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# New Branch of Abu Dhabi Money Market in Al Ain

- Ikram Yousef



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## Drug Abuse

Al Ain Police hold event to increase public awareness



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## Green Al Ain

Al Ain Municipality keeps the city green



His Highness Sheikh Hazaa Bin Tahnoun Bin Mohammed Al Nahyan, the general manager of the President's Diwan, in the presence of the head of the Abu Dhabi Money Market council Mr. Nasser Al Suweidi opened the new

Money Market Branch Al ain. Mr. Suweidi also talked about how the opening of new branches will make it easier for investors to carry on their projects wherever they are, and that this would also be for the economy and country.

# Fire in Ahlia

- Al Ain Times Report

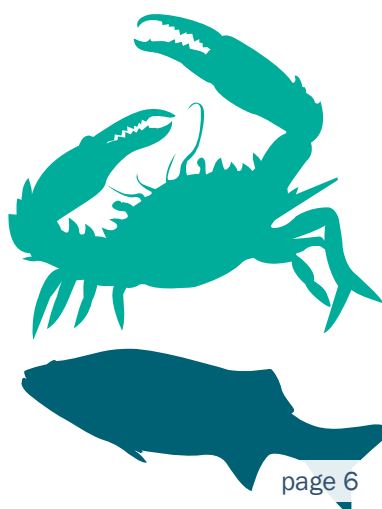
The civil defense in Al Ain succeeded in controlling a fire that took place in the stores of Al Ahlia in the Al Khobaisi area on Wednesday the 27th of June at 8:00 pm.

Sources tell that the cause was an electrical failure which cut of electricity in Al Ahlia stores for many days.

The rescue teams and the civil defense arrived quickly and took control of

the situation and nobody was harmed. However, the damage caused by the fire had the super market and La Brioche café closed for 4 days. The electricity was cut off and subsequently, the air conditioners were not functional.

Al Ahlia supermarket has been in the same location for about 20 years where the shoppers of Al Ain visit the store in regular basis.



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## Awareness

Fishing for the Truth

## WHAT'S NEW

### Al Ain Police Department hold Global Drug Abuse Awareness

- Maha Tatanaki



Al Ain Police Department held Global Drug Abuse Awareness at Al Ain Mall under the slogan "Drugs are the path to doom... choose your path!" The Campaign that began on the 26th of June opened with a speech from the head of Drug prevention Pregader Hameed Saeed Al Azree. He emphasized

the importance of the participation of all members of the government to make the public aware of the danger of drug abuse and the impact it has on society. He also asked parents to take care of their children and have an active role in their lives so they don't fall victims to drug

problems. Much gratitude and appreciation went to their Highnesses to Sheikh Khalifa bin Zayed Al Nahyan and Sheikh Mohammed bin Rashid Al Maktoum Rulers of the Emirates for their efforts and support to preserve the safety, stability and the constant progress in this country.

### 500 Teachers Fired

*Questions Arise about teacher evaluation and standards*

- Ikram Yousef

Teachers from model schools were shocked as 500 of them were fired from their jobs this year. Teachers let go included all fields of the sciences, math, and languages.

Several teachers who protested against this were told by the Ministry of Education that these actions were taken for the best reasons - to improve learning and education in

the country. People fired were mostly those with highschool diplomas, but even university graduates and people with master's degrees were not spared.

### Europe's top health care institutions to operate Al Ain Hospital

- Lucky Mae F. Quilao

The Health Authority Abu Dhabi, the Medical University of Vienna, one of the largest Medical Schools and Teaching Hospitals in Europe, and VAMED, an internationally highly successful company specialised in healthcare services, signed a landmark partnership agreement to rapidly and comprehensively upgrade health services in the city of Al Ain on the 12th June.

The agreement was signed at the Sea Palace in Abu Dhabi, in the presence of General Sheikh Mohammed bin Zayed Al Nahyan, Abu Dhabi Crown Prince and Chairman of Abu Dhabi Executive Council.

Under this agreement, the popular central hospital in the City of Al Ain, which currently has an in-patient capacity of 425 beds and is visited by an estimated 250,000

patients including more than 18,500 inpatients annually, will be managed according to modern patient satisfaction focused approaches and international clinical best-practices. Simultaneously, a new modern hospital building will be constructed on the adjacent site starting this year that will replace the almost 30-year-old current facility by mid 2011.

