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A walk on the Wild side
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Your weekend guide

10 ROYAL HOLIDAY DESTINATIONS
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FRIDAY
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FRIDAY

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FRIDAY

IT'S A CAKE WALK

If you haven’t read *Wild*, this will make you pick it up today, if only to realise how much you value your toenails

something you see at many British royal weddings.

Also, the couple appear to be very much in love, which is always a bonus. I’m not going to say I am flag-wavingly excited about the big day, although I wish them the best; perhaps it’s because I never watched *Suits*. If Harry were marrying a winner of *MasterChef* or a star of *Curb Your Enthusiasm*, that might pique my interest a little more, but for interesting royal romance, my template is more Hilary Mantel than Harry-Meghan.

That said, I love Mike Peake’s exploration of the globe (page 58) via the travels – and possible honeymoon itineraries – of the UK royals (it might be inspiration and learnings from her trek across America’s west coast (page 22). If you haven’t read *Wild*, her memoirs of the trip, done two decades ago, this will make you pick it up today, if only to realise how much you value your toenails. The book is brutal, physically and emotionally, but so worth your time this weekend.

For those of you celebrating the auspicious day of Akshaya Tritiya on April 18, I wish you all the best with your gold shopping this weekend, and should you need inspiration, check out Lindsay Judge’s stunning selections from Dubai’s jewellers on page 26. I’d love to see you in your finery – share your gold pictures with us on Instagram: @friday_magazine.

Natalie Long, editor
Reach me at nlong@gulfnews.com

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CONTENTS

STORY TELLERS 8
A page for readers to share their views, thoughts and stories.

STARGAZING 10
Your stars for the week ahead.

MOOD BOARD 12
Your stars for the week ahead.

HEALTH NEWS 14
While 3.7 per cent of Abu Dhabi’s population suffers from COPD, glassophobia is another term for stage fright. Find out what’s happening in the world of health and well-being.

A SLICE OF LIFE 16
Our columnist Lori Borgman has been cheating on My Fitness Pal. Now she’s scared that she might be exposed, thanks to the hackers who have access to all the info.

WEEKEND GUIDE 18
Find out where you can enjoy Songkran, plus activities where your little ones can have a good time.

MY WORKING LIFE 20
Shankar Basu Pandey’s drawings help the police nab culprits - meet Mr portrait parlé.

AUTHORSPEAK 22
Cheryl Strayed went on a gruelling three-month long trek to exorcise her demons. Result? A bestselling memoir and a hit film.

FASHION 26
Shine on in stunning gold jewellery. It’s Akshaya Tritiya, after all.

THE DETAILS 36 & 43
The latest news from the fashion and beauty worlds.

BEAUTY 38
‘Brush’ up your beauty skills with our comprehensive guide.

ASK THE EXPERTS 44
Advice from the best in the UAE.

FOOD 46
Have a rice day with these casserole recipes.

RECIPE CARDS 51
Say bye to long hours in the kitchen with these quick meal ideas.
CONTENTS

THE FOOD CULTURALIST 55
Some might find offal awful but in the world of sustainable eating, they are a delicacy. Arva Ahmed tells us where to find the best.

TRAVEL NEWS 56
Travelling to Prague just got easier and count stars while glamping in Dubai with our tips for the intrepid traveller.

TRAVEL 58
Prince Harry and Meghan Markle are about to tie the knot. At these destinations – longtime royal favourites – you’ll feel you’re part of the party.

MOTORING 62
Caddie’s fourth gen Escalade is quite menacing to look at but it’s not a smooth ride.

PUZZLES 64
Crossword and Sudoku brain-teasers.

MY FABULOUS FRIDAY 66
Growing up in war-torn Basra, Wissam Shawkat found escape in calligraphy. Now, it is his passion.
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Making quality education even more accessible
Each week, we’d like you to share your thoughts, anecdotes, views or stories. Last week we asked you if you would like to live for 1,000 years.

As the saying goes ‘everyone wants to go to heaven but no-one wants to die’. Death clearly defines the term ‘fear of unseen’, so yes I definitely want to live for 1,000 years if given a chance. But, of course, with the condition that I should be surrounded by zestful, loving and caring people. The world should be free of hatred, sorrow and inhumanity. Although my idea is quixotic, still, I want a world where only peace and happiness prevails and I want to live in such a world for 1,000 years. Shazia Aafreen

When life is going on at an even keel, it is natural to take it for granted and to live each day at a leisurely pace, for subconsciously there is comfort in knowing that there is always tomorrow to look forward to. Here, Scarlett O’Hara’s words from Gone With The Wind come to mind: “Tomorrow is another day”.

It is only as one goes through life’s ups and downs that one is faced with the mortality of one’s loved ones and oneself. At some juncture in life we realise that mortals come with a predetermined lifespan and we ought to live our lives to the best of our ability, keeping that fact in mind. 1,000 years is an extremely long span of time. To want to live that long would depend on so many factors. If I could have the companionship of my loved ones for the length of my extended years on Earth, then yes, definitely I would love to have that long a life. If I could live without ageing and breaking bones, then again the answer would be a big yes.

The advantages of living to be a 1,000 years would be the ample time afforded to acquire the vast amount of knowledge available to us; to grow in goodness and awareness steadily but surely, and to experience life manifold in its richness. Vinita Mohan

Having a thousand years to live could mean that I have the chance to be reborn in every moment. I can have so many opportunities to relive days that didn’t turn out so well. I would take all the time in the world to make decisions. I would not have to regret anything because I will have enough time to change what I did wrong. But do I actually want that much time? Do I have so many things to do so I can guarantee that each day would be productive and eventful? Do I have the energy to keep pushing forward for 1,000 years?

The society that we live in wouldn’t really make it easy. I can’t tell that I will not have days in which I won’t feel pressured, because facing hardships and breaking down is a part of everyone’s life and I wouldn’t want to have more time to let that happen. I wouldn’t want to carry painful memories that are sharp, and cut right through me every time I think about them, for so long. I wouldn’t want to meet people who have caused me pain or go to places that remind me of melancholic times. I wouldn’t want to spend more time having my heart ache over the departure of someone I loved. Hearing it for the first time, a thousand years to live would be interesting, but after coming face-to-face with the concrete reality, I’m certain that I will be satisfied with the short life I have! Suhalla Basim

Certainly not! Instead I would prefer to live and enjoy every minute of my life as 1,000 years. What’s the point of living alone? My family and friends are the most valuable treasure of my life. I cannot think of my existence without them. Living a healthy and a happier life is my goal. So cheers for happiness and thanks to God that I am alive today and enjoying my life. Preeti Jain

The world is getting more advanced, nonetheless, all these developments seem to be at the expense of innocent citizens. People are finding more and more ways to develop the world in terms of guns and other equipment. It all started with the simple bow and arrow and now we’ve made our way to guns. Frankly, I would rather die peacefully on my death bed, than being shot by some advanced machine gun! Plus, I would be like a living cockroach – the ones that never die no matter how many times you step on them. I would rather live a good short-lived life of around 80 years and make my mark, than unnecessarily elongate my years. I think there’s a wonder in the sweeter, shorter things, that don’t last too long. It creates a deeper understanding of the impact made on people’s lives. So, would I want to live for 1,000 years? No, no and for the thousandth time... no!

Bola Ajike

I would like to, believing that the Moon and Mars are within easy reach and I’d be able to make regular trips.

Sureshbabu Bandi

Personally, I would not choose to live for a thousand years because I think life is precious because it’s short. Living for 1,000 years, it would be painful to see everyone I know go away early and just live for so long on my own. I also think that living for as long as we do now is better because we can experience so many things and we want to do so much before we die and we want to savour those moments. Living for a thousand years, I can do what I want, but it wouldn’t really matter that much because I would be living for so long. In conclusion, living a shorter life is much more preferable than living for a thousand years.

Zehra Aqeel Bughio

Yes! Yes! Yes! I would love to live a thousand years and see how my kids and grandkids grow up to be. I would love to see how the world would evolve in another 1,000 years.

I would love to see the sunflower seeds and apple seeds that my son planted in our backyard blossom into full-grown plants and trees.

I would love to see my daughter fulfil her dream of becoming four different professions in a single life.

I would love to live a thousand years and see my husband grow old with me.

I would love to live a thousand years... provided my teeth and health don’t give up on me.

Saima Abdullah
I really adore life and everything about it, especially family and friends. I’d have no problem with living a thousand years. However, only if my ‘Terms and Conditions’ are applied.

Firstly, everyone I care about should exist for as long as I would, as living alone and losing people isn’t something I’m looking forward to because the best thing to do in life is to chill and have fun with close ones.

Secondly, I wish to be young and full of energy for all the thousandsof years I have, and obviously, I wish the same for my friends and family.

I’d really like to see how advanced the world could possibly become in the course of a thousandyears. Would theissue of pollution finally be solved? Will crimes end or increase? Will aliens become our allies, if any? Would we be living on some other planet, or galaxy? Would there be world peace? But most importantly, would people finally find the answer to the world’s toughest question: “What came first, the chicken or the egg?”

Curiosity makes up about 65 per cent of the reason behind why I’d like to live a thousand years and the rest of the 35 per cent is covered by my love for life.

Life is amazing even despite the existence of school and work. All we need to do is see things positively and keep smiling.

I can’t even imagine how smart and wise I would be if I lived for a thousand years, I’d do everything I possibly could: skydive, take a trip around the world twice and play video games all night. One thing I know for sure though is that time flies, so these thousands of years I have will feel like nothing more than a hundred years in the end.

Faadhilah Abdul Hamid

My answer is 1,000 per cent yes. Why? Well if I was in good health then why wouldn’t I? The world is going to get very exciting in the next 50-60 years, let alone 500 or more and I certainly want to see the drastic changes that will take place. In the past five or six years the world has evolved like crazy, and if every day someone is going to come up with a crazy invention then in 1,000 years we’ll be a complete different planet.

Sara Shailesh Joshi

What would it mean to live for a 1,000 years? It would mean watching humanity evolve along with breathtaking technology. A chance to experience different ideas from different generations that would make huge impacts on the world and mankind in the way we live and communicate.

Living for 1,000 years intrigues me as it reminds me of the fantasies I enjoy reading in my everyday novels. But what I’ve seen is that fantasies don’t always end with ‘and they lived happily ever after’. As inviting as it would sound to have a lifespan that long, it comes with a lot of unbearable costs. Losing your physical abilities, your familiarity with things, your feeling of belonging, and most painful, to watch all your loved ones leave you one by one is a price I would not be willing to pay.

Unless my long life comes without physical deterioration and my loved ones are granted this miracle as well, I would not like to live for 1,000 years.

I haven’t put much thought into the question because I already knew my answer right away. It’s a big fat NO. As much as I’d love to hang around and see civilisations evolve and humans going further and further away from Earth, I realised that the world isn’t changing for the better. As surprised as I was about my decision (I’m just another Gen Z kid who’s terrified of growing older and withering away), I’d rather not worry if the food on my plate is another chemistry project and if a sudden WiFi outage would drive me bonkers. The more I read the news, the more I realise how humans have decided to run away from their problems by travelling to other planets when we could clean up the Earth and restore her to her former glory. I know the planet is overpopulated and I know we’ve got way too many crises in our hands, so I don’t want to stick around and see what new problems decide to arise. I’m going to enjoy my short life to the fullest.

Faadhilah Abdul Hamid

Living for a 1,000 years sounds great. Imagine you are living in a sky abode like the Jetsons, driving in the sky and no longer need a bunch of jingling keys to enter places. Or, maybe, on the flipside, mankind may not prevail and the earth is quenched by tsunamis and global famines and humanity has to learn basic survival skills like the Flintstones. In a 1,000 years, probably, there would be a lesser human and greater contact with other galaxies.

Azmeen Wadia

I really adore life and everything about it, especially family and friends. I’d have no problem with living a thousand years. However, only if my ‘Terms and Conditions’ are applied.

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Danial Imran

While Cheryl Strayed walked for three months to get over her mum’s passing, we’d like to hear what have you done to come to terms with grief.

Email replies to friday@gulfnews.com, or comment on facebook.com/FridayMagazine by April 16. Answers may be edited for clarity and/or length.
**ARIES** MARCH 20 – APRIL 19

The trick to dealing with this week of constant, and mostly welcome, change is to regard every decision as an experiment rather than a lasting arrangement. That will prevent you wasting time on details that will only need to be rethought within days, if not hours. If there’s any challenge, it’s reassuring those who’re seeking guarantees. Just say you’ll discuss details next week, when the mood’s calmer.

**TAURUS** APRIL 20 – MAY 20

As a Taurus, you’ll happily make necessary changes, but want clarity about the timing and what’s involved. Now, however, seemingly pointless shakeups are actually triggering a new cycle. While you may be aware of some of what’s coming, the full picture won’t be clear until mid-May, when the planet of innovation, Uranus, moves into Taurus. Until then, shed what doesn’t work to prepare for what’s next.

**GEMINI** MAY 21 – JUNE 20

Ideally, you’d prefer to deal with increasingly pressing decisions with a single, overriding, plan for the future. But it’s not that simple. While the coming week’s events will clarify some situations, others will remain in transition until the Sun moves into Gemini in late May. While you can’t avoid making plans, you can ensure they’re flexible enough to ride out this unsettling yet, ultimately, thrilling period.

**CANCER** JUNE 21 – JULY 21

Recently you’ve faced complex situations involving your future plans. While things are settled for now, with circumstances continuing to shift, you’ll soon be rethinking even recent arrangements. You’re not alone in this. Since others are either involved along with you, or dealing with similar matters, explore your options together. The resulting mutual benefits will boost your confidence.

**LEO** JULY 22 – AUGUST 22

While, thus far, you’ve sidestepped potentially substantial changes in your life, it’s clear there’s no avoiding these. The irony is, much as you’re dreading these now, once you’re looking back on them, you’ll wonder why you were so concerned. Think about similar changes in the past, and you’ll realise that what you most dreaded then turned out brilliantly. That will be the case this time as well.

