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In Focus Humans Behaving Badly At Al Ain Zoo



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Awareness Tips to avoid food poisoning while on picnics



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Mom's Kitchen Macaroni Béchamel Dish

Al Ain Bans Smoking in Public Spaces

- WAM

Al Ain Municipality has banned smoking in all enclosed public places, including shopping malls, restaurants and other public places.

An administrative decree in this regard, issued by the municipality's Director General, Awadh Khalifa Bin Hasoum, will come into effect

on April 15.

Appropriate legal actions, including penalties, will be taken against offenders and violators in accordance with stipulated laws.

The move, which is aimed at ensuring public health and safety, falls in line with

the national anti-smoking campaign following scientific research confirmations that smoking is hazardous to human health.

The Ministry of Health will supervise the implementation of the new decree in collaboration with other related bodies.



Emergency and Public Safety Department in Al Ain save driver from burning vehicle

- Al Ain Times

The Emergency and Public Safety team in Al Ain, of the General Command of Abu Dhabi Police, was able to successfully extinguish the blaze that broke out during an accident on the new truck road in the Zakher area, where the Rescue and Ambulance team was able to extract the driver blockaded inside his vehicle before the fire consumed the entire vehicle. The driver was then taken to Tawam Hospital for treatment.

The driver (I.A.S.), of Indian

nationality, was driving from the concrete factory roundabout heading west on the left-most lane. Due to the driver's over-speeding he lost control of the vehicle which suddenly deviated to the right lane, where it hit a sandy mass leading to the vehicle losing contact with the road until it collided with a tree. The severity of the crash was such that the vehicle was divided into two parts and caught fire.

Mohamed Ibrahim Al-Amiri commended the chief of the

Emergency and Public Safety Department in Al Ain for the team's efforts in putting out the blaze and cutting through parts of the car to extract the driver before the fire consumed it entirely. Al-Amiri also

urged drivers to adhere to the speed limits and emphasized the importance of carrying fire extinguishers in vehicles as they play a vital role in quelling minor fires caused by accidents.



Tawam Hospital gives new meaning to life

- Lucky Mae F. Quilao

A set of twins after two miscarriages

They lost their first baby during pregnancy and their second child a few days after it was born. Their third baby lived, but developed severe liver problems that it died from after 21 days.

"Neonatal Hemochromatosis is a very rare disease. Its cause is very unusual and can more easily be explained by comparing it with Rhesus Alloimmunity, a disease most people will have heard about. In Rhesus Alloimmunity the mother develops antibodies that attack and destroy the red blood cells of her unborn baby resulting in the child being born with severe and often

fatal anemia. Similarly in Neonatal Hemochromatosis the mother produces antibodies that attack and destroy the liver of her unborn child, for reasons that are still unknown," said Dr. Hertecant, Specialist in Pediatric Gastroenterology in Liver and Metabolic Diseases of Tawam Hospital, who had treated the third child.

But upon nearly losing hope, Koya's wife, Majira, underwent a treatment that enabled her to give birth to healthy twins, with the cooperation of the Obstetrics and Gynecology Department of the Faculty of Medicine of UAE University headed by

Dr. Hisham Mirghani, and the Tawam Hospital-John Hopkins Medicine.

"The treatment went very well, as did the delivery and post-

natal period. Ms. Majira was delighted and relieved when her twin girl and boy were born healthy. The children are now home and doing very well," said Dr Mirghani.



The Koya family together with their twins (girl and boy)

IN FOCUS

Humans Behaving Badly At Al Ain Zoo

- Monique Holtzhausen

Lions licking soda cans or trying to get their paws into a can of Pringles chips, monkeys reaching through bars to get hold of junk food being offered to them and cans of fizzy drinks being hurled into the gorilla enclosure... These are only some incidents that were brought to the attention of Al Ain Times recently by concerned readers.

"The zoo is one of our favorite places to visit as a family, but seeing the disrespect people have for animals and displaying what can only be called "anti-social behavior" has put me off from going there again", said Yolande S., a resident of Al Ain who also provided these photographs of the litter being hurled into the lion enclosure.

Another resident, Mohamed U., also reported an upsetting incident during which visitors to the zoo started hurling cans of fizzy drinks to the gorillas. "A number of visitors had congregated outside the gorilla enclosure when one of them started lobbing fizzy can drinks to the gorillas," Mohamed said. "I found this extremely disturbing so I went straight away and reported it to three security / warden looking types. Their response to me was (after laughing it off) that this is normal and there was nothing to worry about - despite my pointing out to them that it is not normal for gorillas to down cans of fizzy drinks and that it could have easily cut its hand on the ring pull or on the can itself. Later on in the day I visited the orangutan enclosure when another member of the public threw a bottle of water at the ape. Fortunately, on this occasion, one of the keepers saw this and came storming out and had a go at the people that done this. However it was too late as the orangutan had already reached the bottle..".

Adds Ian B. "I have also witnessed a number of



incidents of visitors to the zoo behaving unsuitably towards the animals. Once a youth was leaning over and tried to offer his cigarette to a monkey. When he saw me walking around the corner he immediately pulled back". Another Al Ain resident and regular visitor to the zoo added his voice to the protest. "I find it particularly upsetting that children continue to bang against the glass and scare the nocturnal animals in the owl house. Very often their parents are with them, but fail to stop their children from frightening the animals despite the clear signs not to make loud noises or scare the animals".