### Results of Road-Shows held recently by ADSM in London & New York

Mr. Rashed Al Baloushi, Acting Director General (ADG) of ADSM in the participation of Mr. Elie Ghanem Business Development Consultant and Mr. Khaled Al Suwaidi Manager of Listed Companies, arranged a press conference on Wednesday 27th June at ADSM to announce the results of road-shows held recently in London and New York during this month through intensive meetings with representatives of British companies, investors and finance houses in the UK and New York, also in the presence of representatives of the 100 major largest companies,

experts and financial analysts, investment funds, pension funds as well as Portfolio Managers of major companies with the participation of representatives of major listed companies in ADSM which comprised Aabar Petroleum Investment Co, Al Dar Properties, Dana Gas, National Bank of Abu Dhabi, Abu Dhabi Commercial Bank, Abu Dhabi National Energy Company, Oasis Internal Leasing Co, and RAK Properties, Sorouh Real-estate, and Emirates Foodstuff & Mineral Water (Agthia). The aim of this is to open more channels that support attracting foreign investments in



UAE generally and ADSM in particular.

"The importance of organizing such road shows in foreign countries, would maintain economic relations between the concerned parties and strengthen the economic sectors in UAE, where the strategies developed by the government to maintain economic partnerships locally, regionally and globally towards further growth," said Mr. Al Baloushi.

### Etihad Airways inaugurates pilot programme

*12 UAE nationals begin training*

- Lucky Mae F. Quilao



After a two-month extensive assessment in personality development, language aptitude and medical examination, some 12 UAE nationals are picked from 500 applicants to be the pioneer students of the Etihad Cadet Pilot Programme and undergo training at the Horizon International Flight Academy.

"This is a momentous occasion in Etihad Airways' short history as we celebrate our first intake of UAE national cadet pilots. With Etihad's incredible growth set to continue, it is crucial that we develop further our Emiratisation scheme across all divisions of

the airline," said James Hogan, CEO of Etihad Airways.

The students are Khalid Abdul Ghani Al-Maharbi, Ebrahim Hasan Ebrahim, Abdullah Mohammed Al-Afifi, Waleed Abdulla Al-Maysari, Ahmed Yousef Othman, Muhannad Haitham Al-Maisari, Abdulla Saeed Al-Otaiba, Mohamed Saad Al-Menhali, Tariq Ibrahim Al-Ahmedi, Mohamed Khalifa Al-Falasi and Ayman Abdulla Bin Jathnan.

"It is a great achievement for the new Emirati cadet pilots, and I look forward to working closely with them during the next few years as they train to

become fully-qualified pilots with Etihad Airways. These young Emirati cadets are a core part of Etihad's future," said Captain Ismail Al Rais, Head of the Etihad Cadet Pilot Programme.

The programme will continue to operate throughout the year. Aspiring pilots aged 30 can still apply since Etihad ruled the maximum entry age to that year instead of the usual 24 years old.

Some 21 applicants are already on the line to join the programme, taking courses such as Physics, English and Math for their preparation.

# Keeping our city green

Al Ain Municipality deals with Italian firm

- Lucky Mae F. Quilao



Aiming to further beautify the Garden City, Al Ain Municipality signed an agreement with Ansaloni, an Italian company, to will help them maintain the greens of the city.

The AED 24 million contract will finance the projects as well as minimize the water consumption and reduce the

amount of labour with the technologies they would use.

Meanwhile, Ewadh Khalifa Al Darmaki, Director of Al Ain Municipality, is preparing for a similar contract, which will be signed in the coming days.

# Retail Giant Leads In An Environmental Awakening

The glass and stone structures of the local shopping malls, full of consumer delight and materialistic ideals, that dominate our local communities, are hardly the establishments that spring to mind when you think of environmental awareness and social conscience. However with over 600,000 people in foot traffic per month and the most culturally diverse customer base in the local area, the Al Jimi Mall in Al Ain, run by ALDAR Properties, is what some may say is the perfect platform to raise the awareness and lead the community in an environmental awakening.

It is said that 200 Billion cans, bottles, plastic cartons and paper cups, are thrown away each

year in the 'developed' world. It is with knowing these facts that responsible consumer oriented companies, such as ALDAR Properties and Al Jimi Mall, should be setting an example and leading us into reducing the impact that consumers' make on the situation.


Throughout the month of July ALDAR Properties and the Al Jimi Management team, with the support of the partners and sponsors, will be doing just that by launching their very own environmental awareness initiative. The initiative is aimed at everyone from the children, through the youth, to the adults.

"It is imperative that we involve the children in any awareness initiatives, if you do not

the future can only hold a stalemate for the social conscience" said Konrad Kolankiewicz, the Retail Marketing Manager.

There will be display boards with posters and media from the partners enabling as much ecological information as possible can be passed on to the visitors of Al Jimi Mall. The role of the communities' largest and most luxurious mall is changing, from centre of a retail community, to the leader of the social conscience of that community.


ALDAR Properties and the Al Jimi Mall could be leading the new direction for other malls and retailers in the region... "Consumerism with a social conscience"



## Get the Picture?

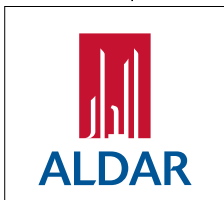
Save the Environment... it is YOUR WORLD!  
Join the Eco Club, throughout July at **Al Jimi Mall**, to learn about current issues and how you can make a difference

**July 1st - 27th 2007**



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## EDUCATION & CULTURE

### First Mental Health International Conference

- Ola Salem

Under the patronage of H. H. Sheikh Nahyan Mubarak Al Nahyan, Emirates Psychological Association presented the First Mental Health International Conference held on the 27th and 28th June at Al Bustan Rotana Hotel, Dubai which was proudly sponsored by Al Ain Times.

