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JUNE 26-JULY 02, 2011 | Issue 02

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TOP HIP-HOP

Kaz Money, the UAE's leading rap performer, launches new mixtape



BRILLIANT BERLIN



MIGRAINE MISERY

What causes headaches and what you can do about them



GOING GREEN

Tips on how you can save money and help the environment



Going retro

Dubai searching the 'Seventies for style solutions

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Letters

Email: letters@readme.ae

Love the new magazine, especially as I can read most of the stories before I get to the office. I haven't checked the web site yet, but will you be reporting on international news as well as Dubai news?

Shruti Vishwanathan

Ed: Read. is a Dubai-centric magazine, but we do and will cover international events where relevant. Watch this space.

summer weather. Can you print some of her best recipes for everyone to enjoy?

Pascal Villalobos

Ed: Well done. We heard it was pretty busy. Unfortunately we can't print Martha Stewart's recipes, but we do have a great pasta dish on page 46, so have a go at making that one and let us know how you get on.

I am only in Dubai temporarily but miss having a pet around the house. Your article on cat fostering was a complete surprise to me, as I didn't know you could do this. Can you inform me whether Feline Friends have

a web site, as you only listed a phone number.

Pooja Jagdish,

Discovery Gardens

Ed: They do have a web site. You can find them at: www.felinefriendsdubai.com

I'm a big movie fan, so I read your cinema pages with great interest. However, I noticed that the section was very focused on Hollywood. Can we expect to read about what's happening in Bollywood in future issues?

Priya Gupta

Ed: You most certainly can. We've now got a dedicated Bollywood section on page 19. We'd also welcome your reviews on any current films. Send your thoughts to letters@readme.ae



WHO COULD RESIST?

I didn't know the album you reviewed last issue—Codes and Keys by Death Cab for Cutie—but I have to say I absolutely love it. Do you know where I can get more albums by the band?

Waleed Al Shafari,
Rashidiya

Ed: Most of the good music shops in the country stock Death Cab for Cutie albums. Alternatively, you can download the CDs from Amazon.com. Let us know what you think of this week's album by emailing letters@readme.ae

Contact

There are a number of ways you can join the conversation with Read.

To reach our Facebook page, go to www.facebook.com/readmeae and feel free to post on our wall. For those of you who tweet, you can find us at readmeae. And then there's good, old-fashioned email, and we answer to letters@readme.ae. We can't wait to hear from you!



Answer the following question and win a memorable family portrait voucher worth Dhs250 from Digitally.

In which athletic event is a heavy metal ball thrown?

Email your answer to contests@readme.ae. The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.

The burning question

Q The car number plate K50 was bought in Dubai last week for Dh1.5 million. If you were to invest in one, what number would you choose?

Sina Ehsani
Student
Lives in The Greens

I know it's already been taken, but I would like the number plate A1, although only if my car was good enough to put it on.



Hassan Mahmood
Physiotherapist
Lives in International City

My number plate would have to be something to do with my business. I run a physiotherapy and massage spa so maybe I would buy SPA 1 or BIG SPA. I don't think I could ever pay Dh1.5 million for a licence plate though.

Ankit Tanna
Dance teacher
Lives in Karama

I would buy a plate with my name and my lucky number, so I ANKIT 7 came up for sale and if the car I was driving was good enough, maybe I could be tempted to splash out Dh1.5 million.



Semran Tossoun
Teacher
Lives in The Gardens

I actually have a running joke with my friend about the idea of getting vanity plates fitted on my car. Unfortunately I am no spring chicken anymore, so we always joke that my car licence plates should read HEN 1.



De-Angeline Phillips-Clarke
Entertainer
Lives in Ibn Battuta

I think I would probably have to get a vanity plate with TWINNY 9 on it, because I am a twin and also because I have two nephews who were both born on the ninth.

**Win a
Deluxe Room
stay at
Bonnington Tower**

Answer the following question and win a Deluxe Room stay at Bonnington Tower

Triton is a moon of which planet?

Email your answer to contests@readme.ae
The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.

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Station-by-station guide

Looking for something to do?

You could always hop off the train and visit one of these events.

Georges Bassil



June 24-August 2
Aspen Café by Vindemia, Barsha

An exhibition of a local Lebanese artist's moody paintings will be open for a lot of the summer at Aspen Café. The other options include, and the paintings have been described as 'a mix of a musical, a play and a movie'. The artist, Bassil, is a well-known figure in the art world.

Auditions for Piya Bawari



July 1, Voltas Studio,
DUCTAC, Mall of the Emirates

Auditions for a production of the Indian contemporary ballet, Piya Bawari, will be open to anyone who thinks they've got what it takes to shine on stage. The dance is based on the love story of Radha Krishna and Meera and will be shown at DUCTAC in September, marking a packed summer of rehearsals. Candidates are expected to have experience in dance and will be asked to perform a two-minute solo for the auditions, which will run from 11am to 4pm on Friday.

Cooking classes with Nicolas Valero



Every Monday
The Zone, Media One Hotel

A new feature on the weekly calendar sees experienced French chef Nicolas Valero share his secrets with a class of eager students every Monday. He'll teach on subjects such as how to shop for the right ingredients, the basics of cooking and how to entertain guests in a short amount of time. The classes last three hours and begin at 9pm. The cost is Dh255.

Video game night

Every Monday, Golden Tulip Hotel, Barsha



Barsha's popular Locker Room has begun hosting a video games night, at which guests can take each other on at any number of Xbox Kinect sports games. Players can try their hands at boxing, tennis or bowling, as well as many other games. However, newcomers should beware that the experienced video gamers are not the sort to give up without a fight.

Funny Girls



June 27,
Double Decker, Al Murooj Rotana

Having already performed a hugely popular gig at Murooj's for two weeks ago, the Funny Girls crew heads to Double Decker for another leg of their stand-up comedy tour of Dubai. The group have a reputation for taking the hairy brains of beer drinkers, and their last show was completely packed out. If you didn't catch them last time, this is a good chance to see them before the end of the tour.