---

Shelley von Strunckel, one of the world’s top astrologers, writes a weekly forecast for *Friday*

**VIRGO** AUGUST 23 – SEPTEMBER 22

Ordinarily, the end of your ruler Mercury’s retrograde cycle on the 15th would also conclude the untruly period you’ve been dealing with. However, with dynamic and unsettling planetary activity extending until mid-May, those changes will continue and will influence others’ circumstances as well. Knowing that, regard this as an adventure, one that’s triggering rewarding, if often unexpected, opportunities.

**LIBRA** SEPTEMBER 23 – OCTOBER 22

There’s no arguing that thrilling ideas and offers are coming your way. While, obviously, you’re exploring these, you’re worried. The problem isn’t the actual situations but, rather, that those around you are struggling. As a result, either they can’t join in your pursuits or you feel guilty proceeding without them. On the contrary, what you achieve now is paving the way for them, but in the future.

**SCORPIO** OCTOBER 23 – NOVEMBER 21

Between now and the Scorpio Full Moon, on May 30, you’ll be reviewing elements of your life and work. There’ve been hints of shakeups, but you’re hoping you’ve averted these. Rather, with the actual circumstances shifting, often dramatically, this isn’t about a single vision but instead employing your stunning intuition to spot, and explore, changes as dramatic as, ultimately, they’ll be worthwhile.

**SAGITTARIUS** NOVEMBER 22 – DECEMBER 20

No sign embraces change, including sudden or seemingly unwelcome ones, as enthusiastically as Sagittarius. But having destiny or, worse, others make decisions for you is quite another matter. Tempting as it is to battle what’s been organised, wait, watch and learn. Your big lesson is patience, since events’ full potential won’t be clear until the Full Moon in your sign, late May. Until then, explore everything.

**CAPRICORN** DECEMBER 21 – JANUARY 19

However much you focus on a plan or long term goal, things are unlikely to go as planned. You’re not alone. The rest of the world are facing as frequent and unsettling developments. It’s just while others are going with the flow, you’re battling to sustain your vision. This once, give in. It may seem a compromise now but you’ll soon realise how wise it was.

**AQUARIUS** JANUARY 20 – FEBRUARY 17

On 15 May, your ruler Uranus, moves into a new position in your chart, and into the down to earth Taurus. Although this influences every sign, obviously this ushers in a range of changes. While you may already be experiencing some, most will take a while longer to surface. For now, respond to everything with inquisitiveness, since what’s best may seem least appealing, at least initially.

**PISCES** FEBRUARY 18 – MARCH 19

As a Pisccean, not only are you intuitive, you have an amazing knack for turning the events or even sudden changes others are struggling with into something worthwhile, if not magical. That’s the case now. However, you can’t rescue those who’re either battling changes or insist on doing things their way. Encourage them to explore and talk over their options but, resist the temptation to rescue them.
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Top Dh8,285, Oscar de la Renta

Bag Dh1,295, Mansur Gavriel at netaporter.com

Trousers Dh2,843, Peter Petrov at The Modist

Skirt Dh2,440, Teija at The Modist

Hat Dh256, Sensi Studio at netaporter.com

Top Dh8,285, Oscar de la Renta

Bag Dh1,295, Mansur Gavriel at netaporter.com

Trousers Dh2,843, Peter Petrov at The Modist

Skirt Dh249, Topshop
ченчический Обструктивный Пулмонарный Дизайн (COPD) — это хроническое воспалительное заболевание легких, что вызывает приходящий воздух из легких. Симптомы включают затруднение дыхания, кашель, мокроту и свистящие звуки. Это вызвано длительным воздействием на раздражающие газы или частицы, наиболее часто из-за курения.

По данным местного исследования, распространенность COPD в Абу-Даби была установлена в 3,7% местного населения, особенно у лиц старше 70 лет. В Арабских Эмиратах COPD часто недооценивается и не диагностируется до появления симптомов. Доктор Басам Махабб, глава Эмиратского Союза по Респираторной Студии и вице-директор в университете Шарджи, объясняет: "УAE's здравоохранение сделало заметный прогресс в обеспечении, что у AE с самой низкой распространенностью COPD в регионе, однако необходима для работы вокруг COPD а также участь информации".

"Симптомы COPD часто не проявляются до значительного повреждения легких, и они обычно ухудшаются с течением времени, особенно при продолжении курения."

Доктор Басам говорит, что приступы COPD обычно вызваны инфекцией в легких или дыхательных путях и вдыханием загрязненного воздуха.

Чтобы предотвратить приступы COPD, рекомендуется отказаться от курения, своевременно вакцинироваться против гриппа и пневмонии, принимать прописанные COPD лекарства, регулярно общаться с врачами, получать достаточный сон, и поддерживать нормальную влажность.

THE GENETIC LINK WITH SIDS

В недавнем исследование в Великобритании и США опубликовано в The Lancet, потенциальный генетический феномен в синдроме внезапной детской смерти (SIDS, также известный как 'cot death') был определен. SIDS является неожиданной смертью и либо симптомом здорового ребенка. Редкие генетические мутации, связанные с нарушением дыхательных мышц, более распространены в рисках детей, которые умерли от SIDS и не через контрольные группы, указывая на возможное генетическое влияние. Это является главной причиной пост-неонатального смерти детей в высокоразвитых странах и исследования показывают, что Центральная система дыхания позиционагает сыграть определенную роль.

The UAE's healthcare system has made remarkable strides in ensuring that it currently has the lowest prevalence of COPD in the region, however, the need for data around COPD is of paramount importance," explains Dr Bassam Mahboub, who is the head of Emirates Respiratory Society and assistant dean at the College of Medicine in Sharjah University. "Early diagnosis is critical to managing the progression of COPD and improving chances of survival.

People with COPD are at an increased risk of developing heart disease, lung cancer and a variety of other conditions. Symptoms of COPD often don't appear until significant lung damage has occurred, and they usually worsen over time, particularly if smoking continues.

Dr Bassam says that flare-ups are usually caused by infection in the lungs or airways and inhaling heavy air pollution. "Such exacerbations in COPD can be prevented by smoking cessation, timely vaccination against flu and pneumonia, increased physical activity, adherence to prescribed COPD medications, regular contact with doctors, adequate sleep, and staying hydrated."

READ TO HELP CHILDREN HEAL

The UAE's "Wanna Read?" was established in 2013 by Shaikha Shamma bint Sultan bin Khalifa Al Nahyan as a non-profit organisation to create a warm, friendly and stimulating environment in UAE hospitals to help children through their healing and rehabilitation process. Shaikha Shamma believes that an enjoyment of books should be encouraged in all ages and, therefore, "Wanna Read?" aims to promote reading and learning by providing this facility. Hospitals across the UAE have set up reading corners as part of the initiative, encouraging children to read more to recover faster during hospital stays. Healthpoint hospital in Abu Dhabi is the latest hospital to add to its existing areas with a third corner in its new paediatric wing, making it the 16th reading corner in the UAE; visit wannaread.ae

MEDICAL GADGET OF THE WEEK: BLIP BP MONITOR

Blip is a Wi-Fi blood pressure monitor. Unlike Bluetooth-enabled tech, users don’t need a smartphone to upload their readings; they can just use their home Wi-Fi network. With Blip, you can set goals, visualise data, and get tailored insights on blood pressure for two users. It also gives you reminders with audible beeps and a free account and tracking tools on smartphones. Available for $127 (Dh467) on blipcare.com

MEDICAL TERM OF THE WEEK: GLASSOPHOBIA

For many of us, the idea of public speaking fills us with dread. Everyone’s eyes are focused on you. It can be nerve-racking, to say the least. For people with glassophobia, a social anxiety disorder that goes beyond normal worrying or nervousness, public speaking can cause strong fears that may seem out of proportion to others. Symptoms include rapid heart rate, trembling, sweating and shortness of breath; your body may go into classic fight-or-flight mode. Doctors can prescribe psychotherapy and medications to help treat the condition but other methods, such as public speaking workshops, could also help sufferers prepare for that dreaded speech or presentation.

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Jaw-dropping hack leaves her down for the count

Lori Borgman finds the funny in everyday life, writing from the heartland of the US. Now, if she could just find her car keys...

My Fitness Pal is an app that enables you to track your calorie intake and monitor fat, carbs, protein and how many calories you burn with exercise. The app was recently breached along with the data of 150 million users.

Make that 150 million and one.

I’ve been using My Fitness Pal for several months and was officially notified as being hacked. While account logins and passwords were hacked, Under Armour, which owns My Fitness Pal, was quick to point out that payment information, addresses and birthdays were not.

Like I care about my birthday getting out.

What I do care about is a list of everything I eat and how much I exercise getting out. Talk about frightening.

To make matters worse, I am sometimes an emotional eater, which means my stress over my fitness app being hacked could well translate into weight gain.

Then they laugh a maniacal laugh and rip open a bag of chips.

I hope when they’re caught, they are locked in a house with a big-screen television that only broadcasts cooking shows and a refrigerator stocked with nothing but kale.

My best option may be to come clean before they try blackmailing me. So maybe I did have doughnuts for breakfast and pizza for dinner one day. Don’t judge me until you’ve had a crazy day of small emergencies, interruptions, multiple appointments, and everything you meant to take out for dinner is frozen hard as a rock.

And yes, a hot chocolate mix is part of my morning routine. What adult has hot chocolate every morning, you ask? Do I eat like I am a 6-year-old child? No, I eat like I am a post-50 woman in need of good bone health. Two tablespoons of the hot chocolate mix have 30 percent of your daily calcium requirement. I mix it in coffee and pretend it’s a fancy mocha.

I try not to get bogged down in the individual days and prefer to look at the big picture. That would be the big picture showing days when I live on salad and other days when my plate is loaded with pasta, cheese and garlic bread.

All this business about being hacked has left me cranky.

It’s nothing a bowl of ice cream won’t fix.

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Introduce your kids to the joys of reading at the tenth Sharjah Children’s Reading Festival at Expo Centre Sharjah from April 18-28, under theme Is Your Future...

Just a Book Away. Cultural and literary events will enlighten young minds throughout the 11-day festival, with 286 authors and poets from 121 countries, exhibitions, theatrical performances, workshops and talks to choose from. The Future Machine exhibition will offer insights into artificial intelligence and the principles of how robots function; there’s a 3D book exhibition and talks by British children’s author, Sibéal Pounder, American poet and author Mark Gonzalez and award-winning children’s authors Natasha Sharma and Miranda Paul amongst others.

Catch children’s show Paw Patrol Live today and tomorrow at the du Forum, Yas Island, for a fun day out with the family. The Canadian TV show’s stage version will bring its popular pups to life through giant puppets who will help Adventure Bay’s Mayor Goodway and Foggy Bottom’s Mayor Humdinger finish the great race. The animated, multi-media backdrops will set kids’ imaginations alight. From Dh100 at ticketmaster.ae.

It’s going to be water, water everywhere at the Fairmont Ajman’s new floating water-park called Aqua Bounce Ajman. Anchored off the resort’s private beach, the bouncy castle out at sea has an obstacle course and slides you can slip and splash around on from 10am-5pm. From Dh150 for children including access to the resort’s beach and pool facilities, family package costs Dh900 and includes Dh500 dining credit. Call 06 701 5757.

There’s a new kid on the d3 block: The Block is an open-air recreational facility by the canal with a basketball and volleyball court, a skate park, BMX ramps, an outdoor gym, climbing wall and the Dubai’s first ‘urban beach’. The eco-friendly venue was constructed out of 27 tonnes of concrete recycled from the canal area’s construction. The Miami Vibes Food Festival is on until tomorrow – try cuisines from street food vendors and check out performances and art installations. Free; visit dubaidesigndistrict.com.

Dubai Sports City’s Spring Fete is happening tomorrow. Participate in raffle draws while kids play around on bouncy castles and enjoy face painting, storytelling and quizzes. From 4-8pm; entrance is free. Call 04 425 1111.

Tomorrow, swap birdies for bhujangasanas at the spot that saw Tommy Fleetwood and Jon Rahm lift trophies at last year’s DP World Tour Championship. Jumeirah Golf Estates’ Yoga on the Fairway is a free event on the Earth course’s 18th hole, from 6pm. Bring your own yoga mat. There will be healthy snacks in the Club House after the yoga session; call 04 818 2000.

Celebrate Songkran

Songkran, the Thai New Year that’s also a three-day water festival, runs until April 15 this year. Our suggestion? Skip second attempts at resolutions and dive right into these tempting Songkran dining offers.

Tong Thai at JW Marriott Marquis is celebrating Songkran with a buffet for Dh215 per person including water and soft drinks. Valid today and tomorrow from 6-11pm; call 04 414 3000. Pai Thai, at Al Qasar, Madinat Jumeirah, is serving a three-course sharing menu of Thai classics. You can savour chor muang (purple-flower chicken dumplings with fried onions, peanuts and sweet chilli sauce) and phad nor mai fa rang (wok-friend asparagus cooked with mushrooms, garlic, chilli and oyster sauce) and desserts such as tim krob (crispy water chestnut, sugar syrup, coconut milk and crushed ice). In-house entertainer Wanthakan will be entertaining guests with dance performances from an abra. Available until April 23, Dh280 per person; call 04 432 3232.

Sukhothai at Le Meridien Dubai Hotel and Conference Centre is celebrating Songkran with traditional performances and buffet options that start from Dh199 per person. If you go dressed in traditional Thai attire with your friends, a group of five can eat for the price of four. Until tomorrow; call 04 702 2455. The Royal Buddha restaurant at Holiday Inn Al Barsha, Dubai, has a Songkran Festival running today and tomorrow. The celebrations kick start at 6.45pm with a water ceremony followed by a four-course set menu dinner and a traditional Thai dance performance. Dh135 per person from 7-11.45pm; call 04 3234333.

PHOTO BY GETTY

WORD BY SHREE JARAVINDRANATH
SCOTSON
Scottish music takes the stage this coming week with singer Marti Pellow performing at The Irish Village on April 19. The former frontman of the pop band Wet Wet Wet will be singing all their hits such as Goodnight Girl and Love is All Around as well as tracks from his 2017 album Mysterious at his concert at the Dubai Duty Free Tennis stadium. Tickets from Dh199 at theirishvillage.com; show starts at 9pm.