Over the two days, ten international speakers and two professors from the UAE presented their findings on direct and indirect self-destructive behavior and mental disorders: trans-cultural differences.

The objective of this conference was to spread awareness among the community and specialists on treating people with self destructive behavior.

It was understood that people aged between 15 and 24 years are more prone to commit suicide due to depression, excessive use of drugs, and insomnia. Other topics included developments in biology and genetic destructive behavior, cultural and religious role in self-destructive behavior, self destructive behavior in mental and psychological disorder and childhood

abuse and prevention strategies.

#### To Die Or Not To Die?

Professor Jean Pierre Soubrier, an international spokesman, discussed the many faces of self destructive behavior-concept-prevention strategies. He concluded that suicide can be explained as a direct act or acting out behavior, full of ambivalence, implying different preventive strategies making suicide prevention a major world issue. Strategies that need to be used are organizing follow ups and evaluating risk factors. "The goal is to get individuals to live better and help those in despair," he said.

Dr Suad Al Marzooqi, a spokesperson from the UAE University, discussed the relationship between childhood abuse, depression and self-destructiveness among women in the UAE. Her study tested the hypothesis that self - destructive behavior is more prevalent among patients with a history of child abuse than those without such a history. 56 women participated in this study, 28 of which admitted to being

exposed to childhood abuse while it was denied by the remaining women, concluding that this type of abuse was common among patients with self - destructive behavior and not among control participants.

Another UAE based spokesperson was Dr. Saoud Al Mualla. His presentation was titled 'Management of Self- Harm: Back to Basics' and focused on psychotherapy in dealing with clients with self harming behavior. His research involved identifying the person centered concepts and looking at the client as a complex human being with unique needs.

This conference initiated the first steps to raising awareness in the Arab world, discussing the major issues in the world today on treating self destructive behavior. This provided an insight to future plans that will be pursued, thanks to H. H. Sheikh Hamdan Bin Rashid Al Maktoum who has provided the Emirates Psychological Association with 20 million Dhs.

For more facts on Emirates Psychological information visit [www.epauae.org](http://www.epauae.org)

### Ambassador Satch...

- Lucky Mae F. Quilao

"Louis Armstrong, as an individual, influenced the world in the name of America more than any individual in the history of entertainment," said Andre De Shields, main actor and co-author of the two-hour musicale, Ambassador Satch, which was performed at Sheikh Khalifa Auditorium at the UAE University Medical School, June 27.

"There others who contributed to the gift of music from America to the world, but none lived as long as Louis Armstrong, none of them has a reputation that lasted like Louis Armstrong's or influenced generations of younger musicians as Louis Armstrong did, and no other name is indelibly associated with the creation of jazz," he added.

The play also starred Harriet Foy who portrayed all four of Armstrong's wives, Terry Waldo is the Musical Director, Mercedes Ellington is the Director, and Stanton Davis plays the trumpet like Armstrong. James P. Mirrione co-wrote the play.

"Louis Armstrong's music makes people happy, and that's what the world needs. It's a bomb. It's an elixir. It's a magical potion. When you hear a Louis Armstrong, you smile," he added. "And Louis Armstrong's greatest

effect was achieved in the presence of another live human being."

"The show is called Ambassador Satch because Louis Armstrong was an Ambassador of Goodwill. Wherever he went, he left goodwill. In the world there is so much intolerance, so much hate, so much war, so much bad feeling, and so much hostility - we are waging peace and goodwill through his acts."

"Portraying him and presenting his whole life in a play is difficult because the man's life is so expansive and so extravagant, and he continues to influence generations of other musicians. So it is very important that when telling his story, which is so wide, that you narrow the focus to a theme that includes most people."

"Most people know about his music such as What A Wonderful World. But his discography is 71 years long. He was born at the turn of the century, and for his entire life, he was the greatest symbol of American jazz. Our purpose is to select the highlights of his life that most people can relate to so that the story that we tell resonates in everybody's heart. But you cannot please everybody."

"Also, Louis Armstrong was not formally trained as a musician and he was

and all that jazz



not formally educated. His genius is spontaneous, a gift, while most of us in this industry have trained in order to acquire our craft. One has to be a channel for his spirit, and not worry too much of the actor's personality to the play."

"I don't need to be like Louis Armstrong. I don't need to be the man. I don't need to have his talent, but I would like to learn his gift of bringing light to where there was once darkness. I want to be able to come into a situation where there is hate and leave love, where there is injury and leave healing, where there is despair and leave hope, where there is darkness and leave light, where there is doubt and leave faith. That's genius. That's being great. That's being useful and having a purpose."