METROPics

From a gorgeous sunset behind the Burj Al Arab to the bustle of Sheikh Zayed Road on a Friday night, there's plenty to see from a Metro carriage. If you catch sight of something special while you're on the Metro, snap it with your mobile phone and email it to us at pics@metro.ae. We will publish a selection of the best each week.



SUDEEP CHOWDARY, KARAMA



WINSTON JAMES, AL QUSAYS



TARIQ MAHMOUD, AL RAFFA



REKHA PRAKASHI, DISCOVERY GARDENS

My Metro life

Chris Atkins
Sound engineer,
Dubai Marina



One day, I heard a young English boy talking to his mum. At the time my company, a

recording studio, was searching for children whose voices could be used for a kids television commercial, so I gave the mum my card and told her that her child had a nice clear voice that was perfect for TV and radio. They came into the studio the next day, and my client loved the boy's demo so much that within a week he was the voice of the TV commercial.

Tell us about your experiences on Dubai Metro. Send your stories to mymetro@metro.ae for a chance to appear in next week's Read.

The Winners (Contests in June 19-25, 2011 issue)

How many 6-sheet advertising panels are there in the DIFC Metro Station?

A) 3 B) 6 C) 9

Correct answer: C) 9

Winner of an iPad 32GB is
Lisa Demeester.



Which of the following facts about India are not true?

- A) India has 17 major languages, 844 dialects.
- B) India is the world's largest, oldest, continuous civilization.
- C) India is the world's second largest producer of films.
- D) India is the seventh largest country in the world.

Correct answer: C) India is the world's second largest producer of films.

Winner of an Azwan Spa voucher worth Dh520 is Carla Rodrigues.

A short story printed in a newspaper is called a NIB. What does this stand for?

- A) News Information Broadcast B) News in Brief
- C) Not in Big

Correct answer: B) News in Brief

Winner of a family portrait voucher worth Dh250 from Digitally is Emily Mamaril.

One of the following people doesn't work at a newspaper. Who is it?

- A) Reporter
- B) Editor
- C) Producer

Correct answer: C) Producer

Winner of a night's stay at Ibn Battuta hotel is Hassan Mehdli.

THE LIFE COACH

SUSAN CASTLE



Teamwork really does count

Did you know that one of the most common complaints people have about working in the UAE is that teamwork is impossible. They say that it is hard to work together when colleagues come from so many different cultures.

Well the truth is that the MORE diverse your team is the more powerful it is. This is because our brains work on connections. The more connections we can make, the more intelligent we are. So the more diverse your team is, the more intelligent it is.

We all want to work with people we like, but sometimes we mistake that for wanting to work with people who are like us. But if we were all the same we would never get anything done.

We need people in our team who are good at doing the things we are less good at, love to do the things we don't like doing and have expertise in the areas we are less experienced in.

Most teams are not really teams at all. They are just a group of people working in the same office for the same company. Sometimes managers even think they can get the best results by making team members compete with each other, but this is a huge waste of resources and energy.

A powerful team works cohesively to achieve a common objective, which benefits all who come in contact with it.



Midday respite for labourers

With soaring temperatures, outdoor workers are given leave to stay cool.

ANALYSIS

Earlier this month, government regulations to enforcing a midday break for outdoor workers came into effect. Over the course of the hottest months of the year, labourers are now required to take a break between 12.30 and 3.00 each afternoon.

The Ministry of Labour recently held an introductory seminar for representatives from over a thousand firms, to enlighten them on the regulations and advise on ways to protect employees from soaring Dubai temperatures. The midday break rule will be enforced until September 15, after calls from health officials to bring the annual regulations in earlier due to temperatures already rising in Dubai.

Speaking at a seminar in Abu Dhabi, Humaid Bin Deemas,

director general of the Labour Ministry, said that the decision to ban outdoor work in the sun during the midday hours is being enforced to help protect workers in the private sector. In the construction sector alone there are over two million workers, while several hundred thousand, who work in the transportation and cleaning services, also need to be protected from working in direct sun.

During the seminar, Deemas made the clear point that all decisions have been made with the public interest in mind, and that the Ministry of Labour will not accept any excuses from companies caught not abiding by the regulations, even if they have to meet deadlines for project completion, and will be enforcing fines of Dh10,000 on any company caught breaking the rule.

Companies working on emergency projects however can apply to the ministry for exemption from the midday ban, which will be determined on a case-by-case basis.

Outdoor works that cannot be postponed for technical reasons are exempt from the ban, though the regulations state, "Employers are demanded to provide all facilities that cater to the health of workers including first aid, air-conditioners, sunshades and cold water." This applies to projects such as repairing damaged water, sewage or petrol pipes, work involving the disconnection of electrical lines, and government licenced projects that could affect traffic, electrical and water supplies, or Etisalat.

While the midday break should provide welcome relief for outdoor labourers during the peak

summer months, workers are still being urged to follow advice from health professionals on how to protect themselves during outside working hours.

BEAT THE HEAT

Whether working outdoors or inside, it's vital for everyone to take extra care in Dubai during the summer months. Here's how you can stay safe:

- Drink 2-3 cups of cool water every hour, even if working in the shade
- Add approximately 1 teaspoon of salt to every half litre of drinking water
- Avoid sugary or caffeinated drinks—these can cause dehydration

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MEN AND WOMEN TRAIN FOR EIGHT WEEKS BEFORE GIVING IT ALL IN THE FINALE

Five-star *fight night*

Now wildly popular across the world **white collar boxing** has become firmly established in Dubai.

WHITE COLLAR BOXING

Last week's White Collar Fight Night at the Habtoor Grand Hotel saw a number of Dubai-based executives and even a TV presenter go knuckle-to-knuckle for an evening reminiscent of the amateur boxing nights usually reserved for Las Vegas. Black-ties, five-star hospitality and fierce action were the order of the night, making for an event that packed plenty of punch.

These fight nights have been running for seven years now, and have begun to make serious headway. Associated with the White Collar Boxing events in New York, they were created specifically for competitors with no prior boxing experience, but with the grit and determination to tackle eight weeks of hard train-

ing before doing battle in front of a 650-strong audience.

"The training was really intense," said lawyer Dan. "The Axe" Wood, who gave a stunning performance in the night's final bout. "I've done sports before, but this was six days a week of gruelling exercise and boxing. It battered us."

