SPRING 2012 ISSU

Luxury & Lifestyle

THE BICYCLE CITY A STORY OF STRUGGLE, DETERMINATION, IDEALISM & HOPE

ART POWERED BY THE SUN THE NEW KARMA THE SEASON OF HOPE BEGINS

THE SECRET OF THE FRENCH WAISTLINE



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STORY



"What I need is the dandelion in the spring. The bright yellow that means rebirth instead of destruction. The promise that life can go on, no matter how bad our losses. That it can be good again." Suzanne Collins, Mockingjay

This time of year when the world opens up and the trees see their way through to the surface of this beautifully decorated earth, comes Spring! Spring is the season of new beginnings, the season where we reopen up and relish the sun after a long cold winter.

Our cover story is expressing the beautiful feeling of giving up to nature and the divinity of this season. Follow your senses and dive in the gentle breeze of the spring nights ahead, don't forget to "Wear Sunscreen", find time to travel, renew your wardrobe, sing and dance! Simply enjoy yourself and open up to new starts and new possibilities. The world is yours!

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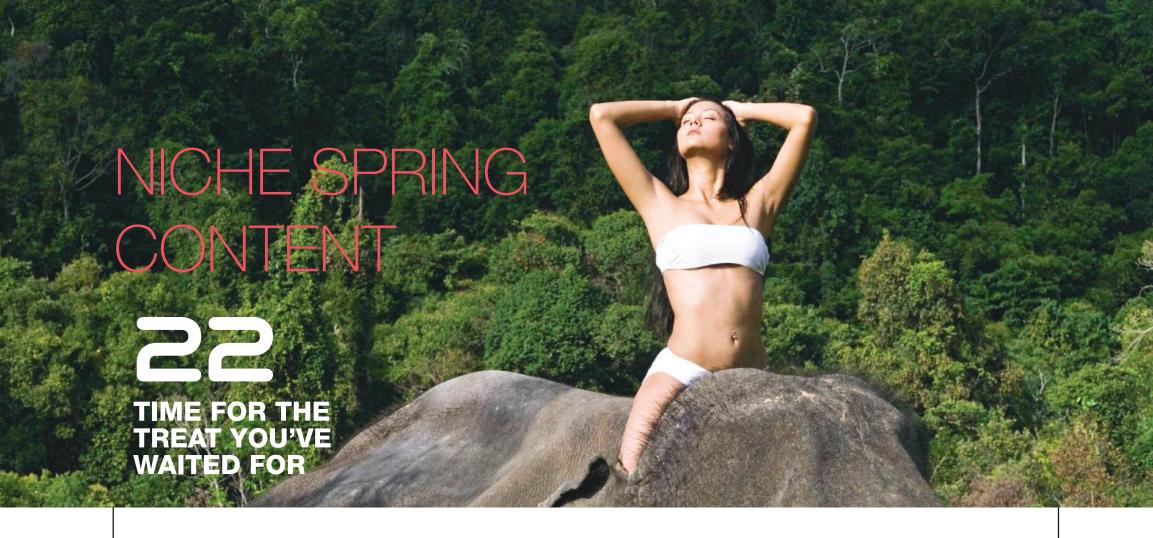
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THIS MAGAZINE IS FOR 25 FGYPTIAN POUNDS.



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Dear Readers,

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter." Rachel Carson

In times where everything seems as cold as winter nights comes the spring giving rebirth of hopes and introduction of fresh starts. Niche magazine is launching a new phase with this spring issue, a phase of new goals and determinations, planning to get closer to you, meeting your expectations, sharing your life experiences, and presenting it all differently and uniquely.

This issue we honor a man who's been a blessing to our country for the past forty years, and we offer our deep condolences for the loss of His Holiness Pope Shenouda III. See Page 48, 49.

Talking of fresh starts, we highlight a very confusing state which happens to be of big occurrence in our society, getting over divorce and introducing the process of recovery. It's a big and devastating transition that could be hard to handle, so if you're experiencing such difficult times we encourage you to read the "Post Divorce Recovery" feature on *Pages 18 to 21*.

Seeing the world from new approaches is a great way to enjoy spring. We bring you so many paths to adventure with Disney's packs of itineraries that will take you to see the world really closely. See page 26 to 30.

For a bitter economy that needs an aware generation and smart adults we get you some how-to guides to help you raise financially responsible kids. Check the guidelines department pages 44, 45, 46.

We got you articles on health and dietary, what you should know about a spa before your next visit, and the details on the Fisker Karma's cleverly integrated solar roof panel.

With a very rich content, Niche Spring Issue, is sure to excite you, challenge you and update you with the world's top releases.

We ask you to share with our team your expectations from our magazine and help us bring out the best of it. We are ready to take every insight and make it happen.

Again enjoy Spring...

SEASON'S EVENTS



KLIMT

THE WIEN MUSEUM COLLECTION

When:

May 16 - September 16, 2012

Where:

Otto Wagner Pavillon Karlsplatz 1040 Vienna, Karlsplatz

Description:

With around 400 drawings, the Wien Museum has the world's largest collection of Klimt sketches, including preparatory sketches for his best-known masterpieces, as well as studies from all phases of his lifetime work.

A number of paintings will be on show alongside the sketches, including the most important work of art in the Wien Museum, the "Portrait of Emilie Flöge", which was completed in 1902. The work is one of Klimt's most famous paintings and the first portrait of a female subject to feature ornamental detailing in the foreground. This heralded the dawn of a new creative period in the artist's life.

Official website:

www.wienmuseum.at



WORLD REFUGEE DAY

"One Refugee Without Hope is too Many."

When:

June 20, 2012

Where:

For years, many countries and regions have been holding their own Refugee Days and even Weeks. One of the most widespread is Africa Refugee Day, which is celebrated on 20 June in several countries.

Description:

The United Nations' (UN) World Refugee Day is observed on June 20 each year. This event honors the courage, strength and determination of women, men and children who are forced to flee their homeland under threat of persecution, conflict and violence.

This year the UN refugee agency, in its 60th year, will mark World Refugee Day with a rich and varied programme of events in locations worldwide and the launch of a new global awareness campaign. The campaign will carry the message that "One Refugee Without Hope is too Many."

Official website:

http://www.unhcr.org



UEFA - EURO 2012

(POLAND - UKRAINE)

When:

June 8 - July 1, 2012

Where:

Poland and Ukraine

Description:

The final tournament of the 14th UEFA European Football Championship will be held in Poland and Ukraine from 8 June to 1 July 2012. It will be the third time that the final tournament is jointly hosted by two countries (after Belgium/Netherlands in 2000 and Austria/Switzerland in 2008).

Sixteen national teams will compete in a total of 31 matches to be crowned European champions. The format of four groups of four teams will be used for the last time in this tournament. The competition format will change for the next edition in 2016 as the lineup of participants competing in the final tournament will be increased to 24.

Official website:

http://www.uefa.com/uefaeuro/





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Aleph by Paulo Coelho

Transform your life. Rewrite your destiny.

In his most personal novel to date, internationally best-selling author Paulo Coelho returns with a remarkable journey of self-discovery. Like the main character in his much-beloved The Alchemist, Paulo is facing a grave crisis of faith. As he seeks a path of spiritual renewal and growth, he decides to begin again: to travel, to experiment, to reconnect with people and the landscapes around him.

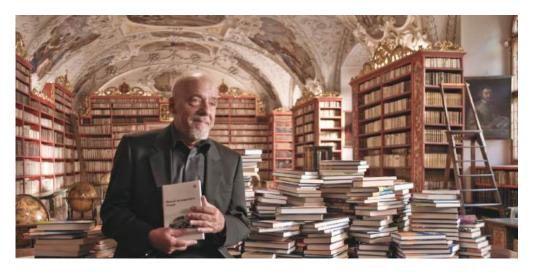
Setting off to Africa, and then to Europe and Asia via the Trans-Siberian Railway, he initiates a journey to revitalize his energy and passion. Even so, he never expects to meet Hilal. A gifted young violinist, she is the woman Paulo loved five hundred years before—and the woman he betrayed in an act of cowardice so far-reaching that it prevents him from finding real happiness in this life. Together they will initiate a mystical voyage through time and space, traveling a path that teaches love, forgiveness, and the courage to overcome life's inevitable challenges. Beautiful and inspiring, Aleph invites us to consider the meaning of our own personal journeys: Are we where we want to be, doing what we want to do?

About the Author

Paulo Coelho was born in 1947 in the city of Rio de Janeiro, Brazil.

Writing Career

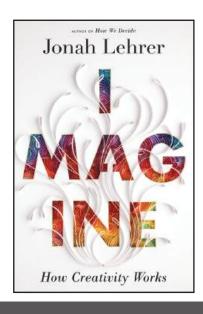
In 1982 Coelho published his first book, Hell Archives, which failed to make any significant impact. In 1986 he contributed to the Practical Manual of Vampirism, although he later tried to take it off the shelves since he considered it "of bad quality." After making the pilgrimage to Santiago de Compostella in 1986, Coelho wrote The Pilgrimage. The following year, Coelho wrote The Alchemist and published it through a small Brazilian publishing house who made an initial print run of 900 copies and decided not to reprint. He subsequently found a bigger publishing house, and with the publication of his next book Brida, The Alchemist became a Brazilian bestseller. The Alchemist has gone on to sell more than 65 million copies, becoming one of the best-selling books in history, and has been translated into more than 70 languages, the 71st being Maltese, winning the Guinness World Record for most translated book by a living author.