Ambassador Satch will play at the Abu Dhabi Cultural Foundation Theatre at 8 p.m. on July 4 and 6.

### The Learning process never ends . . .

- A.D.Q

I have a colleague who has been repairing computers for the past fifteen years. When I see her working, she has that look in her eyes that says 'I have been doing this job day in day out for the past fifteen years. I want to do something different, something new'. I suggested to her one day that she go back and pursue more education to get out of the routine job, after all the learning process should never end.

For my colleague this was not an option, because she had too many commitments. But for so many other women, education has been a lifelong process. These women have sought after education despite the difficulties they have faced. I decided to write this article because these women inspire me. They persevere

to get educated despite the issues that they confront, including juggling home and family commitments, and having to compete with much younger students. For many women outside the UAE, accessing education is an onerous struggle that is often very expensive and sometimes dangerous. In many war torn countries women committed to continuing their studies must risk their lives to attend classes, seeking knowledge being one of their foremost priorities.

For many women who pursue education, they do so because they respect and value learning for itself, and often, their eventual goal is not merely finding employment. I sometimes think about many of the girls my age that I see

at various educational institutions. Unfortunately, for many of them, college or university is one big café where they meet and socialize with friends, and study only happens in order to obtain a good grade without much thought into the value of learning for itself.

Emiratis value education and seeking knowledge, Sheikh Zayed, the father of our nation once said, "Education is like a lantern which lights up your way in a dark alley."

Educated people are highly respected in our society. In my opinion, the diploma or degree are not the most relevant, but rather the learning journey that one takes to obtain them. I also believe that no matter what certificate or degree you

obtain, it does not matter, as long as you have taken that journey through the learning process. For many women, the degree or certificate will provide her with one of the most powerful weapons with which she has greater control over the direction of her life.

Women in the UAE must reflect on the numerous blessing which have been bestowed upon us. Our country provides us with free schooling, libraries, buses, top of the range educational technology, internationally qualified teachers and everything that a student needs to pursue an education. Our country will even pay for our tuition fees if we decide to study abroad! To repay our country for these blessing, we should strive to achieve our best so that we can develop our country.

## ALAIN SPORT PLEX CRICKET ACADEMY

- Asif Hussein



Mr. Senthil Nathan of the MRF pace foundation, Chennai Batting coach visited the cricket academy at Al Ain Sports Plex on 28 June, 2007.

The camp was attended by large number of children of different age groups. Senthil Nathan gave valuable tips to the players and pointed out the way their game

can be improved. He answered the queries of the players and assured them of more visits to AlAin.

Welcoming the guest was Mr. Mohd. Khalifa Al Darmaki the General Manager of the Al ain Sportplex. He briefed the coach and the visiting guest about the progress and development being

made in the Cricket academy. He promised full support to the game of cricket.

Senthil Nathan praised the coaching skills of Imran Hussain, the Head Coach of the academy and the development and the facilities at the cricket academy

## AL AIN HAS TALENTED SISTERS IN ARTS

- Monique Holtzhausen

In the basement under the auditorium stage of the Maqam Girl's campus, lies a hidden world filled with art, colour and creativity. It is here where you will find as many as 20 female students meeting as often as their study schedules will allow, sharing their collective passion for the visual arts and creating beauty.

The Art Studio was started in 2003 by a number of undergraduates who were looking for an outlet for their creative energies. "The university decided to shut down the graphic arts program, but we were not going to let it stop us from developing our talents and pursuing our dreams," says Nawal Ubaid – one of the founding members of the group and an accomplished and award winning artist.

The mediums of art that from the Art Studio are as diverse as the students that have created them. "Although we are all different ages and from different backgrounds and areas of study, we have become a sisterhood joined through our art," Noura Abdulla says, a 20



year old student studying English literature.

The members of the Art Studio teach and inspire one another to achieve greater heights and apply new techniques. "We continually learn from each other, share hints and tips and are each other's greatest fans and supporters," Nawal says.

"Our doors are open to any student who is eager to learn – even if she has never picked up a pencil before in her life. A desire and a love for art is all she needs. We will do the rest and guide her through the initial steps of relaxing and softening the muscles in her hand, thereby releasing tension and anxiety in order to bring out her abilities to manifest shade and light

when drawing," Nawal says.

Apart from drawing and painting, they teach every kind of art and handicraft imaginable – including drawing on glass, oil, chalk and pastel drawing, drawing with coal, watercolor painting, drawing by burning wood, engraving wood, photography, digital art and making accessories. Professional art tutors visit the Art Studio from time to time to give them practical, hands on training, and the students are often invited to exhibit their work at various exhibitions and events.

