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# AL AIN TIMES NEWS

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## Khalifa Foundation distributes emergency aid in flood-struck Pakistani provinces

*Al Ain Times News:*

The Khalifa Bin Zayed Al Nahyan Foundation (KBZF) has begun distributing humanitarian aid in the flood-affected areas of Pakistan in response to directives by President His Highness Sheikh Khalifa bin Zayed Al-Nahyan.

The Foundation is giving out 6000 tents, 130000 bags of wheat flour, 3000 bags of lentil, 15000 food packages as well as urgently needed

medicines and medical emergency kits.

Priority is given by the Foundation to the worst affected provinces of Swat, Peshawar, Nowshera and Rajanpur with distribution of food aid in other areas to begin in the coming few days.

The Foundation's Pakistan operation is part of its commitment to play a global

humanitarian role to mitigate the suffering of victims of the tragic and devastating floods that started on July 29th.

affected 4.5 million people, claiming more than 1,500 lives and destroying more than 150,000 homes. 550,000 people have been evacuated from Sindh and Punjab provinces.

## Ministry of Justice to confirm first day of Ramadan Committee formed to seek the crescent of the holy month of Ramadan

*Al Ain Times News:*

Minister of Justice Dr. Hadeef Jouan Al Dhahiri has issued a decision setting up the panel for sighting the crescent which marks the beginning of the Holy month of Ramadan in the current Hijri year.

The panel is consisted of senior judiciary officials, religious counselors and astronomical society members from various emirates.

The decision also

stipulated that the lunar months verification committee affiliated with the Abu Dhabi Judiciary Department should follow up the sighting of the crescent moon in the central, eastern and the western regions of the emirate, verify the testimonials and report to the committee to determine the beginning of the month of Ramadan.

The committee will meet

on Tuesday evening at the Judiciary department headquarters.



## Ramadan due to start Wed. Aug. 11 in most muslim Countries Abu Dhabi and Al Ain get ready for the holy month

*Al Ain Times News:*

The Municipality of Abu Dhabi City has completed dressing up Abu Dhabi city's roads and streets by inserting illuminated engineering shapes '&' electrical lights of different designs in preparation for the welcoming of the holy month of Ramadan in a manner befitting the distinguished profile of the UAE capital in the context of the Municipality's ongoing endeavours to upgrade the appearance of the city as one of the top metropolitan cities

worldwide.

Decorative lighting works include Islamic designs inspired by the spiritual flavour of the holy Ramadan, thus generate more glamour '&' tranquillity befitting the exclusivity of the month. Thousands of decorative illuminated electrical objects have been installed, including more than 600 pink-coloured '&' 1100 white-coloured string lights, in addition to net lights of 860 bulbs, 7 g shapes with diverse designs and dimensions measuring 2 to 3 meters

in length and 120 to 220 cm in width. Beside that the Municipality has set up 500 artistic pieces including 250 crescent-shaped pieces, 250 star-shaped pieces, and 30 engineering shapes measuring 2 to 4 meters in width with 7 gradually-alternating lights.

The Municipality was keen on using best-in-class electric cables to complete the decorative project for the safety of the public. Cables used measured more than 2200 meters in length, and the Municipality approved

the use of heavy duty insulating materials capable of enduring all climatic conditions. It also authorized the use of the best bulbs in place (LED and IP65) in all engineering shapes, considering their distinctive nature in preserving the environment, saving 70% of electricity consumption and conforming to top-class standards in terms of security and safety.

The Municipality distributed the decorative elements spanning all districts coveri reet from



Mina Zayed intersection signal up to Breakwater intersection signal, and Khalifa Street from the signalized juncture leading to the livestock market up to Al Mina intersection leading to Abu Dhabi Corniche. Decorations also extended from Intercontinental Hotel

R/A to Emirates Palace (Bainoona Street), from the Breakwater Street junction up to the Ministry of Presidential Affairs R/A (Al Ras Al Akdar) and from the intersection of Breakwater junction up to the Marina Mall and Shangri-La Hotel.