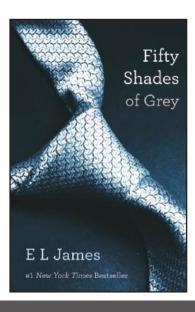


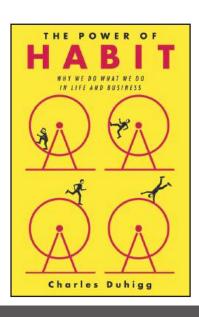
Since the publication of The Alchemist, Coelho has generally written one novel every two years including By the River Piedra I Sat Down and Wept, The Fifth Mountain, Veronika Decides to Die, The Devil and Miss Prym, Eleven Minutes, Like the Flowing River, The Valkyries and The Witch of Portobello. This dates back to The Pilgrimage: While trying to overcome his procrastination of launching his writing career, Coelho said, "If I see a white feather today, that is a sign that God is giving me that I have to write a new book." Coelho found a white feather in the window of a shop, and began writing that day.

In total, Coelho has published 30 books. Three of them – The Pilgrimage, The Valkyries and "Aleph" – are autobiographical, while the majority of the rest are fictional, although rooted in his life experiences. Others, like Maktub and The Manual of the Warrior of Light, are collections of essays, newspaper columns, or selected teachings. In total, Coelho has sold more than 100 million books in over 150 countries worldwide, and his works have been translated into 71 languages. He is the all-time bestselling Portuguese language author.

OF THE SEA







IMAGINE #1 ON THE NEW YORK TIMES BESTSELLER LIST COMBINED PRINT & E-BOOK NONFICTION FIFTY SHADES OF GREY

By E L James

THE POWER OF HABIT

By Jonah Lehrer

When literature student Anastasia Steele goes to

By Charles Duhigg

From the best-selling author of How We Decide comes a sparkling and revelatory look at the new science of creativity. Shattering the myth of muses, higher powers, even creative "types," Jonah Lehrer demonstrates that creativity is not a single gift possessed by the lucky few. It's a variety of distinct thought processes that we can all learn to use more effectively.

Lehrer reveals the importance of embracing the rut, thinking like a child, daydreaming productively, and adopting an outsider's perspective (travel helps). He unveils the optimal mix of old and new partners in any creative collaboration, and explains why criticism is essential to the process. Then he zooms out to show how we can make our neighborhoods more vibrant, our companies more productive, and our schools more effective.

interview young entrepreneur Christian Grey, she encounters a man who is brilliant and intimidating. The unworldly, innocent Ana is startled to realize she wants this man and, despite his enigmatic reserve, finds she is desperate to get close to him. Unable to resist Ana's quiet beauty, wit, and independent spirit, Grey admits he wants her, too-but on his own terms.

Shocked yet thrilled by Grey's singular erotic tastes, Ana hesitates. For all the trappings of success—his multinational businesses, his vast wealth, his loving family—Grey is a man tormented by demons and consumed by the need to control. When the couple embarks on a daring, passionately physical affair, Ana discovers Christian Grey's secrets and explores her own dark desires.

Erotic, amusing, and deeply moving.

At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.

Habits aren't destiny. As Charles Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

In The Power of Habit, award-winning New York Times business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential for transformation.



Get your landscape off to the best start using these hints and tips for the spring season

Break up Open Spaces

Give your garden an exciting, contemporary feel by breaking up the lawn into small sections.

It adds more interest than colorful borders surrounding a big patch of grass.

Direct the Eye

Use ribbons of lawn to create an exciting look and lend your landscape a sense of whimsy. Plus, it offers the feeling of discovery.

Vary Textures

Texture is as important to color in garden design. Repeating texture creates a sense of comfortable consistency. But too much of the same texture gets boring, so don't be afraid to mix it up.

Use Interesting Edging

Edging gives your garden a crisp, clean look. But be creative and add interest by making your edging a design element. Wide swath of rock between the lawn and the plantings gives the feel of a flowing river.

Employ Garden Art

Create surprises and add interest to your plants with little touches of art. Use for example an eye-catching mosaic sculpture.

Create Movement

Ornamental grasses are perfect plants for giving your yard a sense of movement. Whether you choose varieties with soft, arching foliage or airy seed heads, they create visual excitement in the landscape.

Put the Right Plants Together

Put together a stunning garden simply by creating fun plant combos. Look for great color or texture contrasts.

Mix in Edibles

Take advantage of the beauty of edible plants and incorporate them in the landscape. Bright green and red lettuces form an intriguing border planting and eliminate the need for a separate vegetable garden.

Play to Your Personality

The number one thing to keep in mind in designing a garden is that your garden needs to fit your personality. So find ways to incorporate things you like in the garden. It may be garden art, or particular plants or even certain color combinations.

Break the Rules

Don't take garden design too seriously. Have fun and feel free to break the rules. Your tallest plants don't always have to go in the back of the border. Plant some in the front to mix things up a bit.

Look Out

Even the most die-hard gardeners don't spend all their time outdoors, so consider the view out from your favorite windows when you plant your yard.

Use Interesting Plants

Include some plants in the garden that invite close inspection.

Embrace Color

A beautiful pink meadow rue looks great on its own -- but it becomes a star of the garden in front of a blue-painted fence.

Add Containers

Container gardens are excellent solutions because you can move them around and create color in spots where plants go out of bloom. Take your garden to the next level by coordinating colors of your plants and the container.

Use Colorful Foliage

Contrasting foliage colors and textures can create even more impact than using flowers in the garden.

Grow Extra-Easy Plants

A beautiful, well-designed garden can be easy to care for if you include tough plants. Make sure you pick plants well adapted to your climate and growing conditions.

Pay Attention to Shapes

While most gardeners think mainly about color, don't forget to utilize different shapes in your garden.

Give Yourself a Place to Enjoy it

Make sure you give yourself the chance to sit back, relax, and enjoy your beautiful garden.



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Since 1977, Abou Tria Company had been one of the top leaders of supplying grand hotels and restaurants with heavy duty equipment, and now, we, Ali Abou Tria established the first company in Egypt specialized in heavy duty and professional coffee machines intended for home, office and espresso bars use. Ali Abou Tria Company has everything you need to make the most delectable cup of espresso, cappuccino, latte or coffee you ever tasted. It begins with the right espresso cappuccino machines, and we've got them. At Ali Abou Tria company, you'll find the top brand Bezzera. Our line of espresso machines is continually changing and growing. We carry single serve, automatic, super-automatic and commercial coffee machines. Let us help you to make your mornings easier with a delicious cup of gourmet coffee.

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Bezzera is the premier Italian manufacturer of espresso machines since 1901, the factory enjoys a very strong and rich history. Bezzera has over 105 years of experience in the design and manufacture of coffee machines which has lead to renown reliability, quality and performance.

"G Bezzera" is an international designer for espresso machines, he creates the machines' designs very carefully and with care of details in every single model. Produced with high quality components with all panels being top grade stainless steel which is the same material being used in the renowned Swiss watches.

Bezzera is ranked as one of the world's top 10 commercial espresso machines. Bezzera is also number ONE in the world in professional home and office used and espresso bar.



ARTEMIS Machines

ARTEMIS professional appliances were introduced to the Greek market in 1985 by the founder and owner "Athanasios Gavriilidis". Artemis with very unique and professional designs, makes one of the world's top mixers and squeezers and acquires the European Certificate (CE) for all of its products.

Today, with more than 30 years of presence in the business of small electrical professional appliances, "ARTEMIS" continues to expand its list of international customers as well as successfully participating in well known EXPOs all over Europe.



Drink Mixer

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Giulia

BZ02

Grinder





The bicycle is such a success because it makes people's lives easier

What happens when a poor town in an impoverished nation is saturated with tens of thousands of bicycles?

The Bicycle City is the story of the struggle, determination, idealism, and hope that has brought about the transformation of an entire society.

Crippled by decades of military dictatorship, civil war, and environmental catastrophe, Nicaragua is the second poorest country in Latin America, having one of the region's lowest GDPs and the second highest Human Poverty Index, behind only Haiti. Economic opportunities are few and those born into the lower classes tend to remain in poverty for life.

Over the past 20 years, more than 20,000 bicycles have been brought into Rivas, a city on Nicaragua's Pacific coast, by the non-profit Pedals for Progress, which collects donated bicycles in the United States and distributes them in impoverished communities worldwide. Since the first was unloaded in Rivas in 1991, the bicycle has become an integral part of daily life.

Told from the vantage points of Julia, the street vendor; Xiomara, the young mother; Joaquin, the entrepreneur; and David, the unlikely philanthropist, The Bicycle City is the story of how an idealistic experiment has helped the war-ravaged city of Rivas find its own path to recovery and normalcy through the introduction of cheap, reliable transportation in the form of the bicycle.

The Bicycle City is a feature length documentary film currently in post-production.

The introduction of the Wheel

The Bicycle City will provide a positive look at the old bicycle. It will show how a small town depends on the bikes to function and how access to transportation helps people find and keep jobs, providing one simple tool for a better life.



With time it went from being a luxury to being a necessity

The program has grown and a real bicycle culture has developed.



Giving people the ability to help themselves

POST DIVORCE RECOVERY A WOMAN'S GUIDE

Divorce is one of the most devastating transitions that one can go through. Divorce is complicated, emotional, and sometimes confusing. If you've been through a divorce, then you know exactly what we're talking about, you might be struggling with the recovery now, or maybe you're still considering a divorce, if so then you should know you're making a decision which could have a serious impact on your health, wealth and future both short and long term. Unless your marriage is a disaster, it doesn't hurt to take your time and work through the issues. Think clearly and be open-minded. But if you have finalized the divorce and have questions regarding life after divorce then the following might be of help for you during the process of recovery and starting over.

f course getting a divorce is a very scary situation for anyone, especially women. Being suddenly single again can be a time of grief and regret for the loss of past dreams. It can also be quite demanding to attempt to rebuild your life alone when you are divorced. Responsibilities left over from the marriage, like caring for young children and tackling finances on your own, are important tasks that will certainly require a lot of your time and attention.

However, the most important task is to take care of your own needs first. You can't be of much use to your children, family, job or friends if your life and emotions are in shambles. Just because you are recently divorced doesn't mean you can't be healthy and happy in the future.