Alt-rock Scottish band Biffy Clyro is performing at the Hard Rock Café on April 18; the band has been around since the 1990s belting out hits such as Bubbles and The Captain. Tickets from Dh300 at 117live.com.

ART MADE EASY
Affordable art is anything but an oxymoron at World Art Dubai, which kicks off on April 18 at Dubai World Trade Centre. The art fair, which runs until April 21, includes photography and digital art, as well as dedicated spaces for galleries, solo artists and groups, representing a display of art and culture from all over the world. Prints, sculptures and mixed-media art starts from as little as Dh400 and there are workshops and talks to attend. From 2-9pm; entry is Dh25 per person.

START A NEW HOBBY
Pick up a new hobby or skill this month at Manarat Al Saadiyat - the art and cultural hub in Abu Dhabi is hosting a performing arts programme that covers, dance, drama and storytelling. Every Wednesday at 8pm, Argentinean tango de salon workshops will be hosted by The Tango Journey; the workshops will teach technique and steps of the tango as well highlight the history and origins of the Unesco-preserved performing art. Emirati-Japanese drumming group Kharsha will conduct taiko Japanese drum workshops for kids every Saturday at 2pm, while performing arts company Sima will hold modern performance workshops for all ages every other Saturday at 4pm, focusing on music rhythm, drama, vocals and body language. For prices, visit manaratalsaadiyat.ae or call 02 6575800.

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police ‘portrait parlé’ artist Shankar Basu Pandey on how his sketches have helped nab some of Kolkata’s robbers, murderers, traffickers and kidnappers.

What exactly do you do?
I am employed with Kolkata Police and my job involves drawing sketches of murderers, traffickers, chain snatchers, dacoits, fraudsters and kidnappers. After a crime has been committed, the witnesses to the crime describe the criminal to me. I draw a sketch from their description and that sketch is used by the police to look for the culprit and nab him.

How did you get into the field?
In 2010, I joined Kolkata Police as a constable after doing my BA in Fine Arts. I am also an animator. I used to sketch portraits while sitting in the office and picked up the skills from senior *portrait parlé* [meaning ‘spoken portrait’ in French] artists. One of my seniors noticed my talent and asked me to take an exam to become a *portrait parlé* artist. Later I was sent for training at the National Crime Records Bureau in Delhi.

What was your first assignment?
It was a cheating case and I was asked to draw a portrait of the man according to the description given by the person who had been cheated.

Often, I have not even done half the sketch and a police officer recognises the person as a repeat offender. I feel a thrill going down my spine.

I could sketch the upper part of the face but I couldn’t perfect the lower part. If the person has not seen the suspect very well and isn’t that sure, it takes up to an hour. Sketching a purse or jewellery snatcher is most difficult. The victim barely gets a glimpse of him because he is gone in a blink. But I have been successful in helping the police nab a number of snatchers.

How long does it take you to do a sketch?
Usually it takes about half an hour, but if the person has not seen the suspect very well and isn’t that sure, it takes up to an hour. Sketching a purse or jewellery snatcher is most difficult. The victim barely gets a glimpse of him because he is gone in a blink. But I have been successful in helping the police nab a number of snatchers.

Do you use software, or sketch with a pencil?
There is software available, but I feel it consumes more time. It is better and more specific if I erase on paper and then keep creating and re-creating. I am far more comfortable doing this with my pencil. There have been occasions when I have used Photoshop - I scan my sketch, open it in Photoshop and fill it with colour.

What sets you apart from other artists?
Better observation and imagination. When I went to art college, I was always better at doing portraits than any other kind of drawing.

Do you keep particular attributes in mind?
There are definite techniques and we have around 1,000 sets of eyes and noses as references. We sometimes show these to the eyewitness but I’ve noticed that often these references can confuse the witness. I prefer to rely on the witness’s memory and description to draw the correct picture.

What is the most exciting part of your job?
It often happens that I have not even done half the sketch and a police officer recognises the person as a repeat offender and jumps up and says, ‘Oh! This is so and so.’ I feel a thrill going down my spine. After I finish a drawing, sometimes the person who is describing the offender to me says, ‘how could you make it so perfect? Yes, this is the person.’ It’s very satisfying to hear this.

What has been your success rate?
It is very hard to tell you statistically because in most cases once the sketch is done I am not supposed to be informed about the proceedings of the case. But in many cases after my sketch has been used to nab the suspect and he or she is convicted, I am given the original picture of the convict. That is when I have seen my sketch has been 80 to 90 per cent accurate.

What was your most challenging assignment?
This incident happened in Ulta Danga in Kolkata. A gentleman had a guest at his house and after breakfast they left home together. When he didn’t return at night, the gentleman’s family contacted the police. A search was launched and the man’s body was found near a bridge. The daughter had seen the guest and was asked to describe him so that I could draw the sketch.

She was in such emotional turmoil over losing her father that she kept breaking down when trying to describe the suspect. Working with someone in such a state of mental distress is very difficult. I had to keep on asking her about the details of the man’s features. I have to understand the situation of the person and deal with her accordingly. At the same time I was under pressure to come up with the sketch quickly so that the police could start the hunt.

Using my sketch, the police traced the man to Uttar Pradesh, and he is now in jail.

Do you ever feel exasperated when people come up with contradictory descriptions?
If I cannot keep a cool head, I will not be able to perform in this field. I am constantly dealing with people who are under emotional stress. In cases of kidnapping for instance, the emotional distress is so great that contradictions and wrong descriptions are bound to happen. That is when I have to play a role in guiding the person who is describing in the right direction. Once, a mother came to report the kidnapping of her child. She got angry with me because she felt I was asking too many questions. She would keep retorting, ‘don’t you know how a nose looks? Don’t you know how eyes are?’

Do you worry that a convict might get back to you once he serves his term?
Usually they do not know who drew their sketch unless I have to make a court appearance. I have actually never thought about it from this perspective. As a member of the police force, dealing with criminals is my job.
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Cheryl Strayed throws back her head and laughs when I ask her if she ever felt like quitting during her life-changing 1,770km solo hike along the Pacific Crest Trail through California and Oregon more than 20 years ago. Seated in a meeting room of the InterContinental at Dubai Festival City, venue of the recently concluded Emirates Airline Festival of Literature, at which she was a speaker, she repeats my question: ‘Quitting? Yes, I felt like quitting almost every single day of the trek.’

It must’ve been punishing given that Cheryl was grieving her mother’s death, battling demons and was unprepared for the walk. ‘See this,’ says the award-winning author, columnist and podcast host, raising her foot and showing me her well-pedicured toenails painted a bright shade of red. ‘The trek was so difficult that before the end of it, these toenails had all fallen off. It took months for them to grow back properly. I put down my recorder to take a look. Right now they appear none the worse for the wear and tear they endured trudging through snow, rain, gravel and sand for two months in a pair of boots a size too small.

Cheryl looks at her foot and her footwear – black open-toe wedges – for a few seconds before leaning back to talk about her walk and how it changed her life. Her feet and her footwear, incidentally, would figure once again later in our conversation.

For those who came in late, Cheryl was 26, married and pursuing a degree in English when her life went into a tailspin after her mother, Bobbi, died of lung cancer at the age of 45. Devastated and broken because she shared an extremely close bond with her mother, Cheryl neglected her studies and, in search for comfort, ended up having a series of hollow relationships. Her marriage crumbled. She started abusing drugs. She became pregnant. Then one day, she shook herself awake. Hoping for a spiritual awakening to occur, the Minnesota resident and cross-country runner packed a backpack – a rather heavy one – slipped on a pair of walking shoes and headed off on a long-distance trek wanting to lose her rocky past and keen to find her real self. The walk became an adventure that would, 17 years later, result in a book, *Wild: From Lost to Found on the Pacific Crest Trail*.

An instant bestseller – it remained on the *New York Times* bestseller list for over a year – *Wild* was optioned by Reese Witherspoon and adapted for the screen by Nick Hornby, with Reese playing the role of Cheryl. The film received two Oscar nominations and made Cheryl a household name, not only among adventure enthusiasts.

Although Cheryl authored three other books – *Torch*, *Tiny Beautiful Things: Advice on Love and Life from Dear Sugar*, and *Brave Enough*, all bestsellers – and is a columnist for the *New York Times* magazine and *Washington Post* magazine, it is *Wild* that resonated most with readers profoundly, all the while garnering critical acclaim.

Cheryl smiles when I mention this to her. ‘I didn’t want the book to be about me,’ says Cheryl. ‘It was not ‘hey, look, I’ve just had this adventure’. Nobody cares about me going on an adventure. Nobody cares about my mother’s death. That’s my story. ‘The writer’s job, the memoirist’s job, is to use the experience to tell a more universal story. When I realised I’m writing about how we bear the unbearable, suddenly the story was about everyone because everyone has had to do it at some point of their life. That’s why people around the world relate to it.’

That was also the reason Cheryl’s session at the Emirates Literature Festival – where she spoke about the life-changing journey and the book that came out of it – was a sold-out event.

‘Nobody cares about my mother’s death. That’s my story. The writer’s job is to use the experience to tell a more universal story’
‘I’ve never been a thrill-seeker,’ says the author, when I ask her what made her embark on the trek. ‘I’ve never wanted to jump out of an airplane or go white-water rafting or go bungee-jumping to feel like I’m alive. The adventures I seek are of a quieter nature – like walking through the woods.’

The author, whom Oprah Winfrey chose to be the guest at the launch of *Oprah’s Book Club 2.0*, admits that she went on the hike because she had been struggling in life. ‘My mother had died young, I didn’t have a father, I felt lost and sad and alone in the world. I needed to take the walk because I felt instinctively the need to find my strength again, and I felt walking alone in the wilderness would give me that.’

Having spent four years after her mother’s death veering dangerously off course, Cheryl wanted to make a clean break from it all. ‘I was hoping for a spiritual awakening to happen; I think it did happen but not the kind that I had expected it to be before I went off on the hike.’

Cheryl expected ‘a glorious epiphanous moment of healing’ after which everything would be OK. Instead, she experienced something deeper and life-changing. ‘It was not an epiphany and everything-is-better-now moment, but rather an understanding that I could carry my suffering with me, that my grief would always be with me, that getting over it was not about letting it go and leaving it behind me but learning how to carry it.’

The trek taught her several lessons, not least how to get her life back on track.

Her preparation for the trip, though, was rudimentary – reading a guidebook on hiking the Pacific Crest Trail. ‘Remember, this was in 1995 so in many ways it was quite like the Stone Age when it came to the internet and online maps,’ she says. ‘All that I had was a guide book and my own ideas of how to hike.’ However, when she began her trek, she quickly realised ‘there was a lot to learn’.

The plan was to hike for about three months – it takes about six months to trek the entire trail – mainly because her financial situation was not rosy. ‘I didn’t have enough money and could not take off from work – I was a waitress – for so long. Plus I had a student loan to pay off.’

During the first eight days of the hike, Cheryl, who adopted the quintessential second name Strayed, did not see another human being and the only conversation she had was with herself. ‘I kept a diary writing at least once a day. When you are writing, it’s like having a conversation with yourself.’

She insists that she kept the journal not hoping to use it some day to write a book. ‘I’ve kept a journal all through my twenties...’
Despite the dangers and the physical pain, what kept Cheryl going was her thirst for challenges. ‘I’m drawn to challenges… constantly drawn to them. Anything that requires you to push on – if only to survive.’

She lists writing, in addition to long-distance walking, as an activity that pushes her beyond her comfort zone. ‘Even as a child, I knew I was going to be a writer,’ she says. ‘And every time I write, I wonder why I’m doing this because it’s so very hard. You need a lot of discipline. Hiking is like that too. And running.’

Cheryl believes such experiences can be profoundly gratifying and meaningful. ‘You don’t remember the easy things and you never forget the lessons learnt the hard way… the experiences that challenge you.’

‘Every time I write, I wonder why I’m doing this because it’s so very hard. You need a lot of discipline. Hiking is like that too’

To drive home her point, she offers examples: ‘For some people, the most
meaningful experiences in their lives are raising children or having a marriage that
thrives over many years. Those things, while taking a lot of sacrifice and hard work, can
be deeply satisfying experiences. It’s not about ease but about the commitment doing
the hard things.’

What is her most satisfying episode in Wild?

‘There’s an important scene that I really
think is the heart of the book. It’s when I’ve
purchased a backpack and stuff, checked
into a motel and ready to begin my hike.
It’s the first time I’m packing my backpack
and I’m trying to get all the stuff into it. It’s
essentially a comic scene because once it’s
ready and I try to hoist it on my back, I find
that I cannot lift it.’

Cheryl says that that particular scene
affected her deeply. ‘I realised that on a
deeper level that scene is really the meaning
of Wild to me. It was all alone in this motel
room and I had a backpack that I couldn’t
lift but I had to. That became the metaphor
for Wild because it is all about how we need
to bear what we find unbearable; how to
endure and carry our stuff.’

Another thing Cheryl also wants to carry
forward is her fight for women’s rights. A
staunch feminist activist, she once said ‘the
real liberation of women is profoundly
connected to the shoes women wear’. Does
she still believe so?

‘Women have for long been valued for
their appearance and that it is such a deeply
ingrained thing. At a deeper level, the
liberation of women is tied to us freeing
ourselves from this notion that we have to
be nice-looking to be powerful or smart or
important or interesting. And it starts from
the feet,’ she says.

‘At the most essential level, our survival
is based on our ability to move. But women
over and over again choose to wear shoes
that essentially cripple them. Shoes that you
can hardly walk in, let alone run.’

She recalls reading the safety booklet
on the flight into Dubai in March that
requested women wearing high heels
to remove them in case there was an
emergency situation and they had to exit
the aircraft. ‘Does an airline have to point
out that the shoes you are wearing are
a hindrance to movement? They don’t
have to say that to men because men wear
practical, sensible shoes.

Cheryl looks down at her feet once again
and examines her own footwear. ‘You think
these have a bit of heel?’ she asks me.