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# EDUCATION & SCIENCE

## 'Kalimat' exhibition showcases the use of Arabic written word in contemporary art this Ramadan

*Al Ain Times News:*

Following the success of last year's exhibition during the holy month of Ramadan, Dubai Community Theatre & Arts Centre (DUCTAC) presents Kalimat, an annual exhibition capturing the elegance of the Arabic written word and its use in traditional and contemporary artwork. From 17th August to 13th September, a group of 10 artists from the region, with various backgrounds, will exhibit

artworks at the Gallery of Light at DUCTAC.

The word Kalimat literally means 'words' and while the artworks that make up the exhibition all contain elements of the written Arabic word, they embody a variety of styles, techniques and approaches in the spirit of tradition and Middle Eastern culture.

Fathima Mohiuddin, DUCTAC's Visual Art and Special Projects

Manager said: 'Kalimat showcases art that blends the traditional with the contemporary, at a time that it is particularly culturally relevant - the holy month of Ramadan. In Kalimat, the participating artists explore the importance of the written word—the history, styles and the material culture of calligraphy and apply it to contemporary styles of art. Contemporary artists in the Islamic world

regularly draw on the heritage of calligraphy to use calligraphic inscriptions or abstractions in their work. Many artists continue to choose text as a means of communication over visual imagery.'

Kalimat takes place at the Gallery of Light in the Manu Chhabria Arts Centre at DUCTAC, Mall of the Emirates from Tuesday 17th August to Monday 13th September.



## ADACH publishes book on wisdom of Abu Alatahiya's poetry

*Al Ain Times News:*

The National Library of the Abu Dhabi Authority for Culture and Heritage (ADACH) published a book on a renowned Abbasid-era poet, entitled "Wisdom and Idioms in Abu Alatahiya's Poetry", written by Abu Omar Yousef bin Abd

Al Barr Al Qurtubi, and researched and edited by Dr. Ali Ibrahim Al Kurdi.

The aim of this previously unpublished book, according to Kurdi, was to gather Abu Alatahiya's poems that have an educational or

preaching role in one volume, stressing that the poet cannot be studied in isolation of the movement of his thought.

Abu Alatahiya is known to have been influenced by the eastern side of the Arab world and

culture, in addition the impact of the holy Koran, Prophet Mohammed's tradition on his poetry. He was also influenced by certain wise sayings, idioms, speeches, letters, philosophy and history, among other fields of knowledge and arts.

The book shows how Andalusian scholars, like Qurtubi, were keen on the heritage of the eastern side of the Arab world, where Abu Alatahiya and other Abbasid-era contemporaries were prominent and well-respected figures.

The book, whose poems are arranged in alphabetical order, also presents many features of Abu Alatahiya's much appreciated character, and his connections to, and communications with, other revivalist poets.

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# WHAT'S NEW

## Save our planet: Together we can make a difference

Al Ain Times News / Mehak Alam:

People of different age groups and walks of life came together to discuss about their fears and concerns about the global environmental issues and their effect on United Arab Emirates.

An interactive educational event was held in Abu Dhabi on the 31st of July by Market ways Arabia and it brought forward many simple remedies that could actually make a huge difference on the environment of Abu

Dhabi and Al-Ain.

Everyone, be it a housewife or a school going student; had something to add on in the thought provoking and action oriented discussion.

The event was held to spread awareness among people about many aspects of their daily routine through which they are unknowingly adding to global environmental problems. The interactive discussions took note

of people's concerns as well as generate ideas for simple acts that can help each person contribute towards environment conservation at both local and global level.

Issues like reduction of Carbon foot prints, saving of water and electricity as well as reduction of waste generation and waste disposal were discussed in depth.

Ideas were pouring in, from every brain and everyone seemed to be quite interested and

enthusiastic to practically implement the solutions that were being discussed in their day to day activities.