Allowing yourself to feel the pain of these losses may be scary. You may fear that your emotions will be too intense to bear, or that you'll be stuck in a dark place forever. Just remember that grieving is essential to the healing process. The pain of grief is precisely what helps you let go of the old relationship and move on. And no matter how strong your grief, it won't last forever. So don't fight your feelings. It's normal to have lots of ups and downs, and feel many conflicting emotions, including anger, resentment, sadness, relief, fear, and confusion. It's important to identify and acknowledge these feelings. While these emotions will often be painful, trying to suppress or ignore them will only prolong the grieving process.

Try as much as you can to talk about how you're feeling, to trusted friends or family members, it may be challenging to do so, but talking and sharing your pain will make you feel less alone in the darkness of the pain and will help you in the healing process. If you find it really hard to talk, take a journal your way to let out how you feel. But remember that moving on is the end goal of what you're passing through, expressing your feelings will liberate you in a way, but it is important not to dwell too long on the negative feelings, getting stuck in hurtful feelings will rob you of valuable energy and prevent you from moving forward.

Spend time with people who support, value, and energize you. As you consider who to reach out to, choose wisely. Surround yourself with people who are positive and who truly listen to you. It's important that you feel free to be honest about what you're going through, without worrying about being judged, criticized, or told what to do.

If you feel like you have lost your social network along with the divorce, make an effort to meet new people and cultivate new friendships. Join a networking group or special interest club, take a class, get involved in community activities, or volunteer at a place of worship, or other community organization.

Treat yourself like you're getting over the flu. Get plenty of rest, minimize other sources of stress in your life, and reduce your workload if possible. One of the most important things to put in mind to get over divorce is taking care of yourself. When you're going through the stress of a divorce or breakup, healthy habits easily fall by the wayside. Learning to take care of yourself can be one of the most valuable lessons you learn following a divorce. As you feel the emotions of your loss and begin learning from your experience, you can resolve to take better care of yourself and make positive choices going forward. Make time each day to nurture yourself.

Pay attention to what you need in any given moment and speak up to express your needs. Stick to a routine. A divorce can disrupt almost every area of your life, amplifying feelings of stress, uncertainty, and chaos. Getting back to a regular routine can provide a comforting sense of structure and normalcy. Take a time out and don't try to make any major decisions in the first few months after divorce, like starting a new job or moving to a new city. If you can, wait until you're feeling less emotional so that you can make better decisions.

Avoid using alcohol, drugs, or food to cope. When you're in the middle of a breakup, you may be tempted to do anything to relieve your feelings of pain and loneliness. But using alcohol, drugs, or food as an escape is unhealthy and destructive in the long run. It's essential to find healthier ways of coping with painful feelings. Instead, take the opportunity to explore new interests and activities. Pursuing fun, new activities gives you a chance to enjoy life in the here-and-now, rather than dwelling on the past.

And finally remind yourself that you still have a future; when you commit to another person, you create many hopes and dreams. It's hard to let these dreams go. As you grieve the loss of the future you once envisioned, be encouraged by the fact that new hopes and dreams will eventually replace your old ones.

It's important to know that only a fool would approach divorce without doubts or concerns or regrets. It's definitely normal to feel that sadness and grief inside, there is much sadness in divorce; the failure of a relationship and realizing one had a role in that failure. Don't expect that a piece of paper declaring everything "final" is going to magically clear up everyone's feelings. On the other hand, you've got to know that divorce is no longer the shameful position it was in the past, it's not something you have to hide and put more pressure upon yourself.

n order to avoid dealing with the hard truth of the matter and the difficult task of accepting a divorce, most men go through a state of denial. Wishing that at the last minute you can find some sort of reconciliation with your wife or ex wife and the whole horrible experience can be put behind you and you will start your marriage again with a whole new perspective.

Getting stuck in this stage is really dangerous and won't help you moving on. So if you are calling your ex wife often, begging or pleading, waiting and not doing anything in your life 'just in case' she comes back and other similar things, then you need to stop that and take the first brave step into the unknown. This will bring on a wave of new and often horrible emotions but you will need to feel them rather than denying them.

When you get divorced you go through a mental process that is the same as any other situation where you lose a loved one. This is grief and it is an important process to go through to move on from the situation and accept it. This cycle follows these stages for nearly all people in this situation; "denial, anger, bargaining, depression, acceptance."

Just knowing that there is a process that we all go through in this situation is an important part of being able to move through these horrible bits of your life quickly and learn from it as well. So do not be afraid to feel these emotions, just make sure to view it in context and learn from each part as much as you can.

Don't try the short term self esteem boosting actions that make you feel more powerful, more in control, and more wanted. The problem is that anything done so quickly never lasts long. Alcohol, violence, loose women, drugs, and many other actions that make you feel good for a short time quickly fade making you feel even worse.

Another thing that many men say is that they could not control themselves when they get angry, or spiteful, or depressed or take any sort of destructive action. While it may seem harsh, the truth is you must always own your actions no matter what.

If you do something you let yourself do it, your emotions and feelings influenced you but they did not force you to do anything. No matter what rage or injustice you feel you are on total control of your own actions. Lack of self control is a lack of self respect. If you seize this opportunity to control your actions and words you are taking a step into being a stronger and more capable person who will cope and be happy in time.

If you have kids you should know that when you start getting into tit for tat battles with your ex spouse you often do not realize just how harmful your actions are to your children. The best thing you can do is to give them the most stable and loving life possible in this situation. Being a good father is the best thing you can do even if it is in a limited capacity. Knowing that you are doing the right thing for your children is also a way to gain more self respect for yourself which is an essential part of overcoming issues of self worth which bring misery to men after divorce.

Resentment is the most punishing thing you can do to YOURSELF. Being bitter, holding a grudge, storing away your anger to serve as some sort of misguided warning to yourself and to others you talk to about the perceived "evils" of marriage is all too common and serves no purpose. It will never inhibit your ex wife in any way at all but instead you restrict how happy and fulfilled YOU can be.

The way to truly get over this is forgiveness. This is not condoning anything, this is not forgetting anything. Forgiveness just means that you no longer carry this burden and you no longer have the capacity for hatred even if you may never understand what happened or what they were thinking!

This requires you to have a better grasp of your own self image and self worth first and is the final stage in your journey of divorce recovery.

POST DIVORCE RECOVERY A MAN'S GUIDE



Just You And Your self

It's important to know what to expect during a spa experience - especially your first one. You probably already have a good reason to visit a spa - to relieve stress, lose weight, get in shape or just to treat yourself. And in case you haven't realized, there are just as many different spas and treatments as there are reasons to go.

Just keep in mind that ultimately the spa experience is about one thing: You. Your comfort, your goals and your peace of mind are at the heart of every spa experience. So take some time to read about the different types of spas. Equipped with this information, you're sure to make the choice that's right for you, and you'll find that your spa visit will impact you in a profoundly positive way.

Spas are topically acknowledged as a place where ones appointment is fixed with complete relaxation and pleasure that helps to identify one-self as a true being by touching the altitudes of spirituality. Moreover spa treatments allow you to have a more balanced life thus helping to restore your body, revitalize your mind and invigorate your spirit.

Spas are of several types and flourishing all over the world rapidly and also gaining popularity because of the facilities they provide. Spas are often seen to be as remedies to busy lives that affords some "me time" to individuals who are actually seeking it.



DESTINATION SPA

A destination spa, as the name implies, is a spa that proffers residential or lodging facility with primary goal of endowing services to the clients that will help them develop healthy lifestyle habits. It is conventionally known as a 'health spa', offering a two-three or more night stays and provides an inclusive program that includes a variety of spa services, physical fitness activities, healthy cookery and other exclusive programs for stress reduction and much more.

Destination spas even can require longer stays, if in case you desire to stay back and acquire full benefits of the spa up to your mind's fullest content. Destination spas have different traits and differ extensively in size, price, location and indoctrination. The price list of these spas includes all meals, programs and some of the spa treatments.

RESORT OR HOTEL SPA

Resort or hotel spas are especially for them who wish to have an elongated spa effect staying overnight. This spa is a good choice for being healthy and relaxed as it offers yoga, curative massages, meditation, and several body treatments. Whether you are looking for a week or short trip of two days these spas helps you leave your mind-stress far behind and swirl up your mind to a wonderful world of immense ecstasy.

As per your requirements you can choose any spa resorts at beach, desert or forest, mountain cabin or any other exciting place. There are body treatments offered there like facials, skin-peels, and aromatherapy. You can also undergo the treatment-body wrap which are actually the shell of spas treatment. The longer will be your stay the more the benefits you will be able to acquire, thus assessing your overall health with the right assistance and therapies enabling yourself to make the required changes in your lifestyle that will benefit you all through your life. The resort spa can thus be the entire family spas for exotic feel!

DAY SPA

Day spas are a place formulated to pamper your every pulse and make you relax by offering you various treatments to take off your tiredness after a stressful day. Actually these spas are short-retreat, which renews not only your body but also your mind and soul. The spa is not only for women; men also can visit these spas and surrender their fatigue to the treatments and get relieved completely feeling relaxed. It offers spa treatments entirely on a day-use basis, which include various body treatments like mud wraps and sea salt scrubs, massages, facials and also it bestows with services and features. Day spas are called so because, unlike destination spas and resort spas one cannot spend night there.

AYURVEDA SPA

Ayurveda being the oldest form of complimentary and alternative medicine and includes numerous methods such as using herbs, massage and yoga, being the hub of it.

Ayurveda spa as the name implies, comprises ayurveda treatments in all, thus yanking further the principles of the oldest acknowledged health system of the world, used to cure physical disorders and thereby improve the immune system. Treatments are based on ayurvedic therapies in which specific types of oils, herbs and aromas are used to provide optimal balance and nourishment to your body and soul. All therapies are quite gentle, natural and charmingly enjoyable with yoga and meditation adding to the charm. Also treatments are individually customized to the client's needs after a methodical consultation with the physician.

