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## COLLAGE IMAGES FROM THE CANVAS OF LIFE

### ■ PARENTING

# Safety comes first

Did you know that:

- Nearly 98 per cent of children riding in cars do not wear any kind of car safety restraints?
- Traffic accidents accounted for 63 per cent of all child deaths in the UAE in 2009?
- Road accidents amounted to 67 per cent of all injury-related deaths in the UAE?

These statistics are a result of an independent survey carried out by BMW Group Middle East. It has launched its Stay Alert, Stay Alive road safety project, supported by the Health Authority of Abu Dhabi (HAAD), the Road and Transport Authority of Dubai (RTA), Abu Dhabi and Dubai Municipality.

Today, (April 9) the company will be observing Road Safety Day and distributing 4,000 child safety booster cushions at the Dubai Creek Park in conjunction with Dubai Municipality.

Child restraints have been shown to reduce infant deaths by approximately 70 per cent. Statistics show that 83 per cent of seat belt-restrained children remain uninjured after an accident.

Booster seats for children between four and 11 years old have been shown to reduce the risk of injury by 59 per

cent when compared to seat belts alone. Here are a few dos and don'ts that all parents must follow:

#### Do

- Lead by example: educate your kids about the importance of buckling up by doing so yourself.
- Insist that all passengers in the front and the back seats are appropriately restrained in your vehicle.
- Make sure you use the right restraint system for your child; using the wrong kind could put your child at a higher risk.
- Ensure that all children under the age of 12 are properly restrained in the rear of the car; they should never sit in the front seat.

#### Don't

- Drive unless every passenger in your car is using appropriate restraints.
- Hold your child in your arms in the car.
- Give into your child's complaints about being uncomfortable when buckled up; safety is more important.
- Don't use an adult seat belt for children.

— Information courtesy of BMW Group Middle East/Suchitra Bajpai Chaudhary, Senior Features Writer, Friday



### ■ CAREERS

## Suit up, lace up

You will not bag a job if you don't dress right for the interview. Here are a list of interviewing fashion tips, do's and don'ts for guys.

#### ■ Suit or no suit?

Human resource professionals report that suits and ties are acceptable for most interviews (with the exception of creative jobs), but they also said slacks and blazers are fine too. A tie? It depends on the office culture. With the odd exception, a tie is a safe bet.

#### ■ Can a guy be too conservative?

Most said yes. A young guy interviewing for a job as a member of a technology sales team, for example, might want to reconsider the pinstriped suit, the French cuffs, the Rolex, and the expensive English wingtips. Human resource professionals say that they are looking for people who look genuine.

#### ■ Details matter

Press that shirt. Make sure the shoes look like they have seen polish in the past year. Please see a barber. Shave. And don't shy away from asking people at the company about how to dress for the interview.

#### ■ More creative, more casual

You're interviewing for a "creative" job. How can you appear hip, without going over-the-top?

Dressing to interview for a creative job takes a little bit more thought than dressing for a more conservative job – where the corporate uniform is a safe bet – but it's not rocket science either. You can look hip wearing jeans if you wear really cool cowboy boots and a cool sports jacket. Even a T-shirt with a jacket.

If you've done your homework, you know what you need to wear to a job interview.

— New York Times News Service

## ■ ENVIRONMENT

### Use it wisely

The next time you grab a sheet of paper, remember that the product you're writing on was once a tree. Most people know this, but what you may not know is how a tree is turned into paper.

Trees are made of cellulose fibres, organic compounds and a natural glue-like substance called lignin that holds everything together. Cellulose makes up about half of a tree and is used to make paper. But first you need to separate cellulose from other wood parts.

Paper mills get their wood from two sources: small trees that are harvested for paper and scraps from larger trees that were sent to sawmills for lumber. The bark is stripped off, and trees are put through a chipper, which makes it easier to process. Once the wood has been chipped, it's converted to wood pulp. Pulping requires a combination of steam, pressure, chemicals, grinders and in some cases, bleach. Unbleached pulp becomes bags and boxes. Bleached pulp is turned into paper for writing or printing. (Bleached wood pulp is goeey and white – like mashed potatoes.)

When the pulp is finished, it's mixed with water and sprayed onto large, moving screens. The water drains through the screens, and that lets the cellulose fibres stick together to make paper. The paper moves at high speeds through a series of presses and driers. Additives strengthen the paper. Finally, the finished paper is wound on rolls and cut to size.