Commenting on these incidents and reports, said Mark Craig, Director of the Al Ain Zoo: "We appreciate the public's feedback in bringing incidents such as these to our attention. Last year alone we had 670 000 visitors to the zoo. This places a tremendous demand on our manpower and resources. During weekends, especially, it becomes physically impossible to have our zoo security guards everywhere,



all of the time. Members of the public are welcome to bring incidents such as these to our uniformed patrollers who will take the necessary action".

Adds Craig: "We don't discriminate against anybody and aim to make our facility open and accessible to everybody. We are continuously reviewing our security as well as looking at ways to enhance the zoo experience for our visitors. However, the public needs to be made aware of the fact that all our animals are on a special, scientifically balanced diet. Tempting them with junk food or throwing litter into their enclosures poses a serious health and safety risk to these animals and is strongly discouraged".

Craig has given Al Ain Times the assurance that these incidents have been taken into consideration and that security - particularly on busy days - will be enhanced. "By far the majority of visitors are well behaved, enjoy their time at the Al Ain Zoo and keep coming back", Craig concluded.



MORE NEWS FROM THE AL AIN ZOO...

Endangered White Rhinos make their home in Al Ain Zoo

The Al Ain Zoo has recently announced that they are now exclusively displaying five White Rhinos in the mixed African exhibit at the zoo.

White Rhinos, the largest of the rhino species and found in the grasslands of Eastern and Southern Africa, were brought from South Africa three months ago and have been isolated for quarantine purposes and to get used to their new surroundings in the new mixed African exhibit.

Says Majid Al Mansouri, Al Ain Zoo Managing Director: "The arrival of the 5 white rhinos demonstrates our commitment to conserving threatened species, as well as the integration of wildlife education for all our visitors by edifying them on different aspects of desert wild life. The increase in the number of visitors to the zoo mirrors our continuous effort in making significant changes in the facility in order to enhance the visitor's experience which is unique in the UAE".

According to Al Mansouri, the panoramic mountain backdrop and amazing landscape of the Al Ain Zoo has been used to great advantage for the newly arrived rhinos. "Their new exhibit with rocky, sandy ridges, set at the foothills of Jebel Hafeet, makes the new four hectares rhino exhibit very representative of South Africa", he says.

Visitors will be able to savor

the beautiful wildlife and view the magnificent animals from a new green landscaped area and a shaded lookout tower. The five rhinos share their new home with giraffes, zebras, Thompson gazelles, fringe eared Oryx, Dama gazelles and wildebeests. This is a unique experience for the visitor to be able to see such a diversity of African wildlife in one community in a natural setting. The White Rhino is a threatened species and Al Ain Zoo will be part of a wider breeding program in the future.

DID YOU KNOW?

- ▶ African rhinos have two horns on the snout. The longer front horn on the white rhino can grow to 150cm in length.
- ▶ They use their square shaped front lip to consume massive quantities of grass.
- ▶ Breeding occurs throughout the year, peaking in summer and autumn. One young is born, weighing up to 40kg.
- ▶ Once widespread across the bushveld of Southern Africa, the white rhino population has rapidly declined due to poaching and habitat loss.
- ▶ Conservation efforts have prevented this species from becoming extinct but it will be a long term process.
- ▶ There are about 11,300 white rhinos in the wild today and their average lifespan in the wild 35-40 years.

WHAT'S NEW

800 555 for Abu Dhabi Government services

- Al Ain Times

A key step to the multi-channel service optimization program of the Abu Dhabi government it just may be, but it is a giant leap for the capital's residents.

Under the patronage of His Highness General Sheikh Mohammed Bin Zayed Al Nahyan, Crown Prince of Abu Dhabi, Deputy Supreme Commander of the UAE Armed Forces and Chairman of Abu Dhabi

Executive Council, the new Government Contact Centre was inaugurated to become the direct channel of the Abu Dhabi government to its citizens, residents, tourists and businesses.

The Contact Centre is accessible 24 hours a day, 7 days a week via the toll-free number 800 555. It would use the latest technologies to answer most questions right away or follow up with

the respective entities regarding the various inquiries, suggestions or complaints submitted within a maximum of two working days. Services would also include information on government contacts and services, status and support on select applications underway as well as handling of suggestions and complaints.

"The launch of the Abu

Dhabi Contact Centre is a fulfillment of the vision of Sheikh Khalifa Bin Zayed Al Nahyan, President of the United Arab Emirates and Ruler of Abu Dhabi, and will help in further enhancing our government services offering. This will translate to the effective realization of other emirate goals such as achieving economic growth, improving infrastructure and

providing a secure environment, all in support of a society in which health, education, social and other sector services are elevated to world class levels thereby increasing the competitive advantage of the emirate of Abu Dhabi," said His Highness Sheikh Hamed Bin Zayed Al Nahyan, Chairman of Abu Dhabi Crown Prince's Court.

The Contact Centre

is supervised by the Abu Dhabi Systems & Information Committee (ADSIC), who is also responsible for the Emirate's e-Government Program. The ADSIC will develop, drive and support the various initiatives within the Government to transform government services in the Emirate.

New media company opens in Abu Dhabi

New English newspaper also in the making

- Lucky Mae F. Quilao

A media and entertainment conglomerate was announced recently by His Excellency Mohamed Khalaf Al-Mazrouei, Chairman of Abu Dhabi Media Company (ADMC).

Based in the country's capital, the public joint company would have Edward Borgerding, the former Senior Vice President of Walt Disney International Television in Hong Kong and London, and who established the first Disney Channel in Taiwan, Dubai and Australia, as its Chief Executive Officer; and Ricky Ghai, former Director of Programming for TV3 Sweden and Executive Vice President of Programming of Orbit, as its Executive Director of Digital Media.

