

My neighbor, Mr. Nasir Al-Zaabi, is 100 years old! Mr. Al-Zaabi was born and raised in Saudi Arabia, but moved to Dubai in the early 1960s, some years before the creation of the U.A.E in 1971. He goes to the mosque five times a day for prayers, and he spends the rest of his time relaxing at home with his family. He loves Nabati poems (a kind of traditional Arabic poetry), and local people visit him from time to time to listen to old poems and stories from his long life. "I only eat plain food, nothing fancy. I get up early and I have camel's milk and dates every day. I never touch modern junk food, and I've never drunk caffeine in my life."