– The Washington Post



## ■ SHAWARMA FOR THE SOUL

### In the frame

Feroz Khan, an IT specialist from India, and Tamer Khalifa, an aircraft engineer from Egypt, both based in Dubai, often go up against each other in photography competitions. Despite that, they remain good friends and enjoy sharing an interest in photography.

“Tamer is one of those people who I connected with instantly,” says Khan. “After two years of knowing him, I can say that he is someone that I trust absolutely.”

Khalifa feels the same: “Feroz struck me as a genuine person when I met him. In my opinion, genuine artists are often genuine people, too.”

While both men are artistically minded and technically skilled, they see things very differently. Khan prefers landscape photography, whereas Khalifa prefers portrait photography. Khan's love for the camera started at the age of four when his grandfather, an avid photographer, gave Khan a camera.

“Instead of taking photos, I decided to dismantle the camera,” he admits sheepishly. “It took me a year to put it back together. I was just so curious about what was inside it and how it worked that I couldn't resist finding out. There were no digital cameras

back then, and so I kept opening the back of the camera to get a better look at it, so I'd often spoil the film inside.

“When my grandfather took pictures, he was in complete control of everything. I shadowed him, observed him and did whatever he asked of me. I wanted to learn and to have the same kind of control over how I framed and lit my images.”

Khan knows a lot about the importance of perseverance in order to succeed. He recalls an event in high school that exemplifies his willingness to keep trying.

“There was a big national photography competition in the UAE. I entered when I was in Grade 11, but did not win. I refused to let it get me down and entered again the following year. I won the second time around. I learnt that it is important to understand what the judges are looking for when entering competitions. You have to strike a balance between satisfying them and still expressing yourself.”

Khalifa's path was slightly different. “My interest in photography began as a playful bet between my father and I. He travelled a lot and on one of his trips to Japan bought me a Nikon camera. He was convinced



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that I wouldn't be able to figure out how to use it properly. Needless to say, I proved him wrong.

“I dream of becoming one of the best photographers in the world and travelling to take pictures. I would love to publish a book with my photographs some day.”

Khalifa describes his art as ‘painting with light’. “Colour intrigues me. I wanted to be a painter, but now I can use the camera to paint instead.”

What is his take on working with a rival, who is also his best friend? “We never plagiarise the other's concept. While we might have a similar idea, the translation of that concept will always be unique because we have different styles.”

Both photographers participate in ARTE and spur each other on in

**Feroz Khan (left) and Tamer Khalifa (right)** have a friendship based on their mutual love of photography

their creative endeavours. “To me, having a hobby is about getting to know as many people as possible through it and ARTE facilitates that in a fun, creative environment,” says Khan.

Khalifa adds: “We are both confident in the individuality of our work, so we don't feel threatened by each other. If you have confidence in your work and in yourself, you will succeed.”

– Preethi Janice D'Sa is a Dubai-based freelancer

## ■ ART

### Colouring the community

Students from five GEMS schools in Dubai – Cambridge International, Royal Dubai, The Westminster, The Millennium and Al Khaleej – proved the success of conveying environmental messages through art. Five hundred students of differing nationalities combined forces with several European street artists to create a spectacular work of alternative art. The massive 36x7-metre mural they produced focused on environmental awareness and was unveiled to coincide with the recent opening of the LEED-certified Mirdif City Centre mall. The design took on a jigsaw design: a few pieces

were cut out of the piece and were replaced with dancers in eco-costumes on the day of the mural's unveiling. Ra Kajol, a street artist of Bangladeshi-origin currently based in Rome, was the mastermind behind the mural's design. He coordinated the project perched on a ladder to direct the progress of the gigantic painting from above.

The eco-conscious focus proved to be highly relevant. The children involved got to learn about the Savannah by painting the animals indigenous to this region. As David McLaughlin, principal of Cambridge International pointed



out: “Studying ecosystems and endangered species is a significant part of these kids' curriculums. Every stroke of a brush allows a child to connect with the key issues surrounding conservation.”

Children from Beautiful People, a charity that helps young adults with disabilities through art therapy, also showcased their creative skills.