THERMAL SPA

Thermal or Mineral spas are resorts urbanized at those places which are encircled by naturally stirring mineral spring locales. They are found frequently in mountainous localities and are well-liked for 'Taking' the water in order to improve health. Mineral spas are also called Mineral Springs Spa, as it has a spring of natural mineral water that you can soak in. Mineral springs have been treasured for thousands of years, as they have naturally available minerals and outline elements like calcium, potassium, iron, magnesium, sulphur and iodine; which are very effective in relieving from joint pain, arthritis and other physical disorders.

Mineral springs have raised some of the world's cities as great spa cities that comprise Spa in Belgium, Bath in England and Baden in Germany. In U.S. there are many including Virginia, Calistoga, California and Arkansas.

MEDICAL SPA

A medical spa is a fusion of a medical clinic and a day spa that is operated under the supervision of a licensed health care professional and offers non-surgical cosmetic medical treatments along with comfort of traditional day spas. The relaxing services proffered by medical spas are like day spas which include facials, massages and several body treatments. However, they also provide cosmetic medical treatments such as medical peels, laser acne treatments, laser treatment to reduce wrinkles, photo facials, hair removal or restoration, laser vein treatments, medical microdermabrasions and anti-aging treatment.

Besides all this conventional body treatments, many medical spas offer other specialized services like naturopathic sessions, dietary counseling and acupuncture. Some also emphasize on providing their clients with information on latest transpiring non-persistent cosmetic procedures while others also focus on educating their clients about alternative medicine techniques for healing and health. There are also medical spas which edify their punters about various procedures and routine changes which will turn out to be beneficial for them in reducing the amount of agony engendered by a particular disease or condition. For instance: They can guide you to control diabetes, obesity, menopause and many other common medical issues.

The supreme benefit of medical spa is that they provide excellent comfort to their clients who go through harsh medical methods that can make them uncomfortable otherwise. They enable them to relax while undergoing laser hair removal with a massage. These types of spas provide both medical and natural cosmetic services. Medical spas are gaining popularity and thus widening their scale of operations even broader all over.



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Adventures by Disney Brings History to Life with New Privately Guided Itineraries in 2012

Guests Journey through Greece, Egypt and Northern France –Award-winning lineup of family-friendly group adventures offers hassle-free ways to experience culture in the world's most desired destinations.

Adventures by Disney, the leader in guided family travel, announces the addition of two new destinations to its repertoire of immersive family vacations – Greece: "Greek Odyssey" and Northern France: "Esprit de France" – available to travelers in 2012. The adventure continues in Egypt with "Pyramids, Pharaohs & Ancient Treasures," an unforgettable expedition. New for 2012, Adventures by Disney will feature distinct enhancements to its Australia, London and Paris and Galapagos Islands departures – details, dates and rates are available at www.AdventuresbyDisney.com.

DESTINATION

Over the last six years, Adventures by Disney has developed a collection of exhilarating tours with one goal in mind: help families experience the most sought-after and culturally stimulating destinations in the world. Led by knowledgeable Adventure Guides and authentic local experts, families unlock the wonders and stories of the world through unparalleled excursions and engaging activities designed for all ages and activity levels such as pizza-making at a farm in Italy, spending the night at a German castle and playing the role of an art detective at the Louvre. With the smallest details planned in advance, it's easy for parents to relax and immerse themselves in the most valuable experience of all – quality time with their family.

"Through our dedication to storytelling and exclusive hands-on experiences, families can get a glimpse of the history and beauty synonymous with Greece, France, Egypt and every vacation destination on our roster," said Josh D'Amaro, Vice President, Adventures by Disney. "We are in the business of creating unforgettable, VIP hassle-free itineraries so guests can focus on discovering and exploring a new world and creating priceless vacation memories that last a lifetime."

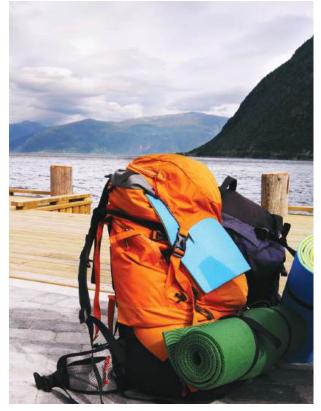
Adventures by Disney presents three featured adventures for 2012:

"Greek Odyssey"

Athens, Santorini and Crete – the adventure starts in Athens where Greek mythology comes to life through moonlight storytelling at the Parthenon and sporting games at the home of the modern Olympics, Panathinaiko Stadium. Discovery continues on the volcanic island of Santorini where kids go feet-first into Greek grape stomping while adults enjoy a wine tasting at Volcan winery. After sailing the azure waters of the Aegean Sea, families travel to Crete and are immersed in mountain culture with local expert-led lessons in Tsatziki cheese making and Greek dancing.







"Pyramids, Pharaohs & Ancient Treasures"

Cairo, Aswan, Luxor, the Nile and Sharm El Sheikh – uncover an ancient world of pyramids, mummies and man-made marvels as this expedition kicks off with a camelback tour of the Great Pyramids of Giza and a Nile River cruise to Luxor. Families will be in awe of the architectural wonder of the Sphinx and experience the secrets of Tutankhamen's tomb in the Valley of the Kings with a Junior Adventurer scavenger hunt at the Egyptian Museum of Antiquities. Activities like papyrus making, traditional cooking, and hieroglyphic writing give guests a first-hand view of life in ancient Egypt.

"Esprit de France"

Paris, Normandy and Loire Valley – perfect for families looking to experience the arts, this itinerary features a drawing activity in Monet's Gardens, a visit to Château du Clos Luce, the last known residence of Leonardo da Vinci, and a private dinner at the Louvre in Paris. A true taste of the French countryside, adventurers learn of the art of brandy-making on the Normandy Cider Route; enjoy a picturesque country bike ride and spend the night in an authentic Château. Guests continue the adventure with visits to Versailles, Mont Saint-Michel monastery, Omaha Beach and a viewing of the Bayeux Tapestry.





Adventures by Disney unveils three enhanced itineraries for 2012:

"Discovery Down Under" Australia and Tasmania – the action-packed Australian adventure will now include a visit to the island of Tasmania featuring a Eucalyptus forest zipline experience, an introduction to traditional cuisine at Kate's Berry Farm and Meadowbank Winery as well as a visit to the Bonorong Wildlife Sanctuary to meet the infamous Tasmanian Devil.

"Grandiosos Galapagos" Galapagos Islands – Now families can spend more time discovering the flora and fauna of Darwin's famous islands with seven nights aboard the Galapagos Explorer cruise ship. Guests will have the opportunity to swim and snorkel with sea lions and penguins and come face to face with giant tortoises.

"Cities of Knights and Lights" London and Paris – Adventures by Disney's classic European itinerary now features an exquisite trip to the British Countryside where guests can play British lawn games and receive royal treatment on a privately-guided tour of Windsor Castle.

From VIP experiences and world-class accommodations to add-on excursions, Adventures by Disney has a quest to suit any traveler.





About Adventures by Disney Launched in 2005, Adventures by Disney provides immersive, hassle-free and unforgettable group guided-family vacation experiences to destinations in

Launched in 2005, Adventures by Disney provides immersive, hassle-free and unforgettable group guided-family vacation experiences to destinations in Europe, North America, South America, Africa, Asia and Australia. Families traveling with Adventures by Disney receive exceptional service while taking part in extraordinary experiences at locations including: the South African plains, the great cities of Europe, North America's national parks, the ancient monuments of Egypt, Costa Rica's rich rainforest, the ruins of Pompeii and Machu Picchu, Australia's outback and the Great Wall of China. Since 2005, the brand has been recognized by numerous travel organizations for its excellence in family tourism and was ranked #1 among Tour Operators and Safari Outfitters for Families in Travel + Leisure's World's Best awards 2011 readers' survey.



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Casa Do Conto

The House of Tales of Oporto, Portugal



Oporto, Portugal. In the central area of Cedofeita, scattered with historical remnants like the ancient Igreja De Cedofeita, Casa do Conto (House of Tales) is the result of a restoration project to convert a 19th-century bourgeois home into an innovative guesthouse embodying the story of the city itself.

Like some kind of "fossil architecture" coming to life, the House highlights Oporto's XIX century domestic architecture, solemn and vertical, matching the granite stone of the old facades with new concrete staircases and ceilings.

The tale continues on the ceilings of the six rooms, graved by various texts in low relief that narrate the changes undergone by the concept of "house",

and of this house in particular.

The stories have been written by different authors related to the city and its architecture – Filipa Leal, Alvaro Domingues, Jorge Figueira, André Tavares, Nuno Grande and Pedro Bandeira – arranged by the architects collective Pedra Líquida, authors of the renewal project, and graphically designed by R2 Design.

Casa do Conto offers an innovative hotel concept – arts & residence – for guests who wish to combine resting with the enjoyment of Oporto's cultural offer, or for those who wish to create, display or even debate art working. For this reason, a regular schedule of cultural events, involving different artists, designers, curators, groups and art institutions constantly livens up the house, making this House a vital part of the city's cultural life.

The Tale

Casa do Conto (House of Tales) was born three years ago, giving rise to a unique project within the Oporto's growing hotel industry. Unfortunately a fatal fire in March 2009 interrupted this process but not the collective will to complete the project. And many were those who generously honored and supported it. The House rises now fully rehabilitated, once again seeking its exclusivity within the usual Oporto's hotel offer, which is becoming gradually generic and impersonal.

Casa do Conto embodies a unique story of life, which is, after all, the history of the city itself. The House highlights Oporto's XIX century domestic architecture, solemn and vertical, carved by the scars of a time that mediates its decline and rebirth, the memory of the past and the desire for the future, the granite stone of the old facades and the new concrete of staircases and ceilings. It is, indeed, a kind of "fossil architecture" that comes to life.