Events like these motivate people and give them a chance to learn about challenging issues like environment and guide them on what they can do at their own personal level for the betterment of the environment.

For any other information on such forthcoming seminars- Market ways Arabia can be contacted.



## The Ministry of Environment and Water culls 500 goats

Al Ain Times News:

The Ministry of Environment and Water has executed 500 heads of sheep infected with proven 'Brucellosis', a common disease that could be contracted by man and animal as well.

Legal actions have been taken for the execution of animals for violating the import regulations in

force in the UAE as per the ministerial resolution number 548 for the year 2008, in addition to the violation of procedures for the quarantine in accordance with the Federal Law No. 6 of year 1979, on the veterinary quarantine.

The ministry asked wholesale livestock

breeders and importers to log into the website or check with the ministry to learn about the conditions required for the import of live animals and taking into account the quarantine measures in the country of origin, comply with the requirements and health regulations and conduct laboratory tests of live animals.

The Ministry is seeking to achieve its strategic objectives and establishment of bio-security to ensure application of the health standards for incoming shipments through the border crossing points in order to preserve the health of all animal from epidemics, and hence the safety and quality of food

products.

It reiterated that it is working continuously to

provide veterinary care at the border crossing points, whether air or land or sea.



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# Mom's Kitchen

*Chef Saaed - Intercontinental Hotel Al-Ain:*

**Duo mamoul 'with dates and pistachio; topped with Kishta....**

## Ingredients:

For dough:

Fine Semolina	750grams
Butter	350grams
Milk powder	35grams
Water orange blossom	4 tea spoons
Rose water	4 tea spoons
Warm water	½ cup



Again apply another layer of the dough on it and later on sprinkle some crushed dates on it.

Repeat the same process again...until your desired size is achieved. The last layer will be of the dough.

Keep the baking tray in the oven and heated over 190°celcius for 30-40 minutes. (Until it turns golden brown). Take out the dish and let it cool down. Now you can cut it in your desired shapes and top with Kishta and pistachio.

*And here we go with a delicious Dessert that will surely take hold of our sweet dish craving.*

## Method:

Dates, Pistachio along with Kishta.

Quality of Dates, Pistachio and Kishta may vary, depending on the taste and layering

Recipe

• Preparing the dough:

Add all the dry ingredients in a deep bowl, and mix them well.

Then add butter to it and mix it again.

Add water orange blossom and rose water to the mixture and continue mixing.

Later on add warm water and make dough out of it.

Store the dough for 1 hour.

Later on, make layers out of the dough (number might vary accordingly).

Then take a baking tray, put the first layer of the prepared dough on it.

Then sprinkle the crushed pistachio layer on it (pistachio are crushed and soaked in rose water earlier).

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## Al Ain Hash House Harriers celebration Magoo achieves world record of 700 runs

*Al Ain Times / George Marble :*



Gerry McGuire (Magoo), is a keen Hasher and is now on Monday 7th June 2010, is the first person in the world to achieve 700 runs with the Al Ain Hash House Harriers (A²H³). He was Hash Master for four years, still organises the annual "Not the Nuts in May" sand duning/camping weekend and enjoys the Nash Hash / Desert Dinners.

As a Chartered Mechanical and Chartered Electrical Engineer (UK) who arrived in Al Ain on 4th November 1985 and never left, he worked two Consultancy Practices for many years and ultimately became Managing Director his latter company. Gerry now operates his own successful Al Ain based business - "Fittons Engineering Consultancy

LLC which is named in honor of his Grandfather "Arthur Fitton", who was a mentor for Gerry's early years.

Gerry and Debby (Furby) married in 2000 and in February 2002 they were blessed with Twins - Mark & Stacey who naturally started Hashing early - 8 days old.