For more information about the Art Studio, call (03) 713-4774 or (03) 767-2340

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### Abu Dhabi University Honors Students' Appreciation Ceremony

- Ekram Youssef

Sixty-five students (50 females and 15 males) were honored for their outstanding academic performance in the Honor Student Appreciation ceremony, which was held recently in Abu Dhabi University (ADU)-Al Ain campus. All students being honored had GPAs of 3.75 and above.

The event was organized by the office of Student Affairs and Campus Director and was attended by Dr. Julia Saurazas, Al Ain campus Director, a number of ADU's registration staff members, the Acting Deans of the College of Arts and Sciences (CAS), the College of Business Administration (COBA), and the College of Computer Science and IT (CS & IT).

At the commencement, Ms.Nevine El Shoura,

Registrar, thanked the students for attending and congratulated them for their outstanding academic achievements throughout the preceding semester. She concluded her speech by elucidating the program of the ceremony.

Afterwards, Dr. Julia, Al Ain campus Director, extended a welcome to everybody present and applauded the students' exceptional efforts and presented them with certificates of appreciation in recognition of their achievements

After all the certificates were handed out, overall awards of excellence were presented to the top student of every college.

Towards the end, everybody was invited to a variety of refreshments where the sound of congratulations and laughter filled the air.

### DIFC hosts UAE student art exhibition



As part of its ongoing commitment to providing support to aspiring UAE nationals, including those who seek the arts, the Dubai International Financial Centre (DIFC) is currently hosting an exhibition of artwork by the students of Latifa College, a division of Zayed University, that was established in October 2003 under the patronage of Her Highness Sheikha Alia Bint Khalifa Al Maktoum. The student art show, titled "e11even," runs from June 26-June 30 and is being held in the Atrium Building of the DIFC.

# ...Fishin'... for the truth

## Fish...

We know they are a great choice of meat because they are low fat, and have a lot of benefits.

**But do you really know the benefits?  
Let's see...**

Harvard School of Public Health (HSPH), the FDA and the EPA all say that eating fish and shellfish will provide people with a high quality of protein and essential nutrients. They also explain that fish have a low amount of saturated fat, and have a high amount of omega-3 fatty acids (which are REALLY important).

## So...

**What does this mean for us?  
Well...**

It means that if adults eat the right kinds of fish (mostly oily, short living fish, like salmon, sardines, herring and young tuna), they would be helping protect their hearts from coronary heart disease, stroke, depression, and mental decline with age. The HSPH found that if a person eats around 12 ounces\* of fish a week, (around two helpings a week), it will decrease the probability of him/her getting a coronary heart disease by 36% and decreases general deaths, (through any health causes), by 17%. Those figures are AMAZING!

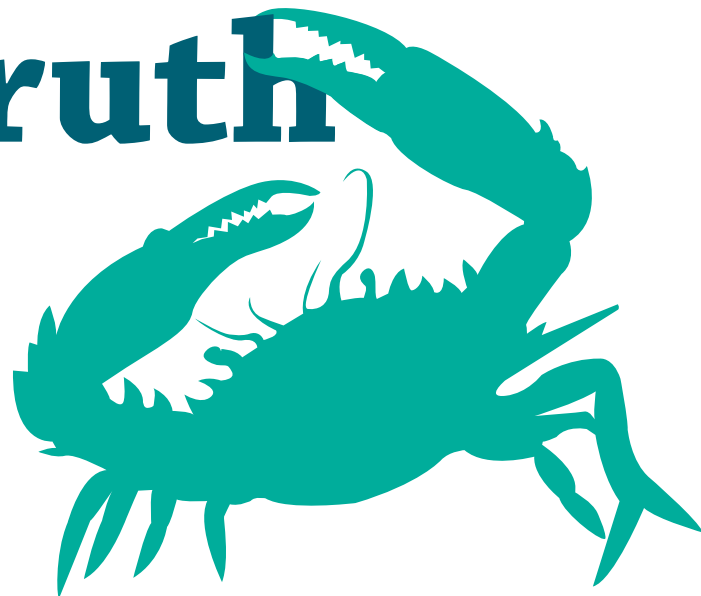
It also means that if a pregnant or breastfeeding mother eats fish, it will, with very high probability, improve the brain development of her fetus or very young baby, as well as promote the infants' healthy vision. Eating fish and shellfish also seems to decrease the risk of mothers delivering pre-term, low-birth-weight babies. HSPH, the FDA, and EPA all agree that omega-3 fatty acids in fish are really useful for the healthy growth of mothers' infants.

## But...

while fish have so many health benefits, a lot of people have been eating less fish because they are worried about how pollution (mainly mercury) is affecting the fish, (and in turn, affecting them through the fish).

**So let's take a look at how  
mercury affects fish,  
and in turn, US.**

Mercury is a natural element in the world. It is a metal that we can find in several different forms, and is naturally released through volcanoes, forest



fires, undersea vents and weathering rocks. But since it is an element, it is not biodegradable, and once it enters the environment, it stays there.