Both Wood and White Collar Boxing's organisers say that the competition is not an easy one to enter. The contenders have to go through an audition process, to see if they are up to the task. Only if the trainers are convinced that someone has the ability and resolve to box at an amateur level after eight weeks, will he or she be selected.

"It was pretty much life-changing," said Wood. "We had to watch our diets, live healthily

"It was pretty much life-changing. We had to watch our diets, live healthily and get plenty of rest."



and get plenty of rest. It's a tall order when you're working nine-to-five on top of that, but if you didn't stick to it, you'd fall behind. I've done plenty of sports before, but I have to admit that this was hard."

Before he'd enrolled with White Collar Boxing, 31-year-old Wood already had an active lifestyle behind him, and was billed as a sports fanatic. He had pursued almost everything from basketball to swimming, but boxing was an entirely different ball game. He had never boxed before, but had always been keen to try, so he jumped at the opportunity when it was presented to him.

Before the fight, Wood said that it was "really something very separate from my everyday job as a lawyer because hitting people is obviously not allowed in my line of work," before declaring, "Bring it on."

Mark Povey of Transguard Group, White Collar Boxing's organiser, explained that a degree

of professionalism is required of all the competitors, simply because it is not purely an amateur event. In New York, its popularity has skyrocketed, and is taken extremely seriously. In Dubai, he says, the event is still a bit of fun, but professional videos are shot, and a professional boxing ring is set up for the fight, which is supervised by a professional referee. On top of this, the audience expects to see a reasonably good fight.

"Boxing is 80 per cent about fitness, and 20 per cent about technique," said Povey. "If the guys stick to their training, then we reckon we can have them trained up to a reasonable level in just eight weeks."

"We're pretty strict, and it's a lot of commitment, but at the end of the day, the event's a really good laugh. And a lot of them carry on with it. One guy dropped seven or eight kilos, and a lady we had ended up becoming a trainer. It's all really good stuff."

Cricket taking big strides for success

Local cricket administrator **Mazhar Khan** talks about the development of the game in the UAE.

CRICKET

Despite having played here since before the federation of the country, cricket in the UAE is still making baby steps.

However, according to its administrator, real headway is being made by the UAE Emirates Cricket Board (UAE ECB), which has not only overseen the construction of two world-class stadiums, but also ensured that the country will continue to host big international cricketing events.

"We recently hosted the World Cricket League division two," says Mazhar Khan. "And we hosted the last Twenty20 World Cup qualifier, which Afghanistan won. Cricket over here is definitely on an upswing."

However, Khan says the UAE ECB isn't planning on stopping there, and he hopes that, due to the state-of-the-art facilities at the Dubai International Cricket Stadium and the Zayed Stadium in Abu Dhabi, the UAE will play host to more competitions, as well as to travelling county teams.

"We are going to be hosting T20 World Cup qualifying again next year," Khan says. "We'll be

using both stadiums, and for the first time we will host 16 countries. The top six of those qualifiers will get into the World Cup."

"And we expect a lot of county sides to come here. The facilities here are just the best. The MCC played their opening match in Abu Dhabi this year, which was a very big deal for us."

These small steps are critical

to turning the UAE into one of the Middle East's major cricketing destinations. It has the facilities, so all it needs now is the backing of some dedicated cricketers, who are looking to live here long-term. But Khan explains that the enthusiasm is there, and that the UAE ECB is simply trying to bring them together.

"Cricket is displayed with a

"We expect a lot of county sides to come here. The facilities are just the best."

real passion in Dubai," he says. "There are around 350 clubs and teams operating in the UAE. Between these, there are about 40 tournaments being run every year."

With so much enthusiasm, then, plus the scope for using world-class facilities, Khan predicts that UAE cricket will continue on with its impressive innings.



MAZHAR KHAN (REAR, CENTRE) AND THE CURRENT UAE TEAM



Win a Wafi Restaurants voucher worth Dhs200

Answer the following question and win a Wafi Restaurants voucher worth Dhs200.

In which country is the world's highest waterfall located?

Email your answer to contests@readme.ae. The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.

FIRST PERSON

HAYLA MOURAD,
DUBAI AUTISM CENTRE

Here to help autistic children

Autism is still considered a relatively new condition in Dubai, and many people are not aware of what it is or how it can be treated. The Dubai Autism Centre was set up to try and change this, through treatment and awareness.

We are split into three main areas. The first is assessment and diagnosis, where a team carries out tests to determine the degree of a child's autism. If parents are concerned about their child displaying signs of autism, they should contact us, and one of our psychologists will call them back to carry out an interview over the phone.

The second area is the intervention programme, where the children receive the therapy to aid learning and integration into the community. For every two children, there is one special needs teacher so each child can receive speech therapy, occupational therapy, art therapy and learn computer skills.

Third, we focus on spreading awareness, which involves a different campaign each year to raise attention and knowledge of autism, and of the therapies available for children with autism. As we are a non-profit organisation, we rely solely on the generosity of the community, and are always grateful for anybody's help—whether through fundraising, sponsorship, providing training or using of their own skills that could assist us. Your own imagination is the only limit to what help you can give an autistic child.



Shopping and fun

Dubai Summer Surprises is not just about retail; there is a whole lot more in store for the whole family.

SUMMER SURPRISES

The fourteenth Dubai Summer Surprises (DSS) kicked off last week to a fanfare at Dubai Mall, with a laser show and dazzling opening ceremony. At the same time, the retail festival's organisers also revealed the schedule for this year's accompanying events to go alongside the city's biggest shopping spectacular.

Until July 31, more than 6,000 retail outlets and 14 shopping malls are taking part in DSS, and alongside the many retail promotions planned for the month, a number of family exhibitions, shows and championships will take place across the emirate.

One of the main themes this year is cartoons, with Ben 10 coming to Mirdif City Centre, Disney's Camp Rock appearing at the Madinat and the Mr Men and Little Miss Books spending time at Marina Mall.

Here are some of the best:

BEN 10 STAGE SHOW

Mirdif City Centre plays host to Ben 10—the popular live cartoon stage show—this DSS. Performances will take place in the mall's Central Galleria until June 30, three times each day.

