoot Ice Hockey Team is not just a hockey team; it is the team, the name that proudly lifted up high the country flag. Since its start in 2001 Ghantoot Ice Hockey Team has taken a strong stand in the games world, in spite of all the difficulties and challenges, it always faced it with remarkable success and victory. Ghantoot Ice Hockey Team is considered to be one of the top teams not only within the country, but also in the Gulf region.

Organizing the «First Annual Ghantoot Ice Hockey Tournament» with the blessings and total support of His Highness Sheikh Falah Bin Zayed Al Nahyan was only a step followed by many more that this team took to bring the

game to public attention. Through this tournament, the team was able to create a wide base of fans and show the great capabilities and talent that our country has to all the participants.

Aside from the annual tournament, Ghantoot Ice Hockey Team has played and won lots of tournaments both inside and outside the country. For example, Dubai International Tournament organized by the Mighty Camels was one of their Cups last year, which they are planning to take home this year too. There is also the Vipers Tournament starting only few weeks from now.

The fame of this team is not only seen through the number of tournaments they won and cups they collected, but also through the major expansions in the team structure. Ghantoot Ice Hockey Team established a Juniors Team that in less than a year since it first started was able to organize and win Al Ain Ice Hockey Tournament. In continuation to their effortless attempt to put the country among the



pioneers in this game, Ghantoot Team also established the first Girls Ice Hockey Team, which is known to be the first of its kind in the entire Middle East Region.

Being part of the community they live in, the team participated and encouraged lots of different events including schools and colleges exhibitions. Recently the team has adopted the creative idea of training young elementary school girls as the beginning to establish a Girls Junior Team. The idea was supported by Al La'alea School and its courageous teaching board, especially through its principle Ms. Mariam Hamad Al Shamsi. The entail program will start soon with an estimated number of 200 girls that is subjected to increase in the future.

Even though, the team could be considered young, it has created a great history for itself. A history full of glorious events that will last a lifetime