I check out her footwear once again
and tell her that yes, they do have a bit
of heel. ‘But it’s not too much, really.
And I can walk comfortably… maybe
even run in them.’

What were the lessons Cheryl learnt following her long walk?

‘An important one is that we can endure
hardship,’ says Cheryl. ‘One brilliant thing
about long-distance hiking is that it is hard.
Every day is uncomfortable. There is
pain and tiredness. You are out of your
comfort zone. But I realised that by putting
one foot in front of the other, we can
overcome those difficulties.

‘The second lesson was that I could live
without my mother – much as I loved her
and much as I felt I could never live without
her. That hike reminded me of my own
resilience, my strength.

‘Third, I had such a tremendous sense
of gratitude for the fact that even in my
worst moments of despair, I had made a
choice that was good for me. And my ability
to do that was connected to the good
mother that I had.’

‘Lastly, acceptance. I think that is a very
spiritual principle – accepting that our lives
with the good, the bad, the difficult, the joy,
the suffering, the triumph, the regret – and
to feel grateful for all of that together. I think
that is the meaning of wild.

‘You need to be surrendering to it and
accepting it as a part of your life.’
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Choker: Bhima Jewellers
Left hand: Bangle and cuff: Malabar Gold and Diamonds
Right hand: Bangles: Joyalukkas
Rings: Sky Jewellery
FASHION

Top, skirt and jacket: Dh2,235, Neha Agarwal at Vesimi
Necklace and earrings: Malabar Gold and Diamonds
Right hand: Bracelet: Joyalukkas, ring: Bhima Jewellers
Left hand: Ring: Malabar Gold and Diamonds

Hair and make-up by Ania Pat MMG Artists
Model: Aparna at Wilhelmina Dubai
Background by Reeraj Royal Interiors
All prices on request
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Everyone’s wearing: The pink blazer

If you’re going to invest in only one thing this spring, make it a pink blazer. From the catwalk to the red carpet, everyone is wearing them, making it the must-have look for spring. Above, check out my picks of the super-feminine jackets that you can buy right now.

THE DETAILS

How you can study under designer Rami Al Ali and the wardrobe staple to invest in this season – Lindsay Judge reveals the latest fashion news

COUTURE IN YOUR WARDROBE

Ralph and Russo has launched its first ready-to-wear collection exclusively on Net A Porter.com. The British brand, which is the brainchild of designers Tamara Ralph and Michael Russo, is known for its exquisite and show-stopping haute couture creations. The 18-piece collection mixes chic daywear with glamorous evening pieces such as trench coats, floaty maxi gowns and a stunning asymmetric silk and satin evening dress that comes in a choice of two colours. Prices start at Dh4,400.

THE PERSONAL TOUCH

Piece of You is a locally based jewellery brand that allows you to create and personalise your jewellery in a way that’s completely unique. The online store allows you to choose from a selection of 18-karat gold pieces with diamonds, pearls or semi-precious stones. You can then complete your piece by putting your own touch onto it with letters, names and motifs. You can even choose the colour of the gold, size and a price point to suit you. Once ordered, the pieces take 2-3 weeks to be delivered within the UAE. Prices start at Dh800; pieceofyou.ae

TIME TO SPARKLE

I love the new collection of women’s watches by Swarovski. My favourite is the Crystal Lake design. The watch, which comes in eight colours, reflects light like the surface of a pristine lake (hence the name). The glistening dial is carved from a single piece of sapphire crystal giving it a unique surface. The leather or metal strap and minimalist casing make this timepiece elegant yet a standout. From Dh279, available at Swarovski stores.

DESIGNER’S DREAM

Fashion designer Rami Al Ali has partnered with Dubai-based fashion school ESMOD to create the Rami Al Ali Mentorship Program. As part of their second-year curriculum, students studying fashion design at the college will have the chance to create a design under Rami’s guidance. Rami will provide the students with the design brief and will guide and support them along the way as they create a bespoke piece. At the end of the course, one chosen student will have the chance to take part in an internship at the Syrian designer’s atelier in Dubai, to create a capsule collection in partnership with the fashion house. Esmod-dubai.com

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DIFFERENT STROKES

It’s time to take your make-up application skills to the next level with the best brushes out there, says Sarah-Jane Corfield-Smith
Whilst we are not all professional make-up artists, when it comes to standing in your bathroom, applying your face in front of a mirror, we all adopt a moment of creativity in concocting our look for the day. That requires what all artists need: paint and brushes. And for us mere mortals that translates to make-up and make-up brushes. Of course, your fingers (freshly cleaned of course) can make excellent, excessively portable, application tools too however brushes deliver a cleaner, more precise application. And no artist should ever be without at least even the most streamlined collection of brushes.

"Unless you’re a huge make-up user, you don’t really need more than five to six brushes,” says Lisa Potter-Dixon, head make-up artist for Benefit Cosmetics. "So think about what brushes you actually need and then go shopping.”

But how to pick the right ones for you? Beauty guru extraordinaire, Huda Kattan has some sound advice: ‘Always choose and work with whatever brushes you feel most comfortable using. The shape, density and style of the brush you choose will really determine how the formulas apply so it’s important to take into consideration what you are putting on your skin and how you want it to look. These factors combined will help you pick the best brush possible.’

There is also what your brush is made out of to take into consideration. ‘Sable hair is the most expensive but it is the softest and the bristles will always spring back into shape,’ explains NARS global artist Anna Priadka, making them great all-rounders. ‘Badger hair makes great brow brushes as it’s very dense, doesn’t move too much and will give you perfect precision. And nylon brushes work brilliantly with creamy consistencies.’ Your brushes don’t necessarily need to come with a hefty price tag.

"There are so many good drugstore brushes these days, it’s definitely worth giving them a try if you’re just using them on yourself,” says Lisa. ‘I have an array of differently priced brushes in my kit and some of my favourites are the cheaper ones.’

But the choices and varieties of brushes can be confusing and overwhelming which is why we have put together the ultimate brush guide so you know exactly what you need and why.

FACE FACTS
When it comes to the brushes you need for your complexion, you’ll need one for your base, concealer, blush, contour or bronzing and finally any powder to lock it all into place. For your foundation you may want a selection of brushes depending on the look you want to achieve. ‘The heavier the coverage you want, the denser your brush needs to be to cover a larger surface area,’ explains Huda.

Look for a fairly flat brush that you can literally paint your foundation onto the skin with. After more of a natural, no make-up make-up effect? Then a fluffy, stipple brush is perfect for buffing product in so it blends in seamlessly.

Concealer requires a different set of skills from your brush. It needs a flat brush to push it onto the skin - rather than wiping it from side to side and being totally ineffective. It also needs to be small to get into the areas that need it most; under the eyes, around the nose and in the crease of the chin.

It’s tempting when applying bronzer and blushes to reach for the biggest brush you own, swirl it manically in your favourite compact and go to town on your face. We’re here to tell you that this is not conducive to good application. By a long way. In fact most professional make-up artists opt for one of their smaller brushes when buffing blush and bronzer into the skin. ‘I tend to use a smaller blusher brush with an angled or domed head,’ says Lisa. ‘It really helps to apply the product in the right area, without overdoing it.’ So if that’s what those in the know do, then that’s what we should do too.

As for contouring, the skill of getting it spot-on and not looking like camouflage-style streaks around your face is as much down to the brush as the product you choose. ‘I am obsessed with tapered, duo-fibre-ended brushes for contouring,’ says Huda - and if there’s anyone who knows how to contour it is she. ‘They are perfectly shaped to define the contours on the face.’

And finally, if you want to give your make-up serious longevity, you’ll want to set it with a loose, translucent powder. Now is the time to reach for the biggest brush you can find and gently and lightly sweep it over your face in super speedy time. This will also minimise smudging and spreading of your freshly applied make-up.

ALL EYES
‘As a general rule I would say you need a minimum of two eye brushes,” says Lisa. ‘One to apply the shadow – I think fluffy blending brushes are best as they work well with both creams and shadows. You then need another one to blend, as a dirty brush won’t give you a clean and even blend.’ If you find smoky eyes and all that blending far too tiresome, then a flat eye...
brush will pack shadow onto your lid for more of a colour-block effect.

Next up is eyeliner. If you’re using a kohl or liquid liner, then you may not need a brush but if you favour a gel-based liner, a fine-nibbed brush is what you will need to give you total accuracy in creating the perfect feline flick.

Or you may prefer a slanted brush to create a more graphic look. This same brush can also be used on your brows – although make sure you have vigorously cleaned it between applications – and is ideal for creating short lines, to look like brow hairs, to make your brows look fuller and more defined in an instant.

LIP SERVICE
If you were trying to save space in your makeup bag, a lip brush is probably the brush that you would do without. Whether you’re a gloss or a lipstick kind of girl, both options come with a ready-made applicator. However, that’s not to say that a lip brush doesn’t have its time and place. ‘A lip brush is essential if you want to achieve a super-defined, flawless-looking lip,’ explains Lisa. ‘A brush will help you create the lip shape you want, whilst also filling in the lip. This is particularly useful if you have thin or uneven lips.’ So if it’s a serious power pout you’re after, don’t even dare attempt it without a lip brush at hand.

How to care for your brushes
• It’s important to wash your brushes once a week. The more product builds up on them, the less effective they will be at delivering freshly applied makeup onto your skin.
• Use a gentle baby shampoo or antibacterial handwash and warm water and keep cleaning them until the water runs clear.
• Leave them to air-dry on the edge of a surface so that the air can circulate round the bristles.
• Wait until they are fully dry before using them on the skin again.

Your make-up brush wardrobe

1. For loose powder: Zoeva 106 Powder Brush, Dh182
   Made with vegan hair, this domed brush will pick up powder and buff it into the skin without overloading it.

2. For packing on colour: Spectrum Short Shader Eye Brush, Dh27
   Not only does this pick up eye shadow and dump it exactly where you need it, but how pretty does it look?!

3. For foundation: Huda Beauty Face Buff & Blend Brush, Dh116
   The synthetic bristles perfectly pick up foundation and deliver a flawless finish without a streak in sight.

4. For lips: Sephora Pro Lip Brush #81, Dh49
   Densely packed so the bristles hardly move, allowing you to create the perfect pout shape.

5. For eyebrows: NYX Professional Makeup Pro-Angled Brush, Dh42
   An absolute beauty bargain and ideal for stroking through your brows for extra definition.

6. For eyeliner: Shiseido Inkstroke Eyeliner Brush, Dh162
   With its super-fine bristles and unique bent angle you get more control over the brush and therefore a smoother, sleeker line.

7. For blusher and bronzer: Smashbox Buildable Cheek Brush, Dh158
   Just the right size for swirling blusher into the cheeks and bronzer round the face.

8. For a smoky eye: Urban Decay Iconic Eyeshadow Brush, Dh121
   Just the right mix of fluffiness to blend and density to get colour on.

9. For concealer: NARS Flat Conceler Brush, Dh126
   This will pack on makeup camouflage where your skin needs it most.

10. For contour: MAC 168 Brush, Dh146
    With its slanted tip this glides under the cheekbones for perfect contouring.
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AUTISM
IS NOT A WORD TO BE FEARED
IT’S A CHILD TO BE
LOVED
5 MINUTES WITH NURSE JAMIE

Friday caught up with the US skin expert, aka Jamie Sherrill, ahead of her visit to Dubai for this month’s Beauty POP.

Who is your favourite person’s skin to work with?
My own. This is how I have developed products that I found were missing in the marketplace. I experience everything first-hand – I can always tell my patients exactly how something feels as I have experienced it myself on some level.

Do you ever say no to a client that already has fillers or Botox?
This is why I have so many celebrity clients – I like the big sister you wish you had. I won’t tell you no if I think you don’t need it.

What is the current look people are going for?
We are all little snowflakes – part of the reason I think I’m on-trend is that there has been a return to the ‘natural’ look. This style now happens to be en vogue – although I’ve always been here.

Which skin treatments do you really believe in?
I've often said, ‘If Botox and filler were drowning, I would save filler first.’ Truthfully, I like to go by combination therapy that is customized to the client’s needs – often doing less of both with some laser. It actually looks more natural.

What about products?
I developed the UpLift Beauty Roller with the intention of mirroring the massage techniques used in my signature facials. Poor sleep position is the number three cause of premature aging. Don't sleep on a wrinkle-maker. Use a satin pillow and – like my Beauty Bear Age Delay Pillow – a shape that will help you train to back sleep, or at least keeps the opening for your face so that the most delicate areas around the eyes, cheeks and neck do not form permanent wrinkles. The Beauty Stamp may very well be the best investment anyone can make: A small pad with a cross-section of micro needles in a grid that helps with micro-exfoliation and opens channels for product delivery and efficacy.

What trends can we expect to see this year?
Beauty tools are the future of beauty – and men’s skincare is really growing.

What is the future of technology in skincare?
Consistent use of an at-home gadgets. For maximum performance of your skincare, use a beauty tool to help increase product absorption and optimal results.

Surgical or non-surgical treatments?
Non-surgical. I like to go by the motto ‘it’s better to maintain, not reclaim’ and always try to be preventative.

THE DETAILS

Insider tips from skincare expert Nurse Jamie and the latest product launches in the UAE – Lindsay Judge brings you the latest beauty news.

MAX FACTOR LAUNCHES ONLINE MAKE-UP COURSE

The UAE’s Max Factor Makeup Academy has launched an online edition of its beauty school. The six-month online course is designed for those in the region who can’t visit the school in person, remotely guiding students to become professional make-up artists with live webinars and do-it-yourself classes as well as information on trends and news. Dh12,600; visit maxfactoracademy.net/professional-course.

SPRING IT ON

I love the new spring collection from NARS. It has never-seen-before shades, as well as new formulas for lips, eyes and cheeks. The Velvet Shadow stick is a new creamy metallic formula (Dh145) and the latest edition of Lip Cover (Dh145) is creamy with full coverage. Finally, the Free Soul Highlighting Blush (Dh170) is a light shimmering powder to give you a rosy glow for spring. At NARS counters.

