



NEIGHBORS

Sharjah



More fun, more food, and new interactive shows for all

Sharjah Light Festival 2020 highlights visitor experience

Much to the delight of residents and tourists, Sharjah Light Festival 2020 is building on the successes of previous years in creating a truly festive mood with a lively and fun-filled atmosphere, presenting an opportunity for audiences to not only revel in enthralling light shows, but also to enjoy an array of cuisines and flavors, served by a range of food trucks. The Festival's famous University City Hall food truck area is even bigger and better this year. Moreover, the Sharjah Light Festival venue Sharjah Chamber of Commerce and Industry has a new and additional Food Trucks area this year, sure to be extremely popular.

Over 30 trucks parked opposite the University City Hall venue, witnessed a distinguish participation from National SMEs and Productive Families Businesses serving a variety of delicious F&B options from barbecue to pasta, sushi to burgers, vegetarian specialties to meat lovers delights to coffee specialties for festival goers, who are making the most of the opportunity to fulfill their food cravings. Apart from authentic local flavors of traditional Emirati cuisine, other Middle Eastern dishes, popular American, contemporary Japanese and Indian flavors are being enjoyed by visitors. Visitors can enjoy the music of the Qanun; an Arabian musical instrument; as a player entertains diners & visitors with beautiful music every evening at 6:45 pm throughout the Festival. A talented

team of entertainers will put on a Futuristic LED light show at 8:45 pm on Feb 6, 7 and 14 at the food truck area, further adding to the fun and festive ambience.

Furthermore, mouth-watering Indian street delicacies, energizing specialty tea, coffee and freshly prepared traditional Emirati cuisine are all finding many takers at the Festival's new food truck area in front of the Sharjah Chamber of Commerce and Industry this year where the light show can be enjoyed with a cup of a flavour some coffee or a delicious hot meal. Both Food Truck Areas, welcome visitors throughout the whole 11 days of Sharjah Light Festival from 4:30 pm to 12:00 midnight during weekdays (Saturday to Wednesday), and till 1:00 am during weekends (Thursday & Friday).

A magnificent display of colourful, interactive shows inspired by beauty, science, creativity and knowledge are captivating visitors at the Sharjah University City Hall and Al Majaz Waterfront, two main locations of the latest edition of the globally acclaimed Sharjah Light Festival. The show titled 'Planet Sharjah' by Barcelona-based studio Tigrelab continues to light up three facades of the Sharjah University City Hall, activated by 3D interactive video mapping with music. Travel through a universe inspired by the elements of Sharjah, enabling participants to interact and engage with the plan-

ets and adjust the characteristics of the show by stretching the boundaries of the building beyond its walls through technology, by using either the control panel in front of the building or their smart phones, so they can visually enjoy the augmented reality feature that can be downloaded through an application which transforms the sky above the building into a planetarium.

Among the permanent installations at this year's Light Festival, 'Resonance and Kontakt' by Module at Al Majaz Waterfront continues to stand out with its dynamic and interactive nature. While 'Resonance' interacts with the rhythm of its environment with lighting and sound waves to recreate the city's vibe, 'Kontakt' combines sound, light and movement to immerse audiences in various atmospheres. This unique extravaganza continues popular among the crowd and one of the most spectacular shows in the Emirate. The Sharjah Light Festival in its 10th edition presents a series of daily grand fireworks lighting up the sky to celebrate its "10 Years of Light". The Fireworks show continues for 15 minutes every day at 8:30 pm, excluding Monday Feb 10.

Daily performances are held from 6:00 pm to 11:00 pm on weekdays and from 6:00 pm to 12:00 midnight on weekends. For more information, please visit slf.ae

Dubai

UAE

Health

Adenomyosis: What & why?

UAE, Feb 11: Studies suggest that one in 10 women live with Adenomyosis, a condition in the reproductive system that can cause pelvic pain and irregular bleeding, and yet not many women are aware of such a condition. What is it and why should women especially the ones planning to conceive should care?



Dr Laura Melado

Dr Laura Melado, IVI Middle East Fertility Clinic, explained that Adenomyosis is a growth of endometrial tissue into the walls of the uterus. Previously classified as a form of Endometriosis, it exhibits symptoms similar to those experienced by women with fibroids. Some, however, do not report any symptoms at all.

Hysterectomy

"Traditionally, this medical issue is discovered only after the examination of a tissue from a uterus that has been removed surgically. The process of removing the uterus is known as Hysterectomy. However, experts are looking at more practical procedures, including MRI and 3D ultrasound, to diagnose the condition faster and without the patient going through the highly invasive operation. If diagnosed, a patient is normally prescribed with anti-inflammatory drugs and hormone medications, among others," said Dr Laura. She also added further:

"Does Adenomyosis affect a woman's chances of getting pregnant? This has been one of the most common questions and the answer is: yes, it has been found to cause infertility. For females undergoing In-Vitro Fertilisation (IVF) procedure, in particular, studies show reduced chances of successful embryo implantation and increased miscarriage rate."