"We believe the UAE needs a quality, national newspaper with the power to change the reading habits of progressive, discerning readers in the country," said Martin Newland Commercial

Division and Editor-in-chief of ADMC.

"Focused on the capital, Abu Dhabi, but anchored in the new social and political reality that is the emerging nation within a fast changing global context, the paper will offer fresh, compelling content that is made in the UAE," the former editor of Daily Telegraph and former launch editor of National Post added.

The ADMC would encompass the Abu Dhabi Television, Abu Dhabi Sports Channel, Emirates Television Channel, Abu Dhabi Radio, Emarat FM Radio, Holy Quran Radio, Sawt Al Musiq, Al Itihad newspaper, Zahrat Al Khaleej magazine, Al Super magazine and Majid magazine as well as other businesses including United Printing Press.

Aside from its headquarters in Abu Dhabi, the ADMC would also have offices in Cairo, Dubai and Washington D.C.

Broadway Comes To Al Ain In April

Ambassador Satch, a world premier musical portrait of jazz legend Louis Armstrong, will be coming to the Garden City of Al Ain from the 14th - 19th of April 2008 as guests of the Abu Dhabi Tourism Authority (ADTA) and the UAE University (UAEU).

The show has been playing to sell-out crowds for the past 8 years. Featuring co-writer André De Shields as Louis, a first class five piece jazz band directed by Terry Waldo and a powerhouse female vocalist, Harriett D. Foy, who plays Louis' several wives, Ambassador Satch has received critical acclaim and rave reviews from everybody who has seen it. Dr. James P. Mirrone, a lecturer in the English Literature Program in the UAE University's College of Humanities and Social Sciences, was the co-writer of the play and Mercedes Ellington, the choreographer.

"This visit marks the second time that an American theatre production, starring veteran Broadway musicians, Tony-nominated and Emmy award winning actors, will be showcased in the UAE", Mirrone explains. "However, this time around the students of the UAE University will be given the once in a lifetime experience to attend lecture demonstrations hosted by the stars themselves". The public of Al Ain will have their chance to experience the joys of jazz on Thursday, 17 April 2008 in the Sheikh Khalifa Auditorium, FMHS, Tawam.

ABOUT THE SHOW

- Monique Holtzhausen

Telling Armstrong's story in the songs he sang from the searingly bitter Black and Blue to pop pieces such as "What a Wonderful World", the play carries you from Louis back-of-town birth in New Orleans in 1901, through his pop success with such latter day stars as Barbara Streisand. It touches on his trip to Africa - earning him the nick name of Ambassador (of good will) Satch to go with his other monickers such as Satchel mouth. It also covers his blasting school segregation as well as his famous put-down of bop musicians with his parody of The Whiffenpoof Song—"to the tables down at Birdland to the place where Dizzy plays."

TICKETS

Tickets cost AED100 each and are available from The House of Arts (03) 762-6651. A portion of the proceeds will go towards the House of Arts' program for children with special needs.



"From the moment the play opens--with De Shields hoisting an umbrella, grinning gloriously like Louis and leading marching musicians down the aisle as if it were Bourbon Street, the audience was caught up in a sense of Mardi Gras excitement."

All About Jazz

"This homage, written by James Mirrone and Mr. De Shields, comes from awe, humanized by affection. There is no exploitation here. The performer commands the stage in his own right, and he has every right to own it.

Terry Waldo, ragtime pianist nonpareil and eminent scholar of the form, is musical director and arranger, at the piano. He acts too. ... Mr. Waldo is worth the price of a ticket. Count four more musicians. And Mr. De Shields. Buy six. Satchmo would approve. He would surely say it is not about him. It's about playing music, the definition of life"

New York Times

WHAT'S NEW

Top Composers Translate Their Impressions Of The UAE Into Music

Ensemble Modern and Siemens Arts Program, in collaboration with the Goethe-Institute Gulf Region and Dubai Culture and Arts Authority, played host this past week to four renowned composers of contemporary music.

The four, Jörg Widmann and Markus Hechtle from Germany, Márton Illés from Hungary and Vyckintas Baltakas from Lithuania, were invited to Dubai to each create a musical piece that would reflect the city as an

international metropolis in the Arabian Gulf.

“The idea is impressively simple and yet nobody thought about sending composers abroad to grasp an essence of foreign cities by music

until “into...” was launched last year,” says The House of Arts Director Gabriele Malzahn. The project was initiated by Ensemble Modern, one of the world’s leading ensembles of New Music, and the Siemens Arts Program, which develops and realizes international cooperative projects in the field of contemporary art and culture.

The booming metropolis of Dubai was chosen as one of four project locations. Twelve other composers will travel to culturally diverse and vibrant cities on similar excursions, including to Johannesburg, Istanbul or

the Pearl River Delta.

“The composers met with leaders of Dubai’s new art scene, as well as with architects, journalists, university professors and other public figures. Thus, the four composers not only gained different perspectives on life in modern Dubai, but they also learnt about its colorful past and the traditions of its people, using them as a source of inspiration for their compositions”, Gabriele explains.

In two musical lectures that took place in Al Ain at The House of Arts, Markus Hechtle and Jörg Widmann presented

- Monique Holtzhausen

their project and selected previous compositions that counted among the most innovative in the contemporary European music scene.