CIRCUS AFRICA

A performance show demonstrating the wonders of the African continent and its people will also be on display in Mirdif City Centre's Central Galleria from July 7-16. The spectacular will present acrobatics, music and African dances, shoppers will be treated to Unicycle, Adagio, and Diabolo acts.

KIDS SPORTS CHAMPIONSHIPS

This is a fun-filled series of sports activities this summer and takes place at Dubai Festival City from July 14-20 between 5pm and 10pm. The event accommodates children and toddlers.

COLLECTORS EXHIBITION

This features wares, artifacts, and collections of local, regional, and international participants. The exhibition will be held at Mirdif City Centre from July 14-23 between 10am and 10pm.

WEST SIDE STORY

The musical adaptation of William Shakespeare's *Romeo and Juliet*, this classic show depicts the rivalry between the Jets and the Sharks, two teenage street gangs in New York City. The musical will be held at DUCTAC from July 19-23.

DISNEY'S CAMP ROCK

This musical includes all the hit songs from the original movie and sequel including *This Is Me*, *Can't Back Down*, *It's On* and *We Rock*. The musical will be held at The First Group Theatre at Madinat Jumeirah from July 11-16.

“Disney's Camp Rock includes all the hit songs from the original movie and sequel.”

Who's hot ...

OWEN WILSON

The voice of Lightning McQueen attended the Hollywood Cars 2 premier ahead of its release in Dubai. The movie is expected to be a box office smash in the Middle East, and Owen Wilson fans are keeping their fingers crossed he comes over here to promote the film.



CHERYL COLE

The British singer and X-Factor judge has been playing down rumours that she may be visiting Dubai with former husband Ashley Cole this summer, in a bid to rekindle their romance. The couple are big fans of Dubai and have visited many times—it was even here where Ashley chose to propose to Cheryl.

GRAFITE

Brazilian striker Grafite has left German team Wolfsburg to join Al Ahli on a two-year contract. The 32-year-old is looking forward to his Dubai move, saying, “At my age it is time to think of my family, who are close to my heart, and discover something new.”



MARTHA STEWART

Cooking and lifestyle expert Martha Stewart visited the cultural area of Bastikiya in Dubai as part of her tour of the UAE last week. She also learnt about local culture and visited some of the top tourist hotspots during her two-day stay.

IMRAN KHAN

Aamir Khan's film, *Delhi Belly*, is set to make its presence felt in Dubai with the news that lead actor (and Aamir's nephew) Imran Khan will be heading to our shores this week, along with co-stars Vir Das and Kunal Roy Kapur.



KIDS FASHION WEEK

An event dedicated to young fashionistas, Kids Fashion Week features shows, the local catwalk stars of tomorrow and global brands at Deira City Centre from July 28-31 between 5pm and 10pm.

SPIDERMAN SHOW

The Spiderman Live Show will be held in Burjuman Observatory from June 30-July-9. It presents the well-loved Marvel hero in action.

MR MEN SHOW

The show is based on the original *Mr Men* and *Little Miss Books* created by Roger Hargreaves. It will run until July 3 at Dubai Marina Mall.

BOB THE BUILDER

Kids' favourite handyman is back this summer with a 25-minute musical entitled *Birthday Surprise*. It will be held from July 17-27 at Mall of the Emirates.

DSS FANTASIA

Mercato gets transformed with five weeks of carnivals, performers, and musicians with the mall taking on the Covent Garden theme and décor. DSS Fantasia will also host a fairytale show for children from July 7-16.

THOMAS THE TANK ENGINE

Based on the Railway series of books by the Reverend W. Awdry and his son since 1945, the show will run from July 21-31 at Mirdif City Centre.

“Kids' favourite handyman, Bob the Builder is back this summer.”

What's hot?



Test your knowledge

Why not gather together a group of your cleverest friends for Biggles Quiz Night? Rounds at this weekly event include photo quizzes and creative competitions with everything from sausage balloon sculptures to plasticine modelling. There's a Dh1,000 cash prize for the winning team. Every Monday from 8.30pm at Airport Millennium Hotel, entry is free. Call 04 702 8844.



Get bowled over

With arcade, party room, and café restaurant, Dubai Bowling Centre is the perfect place to take the kids for an afternoon during the holidays as much as it is great for competitive fun with friends. With 24 lanes and a host of facilities, try something a little different this week and see if you can get a lucky strike. For more information or to make a reservation, visit www.bowlingdubai.com.



Ditch the blues

Shake off the Sunday blues by catching the last Jazz and Blues night at West 14th, Palm Jumeirah. Enjoy Donovan Rossouw and Neisha, and the Afif Trio, as they play music from Buddy Guy, BB King, Santana and many other musical legends. Doors open at 8pm and entry is free. Call 04 447 7601.



Kaz Money has taken his unique form of hip-hop from Dubai to LA and back, and is now celebrating the launch of his mix tape, *The Ridicule - The Opposition*.

HIP-HOP

At the time of going to press, UAE-born and raised hip-hop artist Kaz Money had just released his latest mix tape, *The Ridicule - The Opposition*, and will now no doubt be celebrating a successful launch gig at the Crowne Plaza Hotel.

The mix tape, a free hip-hop CD made with pre-recorded beats put out by local artists, has already generated plenty of buzz. But having already made an impact on both local and international music scenes with his own flavour of underground hip-hop, Money says that he is not sticking to the norm, and that his latest work is something completely new.

"People are going love it or hate it—it's that kind of album," he told *Read*, before the launch. "The album as a whole is complete insanity. I'd say to expect the unexpected; this is my best work."

That is quite a statement. Money even made it to Hollywood a couple of years ago, providing music for the US television series, *Heroes*, and he has a large back-catalogue of successful singles and mix tapes. His first effort, *Thoughts for Food*, gained him enough of a following to land a meeting with executives from a

South African record label, which helped him to release a follow-up CD titled *Timezup*. He has also appeared on local hit singles, and won a "Best Local Hip-hop Artist" award in 2009. If the new album can top all of that, then it really must be something.