The project was realised as a result of the generous support from several organisations. Jotun provided 300 boxes of paint and Roll Roy provided 400 brushes.

Way to go!

–The mural will be on display again soon at the Mirdif City Centre.

–Indu Saksena Bedi is Senior Sub Editor/Writer, Friday

## ■ TEST YOUR NUTRITION IQ

### Fat facts

So, your doctor says you need to cut back on the cholesterol in your diet. Do you know where to make changes? Here's a quiz to find out what you know about how your diet contributes to your blood cholesterol. Answer true or false to the following questions:

1. Stick margarines and vegetable shortening may raise cholesterol.
2. Commercial cookies, cakes, pastries and chocolates, especially those made with saturated tropical oils, can raise cholesterol.
3. Corn, kidney beans and onions raise cholesterol.
4. Many fruits can cause cholesterol to rise.
5. Seeds and nuts, such as almonds, walnuts and sunflower seeds, are high in fat and therefore high in cholesterol.
6. Reducing the intake of saturated fats can lower cholesterol levels.
7. Many people have found that cutting back on their intake of fatty meats and full-fat dairy products reduces their cholesterol levels.
8. Diet accounts for about 20 per cent of the cholesterol in the body, with the remaining 80 per cent produced by the liver.

– McClatchy-Tribune Information Services.



**ANSWERS:** (1) True; (2) True; (3) False; (4) False; (5) False. Most are high in fat, but not cholesterol. (6) True; (7) True; (8) True

**Sources:** Reader's Digest Foods That Harm, Foods That Heal

■ HOW STUFF WORKS

# How Olympic technology works

In ancient Greece, the original Olympic games were a no-tech event. That certainly isn't the case today. In every sport, the athletes use all sorts of technology to improve performance. Let's look at some of the equipment that makes Olympic athletes faster.

■ The most obvious piece of technology on display is the swimsuits. Many Olympic swimmers are using LZR Racer suits from Speedo. These suits feature a very tight fit, a slippery synthetic fabric and ultrasonically welded seams to streamline the body. There is also a structural feature sewn into the suit that helps to keep the legs aligned with the upper body. Since even a thousandth of a second can mean the difference between winning and losing in the pool, every tiny bit helps. Many world records have fallen since the suit's introduction.

■ Cycling is a hotbed of innovation, and carbon frames are now standard to make bikes lighter. But every little bit helps. For example, there is now a new front wheel with just eight spokes – four on each side. A "normal" bicycle might have 32 spokes per wheel. Less spokes mean less weight and air resistance. The rear wheels have morphed into composite disks made in one piece and bonded to the hub, the lightest and most aerodynamic rear wheels yet.

■ Then there are shoes. Manufacturers like Nike and Adidas have been working to make the best shoe possible. One long-standing effort has been to make running shoes lighter. Materials like carbon nanotubes and Vectran have brought the weight down. Adidas has been experimenting with asymmetric shoes for track athletes. The idea is that the athlete spends a significant amount of time running in the turns, and in a turn you want one kind of shoe on the left foot and a different kind of shoe on the right foot.



■ Heat slows athletes down. Any energy that the body spends on keeping the body cool is energy wasted. And overheating could lead to a breakdown. So several manufacturers have introduced new cooling suits meant to be worn before the race. Nike's is the simplest. It is essentially a water-filled vest that you put in the freezer. Once the water has turned to ice, you wear the vest for about an hour before the race. It pre-cools the torso, so the body takes longer to overheat.

■ Breakthroughs including carbon fibre baseball bats, lightweight jerseys that improve the flow of air, electronic air pistols and even robotic ping pong opponents used during practice, are also enhancing performances.

■ Athletes have been using low-oxygen training for decades. They train at high altitude, where there is less oxygen. The body responds to this by boosting its red blood cell count. Then, when the athlete comes down to sea level, the extra red blood cells increase performance by improving oxygen flow to the muscles. As soon as this happens, the body starts reducing the number of red blood cells again, and the effect is soon lost. There is a high tech way to keep the red cell count high. It is called a hypoxic tent made of sealed plastic, which has an air handler that reduces the amount of oxygen in the tent. By sleeping in it, the athlete's body keeps the red cell count high.

- McClatchy-Tribune Information Services

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## Mommy Makeover:

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Before



After Smart Lipo with Acculift

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