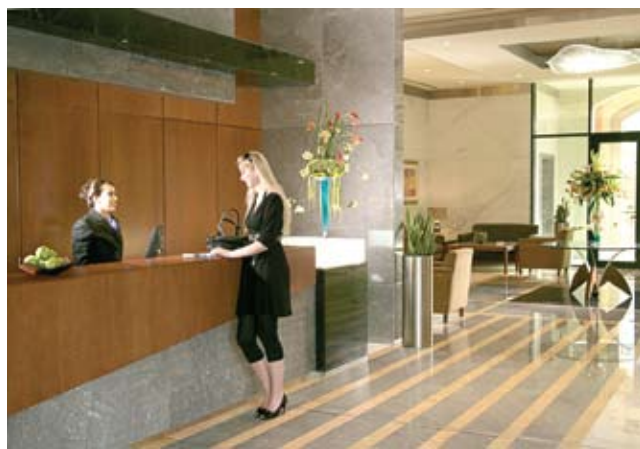
The lecture was open to the public and about 35 people attended - amongst which were 6 students of an international school in Al Ain that study music and that engage in small composition works themselves. Says Gabriele: “There was excitement in the air as the artists engaged in lively discussions about their passion for music and using their environment as inspirations”.



Launching of the New Extension of Al Ain Rotana

- Al Ain Times

Al Ain Rotana announced the completion of its expansion project at a press conference held at Beach Rotana, Abu Dhabi, with the honorable presence of Mr. Imad Elias, COO Rotana, Mr. Freddy Farid, the Area Vice President of Al Ain and Abu Dhabi and Mr. Ayman Gharib, General Manager of Al Ain Rotana.



This impressive expansion project redefined the additional 72 luxurious rooms, 12 suites and two new chalets further to the existing hotel. The rooms are all customized with reflections of the Middle Eastern culture and modern architecture, which is mixed with all the new technological achievements such as the power saving devices in each room.

Mr. Ayman Gharib, General Manager of Al Ain Rotana commented:

“We accommodate our guests with the maximum hosting capabilities they may need in order to relax and enjoy their time”. He also added: “During this project there has been a great focus on every guest with special needs; reason why each floor has a room for handicaps especially designed for them. Now we can say that we guarantee an enjoyable accommodation in this Garden City especially with our latest environmental friendly measurements in Al Ain city”.

Throughout this project, there has been a great attention towards the improvement of Sports and Health activities. These facilities include two squash courts, two tennis courts, swimming pool, sauna and jacuzzi along with the innovative leisure and sport centre “Bodylines”. This modern and well-equipped centre is located in the new wing that offers a wide variety of overall fitness programs such as group aerobic classes and massage treatments.

Motorola launches Moto™ U9

- Al Ain Times

Making summer fun and cool is the new Moto U9 handset, which is available in pink and purple color. The phone, a borderless external organic light emitting diode (OLED) display with touch sensitive music controls, was launched at the Dubai Ladies Club, March 24, with the attendees clad in pink and purple outfits too.

“It has been suggested that there is a direct correlation between colours and personality traits, and research shows that pink and purple personality types have specific differences,” said Patrick Mulligan, Area Director of the Mobile Devices of Motorola Middle East, North Africa, Turkey and Pakistan.

The Moto U9 can keep Emiratis in touch with their color affiliation whether they are full of warmth and energy (pink) or are mysterious and thoughtful (violet). It also



has the CrystalTalk™, an innovation that allows crystal-clear audio quality suit for noisy environments.

Aside from being stylish, the Moto U9 makes it accessible to download music from 200 stores, displays 20 floated screensavers, and manages music through MS Windows Media® Player 11. It also has 25 MB on-board user memory and stereo

Bluetooth® wireless technology for users interested in a wireless mobile stereo experience.

To top it all, the Moto U9 also features a “speaker independent” voice recognition when dialing and talking. The 2.0 mega pixel with 8x zoom camera on the handset has also a multi-shot feature, delivering quality images like a digital camera.

WHAT'S NEW

RRTSRC approves new taxi service

Likes health sector to help alleviate traffic problems

- Lucky Mae F. Quilao

Aside from improving the coordination with the Al Ain Municipality to lessen traffic problems, Dr. Mohammed El-Sadig H. Ahmed, Research Coordinator of the Roadway, Transportation and Traffic Safety Research Center, thinks that the participation of the Health Authority of Abu Dhabi is necessary.

"We have a big count of people, especially youngsters, who do not have proper knowledge on road use. The health sector can help a lot by providing fast response

to the victims of traffic accidents and guide them till the treatment process," Ahmed said.

Drivers and pedestrians alike have the primary responsibility to take care of themselves and abide by the traffic rules. "The public transport in UAE is not good enough to provide an alternative and safe transportation. Therefore, the public must be cautious," he added.

Ahmed, however, approves of the new taxi service in Abu Dhabi and

Al Ain. "We now have control on the drivers, and that makes it easier. In the past, we witness chaos – taxi drivers competing with each other so that they get more passengers and revenue. But now, the focus can go on maintaining the safety as well as the good name of the taxi transportation. [Having one taxi service] is safer."

A safe city

Studies have shown that roundabouts are safer compared to traffic signals and intersections,

making Al Ain road user-friendly. "We realize of course the need to improve the flow of the traffic. Roundabouts are well in less dense cities. But as the population is starting to increase, we have to opt for the traffic signals."

Traffic regulations that seek to annihilate problems and accidents on the road are also laid out recently by the emirate. "Some rules though are tricky, such as the giving fines to pedestrians who crosses on roads with a speed

limit of 80 km to 100 km. But there are so many roads such as that like the Sheikh Khalifa Road. Does that mean that the pedestrians there should be fined?"

But despite of that, Ahmed still believes that the new set of laws will improve traffic safety. He just wished that the insurance companies would also support them in their researches and awareness campaigns too. "Their role is not very clear in this regard. They should take responsibility and give support because



Mohammed El-Sadig Ahmed, Research Coordinator of Roadway, Transportation and Traffic Safety Research Center

that would reflect back on them. It is up to them how they would support but they should, in any means, instead of just sitting back and doing nothing. They have a moral role to play," Ahmed said.