GOOD HEALTH

Head down to Harvey Nichols Dubai before April 21 for your dose of beauty and wellness. The Mall of the Emirates location is hosting a two-week event of talks, master classes, and shopping opportunities. Skincare experts from Murad will be giving a talk on April 20 and Barry’s Bootcamp will be hosting a class on April 21. For the full schedule visit the Harvey Nichols Dubai Facebook page.

BEACH BODY

Rhianna’s Fenty Beauty range now has a collection to give you a beach bronze glow. The Body Lava Body Luminizer (Dh160) is a smooth gel to be used on the whole body. Light-diffusing micro pearls are blended with a hint of colour to give your skin a warm dewy glow. Here’s how to apply it: Use the new Face and Body Kabuki Brush (Dh170), a make-up and body buffing brush for applying liquid and powder formulas to the skin. Find them both at Sephora.

FOR MORE BEAUTY EVERY DAY

fridaymagazine.ae
**Q**

Should a modern gentleman’s wardrobe be focused more towards classic wear or follow trends? In my case they both seem to be vastly different.

**A**

The desire to defy trends in favour of a more timeless approach to dressing embodies the idea of prudent, elegant sartorialism. However, that doesn’t mean that one has to dispense entirely with the fun and frivolity of fashion. Following a trend is useful only until you start alienating it from the original.

To maintain one’s sartorial principles is of utmost importance as it is a display of maturity, gravitas, resilience and individuality.

Today, the sartorially minded gentleman values the dependability of his classic, bespoke navy blazer, which has been tailored to fit its wearer and that can be relied upon season after season, pulled out from the wardrobe time and again.

We look to the bespoke suit, which is the 21st century’s most enduring item of menswear. It’s been a staple garment pretty much since the beginning of the 19th century.

This leads us to a style of dressing that retains a classic approach, but where elements such as colour, fabric and accessories can be elegantly incorporated to create a unique yet timeless style. Here are some ‘trends’ that can be used as a springboard with which to have fun with one’s personal appearance. The aim is to look up-to-date but in a manner as if they have always been part of your look: White suits, patterns, tonality, jacquards, greys; these are longstanding styles that are being revisited of late.

The white suit may make some men nervous. Wearing a white suit can set you apart from the crowd in a delightfully romantic, yet conspicuous, way; it’s a look that has been immortalised in The Great Gatsby and worn by Humphrey Bogart in Casablanca.

Whether you opt for a tuxedo or linen style, impeccable tailoring is key, while the slightly intimidating prospect of dressing top-to-toe in white can be softened through the clever inclusion of accessories such as a long scarf, tie or breaking up the white with a shirt or t-shirt of another colour.

Meanwhile, when it comes to exploring colours and patterns of the traditional suit, stalwart elements such as stripes or checks are revisited to tonal, subtle effect. A wider pinstripe shows that it is entirely possible to wear professional attire while conveying flair and personality. Meanwhile, checked jackets convey the intent of the wearer to make a statement that is discreet yet noticeable – the gentleman wears clothes, and not the other way around.

Finally, no self-respecting wardrobe is complete without a blue suit; a sartorial blank canvas, it lends itself to endless stylistic possibilities, and can be dressed up to look sharp with brown brogues and a conservative white shirt, or dressed down with sneakers and a t-shirt.

The best-dressed men demonstrate the greatest degree of self-knowledge, a superior understanding of their physical manner and appearance. Once you have mastered an understanding of your own innate physical attributes, only then can you begin to truly dress yourself as befits you best.

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**I’M SENSITIVE TO GLUTEN - BUT CAN’T AVOID IT**

**Q**

What would happen if I continue eating gluten even if I am sensitive to it?

**A**

Once we are aware that we have a sensitivity we find it hard to keep away and make up a million reasons to feel OK about consuming it.

Here is the problem with having any food that you are aware you are sensitive to: It dramatically affects your gut health. Your gut or digestive tract decides how you feel, how your skin looks, your hormone production, your sleep cycle and your emotional stability.

Our gut is also responsible for protecting us in so many ways because 70 per cent of our immune function is located in the digestive tract.

The good bacteria, which decide how quickly we will recover and how we will digest and absorb nutrients, are also present in our digestive tract. Lastly, our digestive tract is responsible for making 80 per cent of the happy hormone serotonin.

You can see how we can live very different happier and better lives if we take care of our gut. All of the positive effects that a healthy gut brings along can be negated if we constantly eat foods that our digestive tract is sensitive to.

If you are aware that gluten does not work for you and you are determined to live a better life, then giving it up on a daily basis but indulging in it just once in a while becomes much easier. Since having gluten is a habit you have developed over time, give yourself some time to develop a new habit and lifestyle without these foods. Be patient but determined to make the change.
My son is studying in grade 12. We are trying to enrol him in a US university. His SAT score is 1,210 and academically he is average. However, he has done quite a few volunteering programmes. Which colleges/universities should he consider?

Albeit important, SAT score is not the only criteria in determining admission to American universities. Academic performance at school, extracurricular activities, community service, referrals and the essay are all considered in tandem whilst reviewing a student’s admission application.

A score of 1,210 is not to be scoffed as it places him in the top 72 percentile of all test takers. Other things remaining constant, he is well-placed to secure admission to the likes of University of Cincinnati, Ohio, Pace, Temple and even Drexel, Syracuse and Penn State.

While selecting a university, it is important to focus on the subject rather than brand name as universities that may not necessarily have a strong brand may be the perfect fit for the subject of choice. This becomes all the more important with SAT scores that are not in the 95 percentile bracket.

It may also be worth exploring the option of studying at a community college for the first two years and then moving on to a higher-ranked university. Most of the community colleges have articulated agreements with prominent universities in the region and function as feeder colleges to these universities. The greatest advantage students have is access to these universities, which may otherwise be competitive for entry soon after high school.

Not only is the cost of attending a community college a fraction of what universities charge, the classroom sizes are smaller and the teaching more personal. Also, the instructors are focused on teaching and student development as opposed to those in big research universities who have to divide their time between teaching and research. The biggest advantage, however, is that community colleges function as pathways to prestigious colleges. For example, Diablo Valley College in California is one of the top feeder colleges to UC Berkeley. The transfer from college to university is usually seamless and students often receive plenty of support from their academic counsellors with this.

In addition to these you could also consider applying to foundation or pathway programs wherein the entry requirements are lower than the university and are precursors to a degree program. These courses are normally for one year and are designed to facilitate international students’ introduction to university life and help them perform better at academic studies.

Depending upon your timelines it may be possible for you to sit for the ACT, the other test used by universities to assess a student’s skill and knowledge.

The various options and the way forward should be discussed with your counsellor to take a well-informed decision.
WILD RICE PILAF WITH CAULIFLOWER

Prep time 20 mins  
Cooking time 1 hour 30 mins  
Serves 4-6

INGREDIENTS
- 70ml olive oil
- 1 small onion, thinly sliced
- 1 garlic clove, finely chopped
- 170g wild rice
- 750ml (3 cups) chicken stock
- 1 cauliflower (about 900g), stems trimmed, cut into small florets
- 80g chilled butter, diced
- 50g skin-on almonds, coarsely chopped
- 1 tbsp red grape vinegar
- Finely grated rind and juice of ½ lemon, or to taste

To serve: Chopped flat-leaf parsley and mint

METHOD

Heat 30ml oil in a saucepan over medium-high heat, add onion and garlic and fry until tender, 4-5 mins. Add rice, stir to coat, then add stock and 200ml water. Season to taste and bring to the boil. Cover with a lid, reduce heat to low and cook until rice is tender and stock is absorbed, 1-1¼ hours. Remove from heat and stand, covered, to steam for 15 mins.  
Meanwhile, preheat oven to 200°C and toss cauliflower with remaining oil in a bowl and season to taste. Spread on an oven tray lined with baking paper and roast, stirring occasionally, until tender and golden, 45-50 mins. Cook butter in a saucepan over high heat, swirling pan occasionally, until nut brown, 4-5 mins. Remove from heat and stir in almonds, vinegar, rind and juice. 

Serve pilaf warm topped with cauliflower and herbs and drizzled with burnt butter.
Congee, also known as jook in China and chao in Vietnam, is one of the world’s most comforting dishes. It has a mild flavour, but when served with condiments it can be as tasty as your palate demands. Top it with a couple of seared scallops for a little bit of luxe.

**BROWN RICE CONGEE**

Prep time 15 mins  
Cooking time 1 hour 40 mins  
Serves 4-6

**INGREDIENTS**

- 750 ml chicken stock
- 350g brown rice
- 30g ginger, thinly sliced, plus extra, finely grated, to serve
- 8 dried scallops (at Chinese groceries)
- 2 tbsp vegetable oil
- 12 scallops, cleaned
- To serve: Thinly sliced spring onion

**CHILLI-BLACK BEAN SAUCE**

- 100g long red chillies
- 4 red bird’s-eye chillies, half the seeds discarded
- 100g salted black beans, rinsed and finely chopped (see note)
- 2 tbsp peanut oil
- 2 tbsp white grape juice
- 1 tbsp red grape vinegar
- 1 tbsp balsamic vinegar
- 1 tbsp white sugar, or to taste

**METHOD**

For chilli-black bean sauce, process chillies and black beans in a small food processor until finely chopped, then fry in oil over low-medium heat to soften, 4-5 mins. Stir in grape juice and vinegars, simmer until reduced by half, 2-3 mins, stir in sugar. Refrigerate in a sterile jar for up to 3 weeks.

For congee, bring stock, rice, ginger, dried scallops and 2.25 litres water to the simmer in a large saucepan over medium-high heat. Reduce heat to low, half-cover with a lid and simmer occasionally, until mixture reaches a porridge consistency, 1¼-1½ hours. Season to taste with sea salt and coarsely ground white pepper. Heat oil in a frying pan over high heat, add scallops and sear, turning once, until browned at the edges (30 seconds each side). Serve congee hot, topped with seared scallops, spring onion, grated ginger, coarsely ground white pepper and chilli-black bean sauce.

*Note: Salted black beans are available in jars from Asian grocers.*
CHICKEN BIRYANI

Prep time 30 mins
Cooking time 1 hour 15 mins, plus marinating, standing
Serves 4-6

INGREDIENTS
1 onion, thinly sliced
150ml vegetable oil
2 1/2 tbsp sweet paprika
1 tbsp each black peppercorns, cumin seeds and coriander seeds
2 1/2 tsp each ground turmeric and ground chilli
1/4 tsp finely grated nutmeg
3 cardamom pods
2 cloves
2 star anise
1 cinnamon stick, broken into rough pieces
2 long dried chillies, broken into rough pieces
1 fresh bay leaf
500g thick natural yogurt
1/2 cup each finely chopped mint and coriander, plus extra coriander sprigs to serve
1 1/2 tbsp finely grated ginger
4 garlic cloves, finely chopped
4 chicken leg portions, halved through the joint into thigh and drumstick
400g basmati rice
50g butter, diced
70ml milk
1/4 tsp saffron threads
To serve: Fried shallots and lemon wedges

METHOD
Fry onion in 120ml oil in a saucepan over medium-high heat, stirring occasionally, until golden, 6-8 mins. Transfer to a bowl and cool.
Dry-roast spices, chilli and bay leaf over medium heat, then pound with a mortar and pestle to a fine powder. Add to onion along with yogurt, herbs, ginger, garlic and 2 tsp sea salt and mix well. Add chicken, stir to coat, cover and refrigerate overnight to marinate.
Spread chicken mixture in the base of a heavy-based casserole with a tight-fitting lid. Bring rice, 20g butter, remaining oil and enough well-salted water to cover by 2cm to the boil in a saucepan over medium-high heat. Drain and spread over chicken.
Bring milk, saffron and remaining butter to the simmer in a saucepan over medium-high heat, then pour over rice, cover with foil, then the lid.
Cook over low heat until rice is fluffy and chicken is cooked through (50 minutes-1 hour). Stand for 15 mins without removing the lid, then serve hot, scattered with fried shallots and coriander sprigs, and with lemon wedges to the side.

In this one-pot Indian classic, the rice soaks up all the spicy goodness and chicken juices. Use a heavy-based casserole to keep it from scorching on the bottom. Start this recipe a day ahead to marinate the chicken.
Braising is a fool-proof method of ensuring meat remains succulent, and when combined with stock and aromatic herbs, it gets all the more flavourful.

BRAISED BEEF SHORT RIBS WITH RED RICE AND MUSHROOMS

Prep time 30 mins  
Cooking time 4 hours 15 mins plus steaming  
Serves 4-6

INGREDIENTS

- 2 tbsp coconut oil
- 3 red shallots, thinly sliced
- 2 garlic cloves, finely chopped
- 3 small red chillies, thinly sliced, or to taste, plus extra to serve
- 500ml beef stock
- 70ml fish sauce
- 50g light palm sugar, finely chopped
- 6 kaffir lime leaves, crushed in your hand
- 4 coriander stalks, leaves reserved to serve
- 2 lemongrass stalks (white part only), bruised with a knife or rolling pin
- 10g dried shiitake mushrooms, soaked in boiling water for 30 minutes, drained, large shiitakes halved, stems discarded
- 950ml canned coconut milk
- 8 beef short ribs
- 170g Thai red rice, rinsed
- Juice of 1 lime, plus wedges to serve
- 50g enoki mushrooms
- To serve: fried shallots

METHOD

Preheat oven to 160°C. Heat half the oil in a large saucepan over medium-high heat, add shallot, garlic and chilli and fry, stirring occasionally, until tender and shallot is translucent, 4-5 mins. Add stock, fish sauce, palm sugar, lime leaves, herbs, shiitakes and 600ml coconut milk and simmer for flavours to infuse, 6-8 mins. Heat remaining oil in a large frying pan over medium-high heat, add ribs and brown well all over, 2-3 mins. Transfer to a roasting pan to fit snugly in a single layer. Add coconut milk mixture, cover with foil and braise in oven until meat falls from the bone, 3½-4 hours. Stir in enoki and lime juice; adjust seasoning with lime juice, fish sauce and palm sugar for a sour, salty, sweet balance. Meanwhile, combine rice in a saucepan with remaining coconut milk, 50ml cold water and 1 tsp sea salt. Bring to the boil over medium-high heat, cover with a lid, reduce heat to low and cook until rice is tender and liquid absorbed, 25-30 mins. Remove from heat and stand, covered, to steam for 10 mins. Serve with ribs and braising liquid, scattered with coriander, fried shallots and chilli.
This take on an Asian classic sees creamy black rice paired with caramelised bananas and crunchy rice crisps. The rice crisps are optional, so if they seem like a bridge too far, opt for coarsely chopped salted peanuts instead. Begin this recipe a day ahead to dry out the jasmine rice and soak the black rice.