"On one side it's very comedic and entertaining," he said. "It might offend some people, but it's meant to be funny. And on the other side it's serious and reflective; I guess what you'd call more standard underground hip-hop."

The Ridicule took the best part of two years to complete, due to Money's other commitments and his insistence that he would only write or record whenever he was "100-per-cent in the zone."

"I took my sweet time with it," he said. "I had to really get myself in the mood whenever I recorded, so I built my own studio at home and made a big push every time I was motivated."

Money did not put the album together all by himself, though. As a member of local hip-hop supergroup The Recipe, he received help from such other local hip-hop luminaries as Swerte and Perfect Storm, who have both released local mix tapes over the past year. The group, as a whole, aims to promote the underground genre in the UAE in an

"People are going to love it or hate it—it's that kind of album."

effort to change the widely-held perception that hip-hop is only about big names and stardom.

"The UAE's hip-hop scene is a baby at the moment, and has got a long way to go until it matures," says Money. "I think it's a bit of a confused market. If you fall in line with the stuff that's coming out of the UK or the US, then you're a faker. And if you do your own thing, people aren't interested."

Even so, The Recipe have done wonders for changing local hip-hop's image over the past few years through collaborative live shows and albums. And Money expects that, following the release of *The Ridicule*, he will concentrate mostly on the group project.

"This is the last solo project you'll see from me," he states. "After this, we're really bringing The Recipe together and we're going to lock ourselves in the studio."

This might sadden Money's fans. But if his new mix tape lives up to the hype, it should keep them happy until The Recipe comes out with another release. No matter how the album is received, though, it seems like the UAE's hip-hop scene is on its way to maturity.

For more information on Kaz Money and The Recipe, visit www.therecipedxb.com

maaza®

Real fruit...
Real taste!

Fête de la Musique

When: June 21

Where: Souk Madinat Jumeirah

MUSIC

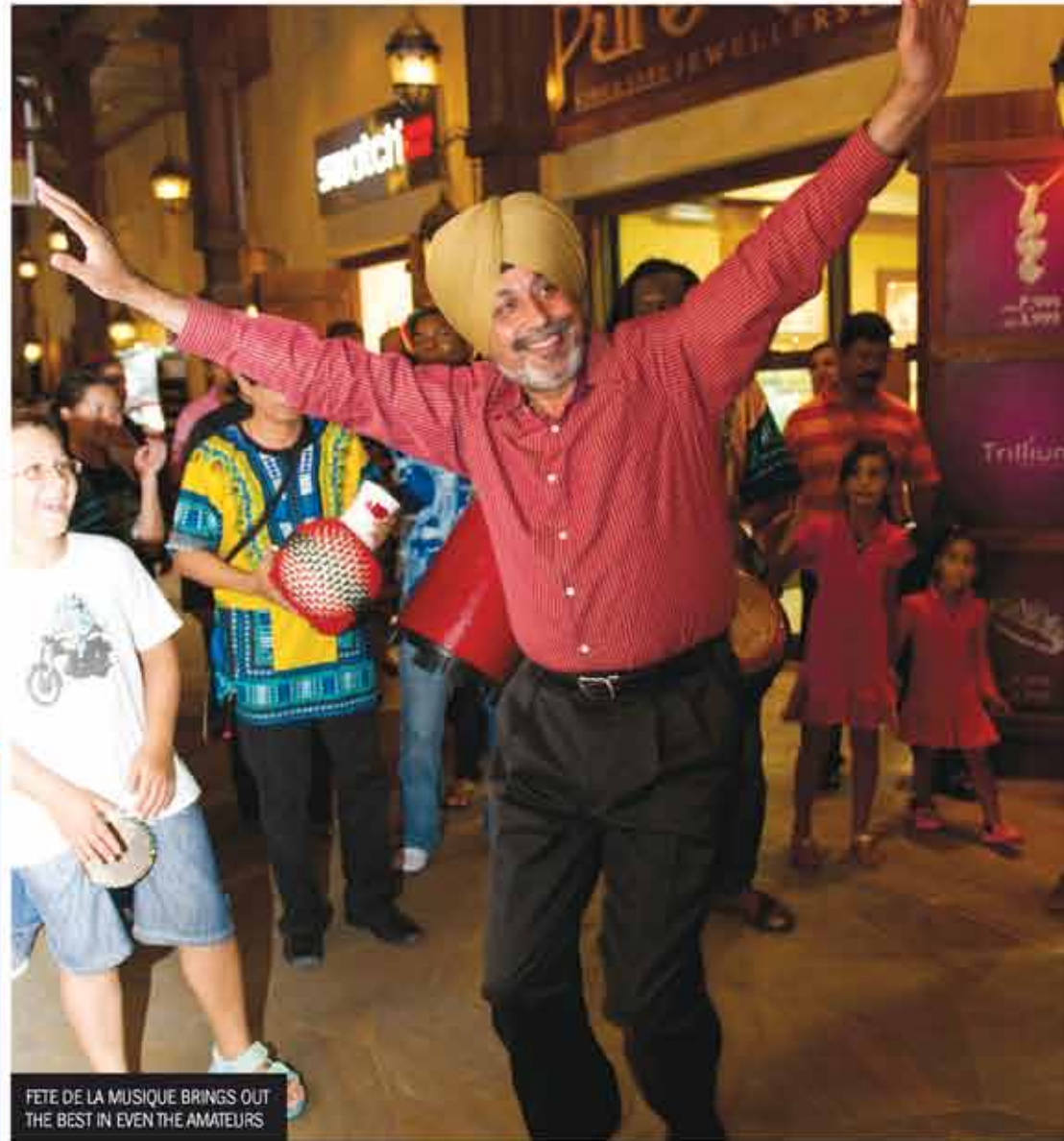
Walking through the main entrance of the Souk Madinat Jumeirah to be greeted with live music, smiling faces and dancing people could only mean one thing—Fête de la Musique is back.

The atmosphere inside the Madinat is electric; the place is filled with people of different nationalities enjoying an Aladdin's cave of live music. Every turn leads to a different band playing their own unique style of music, surrounded by a bubbling crowd of friends, fans or people who have just stopped to enjoy what they have to offer.

The styles of music on display are greatly varied, in keeping with the "music of the three oceans" theme.