ADMC participates in cancer drive

- Lucky Mae F. Quilao

In coordination with the Tawam Hospital-John Hopkins Medicine, some 25 students and teaching staff of the Abu Dhabi Men's College (ADMC) cycled their way from their campus, which is located in mainland Abu Dhabi to the hospital in Al Ain, to promote cancer awareness, March 27.

The Lori Brandin Cycle for Cancer Awareness Drive, which also aims to raise funds and purchase books about cancer, has started at the crack of dawn on Al Saada Street and took seven hours during the one-way 150 km journey.

"By raising money through the ride, it is hoped that others will be able to gain the support they need through the use of a range of resource books and cancer-awareness related books which will be available to all cancer patients and their families across the UAE through the networks of the HCT college libraries," said Sam Fatima, Faculty



The last stretch entering Tawam Hospital

Member at ADMC.

Fatima has initiated the drive in memory of his wife, Lori Brandin, who had Stage Four Melanoma. She was treated at Tawam Hospital but fatefully passed away in June last year. "During her 6-month treatment, the nurses and patients at the oncology department knew Lori to always have a smile on her face despite the pain. I wanted to honor her memory by fulfilling my promise to her and making her last wish a reality; making cancer related books available to cancer patients with the

hope to make their lives' and their families' easier," he added.

During the drive, the cyclists also handed out flyers with instructions on how to borrow books from libraries to the patients in the oncology department, making Brandin's last wish come

true.

You can help too in spreading cancer awareness by making a donation. Contact Sam Fatima (sam.fatima@hct.ac.ae) for details or visit Lori Brandin's website at www.cancerbattleplan.info.



John Hopkins Medicine congratulate cyclists

Tawam Hospital offers (VNS) therapy

- Lucky Mae F. Quilao

Patients in Al Ain with refractory epilepsy can now have their Vagal Nerve Stimulation (VNS) therapy at the Neurology and ENT department of the Tawam Hospital-John Hopkins Medicine.

Studies have demonstrated that VNS is an effective therapy for medically refractory partial-onset seizures, decreasing 50% seizure frequency in some patients aged 12 years old. VNS is a 'long-lasting, hassle-free, on-demand therapy' that has no potential life-threatening adverse effects. It also allows people with epilepsy to have a sense of control over their lives as well as to patients with treatment-resistant depression and cerebella tremor in multiple sclerosis.

"Epilepsy and its treatment can, in certain cases, be a challenge to doctors. The only nonpharmacologic treatment option for refractory epilepsy used to be surgery. However in approximately 10% to 15% of patients with this form of epilepsy neither antiepileptic medication nor resection surgery

are successful. Tawam Hospital in affiliation with Johns Hopkins Medicine is proud to be able to offer this new treatment in Al Ain and help this significant percentage of patients," said Michael Heindel, CEO of Tawam Hospital.

Dr. Jack Borders, Chief Medical Officer and Consultant ENT, had recently carried out the first VNS therapy implantation in the hospital. "Surgery may have been the only option in the past, yet it was not always a treatment for medically refractory seizures. VNS therapy uses a small medical device that sends electrical pulses to the left vagus nerve in the neck. This in turn delivers electrical impulses to the part of the brain where seizures are believed to start from. The VNS implant does not involve brain surgery, but is instead a standard surgical procedure in which a small incision is made in the neck and a second one is made under the skin below the collarbone where the VNS pulse generator is placed," he explained.

EDUCATION & CULTURE

Francophone Day Celebration in Al Ain

- Ola Salem



The fourth annual gathering for French speakers was held on March 26 at Al Ain Rotana Hotel, which was

packed with activities and swarming with students from five schools and UAE University.

Celebrating the month

of Francophone, the evening kicked off at 6pm with 200 children and parents and teachers attending. The schools

that participated were the International School of Choueifat, Al Ain American School, Emirates National School, Our Own English Speaking School and Al Dhafra Private School.

Maryline Hoebanx, the event organizer and French lecturer at UAEU commented on the importance of such an event saying "this is the only opportunity for French students to speak French out of school".

Every child upon reaching the event hall was registered for a passport and according to their level of French

they would be issued a beginner, intermediate or an advanced passport, which they would then use to record points they earn from the games they play.

A variety of activities took place at each school booth, from blind fold games to hangman. Poems were recited, songs were sung and dances were performed.

All children enjoyed the two hours of activities. None left empty-handed as French books were given to everyone who took part in the activities.

The annually changing celebration was more

interactive this year. Last year it mostly consisted of shows performed by the students and was held at a different location.

The sponsor was the Cooperation Office of French Language that depends on the French embassy.

In the world today, there are 128 million Francophones who speak fluently and practice the language on a regular basis. There are another 72 million Francophones who live in a Francophone country but do not speak French regularly, due to limited knowledge.

Sultan Bin Zayed Boys School adds a fencing championship to the list of achievements.

- Al Ain Times

Sultan Bin Zayed Boys school fencing program recently paid dividends with an outstanding second place at the National School Championships. This result comes after their first place in Al Ain Zone and adds to an impressive list of academic and sporting achievements for the school.

In sports over the last month, the school's results include: second in Al Ain Zone and second in ADEC Sports Council in Handball, first in Al Ain Zone and second ADECSC in Basketball, second in Al Ain Zone and second in ADECSC in football and third in Al Ain Zone in table-tennis. The school also had three students selected into the Al Ain Zone athletics team who won the ADECSC competition last weekend.