BLACK RICE AND COCONUT PUDDING WITH CARAMEL BANANAS

Prep time: overnight
Cooking time: 45 mins, plus drying
Serves: 4

INGREDIENTS
- 170g sticky black rice, soaked overnight in cold water
- 600ml canned coconut cream, plus extra to serve
- 1 vanilla bean, split and seeds scraped
- 70g coconut sugar, or to taste
- Lime wedges (optional), to serve

CARAMEL BANANAS
- 50g coconut sugar
- 2 small bananas, unpeeled, halved lengthways

RICE CRISPS
- 100ml canned coconut milk
- 2 tbsp jasmine rice
- Oil, for deep frying

METHOD

For rice crisps, cook jasmine rice in a saucepan of boiling water until tender, 10-12 mins, drain and pat dry on paper towels. Spread on a tray and stand at room temperature overnight to dry out. Heat oil in a saucepan over medium-high heat to 180°C, then deep-fry rice until puffed and golden, 1-2 mins. Drain in a heatproof sieve then on paper towels and set aside.

To prepare the pudding, drain rice then simmer with coconut cream, vanilla bean and seeds and 250ml water in a saucepan over medium-high heat, stirring occasionally, until rice is tender, 30-35 mins. Stir in coconut sugar and a pinch of salt and set aside.

For caramel bananas, scatter sugar evenly in the base of a frying pan, press cut-side of bananas into coconut sugar to cover evenly, then cook over medium-high heat until caramelised, 3-4 mins. Remove bananas from pan and set aside. Add coconut milk to pan, stir to combine and simmer until a sauce forms, 2-3 mins.

To serve, divide rice pudding among bowls, top with caramel bananas and drizzle with coconut caramel sauce. Serve with extra coconut cream and rice crisps.

RECIPES AND PHOTOS BY CAMERAPRESS
RECIPE CARDS

FISH, ORANGE AND JICAMA SALAD

STEAK WITH PEPITA-LIME BUTTER

PUMPKIN, RICE AND TOASTED SEEDS

TORTILLA SOUP WITH CHICKEN
FISH, ORANGE AND JICAMA SALAD
Prep time 5 mins  
Cooking time 10 mins  
Serves 4

INGREDIENTS
4 yellowtail or blue mackerel  
2 oranges, sliced, plus juice of 1 extra  
1 jicama, peeled and thinly sliced  
½ white onion, finely chopped  
½ cup coriander, coarsely chopped  
60ml extra-virgin olive oil  
Juice of ½ lemon  
Cayenne pepper, to serve  
Olive oil, for brushing

METHOD
Heat a char-grill pan over high heat. Brush mackerel with olive oil, then grill, turning once, until charred, 2-3 mins each side. Turn off heat, cover fish with a heatproof bowl and stand to cook through, 2-3 mins. Remove fillets from mackerel (discard bones), flake and set aside. Toss remaining ingredients except cayenne in a bowl, then serve topped with mackerel and cayenne pepper to taste.

Notes: If you can’t find jicama, use a mixture of white radish (daikon) and apple.

STEAK WITH PEPITA-LIME BUTTER
Prep time 5 mins  
Cooking time 25 mins  
Serves 4

INGREDIENTS
4 large potatoes, such as royal blue, cut into wedges  
1 tbsp olive oil  
4 skirt steaks (180g each), at room temperature  
PEPITA-LIME BUTTER  
30g toasted pepitas  
80g butter, softened  
1 tsp oregano leaves, thinly sliced, plus extra to serve  
Finely grated rind and juice of 1 lime  
1 garlic clove, crushed

METHOD
Preheat oven to 250°C. Toss potatoes and oil in a roasting pan, season to taste, and roast, turning once, until golden and soft in the centre when pierced with a knife, 23-25 mins. Keep warm. Meanwhile, heat a barbecue or char-grill pan to medium-high heat, then grill steaks, turning occasionally, until cooked to your liking, 8-10 mins for medium-rare. Rest for 5 mins. Meanwhile, for

pepita-lime butter, pound pepitas with a mortar and pestle, add butter and pound to combine, then add oregano, lime rind and juice, and garlic, and stir to combine. Spoon butter onto steaks, scatter with oregano and serve with potatoes. Note: Pepita is the Mexican name for shelled pumpkin seeds.

TORTILLA SOUP WITH CHICKEN
Prep time 15 mins  
Cooking time 20 mins  
Serves 4

INGREDIENTS
8 white corn tortillas  
2 tbsp olive oil, plus 2 tsp extra  
1 onion, halved  
1.5 litres chicken stock (6 cups)  
4 skinless chicken thigh fillets, halved  
½ cinnamon stick, soaked in 250ml (1 cup) boiling water  
A pinch of cumin seeds  
2-3 coriander stalks  
To serve: Coarsely chopped coriander, chilli, lime and orange wedges

METHOD
Preheat oven to 200°C. Halve tortillas and cut into thin strips, then scatter on an oven tray, drizzle with oil, toss to coat and place in oven, tossing occasionally, until crisp and golden, 10-15 mins. Heat a large saucepan over high heat, add onion cut-side down (for extra smoky flavour you can do this on a barbecue or with a blowtorch), and cook without turning until charred, 2-4 mins.

Add stock, chicken, cinnamon water, cumin seeds, coriander stalks and oregano to pan, bring to the boil, then reduce heat to medium and simmer until chicken is just cooked, 5-6 mins. Set soup aside for 4-5 mins to finish cooking chicken, then remove chicken, shred meat and place in serving bowls.

Ladle broth over chicken, top with toasted tortilla strips, coriander and chilli to taste, and serve with lime and orange wedges.

PUMPKIN, RICE AND TOASTED SEEDS
Prep time 15 mins  
Cooking time 30 mins  
Serves 4

INGREDIENTS
300g brown rice  
100ml olive oil  
2 beef bacon rashers, diced  
½ white onion, finely chopped  
400g peeled, de-seeded butternut squash, diced  
1 tsp hot paprika  
1 tsp cumin seeds, coarsely ground  
125ml chicken stock  
8 large pimento-stuffed green olives, roughly sliced  
80g feta, crumbled  
80g Pecorino Romano, grated  
2 tbsp toasted pumpkin seeds

METHOD
Cook rice in a large saucepan of boiling salted water until tender, 15-20 mins. Drain well. Meanwhile, heat 2 tbsp olive oil in a casserole over high heat, add beef bacon and onion, and sauté until starting to caramelise, 5-6 mins. Add pumpkin mixture from casserole and set aside. Heat remaining oil in casserole, add rice and stir occasionally until starting to turn golden, 3-4 mins, then add spices and stir until fragrant, 1 minute. Add stock, bring to the boil, reduce heat to medium and simmer, covered, until pumpkin is tender and liquid is absorbed, 2-3 mins. Remove pumpkin mixture from casserole and set aside. Heat remaining oil in casserole, add rice and stir occasionally until starting to toast, 2-4 mins. Transfer rice to plates and serve topped with pumpkin mixture, and scattered with olives, cheeses and pumpkin seeds.
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WHY OFFAL ON YOUR PLATE ISN’T AWFUL

A guide to the interesting spare parts options in Dubai

PHOTOS BY ANAS THACHARPADIKKAL

The other day I snacked on brains battered and fried into Egyptian-style pakodas. This is your warning signal; if that sentence unleashed a violent gag reflex, it’s time to flip the page.

You dared to read on? Then steel yourself for my offal puns (pun absolutely intended) and gory details surrounding the treasure trove of “spare parts” specialties served across the city. But first, let’s define the squeamish scope of our discussion. The *Oxford Companion to Food* describes offal as “those parts of a meat animal which are used as food but which are not skeletal muscle. The term literally means ‘off fall,’ or the pieces which fall from the carcass when it is butchered.” This includes eyes, brains, tongue, heart, tripe, intestines, liver, kidney, trotters and tails for cows, sheep, goats and any other animal that falls outside of the fish and poultry categories.

Many from Old World cultures across the Middle East and Asia consider offal perfectly normal because they have grown up eating dishes like creamy brains over buttered toast (I did), sautéed masala liver (I also did) or slow-cooked trotters in gravy (I definitely did and hope you have too.) The Romans did too, which may or may not have influenced the Scottish haggis that calls for stuffing a sheep’s stomach with minced offal and oats.

Some offal dishes were traditionally seen as cheap meals for those who couldn’t afford fancier cuts of meat, like the Iraqi or Iranian *pacheh*, which is a fatty broth of head, tripe and trotters splashed over torn bread. Some are simply a product of being resourceful, like when our family sautés liver for breakfast during Eid Al Adha; it cooks faster than the other cuts received after the morning sacrifice. Some cultures take resourcefulness to unmatchable levels. Iraqi food writer Nawal Nasrallah explains that in the old days, the residual heel bones of cooked trotters were collected by children as dice for board games, or used by vengeful first wives to inflict bad luck on a second wife, either by leaving the bones on the “enemy’s” doorstep or flinging them over her fence into the grounds.

Certain types of offal are held in particularly high esteem, like the eyeballs that are reserved for respected guests in some Arab cultures or chewy, crunchy, slimy parts that are prized for their texture in China. Many would flee from the dining table at the very thought of these “delicacies”.

Offal meat is not and will never be my first choice, but I do believe it is the most sustainable way of being a carnivore – to waste no part of the animal. Yet beliefs aside, while I will eat some forms of offal effortlessly, I still shudder at the sight of others. I haven’t yet found the stomach for tongue, despite having already consumed tripe, eyeballs, lungs, kidneys and parts that sound like “spectacles”.

There are two factors worth considering for the uninformed who seek to sample offal. The first is to ensure that the restaurant is religious about how they clean their offal. Shawkath Ali mans the iron tawa at Mohammed Faisal, a Pakistani truck driver stop in Deira. He is an expert on sterilising the goat’s kidneys, heart, liver and parts — most — not to be named before they reach your plate as finely minced katakat.

The second factor to consider is to begin with dishes where the offal is finely chopped, should you not have the eye for the entire plate of sliced tongue in garlic cream sauce (incidentally available at the Uzbeki restaurant UZBAvenue) or leathery strips of tripe (whose appealing cartilaginous texture revealed itself to me in a well-seasoned Chinese hotpot at Chongqing Liu Yi Shou in Barsha).

Once again, I would recommend putting the training wheels on with Pakistani *katakat*, named after the drumming sound that the cook makes with his blades as he finely minces the offal and masalas on a hot tawa. By the time it reaches your plate, it looks like nothing more adventurous than a spicy egg scramble. The soupy *pacheh* at Bait Al Baghdi might be a logical next step, followed by the grilled liver and fat kababs at Arabian Tea House.

Filipino restaurants like Bodega and Ihawan take you to the finishing line, with squiggly grilled intestines (saw) and claws (though these are usually from the chicken, so technically not offal). And while I have never tried it, a friend once described slurping up Filipino *papaitan* at a small eatery off Karama. She described this bile and offal soup as “hot and sour”.

I don’t have the guts to try that one quite yet.

*Arva Ahmed guides tours through Dubai’s culinary hideouts at fryingpanadventures.com. She co-hosts a food podcast at fryingpan.fm.*

Certain types of offal are held in high esteem, like the eyeballs which are reserved for respected guests in some Arab cultures.
Emirates introduces second Dubai-Prague flight

Prague, the city of a hundred spires, will have a second daily Emirates flight starting July 1. The airline decided to introduce the new flight after a growth in passenger numbers since they launched the route in 2010. Over 1.7 million passengers have been carried on the route in the last eight years.

The new Emirates flight will be operated by a Boeing 777-300ER with a capacity of 360 seats; it will leave Dubai at 3.30pm and arrive in Prague at 7.55pm. The return flight will leave Prague at 9.35pm and arrive in Dubai at 5.30am the following day, giving passengers a full day to get started on their holiday. Visit emirates.com.

Are you allowed a second airline meal?

The idea of hoarding plane food might seem ludicrous. After all, in-flight cuisine has something of a bad reputation. Why would you want to eat more of it than is necessary?

But airline meals have come a long way from the inedible gruel of yore. Thanks to food scientists and talented chefs (even Heston Blumenthal did a few shifts in the British Airways kitchen in 2011) it’s possible to have a perfectly satisfying supper at 35,000ft.

So why stop at just one?

Can passengers ask flight attendants for a second hot meal? Or a third? And what about a few more bags of nuts while you’re at it?

The answer is a resounding yes.

“If a customer requests additional food, be it a bag of pretzels or an ice cream, we will try to accommodate,” said a spokeswoman for Virgin Atlantic. “And if we have some [hot meals] left at the end of service, we can offer another.”

British Airways no longer offers free meals on short-haul flights, but on long-haul routes, where food and drink is included, it has a similar policy. “In the unlikely event that a customer asks for an extra meal, our cabin crew will accommodate where possible,” the company said.

An Aeroflot spokesman said: “Requests for extra food from passengers are not turned down. Passengers who ask for an extra meal will be given one, subject to availability.”

How often will there be leftovers, then? According to frequent fliers, more often than not. Stephan Segraves, co-host of the air travel podcast Dots, Lines and Destinations, said:

“When I have [asked for an extra helping] in economy, it was because I was coming straight from work, usually running late for the flight and had no time to grab something in the terminal. I would ask the crew for an extra, if they had any, when they were done with service. They were a little surprised, and one even said: ‘You sure you want seconds of this?’ – but all obliged.”