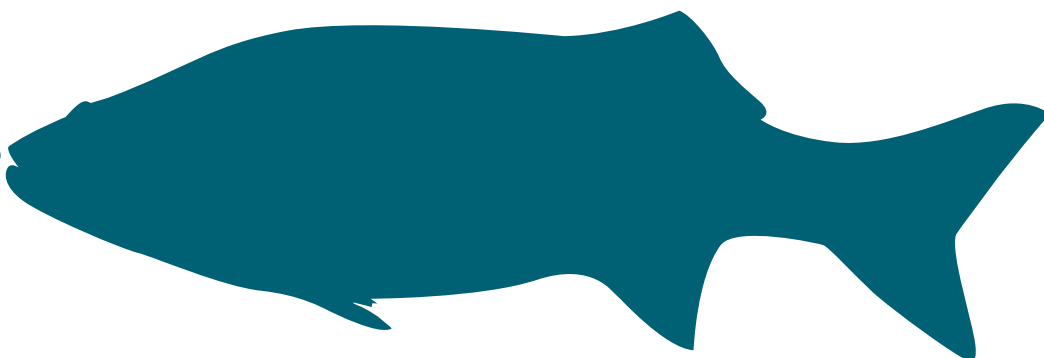
There are three types of mercury that can be found. They are, the liquid metal form found in thermometers (they become gaseous when exposed to the atmosphere), inorganic mercurials found in some antibacterials and disinfectants, and methylmercury, which is the organic form that can be found in fish.

Humans have made the levels of mercury rise unnaturally by mining and using mercury in industrial activities. Because mercury evaporates into gas when exposed to the atmosphere, it can transfer from one area to another through the wind, and be deposited in other areas through rain and snow.

Bacteria convert elemental mercury into methylmercury, and then fish absorb the methylmercury through their gills and as they feed on other organisms. This toxin gets more concentrated as it moves up the food chain.

When there is one little fish that eats plants, it will get some methylmercury. Then comes a medium fish, that can eat 20 small fishes in several weeks, it will therefore get 20 times the amount of methylmercury found in the small fish. Then comes an even larger fish that can eat twenty of the medium sized fish, and so the amount of methylmercury becomes 400 times the small fish. Since larger fish eat smaller fish, and live longer, the problem gets worse.

Methylmercury binds to muscle tissue, and fixes itself so that it will never be removed. Even cooking doesn't have a way to lessen the amount of toxin. So when people eat fish that are higher up in the food chain, they are getting a higher amount of methylmercury into their system.



Now

let's take a look at how

# mercury affects us...

The United States Environmental Protection Agency (EPA), states that if a person eats a lot of fish with high amounts of mercury deposited in the fish, the person may be subjected to mercury poisoning, which causes vision impairment, lack of motor coordination, and numbness. If mercury is taken in at really high levels, it causes seizures, severe neurological impairment, and death.

But

# WAIT!!!

There's **NO** reason to panic!

The Harvard School of Public Health (HSPH), the FDA and the EPA realized that people were not eating fish because they were scared of mercury. So, in 2006, HSPH decided to do the most comprehensive study ever done on the health benefits of fish versus the negative effects of mercury in fish, and the FDA and EPA did their first combined report on fish and their positive and negative health effects.

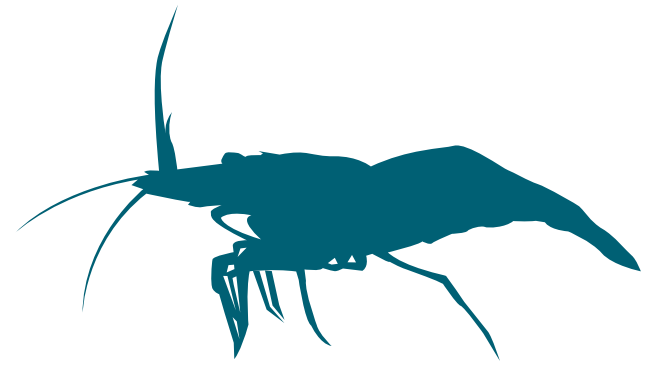
HSPH's findings proved to them that "For major health outcomes among adults, based on both the strength of the evidence and the potential magnitudes of effect, the benefits of fish intake exceed the potential risks. For women of childbearing age, benefits of modest fish intake, excepting a few selected species, also outweigh risks."

The head researchers of HSPH, Mozaffarian and Rimm, stated that the benefits of eating low mercury fish significantly outweighs the negative effects of mercury in these fish.