Graved by various texts, in low relief, covering six separate rooms, these ceilings narrate the changes undergone by the concept of "house" and of this house in particular. Created by different authors, related to the city and its architecture - Filipa Leal, Alvaro Domingues, Jorge Figueira, André Tavares, Nuno Grande and Pedro Bandeira - the six "tales" were spatially distributed by the architects collective Pedra Líquida (Liquid Stone) - authors of the renewal project -, and graphically imagined by the creative designers of R2 Design. The solution, which marks the difference in personality of each space has already been awarded with the 2011 SEGD Design Awards, and has received the Golden Award of the European Design Awards in the category "Signs & Displays".

Casa do Conto offers an innovative hotel concept - arts & residence - providing a personalized style of residence for guests who wish to combine resting with the enjoyment of Oporto's cultural offer, or for those who wish to create, display or even debate art working. For this reason, Casa do Conto offers a regular schedule of cultural events, involving different artists, designers, curators, groups and art institutions. For the opening period, Casa do Conto established partnership with the art gallery and bookshop Inc. based in Oporto.

Discover Casa do Conto at Rua da Boavista, in the urban circuit between Casa da Música (Oporto's Concert Hall) and the art galleries street

(Rua Miguel Bombarda), on the way to Oporto's Downtown, and close to the metro stations of Lapa and Carolina Michaelis.

At the door of Casa do Conto, at no 703, it is written "it was no 513"; The House rises, so, again and again, with the same facade and its iron doorknocker, evoking those urban memories that should not be forgotten.



City Break

Today, the city is a richly varied organism, the quintessential domain of mobility. Inspired on travel and the coming together of people, Casa do Conto, a charming home with its own cultural agenda, promotes the intersection of people and ideas on an urban stage. Renewed now, after 100 years of history in Oporto, the elegance of Casa do Conto is accentuated to welcome guests in an iconic cultural atmosphere. This is a project which could only have taken place within a city, a territory which drives interpersonal contact and stimulates creativity. The Casa do Conto project brings new significance to the XIX century bourgeois home in Rua da Boavista, one of the main arteries of Oporto. The renovation project for the house, which is listed as being of special historical interest, has accentuated both its architectural and poetical value. The significance which these buildings can take at the renewed city, as a symbol for those who inhabit it, even if only temporarily, confers modernity to Historic Centres, and can help prevent their desertification.

The House

The project strategy is centered on the restoration of the entire building, recovering its original architectural value. This reflects the surgical nature of the design plan, adapting the new interventions to the architectural language already present in the house. The planned layout includes, as was formerly the case, an entrance hall with vertical access to every floor of the building. In the focal point of the building, a skylight was designed to capture light from the outside, and enable visual contact with the sky. The house's social areas (reception, lounge, library, dining room and garden) are arranged throughout floors 0 and -1, with the upper floors reserved for the private rooms. Every room is different, having been furnished with vintage furniture and other design items.

FAIRMONT HELIOPOLIS & TOWERS THE ULTIMATE IN DINING AND LUXURY

or all food lovers out there, no need to travel to savor your favorite cuisine. Fairmont Heliopolis & Towers will enthrall you with sixteen contemporary dining and entertainment venues led by our Executive Chef Alistair Carter who brings with him an impressive 23 years of experience in luxury hotels from around the world.

Home to a large & talented team of multinational chefs, each of whom bring their own local recipes, traditions and high standards to our extraordinary restaurants; Fairmont Heliopolis & Towers features authentic cuisines from Thailand, China, Italy, France, Mexico, Lebanon, Egypt and India; all under one unique roof. Aqua e Luce is the perfect backdrop for delicious menu choices including salads, pasta, steaks and fish all prepared by Chef Tarek Ali in our spectacular open view kitchen. Taste Chef Federico Villoni's delectable specialties at Leonardo, where classic Italian cuisine with a subtle modern influence is served. Indulge yourself at Al Dabké with mouthwatering Lebanese favorites. Order the tastiest array of mezza along with outstanding mixed grill served on a mini BBQ on your table prepared by our Lebanese Chef Michel Ghawi. Spend a truly authentic evening at **Egyptian Night**, serving only local home made dishes prepared by our native Chef Mostafa Hussein or enjoy our Shisha corner. Oriental Café. Venture to America and treat yourself to Maria's authentic Mexican cuisine from the recognized Salsa and Chips to "Carne Asada" (Charcoal Grilled Dry Beef), homemade corn tortillas and delicious Guacamole prepared table side. Chef Socrates Bustos will dazzle you with his amazing Ceviches while enjoying a wide selection of Mexican cocktails.

For authentic Far Eastern dining experience, savor the creations of our Indian Chef Arvinth at

Raj, serving your favorite meat & seafood directly from the hot embers of the tandoor, complemented with soft, fresh hot naans and rotis.



Or taste **Lan Tania's** delicious homemade curries and elegant presentations by our Thai Chef Theeraporn Pongkun, serving a wide variety of seafood, beef, chicken, vegetarian options and Pad Thai. Relish modern Chinese cuisine where taste surpasses expectation, partnered by three Teppanyaki grills at **Noble House**. Rich and tasteful "Black Bean Beef" is the Chef's specialty making it difficult to resist.

Opt for **Le Marché**, our French patisserie serving the freshest coffees, pastries, ice cream, bakeries and light meals including mouth-watering entrecôte. For contemporary outdoor dining, unwind at **Pizza Bar**; serving comfort food, such as pizza and pasta as well as salads while offering more than 20 Shisha flavors by the pool. For light meals and refreshing cocktails, **Blue Lagoon's** ambiance and laid back music sets the perfect venue. Start or end your night at **Fuze or Rainbow Bar** or enjoy watching your favorite matches at **Darts**, our traditional English pub; all serving perfectly prepared signature cocktails

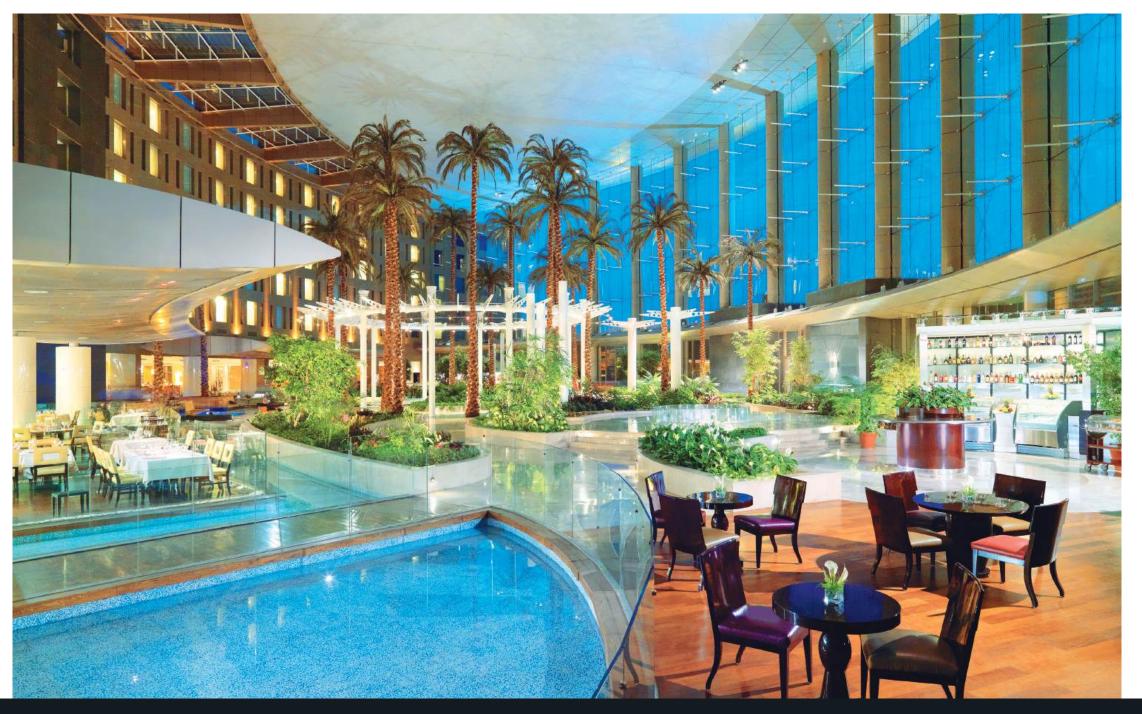
in a stylish setting with exclusive live entertainment.

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Conveniently located just minutes from Cairo International Airport, with 835 spacious rooms and suites, venues serving an array of delicious global cuisines, outstanding conferences, events and recreational facilities, beautifully designed interiors and landscapes, and an engaging service only a few can rival, Fairmont Heliopolis & Towers ensures that every visit, whether for business or pleasure, is a pure delight.







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INTERESTING FACTS...

CHOCOLATE

For beautiful skin, be sure to eat chocolate often. Researchers in Germany say that chocolate increases protection from UV damage. In addition, chocolate dilates blood vessels, which increases blood flow and brings nutrients to the surface and deeper layers of the skin. Researchers also found that chocolate increases skin hydration, thickness, and smoothness, however most experts recommend consuming only very dark chocolate, with at least 70 percent cacao.





SPINACH

It provides vitamin A, manganese, folic acid, magnesium, iron, vitamin C, and a powerful anti-inflammatory called quercetin. What's more, spinach is packed with calcium, and it's a great source of heart-protective, bone-supporting vitamin K. Plus it's loaded with plant chemicals called flavonoids, which function both as antioxidants and anticancer agents.

BLUEBERRIES

Bursting with antioxidants, blueberries are tiny powerhouses of skin-protective compounds. Anthocyanins, the pigments that give blueberries their deep purple color, are powerful anti-inflammatories that shield cells from damaging free radicals created by excessive sun exposure, stress, and environmental toxins.





SUNLIGHT

We make our own vitamin D when our skin is exposed to sunlight.