In addition to this, there were students who came third in the Zone Future Scientist competition, seventh in the mathematics competition, and a science club team who also came first in the



Zone. Sultan Bin Zayed is a school achieving outstanding results in academic endeavours as well as sports.

"Our school is one of the Public Private Partnership schools", said Mr Mohammed Amin Al Zarouni, the school Principal. "The teachers

are working extremely hard in teaching the new ADEC curriculum in Science, English and Maths and the results in sports are a wonderful tribute to the hard work of our students and their sports coaches. We also have many after additional activities such as a student's English

newspaper, special interest clubs in science, computing, media, library and environmental studies and a student health club that is open after school. I am very proud of the work of our students and our teachers."

Al Ain Colleges' 'Centre of Excellence in English' hosts Reading Conference

- Al Ain Times

Al Ain Colleges officially launches the Centre of Excellence in English with a one-day boutique conference entitled "Cultivating Real Readers" on Wednesday April 9, 2008.

The Al Ain Men's College will host the event that will feature internationally recognized keynote speakers and interactive workshops. It is aimed at English Language Teaching professionals who currently teach reading skills to UAE nationals at Higher Colleges of Technology and other tertiary institutions.

HCT's Policy Council decided last year to establish 10 Centers of Excellence, in various disciplines, to focus on sharing best practices, developing expertise, promoting innovation in curriculum design,

applying technology driven research and to share this with other HCT colleges.

Al Ain Colleges Director, Brent Mills views the establishment of the 'Centre of Excellence in English' as "The perfect opportunity to position the Al Ain Colleges at the forefront for testing, modeling and disseminating knowledge related to the art, craft and science of teaching English as a second language to native Arab speakers. The Conference will demonstrate HCT's commitment to excellence in English in a well-resourced environment."

The reading conference will show case new reading skills and teacher development books from a range of English Language Teaching publishers.

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هيئة أبوظبي للسياحة
ABU DHABI TOURISM AUTHORITY

Date: Thursday, 17 April 2008

Time: 8 pm - 10 pm

Venue: Sheikh Khalifa Auditorium,
FMHS, Tawam

Tickets cost AED100
Available from The House of Arts
Telephone: (03) 762-6651



AWARENESS

Tips to avoid food poisoning while on picnics

**Abdulkadar Wasesa, Instructor, Dept. of Food Sciences
College of Food & Agriculture, UAE University**

Last year, a three year girl died after eating a take away meal and the entire family was admitted to hospital for suspected food poisoning (Gulf News, April 15, 2007). Everyday people all over the world get sick from the food they eat, many of us suffer occasionally from food poisoning symptoms like nausea, vomiting, stomach cramps, diarrhea, fever and headaches. Food poisoning is caused by dangerous bacteria and/or toxic chemicals from the food that has been poorly handled, stored or cooked. Symptoms can occur within 30 minutes after eating or a number of hours later. They can be mild or severe and some time results in death.

Tips for safe picnic:

When summer is in full swing, a top summer activity is picnicking and entertaining outdoors. It's also a time of increased risk of food poisoning. Here is a course of action recommended to consumers to make their picnic safe.

- For short trips; hot foods should be stored and transported in insulated containers such as hot pots.
- For longer trips; refrigerate foods at 5° C, then reheat them before you eat them.
- Cold foods can be kept below 5° C in an ice chest. You can use ice, dry ice or cold packs to keep temperatures low. If you use ice, put it at the bottom of the chest to avoid contamination of food from water running out from ice.
- At the picnic, keep the cooler in the shade. Keep the lid closed and avoid repeated openings.
- When you're serving picnic foods, place them on a clean

cloth or the picnic table.

- Wash hands before handling food and use clean utensils and containers. Dirty hands, utensils, containers and any work surfaces can contaminate food with harmful bacteria and viruses.
- Cut melons need to be kept cold. Many people do not realize that melons, such as watermelons can cause food borne illness. Harmful bacteria are often present on the rind. Therefore, wash melons thoroughly before cutting, and then promptly refrigerate cut pieces. Melons, unlike most other fruits, are not acidic and so can support the growth of harmful bacteria.

- After the meal, put leftovers back in the ice chest immediately. If food has stayed out for longer than 2 hours, throw it away. Do not take a chance on eating foods which might make you sick.

Extra Tips for out door cooking:

- Bring extra plates & utensils – one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Don't reuse marinade used on raw meat or poultry unless boiled.
- Cook/Grill your favorite foods to the right temperature, at least to a core (not surface) temperature of 75° C.
- Never partially grill meat or poultry to finish cooking later.
- Keep cooked food hot by placing it near the grill and consume it within two hour after its preparation.

Follow these suggestions for food safety. Make sure your picnic is an enjoyable experience.



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HEALTH

Massage Cupping

- Abed Al Naser Al Gahni

Specialist in Rehabilitation at Al Ain Club
naser1969@hotmail.com



Massage Cupping is the use of glass cups, held by light suction, to massage the body. The therapeutic applications of cupping have been documented over several thousand years of extensive use in Traditional Chinese Medicine and the results of this simple treatment are impressive.

Besides achieving a deep state of relaxation, conditions that respond to massage cupping are fibromyalgia, anxiety, insomnia, post injury trauma, chronic pain, post-surgery adhesions, swelling, cellulite, and sluggish colon. Massage cupping releases rigid soft tissue, drains excess fluids and toxins, lifts connective tissue, and brings blood flow to stagnant skin and

muscles.