During his years in Al Ain, Gerry, raised Sandy (his dog known as the Hash Bitch who completed 14 years of hashing - great dog) and is an active member of the Al Ain community. Gerry founded and still operates "ABBA" the Al Ain Scuba Diving Club and is a Scuba Diving Instructor. He is a keen Bridge player, a DIY addict (good for his kids), an accomplished duner in a 4WD or on a quad bike, was Hooker

for Al Ain Amblers Rugby Football Club for 10 years, treasure for 3 years, played in too many Dubai 7's tournaments and just loves fast cars like his Jaguar XF - Supercharged of course.

Gerry says, "Al Ain is a great place, it is my home of choice for almost 25 years amid the groundbreaking developments in the City. The mixture and number of friends I have gained over the years is tremendous - I wouldn't change a thing in hindsight - thank you Al Ain community, thank you to friends from Abu Dhabi, Dubai and Al Ain who attended my 700th Run and especially to the Hilton Hotel, the Hash Committee, George (Marble) and my wife Debby for organizing the event virtually in secret".

## The Coriander Restaurant offers an opportunity to explore cuisines of India

*Al Ain Times News:*

The Coriander Restaurant offers an opportunity to explore the tastes and textures of authentic Indian food in a relaxed and contemporary environment. Award winning Master Chef Shankar Kotian and Vice President for Emirates Culinary Guild - Al Ain Branch, who has three decades of culinary expertise has designed the appetizing array of menu items, characterized by an aromatic and interesting blend of spices and the freshest of ingredients to span all preferences with a selection of signature dishes from Hyderabad, Punjab and vegetarian dishes from both Northern and southern India coupled with a teaser of Mughlai flavours.

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you on the memorable journey of our authentic Indian dining experience.

# HEALTH

## Fasting advices for pregnant and lactating women

Al Ain Times News / Dr. Rupila Bhatia:

During Ramadan the intake of energy and nutrition of fasting pregnant and lactating women is far more critical and important than others.

There might be possibility of health and medical complications to a pregnant mother, a fetus, or else to the lactating mothers or their breast feeding child; if, their nutrition and energy requirements are not met.

The Holy Quran and Hadiths show that pregnant women and lactating mothers are provided with flexibility of fasting during the holy month of Ramadan.

Dr. Rupila Bhatia of Specialized Medical Care Hospital,

Al-Ain, compiled some

informative tips for such women who need special care during the month of Ramadan.

- Drink sufficient water between Iftar and sleep to avoid dehydration.
- Consume sufficient vegetables and fruits.
- Avoid intake of high sugar (sucrose, table sugar), food through sweets or other forms.
- Avoid spicy food.
- Avoid caffeine drinks, and other soft drinks. Go for fresh juices.

Also keep in mind that sudden decrease of caffeine in the form of tea or coffee can cause problems like headaches, mood swings or irritability etc. So, try to gradually decrease the intake 3-5

days before Ramadan.

- Do brush your teeth after Iftar and before sahur to keep away from cavities.
- Normal or overweight people should not gain extra weight by stuffing their stomachs.
- Everyone should do some light exercises as stretching or walking. This allows the body to groom and stay fit.
- Avoid walking in the heat. It might cause dehydration.
- Have good time management to perform your prayers, sleep, study / work and do other physical activities.
- Intake of a balanced diet is very important to maintain good health,

sustain active lifestyle and attain full benefits of Ramadan.

Diet chart for Sahur:

It should comprise of a light meal.

- 2 slices of whole wheat bread (khubs) or 1 cup of milk/ oatmeal cereal.
- 1/cup vegetable salad.
- 1 skinned apple.
- Tea /coffee with desirable amount of sugar.
- Pregnant ladies need supplements of Iron and Vitamins in addition to their diet.
- Try to have a fruit after your meal. As it facilitates digestion and prevents GIT problems. Citrus fruits provide you with and vitamins which are a good source of dietary



fiber.

• A handful of nuts are handy and a good source of nutrients. Instead of having any kind of snacks after your meal pop-in a few nuts.