The health benefits of vitamin D extend to at least 100 types of disease, with the strongest evidence for many types of cancer (breast, colon, ovarian, pancreatic, prostate, and rectal), cardiovascular disease, type 1 and 2 diabetes, respiratory infections such as the flu and pneumonia, other infections such as sepsis, and autoimmune diseases such as multiple sclerosis. Low levels of vitamin D increase the risk for every disease mentioned, it affects mood, ability to lose weight, physical performance, immune system function, and even chances of dying.

Your Cancer Prevention Plan



the secret of the french Waistline!

-15 -17 -17 -19 -19 -19 -22 -25 -26 -2

-78

the fork it diet!

Currently there is a kind of dietary pandemonium, which has resulted in an onslaught of "miraculous" diets that are sometimes dangerous, usually ineffective and consequently easily abandoned. The Fork It! method brings a new approach to eating. Unique, easy to understand and remember, it isn't just another fad diet. It is about learning to eat in a healthier and more balanced way, while reducing the familial and social constraints that often accompany dieting.

Professeur Philippe Passa, endocrinologist, diabetologist

1. The Secret of the French Waistline

Undoubtedly, the French diet remains a mystery and even a source of envy and frustration for those of us who would love to partake in rich cheeses, creamy sauces, buttery croissants and red wine, but can't stop worrying about the calories, fat, and cholesterol! It doesn't seem fair that such rich food can be eaten and enjoyed, without showing up on the hips or waist-line. Wouldn't you love to know the secret? Better yet, how would you like to lose weight, while continuing to savor and enjoy the food you eat?

One innovative dietary method can help you do just that: Achieve and maintain your desired weight, without counting calories, without measuring meal portions and without completely restricting food choices. You'll just need to pay attention to your silverware! Introducing the Fork It! method and its most important eating utensil.

2. A New Way of Eating

Fork It! isn't really a diet, but rather a new way of eating that results in weight loss and weight stabilization. The basic concept is simple: You eat three meals a day, but at dinner, you only eat foods that are naturally eaten with a fork. In other words, no knives, spoons or fingers are allowed during the evening meal. While this strategy may seem a little peculiar, the fork helps to regulate what you eat and how much you eat of it. While that means no pizza, hamburgers or steak for dinner, pasta, salmon and most vegetables are acceptable choices.

Most importantly, because there are relatively few restrictions at breakfast and lunch, you don't have to contend with the feelings of deprivation that accompany most diets and that contribute to failure. With this method, you satisfy your hunger during the day, and at night, you eat less and eliminate the foods that are often the highest in calories.

3. The Basis of Chrono-Nutrition

Changing how and what you eat at dinner invariably affects what you eat the rest of the day. This is the primary goal of the creators and co-authors of Fork It!, Ivan Gavriloff and Sophie Troff. After all, altering your eating habits is paramount to losing weight. But, what is the best way to do that? According to the Fork It! method, the answer lies in a French adage: Eat breakfast like a king, lunch like a prince and dinner like a pauper.

This proverbial wisdom prescribes a daily diet that is actually beneficial to the body's constitution. French physician and nutritionist Dr. Alain Delabos developed and designed a dietary regimen called Chrono-Nutrition, which follows the body's metabolism. This way of eating allows us to efficiently metabolize nutrients by consuming different kinds of foods at the best time of the day to eat them. For example, it is better to eat fat and heavier protein--both crucial and necessary for a balanced diet--in the morning and at lunchtime. Eaten then, these foods are more likely to be converted into the energy that is the needed to get you through the day. However, these same foods, when eaten in the evening, have a greater chance of being stored by the body and converted to fat.

Applying principles of Chrono-Nutrition, the Fork It method offers a simple, healthy and modern approach to dieting that is easy to implement and maintain. All the doctors, nutritionists and medical specialists consulted confirm that Fork It is completely safe to practice, provided that practitioners fulfill their daily nutritional needs.

When deciding to alter your eating habits, whether for the sake of weight loss and/or overall health and wellbeing, you should consider the following.

- Cut back on your daily intake of food. While you don't need to actually count calories, if you want to lose weight, you need to reduce your daily caloric intake by at least 200-400 calories.
- Monitor your alcohol intake. No more than one or two (at the most) glasses of alcohol daily. Pregnant women should abstain from alcohol entirely.
- Monitor your salt intake.
- Reduce your consumption of saturated animal fats.
- Eat an abundance of fruits, vegetables and whole grains.
- Exercise regularly.



4. Fork It! at Mealtimes.

To ensure that dietary and metabolic needs are met throughout the day, Fork It treats each meal differently. Here is a detailed breakdown for each meal, along with food suggestions to help you meet those needs.

Eat Breakfast Like a King

Go all out at breakfast and feel good about it! Nutritionally speaking, this is the most important meal of the day: it jump starts your day and keeps you going strong until lunch.

* Remember, your body has a better chance of burning off the calories and fat from breakfast than from the other two meals. In fact, this is why you can consider breakfast your daily feast. So go ahead and treat yourself guilt-free to dairy products, such as milk, butter, yogurts and cheeses. Approach this meal with all utensils in hand.**

Breakfast Menu Suggestions

- 2 Eggs**, ham and 2 slices buttered whole wheat toast
- 2 Slices buttered whole wheat toast with cheese (approx. 3.5 oz.) or peanut butter
- Cereal, yogurt, fruit and honey
- Oatmeal with raisins

*While breakfast can be a more substantial meal, it is best to consume foods that are healthy for the body. Nutritionists advise against a breakfast that is high in sugar due to its effect on the body's metabolism. Too much sugar produces a temporary "sugar high," which is followed by a "sugar crash" or loss of energy. You want to give your body fuel to get you going and to stay with you until the next meal.

**In the big picture, it is equally important to consider the quality of fats you consume. A lean piece of ham is a better choice over bacon and sausage, which are normally higher in saturated animal fat. It is also best not to consume more than 3-4 eggs weekly.

Eat Lunch Like a Prince

Lunch should be high in protein and starches (i.e. rice, pasta or grains) and accompanied with vegetables.

Be conscientious of your intake of high caloric food, such as hamburgers with buns, French fries, pizza, chips and extra-sweet desserts. These foods are acceptable at lunch, but it is a good idea to limit how often you eat them.

Mid-morning and afternoon snacks:

If you get hungry between breakfast and lunch, have a piece of fruit. In the

afternoon, around 4 or 5, you can treat yourself to a sweet snack. Afternoon snack suggestions include dark chocolate, fruit or sorbet.

Lunch Menu Suggestions

- Steak and potatoes
- Chicken with rice and vegetables
- Pasta dishes
- An omelet, salad and fries
- Soup and a high protein sandwich
- A salad and sandwich or hamburger

For dessert:

• Yogurt, fruit or fruit salad, or a small serving of pie, cake, ice cream or sorbet.

Eat Dinner Like a Pauper

And only with a Fork your first concern at dinner is to ask yourself if what you are eating is something that would normally be eaten and/or prepared with a fork. This meal is the method's key to success. The Fork It! Only Chart indicates the foods to avoid at dinner.

Dinner should be a one-course meal of fish with vegetables or starches, with no dessert. Vegetables are a must at this meal. Fish is also an excellent choice as it is low in calories, yet high in protein, minerals and trace elements.

* As a general rule, the reasons to avoid eating meat at dinner are its high fat content and the fact that it takes so long to digest. (Approximately 4 hours!) If you like to finish your evening meal with something sweet, try a nice fruit tea.

Dinner Menu Suggestions

Vegetables:

Asparagus, beans, broccoli, brussel sprouts, carrots, lentils, mushrooms, onions, peas, potatoes, salad, spinach, soy

• Grains:

Pastas, rice (preferably brown), semolina, bulgar, quinoa

• Fish:

Mackerel, herring, salmon, tuna, eel, carp, sardines, trout, turbot, sole

Meat*:

Chicken and ground turkey

*White meats only apply to those following the Fork It! lightly option.



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The Karma Gets Closer

Fisker Automotive Expands Reach in Middle East & North Africa



Fisker Automotive, the leading manufacturer of luxury Electric Vehicles with extended range (EVer™), announced a significant expansion in the Middle East & North Africa (MENA).

The US automaker has signed an exclusive agreement with the Al-Futtaim Group, one of the region's most experienced automotive distributors, to build its sales presence in fast-growing markets for performance and luxury vehicles.

Henrik Fisker, executive chairman, said: "Fisker Automotive is committed to changing the automotive landscape globally, delivering a more sustainable future through our products. It's essential for us to compete strongly in the Middle East and Gulf region as the company expands outside America and extends its reach globally."

Fisker's luxury plug-in hybrid vehicles will be sold in key markets across the Middle East and North Africa through key retailer outlets operated by Al-Futtaim Group.

Al-Futtaim has more than 70 years of experience running automotive dealer networks and is a leading distributor for world-renowned brands across the MENA region, including Lexus, Volvo, Jeep, Toyota, Hino, Dodge, Honda, and Chrysler.

Len Hunt, President-Automotive, Al-Futtaim Group said: "We are excited to represent Fisker Automotive across the Gulf and MENA Region as exclusive distributors of the luxury plug-in hybrid brand. Al-Futtaim has built strength and credibility in delivering great customer experience through its well established automotive operations in Egypt and the GCC countries."

Fisker's expansion in the region will begin this year in the United Arab Emirates by utilizing Al-Futtaim's first regional flagship dealership at Dubai Festival City, a landmark destination located in Dubai.

Al-Futtaim and its network of experienced retailers will allow Fisker to reach customers in the U.A.E, the Kingdom of Saudi Arabia, Qatar, Oman, Bahrain, and Egypt.

The distribution deal was facilitated by Michael Burke and Jordan L. Udko of Pacific Med Trade Inc., solidifying a long-term relationship that demonstrates Al-Futtaim Group's belief in the American automaker.

This is the latest step in the international rollout of Fisker's award-winning cars that started with the Fisker Karma sedan—the world's first luxury plugin hybrid electric vehicle—and to be followed by the company's second vehicle, the Fisker Atlantic.