A particular crowd pleaser is the uplifting Celtic sound of Savage Craic, who keep the audiences drawn in with their folk flavour and encourage many a spontaneous jig from passers by.

The true diversity of the event shows when, just around the corner, there is Out of the Blue, a trio of guitars and a lead singer with the kind of growling blues vocals you would expect to find in downtown New Orleans. And then, just a few paces away, are the captivating rhythms of Dubai Drums.



FÊTE DE LA MUSIQUE BRINGS OUT THE BEST IN EVEN THE AMATEURS



SAVAGE CRAIC

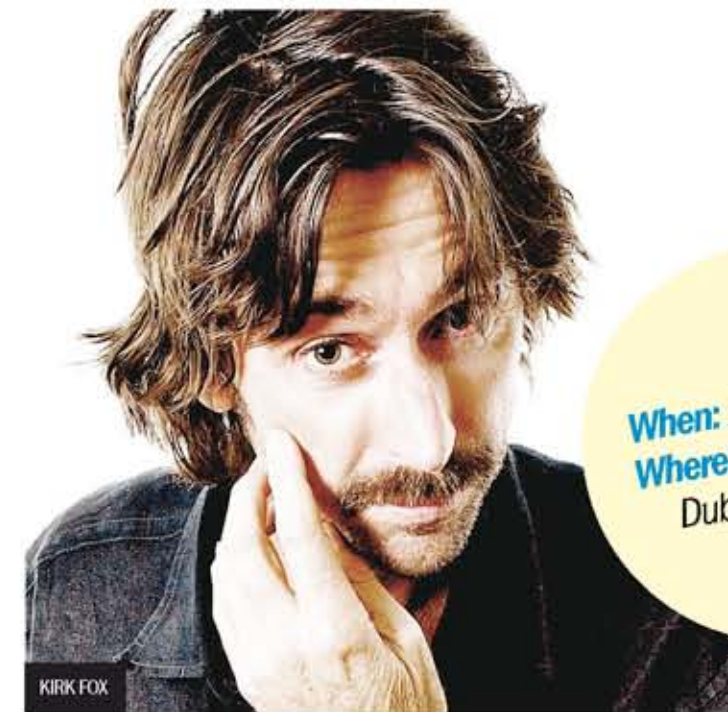
For many, the highlight of the evening is the slick and impressive set from The Wild Gauchos, and their selection of tango pieces from around the world draws some of the biggest cheers of the night.

There is an opportunity for some more amateur artists to be heard also, on the Alliance Française stage. This seems to be the central gathering point and at times it turns into one-on-one banter between the musicians and crowds, which only serves as an addition to the feel-good factor and the underlying atmosphere that everybody here are friends.

Although it could be said that some of the musicians featured on this stage are slightly lacking in musical ability compared to the rest, there is no sign of unrest from the Fête de la Musique crowd.

Everyone is here to have a good time, and a good time is certainly had by all.

Big laughs at The Hilarious Show



KIRK FOX

When: June 30–July 2
Where: The Palladium, Dubai Media City

COMEDY

Stand-up comedy has taken off like a rocket in Dubai over the past few years, and the organisers of The Hilarious Show are as keen as ever to give fans another dose of side-splitting laughs.

Set over three days, this is a comedy festival of epic proportions, bringing six international and four local stand-up comics, all itching to give the most laughter.

The first day is headlined by American TV actress and comedian Amy Schumer, who has appeared on shows such as *30 Rock*, *Updateable*, the *Late Show* and

the *Tonight Show*. She placed fourth in NBC's comedy talent show *Last Comic Standing* and has since seen success at a number of TV studios. She now co-hosts *Hoppus on Music* with Blink 182 frontman Mark Hoppus, as well as performing stand-up. Warming up the stage for her will be UK TV personality Matt Kirshen and local comedian Omar Ismail.

Day two will see another *Last Comic Standing* finalist, Kirk Fox, on stage, having just opened for Charlie Sheen's *Violent Torpedo of Truth* tour, at which he was extremely well received. The Friday

will also feature some great routines from Comedy Central star Dwayne Perkins and local talent Rohit Jayakaran.

American actor and comedian Tommy Davidson will top the final day, and headline the festival as a whole. He has appeared in such shows as *In Liv-*

ing Colours and *The Bernie Mac Show*, as well as in the movies in films like *Ace Ventura 2* and *Boozy Call*. He is well known for his cutting comedy sketches, while his smooth talking and quick wit have charmed audiences across the world. Davidson follows seasoned comic Erik Griffin, who has been on the Los Angeles comedy circuit for 12 years, and is well versed in providing an uproariously good time. And opening for this American pair will be local all-rounder Ali Alsayed.

The show targets all ages and nationalities, and should provide a laugh or two for the whole family. Tickets cost Dh200 for a single night, or else Dh400 for the entire weekend. You can find more information at: www.thehilariousshow.com



TOMMY DAVIDSON

FIRST PERSON



JAMES SINCLAIR OF JULIANA DOWN

A day in the life of a rock star

A load of things need organising before you get up on stage and play a gig in the UAE, and all the preparation is dependent on the size of the gig.

From the organiser's point of view, you've got to book a venue, organise a budget, and get a good sound and lighting crew.

Depending on the type of show, the promoter will also organise a lot of the equipment—stuff like drum kits, amps and PAs.

With some of the big shows we've played recently, like Maroon 5 in Abu Dhabi, all that equipment was provided. Then the promoter has to do all the marketing for the gig, find ways to sell tickets and get people to come.

From the band's point of view, we get booked, and then we have to prepare for whatever kind of show it is.

We must then make sure that the set list matches up with the amount of time we have been allocated to play—we are always very tight on time.

We have to make sure we are properly rehearsed beforehand, and then we have to turn up to the venue early to get sound-checked—not easy when your band is full of rock stars. And by now, it is time to make sure that all the sound levels are right, both with the main speakers and with our on-stage monitors.

From then, we just have got to look the part, hang out backstage for a while, and then get up and play a great show.