The FDA and EPA stated that if people follow three basic recommendations for choosing and eating fish or shellfish, they will get to have the benefits of eating fish and at the same time, the confidence that they have reduced their exposure to the harmful effects of mercury. These three recommendations are:

1. People should not eat fish that are very high in the food chain and have a long life span. The fish really warned against are Shark, Swordfish, King Mackerel, and Tilefish.
2. Adults should eat up to 12 ounces (2 average meals) of a variety of fish/shellfish with low amounts of mercury each week. Five of the most commonly eaten fish low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. (Another fish people usually eat is the albacore ('white') tuna. This fish has more mercury than canned light tuna. So you should not eat too much of this kind of tuna.)
3. Finally, check local advisories about the safety of fish caught by family and friends in the seas, oceans, rivers or lakes near you. If there is no advice available, eat up to 6 ounces (one average meal) per week of fish you catch locally, and then don't consume any other fish during that week.

Article written and designed by Imene Rafii. Information taken from: 1. 'Mercury in Fish vs. Omega-3 fatty Acids Health Benefits' by Tim Fitzpatrick at <http://environmentalchemistry.com/yogi/environmental/200511mercuryvsomega-3fattyacids.html> 2. 'New Study Shows the Benefits of Eating Fish Greatly Outweigh the Risks' by Harvard educator, Todd Datz at [www.hsph.harvard.edu/press/releases/press10172006.html](http://www.hsph.harvard.edu/press/releases/press10172006.html) 3. 'Backgrounder for the 2004 FDA/EPA Consumer Advisory: What you need to know about mercury in fish and shellfish', by the US Food and Drug Administration at: [www.fda.gov/oc/opacom/hottopics/mercury/backgrounder.html](http://www.fda.gov/oc/opacom/hottopics/mercury/backgrounder.html) 4. Crab image based on image in [www.everypicture.com](http://www.everypicture.com). Other images based on photos taken by Imene Rafii.



Follow these recommendations when you are feeding your young children, but serve them smaller portions.

All together, the findings showed that the health benefits of eating fish is much greater than the potential risks, especially when people follow the recommendations that reduce the small chance of being affected by these risks. So go right ahead and start eating a variety of fish a week.

Here is a table, taken from the Washington Post article: 'Benefits of Fish Exceed Risks, Studies Find'.

## Omega-3 and Mercury Levels in Some Fish

fish/seafood	omega-3	mercury
shrimp baked, boiled, steamed, canned	1	0
shrimp breaded and fried	0	0
tuna light canned	3	2
tuna white canned (albacore)	4	3
tuna fresh grilled bluefin	1	3
tuna fresh grilled yellowfin	1	3
salmon canned	4	0
salmon farm-raised	4	1
salmon wild	4	1
catfish	1	1
tilapia	1	1
crab blue	3	1
crab Alaska king	1	1
cod	1	1
clams	2	0

Key: 1=lowest, 4=highest, 0=none

## LIFESTYLE

## Mom's Kitchen

- by Amal Tatanaki

## Couscous with fish



## Ingredients:

1 box of cous cous (medium)  
 2 kg of hamour fish cut in pieces  
 1 chopped onion  
 3 diced garlic  
 1 tsp dry coriander  
 1 Tb dry cumin  
 1 lemon juice  
 2 Tb tomato paste  
 1 tsp hot chili powder  
 1 1/2 cup of boiling water

Garnish:  
 1 potato – 1 bell pepper – 1 egg plant  
 - cut lengthwise and fried

## Method:

**Fish sauce** - pot over medium fire, with 1/4 cup vegetable oil, saute' the onion and garlic, add the tomato and seasoning, after 2 minutes add the water, let it boil for 5 minutes, add the fish, let it cook for 12 minutes.

**Couscous** - In a deep bowl mix the couscous with 1/4 cup of tap water and 2 Tb vegetable oil, steam it for 10 minutes, then return it in the bowl, pour some of the fish sauce and put back in the steamer covered for another 10 minutes. Arrange the couscous in a big round serving plate, pour some of the fish sauce with a ladle, then arrange the fish on the top and decorate it with the fried vegetable. Serve aside with the left over sauce.

## Travelling With Your Toddler

- Maha Tatanaki

## Bag of Tricks

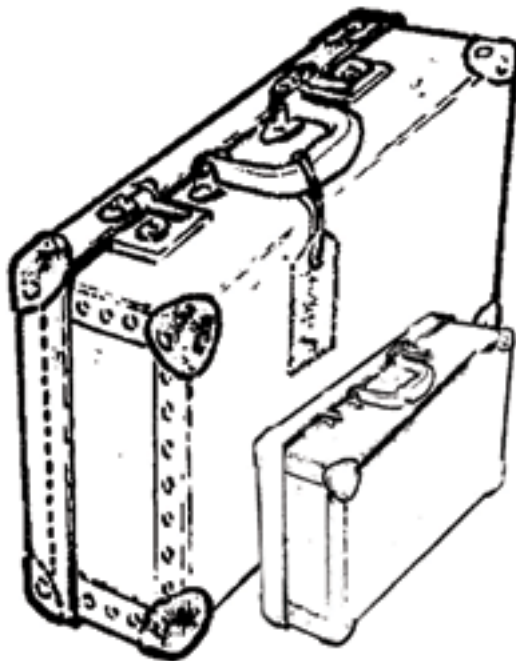
Always have a change of clothes and toys handy in case of emergency cleanups or tantrums. Keep a bottle of water and some light snacks while on the road and for long line-ups.