ABOUT AL-FUTTAIM AUTOMOTIVE

Al-Futtaim Automotive represents some of the world's most popular brands: Toyota, Lexus, Hino, Honda, Volvo, Chrysler, Jeep and Dodge, and is regarded as a pioneer in the region's automotive industry responsible for four out of every ten cars on the UAE roads. Offering customers convenience, choice, and the highest standards of after-sales service through its comprehensive network of showrooms, service and parts distribution centres in the UAE, Al-Futtaim has also built strength and reputation for excellence for passenger and commercial vehicles, construction equipment, used car sales, rental and leasing in almost all countries in the Gulf and MENA regions, and the sub-continent. Established in the 1930s, the Al-Futtaim Group is structured into seven operational divisions: Automotive, Engineering, Electronics & Technology, Retail, Financial Services, General Services, Real Estate, and Joint Ventures. Today, Al-Futtaim operates through more than 65 companies in sectors as diverse as commerce, industry, and services, and employs in excess of 20,000 people across the UAE, Bahrain, Kuwait, Qatar, Oman, Saudi Arabia, Egypt, Syria, Sri Lanka, Pakistan, Singapore, Malaysia, and Europe.

ABOUT PACIFIC MED TRADE INC.

Pacific Med Trade Inc. (PMT) is a strategic consulting, public relations and investment advisory firm. Founded in 2005 by Dr. Ayman Kandeel, PMT's principals assist clients in identifying unique opportunities, leveraging business and financial transactions, and in brand management. PMT structures value enhancements for its clients in various sophisticated transactions. PMT specializes in managing relationships on the ground for its clients, particularly in the MENA and GCC regions.

ABOUT FISKER AUTOMOTIVE, INC.

Fisker Automotive is an American car company, founded in 2007, committed to producing electric vehicles with extended range (EVer) that deliver uncompromised responsible luxury. The company is designing and developing the world's first line of premium electric plug-in hybrids representing the company's firm belief that environmentally conscious cars need not sacrifice passion, style, or performance. Fisker Automotive is a global company that is redefining luxury for the modern sports car buyer.

For more information on the brand and the Fisker Karma Sedan, please go to http://fiskerautomotive.com.

MONEY

doesn't grow on trees.

young man!



Good habits are established when we are young. Studies indicate that most kids develop their money habits by age 13. So what better time to teach children about money, than when they first start to ask for things that cost money. If they can count, then they are old enough to learn about money.

Children may know that money does not grow on trees, but not know the fundamentals needed to thrive in a consumer driven society. The sooner they learn that money must be earned through hard work, saved, and spent wisely by each member of the family, the happier and more productive they will be.

Setting Expectations for Different Ages

Only you will be able to assess what money concepts and activities are appropriate for your child and determine if they are able to successfully put into practice what you taught them.

Keep in mind that you should start with the easier and fun tasks first to get your child interested in the new activity. You want to keep you child excited about learning about money, since it is something they will have to manage their entire lives. Their first experience with it should be rewarding. Later on, as they progress through the learning phases, you can make the activities more challenging.

Regardless of your child's age and development scale, good habits take a long time to develop. If you manage your expectations appropriately then your child will have a better experience overall.

- Ages 3 5: Start talking about money and showing them how much things cost. Have them start making choices about buying small items.
- Ages 6 7: Introduce an allowance. Give them money every week and help them to start setting short-term goals.
- Ages 8-10: Take a trip to the bank and help them open up a checking account. Explain the power of interest and saving for the future. Think about setting up a savings matching plan to help them achieve their goals quicker.
- Ages 11-14: Help them set long-range goals. Explain taxes and the law
 of supply and demand. Incorporate the media into their lessons, such
 as newspapers, magazines, Internet and TV.
- Ages 15 18: Help teens develop more independence. Support their savings strategies. Teach economic lessons. Help them assess job opportunities, standards of living and major life purchases. Show them financial planning software.

Teaching kids about the cycle of money is critical. Children must learn that money is earned through hard work, saved with a plan, spent according to goals and budgets, and given to charity. Providing guidelines on spending and helping your child's first budget will build a good foundation of financial

management for your child that they will use to prosper throughout their lifetime.

Income

Children can acquire income in a variety of ways: allowance, jobs, gifts, etc. However, allowance in particular, remains one of the most useful teaching tools for parents.

What is an allowance?

Typically allowance is money given to a child for activities they perform. These activities are normally outside of household daily maintenance that family members are expected to perform to keep the house running smoothly. Children are often expected to keep their rooms clean and do a few extra chores without being paid. Activities that go outside this realm may fall into the allowance category. Raking the leaves in the yard, watering the plants, and washing the bathtub could be included as chores required for allowance. Parents and children together should discuss what jobs the child must perform in order to receive an allowance.

Expectations of Allowance

Parents often start a child's allowance at 6-7 years of age. However, some children may be ready as young as 4-5 years old. You need to make sure they are conscious of what money is used for and why they are receiving it, in order for the lessons of allowance to have a meaningful impact.

The goal of allowance is to help children understand that work must be performed in order to receive payment - just like in the real world. Allowance will help teach children responsibility. It also will help alleviate the constant need of children to ask for money from their parents for every little thing that they want, such as a pack of game or a small toy.

Spending: Helping Kids Spend Responsibly

Before you take your child out on her first shopping spree, it is important that you and your child have set up a budget together so she knows what her spending limits are.

If you teach your child to save for the purchases he really wants, then that item will be more valued to him if he earns the money to buy it himself. He is more likely to treat it with respect and cherish it more than his other toys. The ultimate goal is to teach your child that he doesn't need so many things just to be happy.

GUIDELINES

Goals

If your child doesn't know where he is going, he probably is never going to get there. That is why it is important to help him establish financial goals before he starts to receive a steady stream of income. Goal setting can be fun and interesting and help bring the family closer together. There are many activities to help facilitate the process and keep your child actively motivated.

Goal Attainment for Kids

The things we appreciate the most are those that we worked the hardest to obtain. Your child will obtain a sense of accomplishment and self worth by obtaining the goals she sets. She will cherish what she worked hard to achieve so much more than if she obtained it with little effort.

It is best when setting goals for your child to start with something small. A goal that can be achieved in a short amount of time is an excellent way to show her early on how rewarding saving for goals can be. You might consider giving her an additional reward after she achieved her first couple goals. This will help goal setting seem like more fun. Once she has had some practice and success saving for short-term goals, it is possible to introduce her to saving for long-term goals.

You can have a lot of influence over your child's choice of goals, steps taken to achieve goals and likelihood for obtaining those goals. However, keep in mind, you do not want to dictate what the child's goals will be. This destroys the learning environment and makes goal setting seem more like a chore than an enjoyable process. You want to empower your child to set her own goals and work on her own path to achieve them.

Saving and Investing

Saving and investing lessons are a crucial element of raising a financially responsible child.

Good money management is a daily process that includes not only putting money aside for future goals but also saving money on the things bought every day. Comparison and discount shopping are excellent ways to teach your child how to get more value for their money.

Everyday Lessons

Often parents think that financial education is a one-step process that can be taught in a short period of time. This is not the case. Helping a child establish good money habits is a daily process. As a parent, you should take the time to talk about money as often as possible in order to help your child become comfortable with handling and processing money throughout his life.

You want your child to be comfortable talking about money, setting goals with money, and managing their money. In order to do this, you need to teach your child that money is valuable.

Depending on the age of your child, help him set up a money system in the house where he can actually see his money grow. The "Piggy Bank System" recommended by several experts is an excellent way to get started and provide a powerful money lesson.

- Set up a piggy bank shelf with 4 clear piggy banks (or any transparent containers).
- Label each piggy bank with the purpose of the money inside it.
- Possible names could include: Today, Tomorrow, Future, Charity or Candy, doll, bicycle, charity.
- Create a savings plan: Decide what percentage of your child's income (obtained through allowance, gifts, odd jobs) should be placed in each piggy bank. Example: Today 50%, Tomorrow 25%, Future 15%, Charity 10%.
- When a child receives money divide it appropriately and place in each jar.
- Consider matching everything your child saves in the Future piggy bank. An excellent way to increase family involvement is invite the Grandparents or relatives to match what your child puts into their Future piggy bank.
- Each month show the child how his money has grown.









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Honoring A Beloved Leader..

Whose Prudence Is Learnt And Whose Views Made A Difference..

In the times where all was hard and tough on Egypt and on the Coptic Orthodox Church, he always had a reason to hold it all together. This man influenced every person who met him in person and who met him through listening to any of his lectures, his death left a big impact just like his presence did.

After battling cancer for years, on March 17, 2012, the leader of the Coptic Orthodox Church, his Holiness Pope Shenouda III, succumbed to his illness. He was 88 years old. Pope Shenouda III led the Copts for the last 40 years of a 2000 year history that is both rich and tragic.

He was born Nazeer Gayed Roufail on August 3, 1923, in Assiut, Egypt. Nazeer became a monk at the age of 31. He was a member of the monastery of St. Anthony for six years, but he lived in a cave as a hermit, where he dedicated his time to meditation, prayer and asceticism.

He was later ordained into the diaconate in Christ and then the holy priest-hood. In 1962 he was appointed to the bishopric of Christian Education and served as Dean of the Coptic Orthodox Theological Seminary, and he was given the name Shenouda, after the renowned Coptic scholar and writer Saint Shenouda the Archimandrite. Then, on November 14, 1971, he was elected as the 117th head, the Patriarch, the "father" of the Coptic Church.

Pope Shenouda authored many books and gave weekly lectures. His themes often revolved around peace, dialogue, and forgiveness. He was also known as a staunch advocate of authentic ecumenism, that is, of restoring Christian unity. To this end, he met with Pope Paul VI in 1973 and signed the Joint Declaration of Faith. Then in 2000, he met with Blessed Pope John Paul II in Cairo, Egypt.

In 1981, President Anwar Sadat put him under house arrest at a desert monastery because he accused the government of not dealing with extremists. After Hosni Mubarak became president, he released Shenouda.