The Egyptians produced a text on ancient medicine that discussed the use of cupping for conditions such as fever, pain, vertigo, menstruation imbalances, weakened appetite and accelerating the "healing crisis" of disease. From the Egyptians, cupping was introduced to the Greeks and eventually spread to ancient cultures in many countries of Europe and even the Americas. In recent history, European and American doctors widely used cupping in practice into the late 1800's. Research papers written in the 19th century and a collaborative effort between the former Soviet Union and China confirmed the

clinical efficacy of cupping therapy. It became an official therapy to be found in all Chinese hospitals. Breast cupping became common for inflamed breasts and lactation dysfunctions

There are two main cupping techniques: stationary and moving. Stationary cups are placed on the skin and left for a period of five to 15 minutes in one location, or four to six cups may be applied and removed cyclically in a technique called "flash cupping." These are the methods most commonly used in Chinese medicine.

Moving (or "massage cupping") is the more commonly used form of cupping amongst massage therapists

and other health care practitioners. Prior to applying the cup, oil is administered on the skin to facilitate smooth movement and palpably discover the areas of tension and congestion. A vacuum is created and the cup is placed on the affected area, and then glided over the surface. A cup may be "parked" for a short time on stubborn knots or over inflamed joints or tissue. Cupping can be used on the neck, shoulders, back, sacral area, hip, abdomen, thigh, upper arms and calves.

The skin will redden with strong massage cupping, indicating that circulation has been brought to the surface. Application of liniments, analgesics,

plant hydrosols or essential oils immediately following a cupping treatment will aid absorption deep into the tissue. The increased local blood supply will nourish the muscles and skin and allow toxins to be carried away.

Massage cupping is also effective in treating

cellulite. A light suction provides drainage, while heavier application can be used to stimulate circulation and loosen adhesions or "dimpling." The thigh and hip region should be treated prior to a wrapping procedure to enhance the absorption of product.



LIFESTYLE

Mom's Kitchen

- By Fatima Al Moursi

Macaroni Béchamel Dish



Ingredients:

Ingredients for Béchamel Sauce:

- 3 tsp of flour
- 3/4 cup oil
- 1 liter of milk

Other Ingredients:

- 500 gm of macaroni (any kind depending on personal taste)
- 1 bag of sausage
- 2 tsp of sauce
- 1 finely chopped onion
- 1 garlic clove (depending on your preference)
- Salt and red pepper

Method:

Firstly, cook the macaroni well and sieve from water in a colander and place to one side.
 Then, chop sausage into small pieces and cook well and also place to one side.
 Thirdly, fry chopped onions with garlic clove, and then add 2 spoons of sauce and a little amount of water. Add spices and when it all begins to lose its water and become more concentrated, add the macaroni and stir until it is red. When it is red, place to one side.
 Fourthly, prepare Béchamel sauce by frying the flour and the oil until they turn to a gold color, then add the milk and stir until thick.
 Lastly, bring macaroni and mix with 2 cups of béchamel, then split in half. Place one half in a deep roasting tin, then add the sausage on top of it, and finally add the other half of the béchamel and macaroni mix. Get one small cup from the béchamel sauce originally made, mix it with an egg and spread on the surface of the macaroni and béchamel mix for a better finishing look. Place roasting tin in the oven until the macaroni and béchamel turns red at the base and then move roasting tin to the top of the oven and leave until food turns red at the top.

SIMON SAYS...

Al Ain's own resident golfing pro of the Palm Sports Resort continues to share his secrets to golfing success.

TIP #3 Alignment!

One of the easiest ways of understanding the principle of "square alignment" is to imagine you are hitting a shot along a railway track. Your clubface is aiming towards the target down the right hand track and your feet are parallel to that on the inside

track (fig.1).

Your eyes, hips, knees and shoulders should be set parallel to your toe line (fig.2). The easiest way to practise this is to lay a shaft or club along your toe line on the range representing the inside track.

Good holding!