More research, said Dr Laura, is needed to put in place more effective protocols in handling cases of women with Adenomyosis who are set to undergo IVF. IVI Fertility Middle East manages state-of-the-art clinics in Abu Dhabi and Dubai in the UAE and Muscat in Oman. IVI Fertility offers highly personalised and cost-effective treatments for both male and female infertility conditions and is backed by the most advanced technologies in the field. The institution delivers the highest success rate of over 70% in the region and is the preferred choice for couples who have unexplained infertility or previously failed IVF cycles.



TreeBeard in Lord of the Rings

First celebrity guests of Middle East film, comic con revealed

Middle East Film & Comic Con (MEFCC) has revealed the first four international celebrities set to be part of Dubai's spectacular line-up. Fans are in for a 'super' weekend at the ninth edition of the region's favourite pop-culture festival. Running from March 5-7, 2020 at the DWTC, MEFCC's awesome A-list celebrities and special guests sure to wow entertainment fans, comic-lovers and pop-culture enthusiasts include:

■ **Brandon Routh:** The famous American actor who played the titular superhero of the 2006 movie Superman Returns, reprising the role in the Arrowverse crossover event "Crisis on Infinite Earths" in 2019. Routh's version of Superman was a great

moment for any Superman fan, and this is an amazing opportunity for die-hard fans to meet the 'Man of Steel' himself.

■ **Mena Massoud:** Fans can catch up with their favorite Disney Prince from the magical city of Agrabah right here in Dubai. Disney's Aladdin, Massoud, who was born in Egypt and speaks Arabic, will meet fans and share anecdotes from his big break in the live-action remake of the 1992 animated original. The cartoon, close to many of our hearts, carries a well-intentioned universal message of being true to yourself.

■ **Elodie Yung:** Best known for her role as Elektra Natchios in the second season of the Marvel Cinematic

Universe Netflix series Daredevil, this French-born actress also starred in Netflix miniseries The Defenders. In 2013, she appeared on the silver screen as the ninja Jinx in G.I. Joe: Retaliation.

■ **John Rhys-Davies:** This Welsh actor, voice actor and producer is best known for his portrayal of Gimli and the voice of TreeBeard in the Lord of the Rings trilogy, and Sallah in the Indiana Jones films. With a filmography that goes back to the 1970s, Rhys-Davies will no doubt have plenty of stories from his long-standing career spanning multiple universes.

But that's not all, MEFCC still has more celebrities to reveal who will be announced in the coming weeks.

Saudi Arabia

Saudi Princess appointed UN-Habitat Regional Goodwill Ambassador for Arab States

ABU DHABI, Feb 11: HRH Princess Lamia Bint Majed Al Saud, Secretary General of Alwaleed Philanthropies, chaired by His Royal Highness Prince Alwaleed Bin Talal Bin Abdulaziz Al Saud, has been appointed as the first ever Regional Goodwill Ambassador for the Arab States by the United Nations Human Settlements Programme (UN-Habitat) during a press conference at the tenth session of the World Urban Forum. UN-Habitat works in over 90 countries, supporting people in cities and human settlements for a better urban future.

Highly regarded for her humanitarian work and philanthropic efforts to advance sustainable and inclusive development for the most vulnerable, HRH Princess Lamia as Regional Goodwill Ambassador for Arab States will advocate for sustainable urbanisation, helping UN-Habitat to address urban challenges in Arab states and advance sustainable urbanisation as a driver of development and peace.

In her role as Secretary General at Alwaleed Philanthropies, HRH Princess Lamia leads an all-female team that is combatting inequalities



HRH Princess Lamia Bint Majed Al Saud

and providing opportunities for those in need in the Middle East and around the world. In addition to investing in programs and initiatives that build cross-cultural understanding, develop communities, empower women and young people and assist those affected by disasters, Alwaleed Philanthropies has established partnerships with global organizations in humanitarian issues, healthcare,

development and civil society.

Commenting on receiving the award, HRH Princess Lamia said: "I am extremely humbled to be appointed as the first ever Regional Goodwill Ambassador for the Arab world on behalf of UN-Habitat. I very much hope that this appointment serves as inspiration for young people across the Arab region that there is no limitation on their aspirations.

"My appointment comes as we celebrate 40 years of Alwaleed Philanthropies. If there is one thing that we have learnt from these four decades of experience, it is that every person has an important role to play when facing the world's most pressing challenges. Overcoming a problem or transforming someone's life can often be achieved by thinking differently and developing the simplest of solutions. It only takes one person to make a difference and as a Goodwill Ambassador I hope to inspire people across the Arab world to think about the role that they can play in helping to address the impact of rapid urbanisation across our cities, communities and climate."

Alwaleed Philanthropies has been working with UN-Habitat across a number of regional and global projects including:

■ Working with disaster relief agencies such as Habitat for Humanity, International Medical Corp and the World Food Programme to provide support to the victims of the Nepal Earthquake, along with a donation of USD \$1M going towards affected families

■ Partnership with Misr El Kheir Foundation in Egypt to launch the Sutra Project, an initiative that aims to build 10,000 housing units for Egyptian families with the highest needs over the next ten years. Alwaleed Philanthropies is partnering with the Ministries of Housing, Urban Communities, Local Development and Social Welfare in Egypt to complete this project

■ Undertook a three-year partnership to provide disaster relief to those that need it most across five different countries including Nepal, Vanuatu, Ecuador, Japan and most recently Sri Lanka. In total over 7,300 families have received vital support.

editor's choice