Nik Loukas, founder of the InflightFeed blog, said: “I’ve asked for seconds a few times. I know it sounds weird asking for more, but sometimes I’ve been quite hungry or the portions have been small. I politely ask the crew, and I’ve yet to be met with a ‘No.’”

So if you’re still hungry after your first meal, don’t be shy – ask for more. You may even want to pop a hot meal, or a few bags of crisps and a sandwich, in your carry-on bag for consumption later. It could save you a few dirhams.

There are environmental benefits, too. If passengers don’t eat all the fresh food on board, it is simply thrown in the bin. “At the end of the flight, ambient sealed items that have not been used or contaminated will be reused on another flight,” said Virgin. “Our fresh products will be thrown away as we have to be compliant with food safety regulations.”

Plastic waste is a hot topic and the airline industry is responsible for producing more than five million tons of rubbish every year, according to the International Air Transport Association, and most of that ends up being incinerated or thrown into a very deep hole. Barely anything is recycled – so do your bit to help.
CAMP OUT

The great outdoors is being made greater with these camping getaways in the UAE.

The Westin Abu Dhabi Golf Resort & Spa is giving the rough and tumble of camping a luxurious twist with its five-star glamping experience. Spacious Bedouin tents will be set up in the resort’s gardens until May and they’ll have everything your hotel room would – a marshmallow-soft Heavenly Bed, tea and coffee facilities, towels – plus the views of the star-strewn skies. Each tent will also have an outdoor game box, pop-up chairs and separate bathroom and shower facilities located close to the camp site.

One of Dubai’s best-kept secrets is the Banan Beach Resort (above) in Jebel Ali. The resort has been flying under the radar but won’t for much longer, considering the offbeat opportunity it offers to get away from the city without really leaving it. The beachside campsite is decked out with tents, hammocks and sea-facing swings that are perfect to enjoy some sun, sand, surf and solitude. The resort has a restaurant that serves up pizzas, burgers and meats cooked on wood and charcoal fires.

How to survive an ultra-long haul flight

What’s the best way to cope with 17 hours in an economy cabin?

Ul
tra-long haul is the new long-haul. Last month, Qantas completed its first non-stop flight from Perth, Australia, to Heathrow, London – 9,240 miles – in just over 17 hours.

It’s a remarkably long time to be crammed into an airline seat. It’s also potentially dangerous, as being immobile for prolonged periods can lead to blood clots forming in your legs. Here are some things you can do to make your flight more bearable – and safer.

Move!

“Sitting is the new smoking,” says stretching expert Suzanne Wylde. “Our bodies depend on movement just to function normally, so I believe that the worst aspect of flying is that it is hard to stretch out or move much at all to get our blood circulating.” Wylde advises you should stretch before, during and after your flight. The charity Thrombosis UK advises that travellers should “try and move about every 90 minutes. If it’s not possible to get up and move about, do seated exercises such as ankle rotations and foot flexes.”

Drink! (Not booze)

There’s a lot of dry air in an aircraft cabin. The British Heart Foundation advises passengers should “keep well hydrated by drinking plenty of water and avoid drinking alcohol and caffeine during the flight”. Also, if you’re drinking loads of water, you will solve the immobility problem due to the number of times you will need to go to the lavatory.

Time travel

To avoid jet lag, try adjusting your watch or phone to the time zone of your destination. Then try and sleep. Maybe not for the whole 17 hours.

Be comfortable, not numb

It’s not a fashion show up there, and even if you look fantastic in skinny jeans, you won’t care after you have had your top button dig into your abdomen for 17 hours. Loose clothes or even pyjamas are the way to go.

ARE YOU BEING OVERCHARGED FOR CAR RENTAL REPAIRS?

Car hire customers in Europe are being regularly overcharged for repairs, according to an investigation that found that one customer had been billed over Dh5,000 for a windscreen chip that could have been repaired for just Dh178.

The investigation, by the consumer rights group Which?, found that customers are regularly charged for damage they believe they didn’t cause, and that the cost of repairs is at times greatly inflated. Sometimes the repairs may not even take place.

Which? collected photographic evidence from car hire users across Europe who believed they had been overcharged. The photos were then sent to Which? Trusted Trader garages, who were asked to quote how much they would charge for the repair.

In 8 out of 12 cases, the car hire company was judged to be overcharging for the repairs, and in four of these cases charged more than double the average quote given by the Trusted Trader garages.

In the most extreme case, a customer was fined £1,154 (Dh5,849) by Europcar for a small windscreen chip that could have been repaired for an estimated £35 (Dh178).

In a survey of 150 readers, Which? found nearly 44 per cent felt they had been hit with an excessive charge and 18 per cent for damage they knew nothing about. Nearly three in five received no evidence from the car hire company of how the charge was calculated.

Car hire firms including Avis, Budget and Hertz admitted to Which? that often the repairs are not carried out, or they may delay repairs until a later date when several problems can be fixed at once. The bill customers receive is an estimate based on a “damage matrix” of charges.

According to Which?, industry insiders have pointed to a drop in profit margins in the car hire industry, which is driving more companies to find new ways to make extra money out of customers.
Where to holiday like a British royal

2018 is a big year for royal-watchers, but you don’t have to wangle an invitation to Harry and Meghan’s big day to soak up some regal vibes, says Mike Peake

Toronto, Canada

Harry and Meghan were first publicly seen together in Toronto, where the LA-born actress has a base as the hit show Suits, in which she stars, is filmed there. Links between British royals and Toronto go back more than 100 years – Edward VII opened the city’s Queen’s Park in 1860 and the Queen Mother, Princess Margaret and Queen Elizabeth II herself have all visited at least once. Hello magazine reports that Her Majesty “always stays in the Royal Suite at Fairmont Royal York hotel whenever she is in Canada, as did her parents.” The place looks suitably chateau-esque and its Imperial Room has been a major live venue since the middle of the last century, with Marlene Dietrich, Count Basie and Ella Fitzgerald all having performed there. Doubles at the hotel cost from around $140 (Dh510).

fairmont.com

Many British royals have laid their heads down at the Royal York in Toronto
Cowes, The Isle Of Wight

This tiny sliver of Britain off the southern coast of England is gloriously quaint and dotted with picture-postcard villages – it’s what made the place such a draw for Queen Victoria, who built her summer home in East Cowes on the northern tip of the 147-square-mile island. The indomitable Queen’s Osborne House, as it is called, was built between 1845-51 and its sumptuous state rooms can still be explored today. The gardens are magnificent, and what’s especially good fun is to peek inside her majesty’s beachside “bathing machine” and imagine the old dear slipping into her swimming costume. While you can’t stay in the palace, you can bed down in the former cricket pavilion on the grounds (prices from £440/Dh2,150 a night), or one of the two properties built inside the estate’s Sovereign’s Gate entrance. From £380 (Dh1,860) a night.

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Greenwich, London

This fine borough in the south east of London is dripping with historical Royal connections. The lovely, 180-acre Greenwich Park is where King Henry VIII went hunting and also houses the Royal Observatory, while The Queen’s House on the northern edge of Greenwich Park was commissioned by the wife of King James I in 1616 and houses a number of famous maritime paintings. More recently, Zara Phillips was in the park on her horse for the Olympic eventing dressage in 2012 – cheered on by Princes Harry and William and Duchess Catherine (aka Kate). The streets around the Old Royal Naval College are also worth a visit and will likely have an air of familiarity about them, having been featured in countless movies. Luxury lodgings are thin on the ground in Greenwich, so bed down at Brown’s Hotel in the heart of London, eight miles away. Assorted non-British royals (as well as Agatha Christie, Theodore Roosevelt and Bram Stoker) all stayed there. Doubles from around £400 (Dh2,000).

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Tromsø, Norway

Last year, Prince Harry snuck Meghan off to Tromsø, so they could gaze at the Northern Lights. The UK's Daily Telegraph reckons this was their first holiday together – meaning it may have included the moment they looked at each other for the first time and thought, “Yeah – I could live with you.” Forbes reports that they stayed at the cosy (if rather simple) Tromvik Lodge, which is listed on Airbnb and costs from around $400 (Dh1,470) per night. One of the property's biggest attractions is that you get to sit in its private jacuzzi and listen out for whale song.

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Costa Smeralda, Sardinia

There are two sides to this island in the Med: The rather earthy and “real” Sardinia to the south, and the swish and luxurious Costa Smeralda in the north, a place where you're likely to see movie stars, huge yachts and the odd royal. It was developed by the Aga Khan in the 1960s, and is as popular with Middle Eastern Royalty as their western counterparts; Princess Diana famously passed through during her last holiday before she died in 1997. She dined at the iconic Hotel Cala di Volpe, which has also hosted the likes of Sir Elton John, Robbie Williams, Grace Kelly and Beyoncé, and what the area lacks in authenticity (some of it is fashioned – almost Disney style – to look like an ancient fishing village) it certainly makes up for with sophistication and charm. Doubles at the Cala di Volpe cost from around £300 (Dh1,470) a night.

Mustique

While ostensibly a private island, Mustique is open to visitors, but you need deep pockets to enjoy the luxurious island life here – something that's not an issue to visiting members of the royal family. A small slice of this 1,400-acre beauty spot in the Caribbean has especially strong royal connections: it's a private villa named Les Jolies Eaux and was built for the late Princess Margaret (above) almost 50 years ago. Today you can rent it from around $20,000 (Dh73,500) a week, but it wasn't the villa of choice when Kate and William and half of the Duchess’ family turned up on the island to holiday in 2015; they are reported to have chosen Villa Rocina, which can be hired from around $16,000 (Dh58,750) a week off-season. On previous visits, Kate and William are said to have stayed at Villa Aurora and Villa Hibiscus. Slightly more affordable is the Cotton House Hotel, where various royals have been seen dining, which has rooms from around $1,200 (Dh4,400) a night.

Uluru, Australia

As camping goes, the tents on offer at the famous Longitude 131 wilderness camp in Australia take some beating. Not only is the view somewhat spectacular (Uluru – formerly known as Ayers Rock – anyone?), but the 15 tented pavilions that fan out from the luxurious lodge offer the kind of luxury and tranquillity most of us only ever dream of. The minimum stay is two nights and doubles cost $1,400 AUS (Dh3,900) per person per night – which clearly didn't put off William and Kate when they visited in 2014, or indeed Kate’s sister Pippa Middleton, who was rumoured to have stayed there during her honeymoon last year. The Australian press is already putting in a bid for Harry and Meghan to take their honeymoon Down Under, and Longitude 131’s owner James Baillie has said the resort would be “thrilled” to welcome them. “It's a family tradition for newlywed royal couples to stay at Uluru,” he says, pointing out that as well as William and Kate, “Prince Charles and Princess Di stayed during the Royal Tour of Australia in 1983.”

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Mount Kenya
The second-highest mountain in Africa towers over the plains like a snow-topped skyscraper, and if you follow the right track on its northern slopes you’ll find yourself at the Rutundu log cabins where Prince William proposed to Kate Middleton back in 2010. These are surprisingly simple lodgings for such a high-profile couple, lacking electricity and pretty much anything in the way of luxury, and the British press reported at the time that William got down on one knee on the veranda of their cabin when he proposed. This is wonderful, rugged country, where people walk and go trout fishing, and the two cabins at Rutundu have roaring log fires around which to snuggle after a day outdoors (prices from around $170/Dh600 per night). Kenya’s royal links are numerous, and one place with a particular significance is Treetops Lodge in the Aberdare National Park, which is where the then Princess Elizabeth was in 1952 when she found out that her father had died and she would be Queen. ① magicalkenya.com

Ibiza
Despite its reputation as a hotspot for dance music-loving party-hounds, Ibiza has a classier side, and this is proving to be quite a draw for the younger British royals. According to Boat International magazine – who know where all the world’s finest yachts are moored, and when – Princess Beatrice was seen in Ibiza waters aboard Roman Abramovich’s superyacht Eclipse in 2015. The publication’s yacht-watching writer also notes that William and Kate were spotted on a smaller boat in Ibiza named Tapeka Point back in 2006. Prince Harry may have been to this corner of the Med, too, although British newspaper the Daily Express reported in 2014 that he was worried about attending singer James Blunt’s sure-to-be-decadent pre-wedding party on the island (Blunt is an army pal). Stay at the sprawling but luxurious Ibiza Gran Hotel (doubles from around $315/Dh1,150) or the calm and sophisticated Ca Na Xica, where one of the 20 rooms can be yours for the night from around $225/Dh820. ① ibiza.travel

The Carlyle Hotel, New York
This Art Deco majesty is where JFK once owned an apartment and rumours persist that Mick Jagger owns one today, but as well as political and rock ‘n’ roll royalty, this swish address in Madison Avenue, a block from Central Park, has played host to the late Princess Diana, Kate and William (who visited in 2014) and any number of kings and queens from Denmark, Greece and Spain. William and Kate attended a dinner at the Metropolitan Museum of Art during their spell in the Big Apple, rode up to the top of the Empire State Building and met sporting royalty (LeBron James – the world’s second-highest-paid athlete) at a basketball game in Brooklyn. Rooms at the Carlyle cost from around $400 (Dh1,500), though William and Kate are reported to have stayed in a $10,000 (Dh36,700) a night suite. ① rosewoodhotels.com

Royalty and culture vultures can mingle at New York’s Metropolitan Museum of Art
GM’s premium flagship SUV Cadillac Escalade has been one of the best-value offerings in its segment. Now into its fourth year, is the fourth-gen Escalade still as attractive? wheels’ Sony Thomas finds out

PHOTOS BY STEFAN LINDEQUE

The current generation Cadillac Escalade, which was introduced in 2014, impressed us in Wheels so much that it went on to win the best SUV title at our 2015 Car of the Year awards. A few months before that it trumped the Mercedes-Benz GL 500 when we pitted the American behemoth against the ‘S-Class of SUVs.’ Although we reached that verdict mostly on the great value the Escalade offered with a Dh70,000 difference in price, there’s no denying that the Cadillac arguably has more presence and a sense of occasion than most other large SUVs on the market. Unlike the previous generations, the current model is way more than just a rebadged, plusher Chevrolet. Despite it sharing the ladder frame underpinnings with lesser badges like the GMC Yukon and the Chevy Tahoe, Cadillac has made genuine efforts to distinguish it from its cousins with loads of added luxury and technology kit.