Empires
Juliana Down's latest album is available in stores across the UAE

DJ Antoine at Sanctuary

When: June 30

Where: Sanctuary, Atlantis Hotel

HOUSE MUSIC

Swiss superstar DJ Antoine is gearing up for another big concert in Dubai on Thursday, this time at Atlantis's ultra-chic Sanctuary. His 2005 trip over here was so successful that he released a CD of the set he played, entitled *Live in Dubai*, meaning that a lot is expected of him this weekend.

But he should be able to handle the pressure. Having released 26 gold records and one platinum, he is Switzerland's most successful DJ. He also owns his own house music record label, Houseworks, and has, to date, sold over 1.1 mil-

lion albums. He has produced songs for Snoop Dogg, DJ Smash and Bob Sinclair, and his single, *This Time*, has gained him international acclaim. With all of this behind him, one night in Dubai should be a walk in the park.

Having been a part of the 'Nineties House scene, Antoine's style could be said to be that of any other DJ. However, the difference is that he helped to invent the style, and is instantly recognisable. With upbeat melodies backed by minimalist, crisp drum beats, he's sure to have the crowds roaring.

For more information, visit: www.djantoine.com



Win
a voucher
worth Dh250
at Azwan Spa

Answer the following question and treat yourself to a well deserved break at Azwan Spa, to reconnect with your mind, body and soul.

What instrument did the jazz musician Miles Davis play?

Email your answer to contests@readme.ae
The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.



LIGHTNING MCQUEEN AND MATER ARE BACK IN PIXAR'S LATEST ANIMATION

Full throttle family fun

One of the few films where the sequel is better than the original, **Cars 2** is set to impress all the family.

NEW RELEASE

Superstar racing car Lightning McQueen—voiced by Owen Wilson—and his trusty sidekick Mater take their friendship to exciting new places when they head overseas to compete in the first-ever World Grand Prix to determine the world's fastest car.

However plenty of potholes mark the road to the championship, when Mater finds himself torn between assisting Lightning achieve his dream of winning the race, or dealing with his own top-secret mission, set by suave British spy car Finn McMissile, voiced by the excellent Michael Caine.

“With plenty of spy-movie plotlines and an abundance of automotive puns, Cars 2 outdoes the original.”

If the original *Cars* movie was perhaps the one of the less engaging of Pixar's hugely successful animated features, John Lasseter and his team have definitely gone all out to create the unexpectedly delightful *Cars 2*.

It is usually quite rare to find a sequel that outdoes its predecessor, however with plenty of spy-movie plotlines and an abundance of automotive puns, *Cars 2* not only outdoes the original, it screeches ahead in a cloud of dust, leaving the first film in its tracks.

As Pixar recently demonstrated with *Toy Story 3*, the studio never ventures into the shady area of sequels without the essential ingre-

PECULIAR PIXAR

- The fictional takeaway company, Pizza Planet—first seen in *Toy Story*—is referenced in every one of Pixar's animated features.
- Each Pixar movie includes a character voiced by John Ratzenburger as he is regarded as their “good luck charm”.
- The computers used to make the 2006 movie *Cars* were 1,000 times faster than those used for *Toy Story* eleven years before.
- The first five Pixar films have collectively grossed more than \$2.5 billion, equivalent to the highest per-film average gross in the movie industry.
- In the 2001 hit, *Monsters Inc.*, Sulley's fur has over 2,320,413 hairs. An example of Pixar's amazing attention to detail.

dients of a good story and a clear purpose. Abandoning the slightly tired and nostalgic position of the first film, the script from relative newcomer Ben Queen delivers an escapist action-thriller that is suitable for all the family and moves swiftly and confidently, allowing no time for viewers to do anything other than sit back and enjoy the ride.

With the Pixar wonder-team behind it, the film is exactly the slick visual experience that audiences have come to expect, and the musical score from Michael Giacchino—which could quite easily have graced the next James Bond movie—adds an authentic touch to the film, and contributes towards the overall feel that this is not simply a cartoon for kids.

The idea of enacting standard spy movie thriller sequences with animated cars is in all fairness absurd, however it is a testament to the cleverness of the film that it never seems this way. The characters' personalities have been honed perfectly, with each possessing more than enough individual traits to make the audience feel that they are not watching a film about cartoon cars. The tried and tested Pixar formula of including enough innuendo and references to amuse the parents while the kids remain oblivious is displayed expertly in this movie, and rest assured that while many family movies provide parents with two hours of mild boredom, *Cars 2* really is a film that can be enjoyed by all the family.

DID YOU KNOW?...

- Lightning McQueen's number 95 represents the year Pixar released *Toy Story*.
- You never see a human in *Cars 2*. Every character is a car—even bugs are mini Volkswagen Beetles.
- Lightning was named after the late Pixar animator, Glenn McQueen, who passed away in 2002.
- The tyres in the film are by 'Lightyear', a play on the names of tyre company Goodyear and a reference to Buzz Lightyear from *Toy Story*.
- The first *Cars* movie sold 5,000,000 copies in two days when it was released on DVD.

Bollywood news



Malik to star for first time

Pakistani actress and Bigg Boss contestant Veena Malik is all set to make her Bollywood debut. Her first movie has been titled *Daal Mein Kuch Kaala Hai*, and it has been suggested that Veena will be playing a double role in the flick.

Son for Kaushal

Bollywood director Raj Kaushal and his actress wife Mandira Bedi have welcomed their first child into the world after 11 years of marriage. Mandira gave birth to a baby boy named Vir last week at Lilavati hospital.

Double fun for fivesome

After having audiences in fits of laughter with their 2007 film “*Dhamaal*”, the comedy fivesome of Riteish Deshmukh, Jaaved Jaffery, Arshad Warsi, Ashish Chaudhary and Sanjay Dutt will be reuniting once again for the hilarious sequel “*Double Dhamaal*”. In cinemas from June 24.

SILVER SCREEN

GRANT BISHOP
UAE MOVIE
EXECUTIVE

Film technology moving forward

Cinema hasn't moved quickly with technology—today's 35mm film is pretty much what they used in 1892. However this is changing rapidly.

For a start, 35mm film is now moving to digital. Already in the UAE, most cinemas have digital projectors and we expect all screens will be fully digital in just a few years. Digital also allows for alternative content to be shown, including sports, concerts and more.