Diet plan for Iftar:

Again, it should not be a heavy meal.

- Dates at least 3 to meet the energy requirements of your body.
- Juice – 1 serving
- Vegetable soup
- 1 cup of any snack like

Pasta etc

• And don't forget to drink plenty of water after Iftar until the time of sahur again.

Immediate need after Iftar is of energy source in the form of Glucose that can be easily met with dates and juices whereas soups can meet the mineral requirements of the body.

Besides this, too many servings of juices (not fresh ones) and unbalanced diet is not advised for Iftar.

## “Drop of Blood Saves Life” campaign at Al Ain Rotana

Al Ain Times News:

United Arab Emirates- Al Ain Rotana has recently hosted a blood donation campaign held last Wednesday, July 28, 2010 in collaboration with Tawam Hospital.

Mr. Ayman Gharib, General Manager of Al Ain Rotana commented; “We are very pleased and proud that we are able to be part of this campaign and was able to help the

community and save life.”

“It always feels better to be able to make a difference to something essential like this.” He continued.

The campaign turns out very successful as all of the employees from hotel managers to junior associates showed a high level of enthusiasms to be part of the event.



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# SOCIETY

## Sheikh Zayed Grand Mosque to have special significance during Ramadan

*Al Ain Times News / Wam:*

Abu Dhabi Tourism Authority's (ADTA) complimentary guided tours of the UAE capital's magnificent Sheikh Zayed Grand Mosque - one of the world's largest - are to take on special significance during the coming Holy Month of Ramadan.

The tours, which normally run from 10am-11am Saturdays to Thursdays, will run from 11am during Ramadan with UAE national guides who will give visitors a detailed brief on the mosque and its architecture and the significance and traditions of Ramadan.

Visitors will also receive a commemorative complimentary pack of Ramadan focused postcards being produced by ADTA.

"Our guests - whether residents or visitors will be able to get a better understanding of the meaning of Ramadan through our tours and the Sheikh Zayed Grand Mosque is a most appropriate setting for



this cultural dialogue," said Nasser Al Reyami, Director, Tourism Standards, ADTA.

The Sheikh Zayed Grand Mosque, which stands as a welcoming beacon to the UAE capital, has emerged as one of Abu Dhabi's most popular attractions in ADTA's first international visitor survey. The mosque, named after the late Sheikh Zayed Bin Sultan Al Nahyan, is an architectural statement which combines traditional and modern Islamic designs and construction techniques with craftsmen from around the world being involved in its creation.

"The mosque has been a culturally inclusive

facility since its very inception - a fitting legacy to Sheikh Zayed and his work in promoting international co-operation and understanding," added Al Reyami.

Highlight features of the Sheikh Zayed Grand Mosque include: seven chandeliers that together encompass over a million Swarovski crystals and the world's largest hand-woven carpet and was hand-knotted by 1,200 weavers in Mashhad, Iran.

During Ramadan visitors can see the mosque without a tour from 9am until 11.30am. On Fridays the mosque is open to worshippers only. Visitors are expected to dress appropriately for a place of worship.

## Al Ain Flower Market Celebrates Holy Ramadan in a big way!

*Al Ain Times News:*

Situated in Al Jimi area, Al Ain Flower Market is a budget shop and also amazing money saving shopping then it's catering the shopholicks of AlAin City. To attract our valued customers AlAin Flower Market has the price range, that's fixed between 5 to 50 Dirham on all items.

AlAin Flower Market focuses its efforts on providing the highest quality of Food products, Household, Cosmetics, Readymade, Footwear, Toys and Gift items. Our 65 staffs are humbly serving of our valued customers.

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LCD TV 32" 10 No's in 2nd Draw on coming 15th August 2010, it's continued to move Grand Draw JEEP WANGLER 4 DOOR to be held on 15th September 2010.

Just feel free and have fun while shopping with AlAin Flower Markets.