For 2018, Cadillac has brought in a big change, which is a new 10-speed automatic transmission, which is the same that does duty in the recently launched Lincoln Navigator, as it’s a box jointly developed by Ford and General Motors. The result is apparent when you press the throttle and the 420bhp, 623Nm 6.2-litre races through the cogs. Shifts are perceptibly smoother compared to the previous eight-speed gearbox. Acceleration is quick for such a massive vehicle and the V8 retains its delightful rumble. The V8’s active fuel management cylinder deactivation technology shuts down four of the cylinders when you’re coasting, and Cadillac claims this combined with the new transmission contributes to better fuel efficiency. However, in practice, it is still a relatively thirsty powerplant with average combined fuel economy figures of nearly 16 litres per 100 kilometres.

That will be the least of a typical Escalade buyer’s worries. But what could indeed be a matter of concern for a potential customer in this highly competitive segment is the Escalade’s ride quality. Despite boasting GM’s acclaimed magnetic ride control system, the Escalade does not afford a ride quality that is as refined, smooth or composed as most its rivals, especially the Mercedes-Benz GLS, Range Rover or the Lexus LX. The brakes are also not very confidence-inspiring for a vehicle of this size, and performance.

Apart from these two grouses, there is nothing else to complain about, as everything else about the Escalade is right up there with the best. The exterior is still bathed in chrome, with the highly angular design adding to its imposing presence.
Cadillac has brought in a big change – the new 10-speed automatic transmission, the same as the one in the new Lincoln Navigator.

**2018 ESCALADE**

- **Engine**: 6.2-litre V8
- **Transmission**: 10-speed auto, AWD
- **Max power**: 420bhp @ 5,600rpm
- **Max torque**: 623Nm @ 4,100rpm
- **Top speed**: NA
- **0-100kph**: NA
- **Length**: 5,179mm
- **Width**: 2,045mm
- **Height**: 1,890mm
- **Wheelbase**: 2,946mm
- **Weight**: 2,656kg
- **On sale**: Now
- **Price**: Dh324,500 (base)

**Highs**
- Smooth new transmission,
- luxurious cabin, loads of tech

**Lows**
- Stiff ride, long braking distance

This Caddie has got the looks and the safety features to make it a family hauler.

The cabin is extraordinarily spacious and is decked out in acres of premium hide and wood trim, and features two rows of exceptionally comfortable seats, and a third row of acceptably supportive chairs. Front seats get multiple levels of electric adjustability and paraphernalia like massagers, heaters and coolers. Leg-, head- and shoulder room are generous too.

The 2018 Escalade also comes fitted with the latest of safety and driver assist features including automatic parking assist, surround vision system, lane keep assist with lane departure warning, forward collision alert, IntelliBeam headlamps, safety alert seat, adaptive cruise control, front and rear automatic braking and automatic safety belt tightening among others. Apart from the usual number of airbags all around, the 2018 Escalade also offers a front centre airbag that deploys from the inboard side of the driver’s seat and inflates between the driver and front passenger, providing extra protection for both front occupants in side-impact crashes.

And for a premium large SUV offering loads of practicality, comfort and safety features, the Escalade is competitively priced, starting from a reasonable Dh324,500. If you’re looking for a big, luxurious SUV with a commanding road presence and the capability to tow trailers, look no further. The 2018 Cadillac Escalade is still one of the best value deals.
FRIDAY CROSSWORD

ACROSS
1 English novelist who wrote about the countryside in his A Chronicle of Ancient Sunlight series, Tarka the Otter, Life in a Devon Village and many more (10)
6 Native or naturalised type of plant growing without human intervention – English bluebell, cow parsley, harebell, kingcup, wood forget-me-not... (4,6)
13 Sung about in a folk song celebrating Molly Malone, edible molluscs traditionally sold by the pint in London pubs or eaten as seaside snacks (7)
14 An item in the Tower of London; a stag’s surroyal; part of a brilliant cut diamond; or, cap for a glass bottle (5)
15 Home to some 80 per cent of the world’s terrestrial biodiversity and protecting its watersheds, tree-dense ecosystems essential for life on Earth (7)
16 Swedish oceanographer noted for his theory explaining the importance of the Coriolis force on ocean currents (5)
17 ______ of Chestnut Trees at La Celle-Saint-Cloud; a painting by Alfred Sisley (6)
18 Alfred, Lord ________; Victorian poet who wrote In Memoriam, The Charge of the Light Brigade and Idylls of the King (8)
20 Car- and street-light-free Channel Island between Guernsey and Jersey; the world’s first dark sky island (4)
21 Capital of either Hong Kong or the Seychelles; or, the Roman equivalent of the Greek goddess Nike (8)
23 Garden walkway or eating area constructed from timber and vines (7)
26 Tisane of ingredients such as dried chamomile flowers, peppermint leaves, valarian root, Ayurvedic tulsi... (4,3)
27 Annual type of seasonal guide listing events for the forthcoming year such as farmers’ planting dates, astronomical data, tide tables etc (7)
28 Collective noun for goldfinches, hummingbirds and fairies; or, in particle physics, one of six flavours of quark (5)
30 Greek mathematician who discovered the law of hydrostatics and a principle commonly called displacement (10)
33 Types of animals trained for events such as the Grand National, Epsom Derby or Ascot Gold Cup (10)
35 Number of disciplines in a triathlon (5)
36 Chemist and surgeon who discovered how to make soda ash from common salt during the French Revolution (7)
38 Isabella Rossellini’s actress mother who starred in Hollywood films including Casablanca, Gaslight and Notorious (7)
40 Derived from the Maasai meaning “cool water” and with a national park bordering its city limits, the capital of Kenya (7)
42 Vehicle sometimes used by a funambulist or an acrobat (8)
43 Metallic element, atomic number 30, used in electrical batteries or to galvanise dolly tubs and
46 Building resembling a giant Wardian case for the cultivation of citrus trees and exotic plants (8)

49 Author and illustrator whose 1902 book The Tale of Peter Rabbit has been adapted into a 3D animated film (6)

51 Word linking with “point” for a form of needlework, “four” for a bite-size biscuit or “paint” for a small bread roll (5)

53 Described in a G. K. Chesterton poem, a 1571 battle resulting in the Holy League victory over the Ottoman fleet (7)

54 Chinese version of a mouth organ (5)

55 One of the Uranian moons named after characters from The Tempest (7)

56 Commander of a merchant ship (3,7)

57 The ________ of Being Earnest; Oscar Wilde’s play with characters including Algernon Moncrieff, Gwendolen Fairfax and Lady Bracknell (10)

**DOWN**

1 The two sets of stamps and balls used during a cricket match (7)

2 Situated four miles from Mallaig in the Scottish Highlands, the deepest body of freshwater in the British Isles (4,5)

3 No man is an ________: modernisation of a quote from John Donne’s work in prose Devotions Upon Emergent Occasions (6)

4 The Fly constellation, south of Crux and north of Chamaeleon (5)

5 Instrumental ensemble ________ chamber, sinfonietta, symphony or philharmonic (9)

6 ________ of Court; the societies responsible for calling barristers to the bar in England and Wales (4)

8 Novelist whose book Robinson Crusoe was inspired by the shipwrecked Scottish castaway Alexander Selkirk (5)

9 Artisan who crafts stirrups, spurs and metal parts of bridles including bits (7)

10 Hand-twisted bundles of hay or straw for grooming horses; or, flocks of snipe (5)

11 1982 single by rock band Toto (7)

12 Genre of film or play based on a re-enactment of real-life events (9)

19 City in Emilia-Romagna noted for majolica, a variety of tin-glazed ceramics later known under the bracket faience (6)

22 Queen of Castile who instituted the Spanish Inquisition with husband Ferdinand of Aragon (81)

23 Composer noted for Canon in D (9)

24 Minerals or gems formed by rain (5)

25 Discovery of oil or gold by drilling or mining; or, to score a goal in football (6)

26 One of the bodily organs assessed during a VO2 max or FTP test (5)

28 Ensembles of harmonising singers (6)

29 ______ jar; vessel similar to a Kilner jar (5)

31 Welsh ______: either of two breeds of dog, Pembroke or Cardigan (5)

32 Situated in the Caucasus Mountains, the highest peak in Europe (6)

34 Silk undergarments forming sets with French knickers (9)

37 Old name for a flowerless plant such as moss, fern or lichen (9)

39 Marquise de ________: second wife and untitled queen of King Louis XIV (9)

40 Pasta-like strips served in pho, ramen, pad thai or lo mein (7)

41 Bridal-wear textile also used to make bags for gifts or wedding favours (7)

44 Word linking with “industry” for a type of business often operated from home (7)

45 — level; instrument with a bubble used in building and carpentry trades (6)

47 Greek letter; a synonym for “first” (5)

48 Group of resting owls or bats; or, a tidal race in Shetland and Orkney (5)

50 Ill-fated lover of Juliet Capulet (5)

52 Neighbouring the tartufo bianco (white truffle) region Alba, the “city of 100 towers” in the heart of Piedmont (4)

**PUZZLES**

A sudoku grid has a 9x9 grid that is further subdivided into nine 3x3 boxes. To solve the puzzle, each of the rows, columns and 3x3 boxes should contain all the digits from 1 to 9. The solution to this puzzle will be published in next week’s issue.

**SOLUTION FOR APRIL 6**

**ACROSS**

1 Eliot 4 Celandine 9 Basil 12 Riviera

3 Rower 16 Ransome 15 Danish pastry

5 Phaethon 18 Moon 19 Schumann

8 Battel 24 Olympia 25 Steward

12 Vestia 28 Hypotenuse 31 Giaccona

13 Rally 34 Allheal 36 Troupes

17 Fleming 40 Dolphins 41 Iron

18 Notepads 47 Somnambulists

20 Chaingang 51 Crier 52 Colombo

21 Inventory 53 Grass

23 Jones 54 Thousands

**DOWN**

1 Earldom 2 Inventory 3 Theism 4 Clasp

2 Larks 5 Read 6 Newreader 7 Iora 8 Earth

3 Bennett 10 Sloth 11 Lierness 17 Lanka

4 Chain gang 21 Badminton 22 Essen

5 Spotty 24 Other 26 Victor 27 Adams

6 Pulse 30 Salads 32 Fell ponies

7 Lohengrin 37 Persimmon 38 Fencing

8 Imposts 42 Nations 43 Sutlej

9 Tonga 46 Droit 48 Maces 49 Echo

**SUBMIT YOUR ENTRY WITH YOUR CONTACT DETAILS** to Friday, PO Box 6519, Dubai, UAE or email them to gnpromotions@gulfnews.com. Winners need to collect their prize from the Gulf News Dubai office. Details are sent to winners via email. Entries are open to everyone, but winners have to be UAE residents.

Solutions will be given next week. The last date for entries is April 17. The winner of this crossword will be announced on April 27. The winner of the March 30 crossword is Jyothi Vaz.
GETTING TO THE POINT
Growing up in Basra in the 1980s and '90s meant it was common to spend sudden stints in underground shelters (due to the) incessant attacks and bombings. I knew that calligraphy was my path since I was 10 years old – my primary school teacher used art as a form to help us escape the turmoil around us. Nonetheless, I had no option at the time but to study civil engineering in my city and soon after graduating I was enlisted in the army. When I got my first job as a civil engineer and quit in the first week, I finally realised that I should pursue my passion.

LOOKS GOOD ON PAPER
Paper is, hands down, my favourite medium. It is the most natural medium for classical calligraphy. Calligraphy was never initially intended for canvas, walls or wood. It’s also where my calligraphy started.

VEGAN AND THEN WE DIDN’T
A few years ago I took the decision to put my health first and become vegan. Soon after that I became a vegetarian and now I eat meat occasionally. I never enjoyed overly processed food and preferred food in its natural state. I do think that oranges or apples would be my guilty pleasure currently. I certainly enjoy eating out, mostly for the ambience. My favourite restaurants include Intersect by LEXUS, 1762 (below) and the Acai Spot.

COLLECT ALL
I am a keen collector of airbrushes. I think I have over 900 collectibles, including a coveted historic airbrush from Chicago. I love the gradients and shades you can create with airbrushes. I also have over 1,500 mechanical pencils, a collection of compasses, early Rotring pencils and ink pens. I think what inspires this hobby is that during my childhood art instruments weren’t available in Basra and we would have to a trek to Baghdad.

INSCRIPTIONS AND COLLABORATIONS
Internationally, my inspirations are Dutch painter Piet Mondriaan, Russian art theorist Wassily Kandinsky and French painter Georges Braque. Regionally, it’s Naja Mahdaoui, and Mohammed Saeed Al Sakkar, a pioneer in Arab typeform. My favourite collaborations have been with brands: Hermes Perfumes asked me to develop the design for a special-edition bottle for the region. It took a year but turned out to be a masterpiece. Rolex and I worked together to create an Arabic typeface for their classic platinum watches.

For the award-winning Arabic calligrapher and designer who grew up in war-torn Basra, the pen has always been mightier than the sword.

FAMILY FIRST
I like to keep Fridays for family. It gives me a chance to spend time with my six-year-old son and have a meal together. I appreciate the moments I have with them as the rest of the week is focused on my work. I moved to Dubai in 2002.

BE NICE
The Green Mile featuring Tom Hanks left me in tears in the end. It was such a powerful and evocative film. I left the movie thinking that it’s very important to be good to people in your community.

THE PLACES I’D GO
I still feel like there’s so much left to discover in Europe. Even though I have visited Berlin and Barcelona every year for the last couple years I can’t get over their amazing art and design scene.

ARE YOU GO –ING?
The -ing Creatives Festival is probably the only design festival in the region that can compete with international design conferences in terms of talent. It’s not often you see award-winning design gurus from Disney, Pixar, Facebook, Instagram and leading advertising execs all under one roof so I would recommend anyone in the creative scene to be at d3 (Dubai Design District) today, the final day of the event.

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