Pope Shenouda presided over an unprecedented worldwide expansion of the Coptic Orthodox Church. In 1971, there were apparently only a handful of Coptic parishes on the North American continent; today there are over 200 parishes in the United States and 23 in Canada. There are also parishes in Mexico, South America, and Australia.



An article about Pope Shenouda in Wikipedia lists numerous accolades from people representing a broad array of social, political, and religious backgrounds. Some of them came as follows:

"Much beloved and respected leader of the Coptic Orthodox Church, Pope Shenouda III steadfastly led his community through challenging times," "Pope Shenouda was an exemplary promoter of religious tolerance and understanding, renowned for his humanity and empathy with the Coptic community, as well as people of other faiths. He was cherished by young and old alike, and honoured around the world." Canada's Prime Minister Stephen Harper

"We will remember Pope Shenouda III as a man of deep faith, a leader of a great faith, and an advocate for unity and reconciliation." "His commitment to Egypt's national unity is also a testament to what can be accomplished when people of all religions and creeds work together." **The United States President Barack Obama.**

The United States Secretary of State Hillary Clinton expressed her condolences on behalf of the United States to the Egyptian people and said: "As we reflect on his life and legacy, we reaffirm our support to the future peace and prosperity of Egypt. Our thoughts and prayers are with the Egyptian people and all those who mourn Pope Shenouda III."

"Pope Shenouda was well-known for his lofty deeds, leadership, thought, tolerance, wisdom and good dealing with others." **The Governor of Khartoum State, Dr. Abdul-Rahman Al-Khidir.**

"A symbol of tolerance and coexistence who was eager to keep Egypt united." The ruler of the United Arab Emirates, Sheikh Khalifa Bin Zayed Al-Nahyan.

Iran – Deputy Foreign Minister Hossein Amir-Abdullahian praised Pope Shenouda for "constructive and lasting efforts to achieve peace and justice" and offered his condolences to the Coptic Orthodox Church and Copts.

"The death of Pope Shenouda III is a great loss not only to the Coptic Christian community, but for the world at large. Pope Shenouda III will be long remembered for his positive and constructive contributions in building inter-faith amity and dialogue towards promoting tolerance, reconciliation and spheres of understanding among peoples of different faiths and belief" The Secretary General of the Organization of Islamic Cooperation (OIC), Prof. Ekmeleddin Ihsanoglu.

Egypt's military rulers expressed the hope on their Facebook page that his wish of "preserving the unity of Egypt and the unity of its social fabric" would be achieved.

"It's a great loss for Egypt. He was wise and was widely listened to. He will be missed at a time when we need wisdom and a patriotic spirit." **Minister of Tourism Mounir Fakhry Abdulnour.**

Former Prime Minister Essam Sharaf called Pope Shenouda a "devout clergyman, a good citizen and a valuable leader." He further said, "His memory will remain in our hearts. His vision was always that Egypt is not the country that we live in, but the country that lives in us."

Ali Gomaa, the grand mufti of Al-Azhar described Pope Shenouda's death as "a tragedy and great blow to Egypt and its people."

"Egypt has lost one of its rare men at a sensitive moment when it most needs the wisest of its wise - their expertise and their purity of minds." **The Grand Imam of al-Azhar University Sheikh Ahmed el-Tayeb**

Pope Benedict XVI also weighed in through the Director of the Holy See Press Office, **Federico Lombardi**, who released the following statement: "The Catholic Church shares in the grief and prayers of Coptic Christians in mourning the loss of their spiritual leader, His Holiness Pope Shenouda III of Alexandria. Pope Benedict XVI . . . is united spiritually with prayers of suffrage".

"Despite having to balance fierce tensions between his people, especially the youth, the Muslim People, extremist groups, and the Egyptian government, Pope Shenouda was largely seen as charismatic and highly esteemed."

Catholic Online

LATIMES described Pope Shenouda III as a stately and charismatic figure whose shrewd grasp of religion and politics guided Egypt's Christians.

"In such difficult times for Egypt, the loss to the country's Copts of their religious leader is a hard blow. In recent months, many have felt in dire need of his wisdom, love and capacity to make correct decisions. Indeed, all Egyptians, not only Christians, held Shenouda in high regard and many will mourn his passing." **AL Ahram Newspaper Online.**

"Mother is the name for God in the lips and hearts of little children"

Motherhood means sacrifice and pain from day one of conception. But this pain and sacrifice brings forward a beautiful feeling in a woman after she finds that her children are happy and healthy. That is the only reward she desires from her children. And that is motherhood.

Florence Owens Thompson

(September 1, 1903 – September 16, 1983)

In March 1936, after picking beets in the Imperial Valley, Thompson and her family were traveling on US Highway 101 towards Watsonville in hopes of finding more work. On the road, the car timing chain snapped and they coasted to a stop just inside a pea-picker's camp on Nipomo Mesa. While Jim Hill, her husband, and two of Thompson's sons took the radiator, which had also been damaged, to town for repair, Thompson and some of the children set up a temporary camp. As Thompson waited, Dorothea Lange, working for the Resettlement Administration, drove up and started taking photos of Florence and her family.

While Thompson's identity was not known for over forty years after the photos were taken, the images became famous. The sixth image especially, which later became known as Migrant Mother, "has achieved near mythical status, symbolizing, if not defining, an entire era in The United States history." Roy Stryker called Migrant Mother the "ultimate" photo of the Depression Era. Edward Steichen described them as "the most remarkable human documents ever rendered in pictures.

"In an interview with CNN, Thompson's daughter, Katherine McIntosh, recalled how her mother was a "very strong lady", and "the backbone of our family". She said that "We never had a lot, but she always made sure we had something. She didn't eat sometimes, but she made sure us children ate. That's one thing she did do."

We believe every mother is a leader, and our leadership section this issue is concerned with moms, famous mothers and leaders of different times, they are different in what they used to be leaders at, however, they all had one thing in common; They were significant "MOTHERS"



Mother Teresa

(26 August 1910 – 5 September 1997)

Mother Teresa - God's gift to humanity - dedicated a major part of her life to serve the poor and destitute. Born as an Albanian, getting an Indian nationality later on, she became the Mother of the sick, destitute as well as impoverished. The Roman Catholic nun was the founder of Missionaries of Charity in Calcutta in India. All through her life, Mother Teresa helped and served people suffering from various incurable diseases, affected by natural calamities and those unwanted by the society. Love, humanity and helping others selflessly were her reasons to live on Earth.

Mother Teresa's service to humanity received worldwide recognition. She stood as the icon of peace, love and compassion. Her determination to serve the poor and needy fetched her about 124 prestigious awards, including 'Padmashree Award' (in 1962 from the President of India), 'John F. Kennedy International Award (1971), 'Bharat Ratna', 'Order of Merit' from Queen Elizabeth, 'Nobel Peace Prize' (1979), The Pope John XXIII Peace Prize', 'Medal of Freedom' (the highest US Civilian award) and many more.

Coretta Scott King

(April 27, 1927 - January 30, 2006)

After the 1968 assassination of her husband, Martin Luther King, Jr., Scott King carried out his legacy by continuing his crusade for civil rights. She created the Martin Luther King, Jr. Center for Nonviolent Social Change in Atlanta, Ga., and she fought for 15 years to have him honored with a national holiday. She also devoted much of her life to children. In fact, the American Library Association named an award in her honor. The Coretta Scott King Awards recognize African American authors and illustrators whose children's books "promote an understanding and appreciation of the American Dream."

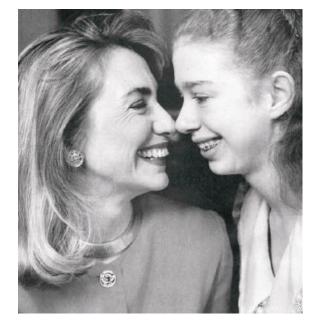


Queen Elizabeth

(August 4, 1900 - March 30, 2002)

A descendant of the Scottish King, Robert the Bruce, Elizabeth Bowes-Lyon was brought up to know duty. Upon marrying Prince Albert of England, she became the first commoner to marry into the royal family. Together they had two daughters, Elizabeth and Margaret. When her husband was crowned King of Great Britain, it was an honor and a duty neither expected. When Buckingham Palace was bombed during her residence there in world war two, she refused to abandon her home and her people, earning herself a special place of respect in the country. Upon the passing of her husband in 1936 she became known as the "Queen Mother." Elizabeth remained ever vigilant of her people and her children until her passing at 101 years old. Her memorial stands near the home she guarded so well, Buckingham Palace. It was unveiled in 2009, a nine foot tall bronze bust of the Queen Mum herself wearing Order of the Garter Robes, and her well known smile. Though she lived until she was an elderly woman, the statue depicts her at the young age of 51, the time of her husband's passing and beginning of her sole reign. A second bronze bust of the Queen Mother was erected at the London Mall, showing her in four stages of life.





Hillary Rodham Clinton (Born October 26, 1947)

After weathering eight years in the White House and Bill's series of humiliating sexcapdes, Hillary Clinton emerged from her husband's shadow and forged her own political career, having been elected to the U.S. Senate from New York as a Democrat in 2000, becoming the first first lady to be elected to public office. Despite enduring immense pain and endless scrutiny, Clinton has raised a seemingly well-adjusted, level-headed daughter, Chelsea

At the 1996 Democratic National Convention, Clinton said, "For Bill and me, there has been no experience more challenging, more rewarding, and more humbling than raising our daughter. And we have learned that to raise a happy, healthy and hopeful child, it takes a family, it takes teachers, it takes clergy, it takes business people, it takes community leaders, it takes those who protect our health and safety, it takes all of us."

In her 1996 bestseller about child-rearing, It Takes a Village and Other Lessons Children Teach Us, Clinton explains that children's developmental needs are linked to society—a society that must come together as a village to provide children with the tools necessary to mature into responsible, compassionate adults.



AT MALL OF ARABIA, 6th of OCTOBER

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