## Bawadi Mall hosts Greek, Caucasian and Red Indian troupes as part of 'Around the World in 60 days' celebrations

*Al Ain Times News:*

Greek, Caucasian and Red Indian troupes were hosted by Bawadi Mall as part of "Around the World in 60 days" celebrations that will conclude on Friday (5th August, 2010).

In an atmosphere reminiscent of noble European traditions, the Greek troupe presented its dances with pride, passion and dignity, being the oldest European



civilization.

The smiling dancers on the stage enthralled the audiences as they transported to old Greek heritage, and they were appreciated with wild applause.

The Greek team performance was characterized by interlocking hands on the shoulders with the rhythmic movements of legs matching the music.

A troupe from Caucasus area entertained the audiences. This band which is famous for its cultural differences performed many of the Georgian folk dances interesting to watch.

They began with a popular romantic dance called the "Kartuli" marked by softness and gracefulness of a woman and the dignity and pride of a man. The troupe offered different dances from different regions and included a dance called

"Kazibajor" that shows how life is in Northern Mountains of Georgia, where it is cold and tough to live.

The audiences enjoyed the performance of dancers which were marked by unique speed, agility, speed and intricate movements of legs and hands.

Bawadi Mall also enhanced visitors' knowledge of Red Indians and their life. Bawadi Mall brought the Red Indians in person to provide a first-hand view of their traditions of dancing and celebrations. With drums and cheers, the troupe performed Red Indian folk dances that represent the history and customs that they are still clinging to it, despite the passage of thousands of years. The band attracted the eyes of the audiences by the unique brightly colored costumes.

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## Al Ain result against Furth does not cheat us: Concordia coach and his assistant stresses .....

*Al Ain Times Sports:*

Al Ain first football team player, Ismail Ahmed stresses that his treatment program is going well. He is pointing at the same time that his coming back to the team will be during the next two weeks.

(Our wishes to show strong performance as well as redoubling our efforts during the training sessions will help us more in fulfill our ambitions in UAE different competitions ) says Ismail Ahmed.

Discipline & seriousness (Al Ain camp in Austria is characterized with discipline and seriousness. We played strong matches against good clubs. These

matches showed us our mistakes which will be corrected by the technical staff) Ismail Ahmed comments about Al Ain abroad camp in Austria.

He added (The setback of Al Ain in the last season considered as a strong motivation for all the players to present a strong performance and fulfill their management and fans ambitions).

Absences (Football is a group game and our team will not affected by the absence of one player from the team in the new season. The management provides all the resources to win the titles either in the last or current seasons). Ismail

Ahmed says.

Sufian Al Loudi coming back (Sufian is a player with high technical skills and I think he will do his best with Al Ain in the new season. He works hard during the abroad camp in order to reach readiness). Ismail Ahmed comments about the coming back of Al Loudi to Al Ain first football team.

Ismail Ahmed concludes his statement with a message to Al Ain fans and urged them to support the players and the team because the coming period required all the efforts of the management, technical and administrative staff, players and fans.

Concordia observes Al Ain Concordia SC head coach Laorienteni and his assistant Ventila stated to Al Ain FC official website about their team friendly match against Al Ain which comes in the context of their pre season preparations to the new football season.

(Al Ain is a strong team and has a distinctive record; I watched the goals of Al Ain last match against Furth in Al Ain official website, Al Ain match result against Furth does not cheat us) Ventila, Concordia SC assistant coach says.

(We always look to reach a higher standard of readiness through our

pre season preparations program. We played against Al Wasel of UAE & we have good information about Al Ain) says Concordia SC head coach Laorienteni.



## ABU DHABI TRIATHLON TEAM BAGS DOUBLE PODIUM FINISHES IN EUROPE Joyce and Sundberg Take 2nd in Antwerp and Zurich

*Al Ain Times Sports:*

Abu Dhabi Triathlon Team's Swen Sundberg and Rachel Joyce notched up two impressive performances over the weekend as they each grabbed runner-up finishes in their respective events, Switzerland's Ironman Zurich and Antwerp Ironman 70.3 in Belgium.