## Be Organized

Have your day planned before time. Do not cram it all into one day because you want to enjoy your vacation. Have things planned to avoid anxiety and stress on you and your children.

## Home Sweet Home

Young children especially toddlers are sometimes scared of new places (hotel rooms). Bring a familiar item from home such as a soft toy or blanket to have your child feel at ease. Another tip is try having breakfast or dinner in the hotel room to familiarize the child to the surroundings.



## Just In Case

It is very common for children to catch a cold while on holiday. Make sure you take cough medicine, vitamins, anti-mosquito cream, fever medicine, etc...

And of course if your child has any allergies bring that medication as well and make sure the child understands what he can and cannot have. Inform all those that will be with you as well.

## Bad Situations

Children and toddlers can immediately sense fear and anxiety in adults especially their parents. If you find yourself in a bad situation, act calm and try to keep a smile on your face. If you start screaming or frowning you will be left to deal with two bad situations, the new one being your children in fear and tears. Something I am sure everybody would like to avoid at all costs.

## Food variety sets summer fun

- Lucky Mae F. Quilao

"The most important part about the foods you choose is that you include a variety of foods to get the vitamins and minerals you need," said Dr. Wissam Ibrahim, Coordinator of the College of Food and Agriculture in the UAE University. "Add plenty of whole grains, beans, fruits and vegetables to your shopping list, and include low-fat dairy products, lean meats, fish, and chicken prepared with less fat."

Dr. Ibrahim further explained that healthy eating means incorporating fruits and vegetables in your daily diet. "It should be 8 to 10 servings, at least. Add fruits like strawberries to cereal and mandarin oranges to salad, or mix up traditional fruits and summer fruits like mangoes, papayas, watermelons and kiwi. [You can also] include vegetables in your salads or add them to pasta and rice dishes. Vegetables

are also perfect side dish for meat, fish and poultry."

He also stressed that 'fruit flavor in a juice does not mean fruit nutrition.' "The label '100% fruit juice' is the key to getting fruit nutrition. Beverages labeled fruit drink or fruit cocktail may contain added sugars, which often replace fruit nutrition and increase calories. Better choose fresh fruits than fruit juices or check food labels.

In addition to eating more fruits, vegetables and whole grains, Dr. Ibrahim advised to choose low-fat and fat-free dairy foods and lean meat, poultry and fish.

"Make sure to drink enough fluids. Most people should aim for 2 liters or

8 cups of fluids per day. People who spend more time outdoor should drink more."

Other tips that Dr. Ibrahim recommends are to eat small amounts of high-calorie foods; to enjoy traditional foods but watch portions; to share large portions with friends and family members; to space meals throughout the day; and to engage of some type of physical activity, such as walking on most days of the week.



# 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!

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

## PHOTO OF THE WEEK



Al Ain Zoo - Night Hours

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### SOLUTION:

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

# Upcoming Films

- Reviewed by Ola Salem



## Die Hard 4

On the Fourth of July weekend, an attack on the United States infrastructure begins to shut down the entire nation. It's up to police detective John McClane (Willis) to take down the conspiracy, aided by a young hacker when a criminal plot is in place to take down the entire computer and technological structure that supports the economy of the United States.

PG-13 for intense sequences of violence and action, language and a brief sexual situation.



## Harsh Times

Jim Davis, an ex-Army Ranger discharged from the military, is haunted by his former occupation. Rejected for a position in the L.A. Police Department, Jim is unable to marry his Mexican girlfriend and bring her to the US. He spends his time hanging out with his best friend, Mike Alonzo, who is pressured by his girlfriend to get a job. Complicated romance, disappointment and frustration leads them back to their former life of crime, drugs, and violence.

Contains strong violence, language and drug use.



## Stomp the Yard

Following the death of his brother, DJ - an excellent street dancer - decides to go to Georgia to attend Truth University. To escape his life troubles, DJ joins a struggling fraternity and implements his street-style dance moves to help the step team win the coveted National Step Show Championship. He soon becomes the competing fraternity's main rival. A typical dance movie, with a little story to fill in the gaps between spectacular moves.

PG-13 for a scene of violence, some sexual material and language.



## Premonition

Linda Hanson lives an idyllic life with her two daughters and perfect husband all until she receives the news of his death. However, the next morning she wakes up only to find him sleeping right next to her. At first it seems to her that the news of his death couldn't have been true and therefore must have been a dream, but its not. Linda experiences the most dramatic week of her life and learns about fate.

PG-13 for some violent content, disturbing images, thematic material and brief language.

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