Fig. 1

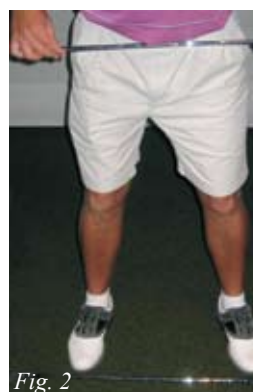


Fig. 2



Fig. 3

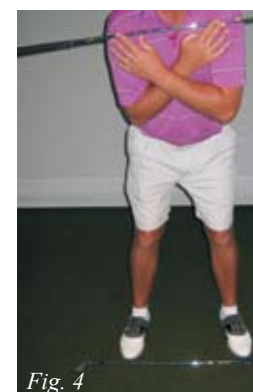


Fig. 4

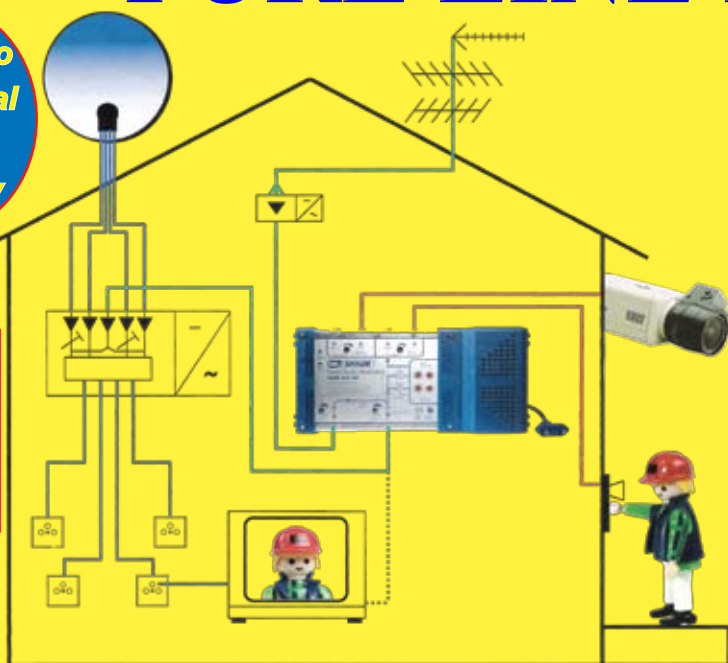
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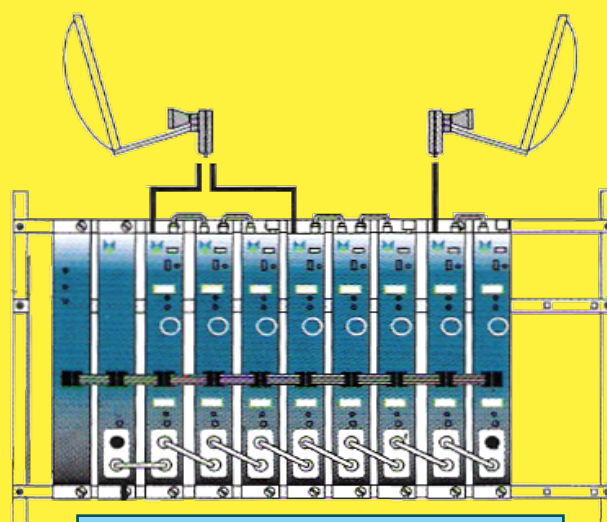
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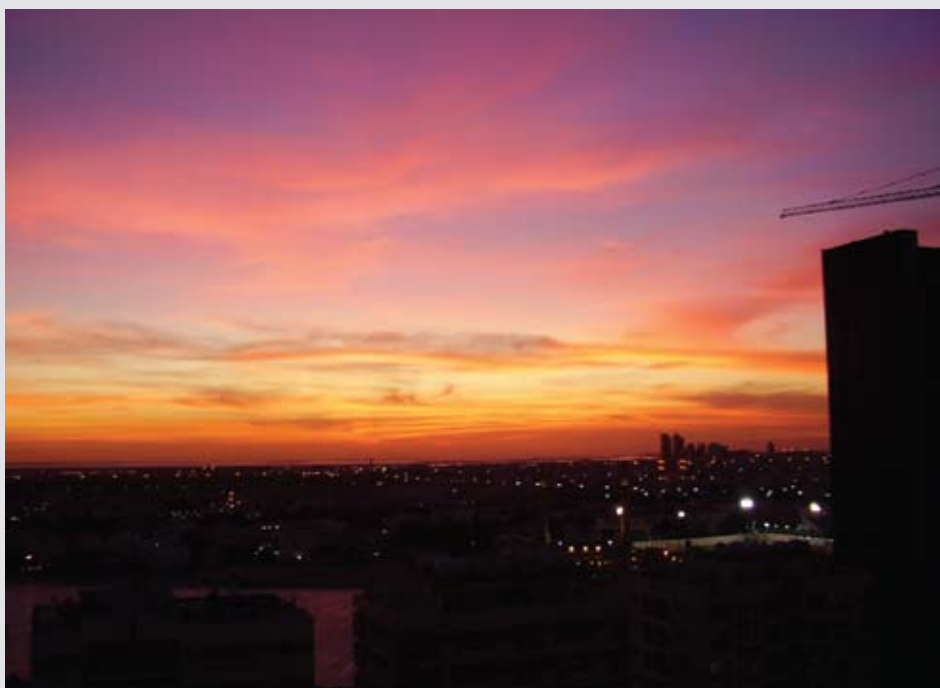
ENTERTAINMENT

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!

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

Photo of the week



'Skies Ablaze' taken by Fadwa Baraba in Abu Dhabi

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SOLUTION:

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

Upcoming Films

- Reviewed by Ola Salem

Shattered



Also known as Butterfly on a Wheel is about the perfect family which is ruined after the abduction of their daughter. They have no choice but to comply with the abductors demands. The kidnapper takes over their lives and tears them apart. They must endure a horrific 24 hours for the chance to see their daughter again. A great thriller with a great twist, no matter how hard you try to guess the ending, you will not see it coming.

Contains strong language and violence.

Reservation Road



College professor, Ethan, and his wife, Grace, stop at a gas station on Reservation Street after attending their 10-year-old son Josh's recital. There within split seconds, their son's life is taken by a car in which was law associate Dwight Arno and his 11-year-old son Lucas on their way home after a perfect day. The two families' lives collapse after a hit and run. The only witness is the 10-year-old boy's father. Shattered after watching his son hit, the two fathers begin to act in much unexpected ways. A psychological thriller that will definitely move you, worth the watch overall.

Contains strong language and some disturbing images.

Resurrecting the Champ



A reporter (Josh Harnett) rescues a former boxer living on the street who was believed to have passed away. On the reporter's way to find out the boxing champion's truth, he unravels his. A pleasant film one can easily relate to as no matter how good anyone is; they are far from perfection.

Contains strong language and violence.

How She Move



Following the death of a gifted high school student's sister, she is forced to leave her private school when her parents can no longer afford her tuition. She returns to her old, crime-filled neighborhood where she discovers her passion for Step dancing. Still at the aim of going back to her private school, she enters a Step competition to earn the cash she needs. 'How She Move' although doesn't have much of a story, it is however a fun watch and bursting with energy.

Contains drug content and strong language.