Making their double podium honours all the more sweeter was that the Antwerp event was Joyce's first full triathlon race since picking up an injury at the inaugural

Abu Dhabi International Triathlon in March, while Sundberg had just come from an extremely frustrating Challenge Roth race in Germany, where he was forced to retire due to bicycle tyre problems.

Finishing 2m45s minutes behind winner and hometown favourite Sofie Goos' time of 4:13:40 hours, Joyce's four and a half minute advantage over fellow Briton Emma Kate Lidbury was good enough for her to hold on to second place.

"It was good to be back on the start line and I have to admit that I felt pretty nervous," Joyce said. "My swim was okay, and I matched Emma the whole way. I struggled from start to finish on the bike - not what I hoped for - as I just that couldn't find that extra gear. Luckily on the run, I started to feel better - helped by the fantastic support from the locals as I moved into second place behind Sofie.

"This is definitely a good but rather late start to my

season and I am looking forward to the next race at Wiesbaden in three weeks," Joyce added.

In Switzerland, Sundberg got off to a good start in the swim, coming out of the water in the first group. At the bike, everything went well up to the finals stages of the 180-km distance when Sundberg suddenly experienced stomach pains. Having to pull back from the lead group on an uphill climb, Sundberg lost about seven minutes



in the last 40-km stretch.

With his stomach problems calming down in the second half of the 42-km run, Sundberg moved up to second place as he overtook Mike Aigroz with 3.5-km left, which

he held to the finish line. Three-time champion and race favourite, Ronnie Schildknecht from Switzerland, capitalised to clinch his fourth successive victory at the event.

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### Sahur and Iftar; Blessings of Allah

Al Ain Times News / Mehak Alam:

The month of Ramadan is knocking the doors pretty soon and we are about to welcome two very prestigious guests along with it; Sahur and Iftar.

As our guests bring some gifts to make us feel happy. These two events; everyday, would give us what we are most in need of; A time to pray to Allah, the Great and receive His blessings.

Sahur, the pre-dawn meal holds great blessings.

Narrated by Anas bin Malik (R.A) says that the Holy Prophet (Peace Be Upon Him) said, "Take Sahur as there is a blessing in it." {Sahih bukhari, Volume 3, Book 31, Number 146}

Sahur is a blessed meal so a person should try to wake up during this time even if he wants to have a sip of water. However, it's not sinful to fast without eating too much. But, as it is much reward-deserving portion of the day, then why not make use of it.

As the time of Sahur arrives during the last portion of night and Allah, the Supreme says, "They arise from [their] beds; they supplicate their Lord in fear and aspiration... " {Surah As-Sajda, Verse: 16}

This shows how important this time is for the Muslims.

We all should supplicate and ask for forgiveness

during this time and take advantage of the infinite bounties and blessings, that Allah, the Most Merciful showers on His slaves at Sahur time.

Along with Sahur, one also receives Iftar, the sunset meal as a divine gift. A time where a fasting person breaks his fast (with the call of Maghrib prayer).

The time of breaking the fast brings numerous blessings with it. It is the time where one can pray to Allah, the Great and understand that any Dua made during this time is granted as there is no veil between Allah, the Great and the fast observer.

"Once Musa (A.S) asked Allah, the Great Allah! You have granted me the

honor and privilege of talking to you directly, Have you given this privilege to any other person?

Allah, the Great replied, "O Musa (A.S) during the last period, I am going to send an ummat, who will be the ummat of Mohammed (Peace Be Upon Him) with dry lips, parched tongues, emaciated body with eyes sunken deep into their sockets, with livers dry and stomachs suffering the pangs of hunger- will call out to me (in Dua) they will be much closer to me than you, O Musa (A.S)! while you speak to me there are 70000 veils between you and me but at the time of iftar there will not be a single veil between me



and the fasting ummat of Mohammed (Peace Be Upon Him), O Musa (A.S), I have taken upon myself the responsibility that at the time of iftar I will never refuse the Dua of a fasting person...!"

Make use of this Ramadan and repent and supplicate to Allah, the Oft-Forgiving.

Usually during Ramadan,

people gather at one place to have iftar together. The Holy Prophet (Peace Be Upon Him) accepted the invitations that came to him for Iftar.

This ritual is still followed. People arrange feasts according to their limits and invite people at their place to gain the blessings of Allah, the Great.

### A Ramadan to Remember in Al Ain

Al Ain Times:

In celebrations of the holy Ramadan, many places in Al Ain introduce their own way festivities and hospitalities.

You can experience a memorable Ramadan at Al Ain Rotana. Share this

special time with friends and family and enjoy the traditional Ramadan ambiance in a contemporary yet traditional Al Zaem Village.

Also Al Ain Intercontinental Hotel introduces a unique

dishes for iftar and suhor and provide private sections for individual and families who seek privacy.

In addition Mercure Hotel at the top of Jabel Hafeet celebrates the month of Ramadan by providing a

unique delicious dishes of many tastes!

Al Ain Hilton Hotel also will provide its unique style of celebrations during the month of Ramadan.

#### قائمة ببعض أسماء المطاعم التي تقدم وجبات افطار شهر رمضان المبارك Restaurants List for Ramadan Iftar

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مقام حضرة صاحب السمو الشيخ خليفة بن زايد آل نهيان

رئيس الدولة - حفظه الله وإلى صاحب السمو الشيخ محمد بن راشد آل مكتوم نائب رئيس الدولة - رئيس مجلس الوزراء - حاكم دبي وإلى إخوانهما أصحاب السمو أعضاء المجلس الأعلى للإتحاد حكام الإمارات وإلى الفريق أول سمو الشيخ محمد بن زايد آل نهيان ولي عهد أبوظبي - نائب القائد الأعلى للقوات المسلحة

وإلى الشيخ طحنون بن محمد آل نهيان ممثل الحاكم في المنطقة الشرقية

وإلى عموم شعب دولة الإمارات العربية المتحدة

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العشاء	المغرب	العصر	الظهر	الفجر	الإمساك	Aug./Sep.	رمضان
8:07	6:37	3:43	12:14	4:33	4:18	26 THU	الخميس ١٦
8:07	6:37	3:43	12:15	4:34	4:19	27 FRI	الجمعة ١٧
8:07	6:37	3:43	12:15	4:35	4:20	28 SAT	السبت ١٨
8:06	6:36	3:44	12:15	4:36	4:21	29 SUN	الأحد ١٩
8:06	6:36	3:44	12:16	4:38	4:23	30 MON	الاثنين ٢٠
8:06	6:36	3:44	12:16	4:39	4:24	31 TUE	الثلاثاء ٢١
8:05	6:35	3:44	12:16	4:40	4:25	1 WED	الأربعاء ٢٢
8:05	6:35	3:45	12:17	4:41	4:26	2 THU	الخميس ٢٣
8:04	6:34	3:45	12:17	4:42	4:27	3 FRI	الجمعة ٢٤
8:04	6:34	3:45	12:17	4:43	4:28	4 SAT	السبت ٢٥
8:04	6:34	3:46	12:18	4:44	4:29	5 SUN	الأحد ٢٦
8:03	6:33	3:46	12:18	4:45	4:30	6 MON	الاثنين ٢٧
8:03	6:33	3:46	12:18	4:47	4:32	7 TUE	الثلاثاء ٢٨
8:03	6:33	3:47	12:19	4:48	4:33	8 WED	الأربعاء ٢٩
8:02	6:32	3:47	12:19	4:49	4:34	9 THU	الخميس ٣٠