Another advance is 3D—think *Avatar*—but since then there has been a growing backlash against 3D with the *Pirates of the Caribbean 4* US release making only 46 per cent of its opening weekend gross from 3D.

So is this the end

for 3D? Analysts believe not—studios must increase the quality but not the quantity, which seems to be

happening. Michael Bay has apparently matched *Avatar*'s splendour with *Transformers: Dark of the Moon* 3D. The future for 3D is bright.

The final technology, 48 Frames Per Second, may revolutionise the look and feel of 2D movies, and is really very simple. The traditional 24 frames per second was chosen as it used the least film possible while looking good, but with the advent of digital, this is no longer the case. The increased frames make picture quality smoother and sharper, especially with action and fast moving scenes.

Through the use of technology the moviegoer's experience will continue to improve and provide us with the best movie experiences possible.

June 30
Transformers: Dark of the Moon opens in Dubai in 3D

Reviews *in brief*

A quick look at last week's biggest films



Super 8 ★★★★★

Kyle Chandler, Elle Fanning

Director J.J. Abrams (Mission: Impossible III, Star Trek) teams up with Steven Spielberg as producer to create this sci-fi thriller set in the late 'Seventies. Following a mysterious train crash in a small Ohio town, the locals begin to disappear and suspicions emerge that the incident was anything but an accident. When the truth finally emerges, nobody is prepared for what stalks this once-quiet community.



Bheja Fry 2 ★★★★★

Vinay Pathak, Manissha Lamba, Amol Gupte

Bharat Bhushan, the nerd of Bheja Fry 1 returns with all his irritating quirks. This time, he has won himself a free trip on a luxury cruise and is determined to rock the boat for most of the revellers, specially the tax evader, tycoon Kay Kay Menon. In between, he manages to find a potential love interest in Ranjini ... at least that's what he thinks.



365 Youm Saada ★★★★★

Ahmad Ezz, Donia Sameer Ghanem, Salah Abdullah

Hady is a millionaire and a playboy. He has multiple girlfriends on the go, and routinely lies about having a fatal illness as the reason for ending a relationship once he gets bored. Then one day he really does fall in love, but it turns out that the woman has cancer and only a year left to live.

Listings

THE READ. WEEKLY GUIDE TO WHAT'S ON AT THE MOVIES

MOVIE GUIDE

GRAND CINEPLEX

Cars 2 - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Cars 2 (3D) - 11:00, 13:20, 15:40, 18:00, 20:20, 22:40, 00:50
22 Bullets - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
Green Lantern (3D) - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Green Lantern - 15:45, 18:00, 20:15, 22:30, 00:40
Super 8 - 10:50, 11:50, 13:00, 14:00, 15:10, 16:10, 17:20, 18:20, 19:30, 20:30, 21:45, 22:40, 00:00
Bad Teacher - 10:30, 12:40, 14:50, 17:10, 19:20, 21:35, 23:50

In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Kung Fu Panda 2 - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30
Double Dhamaal - 10:30, 13:30, 16:30, 19:30, 22:30

365 Youm Saada - 11:30, 14:00, 16:30
Telk Al Ayam - 19:00, 21:30, 00:00
Ready - 10:30, 13:30, 16:30, 19:30, 22:30
X-Men: First Class - 10:20, 13:00, 15:40, 18:20
Fast Five - 10:20, 13:10, 15:45, 18:30
The Hangover 2 - 21:30, 23:40
London Boulevard - 21:35, 23:35
A Dangerous Man - 10:00, 00:00

GRAND MEGAPLEX

22 Bullets - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
Cars 2 - 10:00, 12:20, 14:20, 17:00, 19:20, 21:40, 23:00
Cars 2 (3D) - 11:00, 11:30, 13:20, 13:50, 15:40, 16:20, 18:00, 18:30, 20:20, 20:50, 22:40, 11:20
Green Lantern (3D) - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Green Lantern - 10:30, 13:00, 15:30, 18:00, 20:25, 22:55
In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Kung Fu Panda 2 - 10:00, 11:30, 12:00, 13:30, 14:00, 15:30, 16:00, 17:30, 18:00, 19:30, 20:00, 21:30, 22:00, 23:30, 00:00
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
Bad Teacher - 10:30, 12:40, 14:50, 17:10, 19:20, 21:35, 23:50
Fast Five - 10:20, 13:10, 15:45, 18:30, 21:15, 23:55
Double Dhamaal - 10:30, 11:30, 12:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30
Telk Al Ayam - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
365 Youm Saada - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00

GRAND CINECITY

Cars 2 (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Cars 2 - 20:20, 22:40, 00:50
Green Lantern (3D) - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
22 Bullets - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Kung Fu Panda 2 - 10:00, 12:00, 14:00
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
Double Dhamaal - 10:30, 13:30, 16:30,



Bheja Fry 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Rathi Nir Vedam - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
London Boulevard - 19:00, 21:15, 23:30
The Hangover 2 - 11:00, 13:30, 16:00,

GRAND CINEMAS - FESTIVAL CITY

Cars 2 (3D) - 10:00, 11:00, 12:20, 13:20, 14:40, 15:40, 17:00, 18:00, 19:20, 20:20, 21:40, 22:40, 00:00, 01:00
Cars 2 - 10:30, 11:30, 12:50, 13:50, 15:10, 16:10, 17:30, 18:30
Green Lantern (3D) - 10:10, 11:20, 12:30, 13:40, 14:50, 16:00, 17:10, 18:20, 19:30, 20:40, 21:50, 23:00, 00:10, 01:20
Kung Fu Panda 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Kung Fu Panda 2 - 10:30, 12:30, 14:30, 16:30
22 Bullets - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
Super 8 - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Bad Teacher - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Double Dhamaal - 20:00, 23:00
365 Youm Saada - 11:30, 16:30, 21:30
Telk Al Ayam - 14:00, 19:00, 00:00

22 Bullets - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
Super 8 - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Bad Teacher - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Double Dhamaal - 20:00, 23:00
365 Youm Saada - 11:30, 16:30, 21:30
Telk Al Ayam - 14:00, 19:00, 00:00

GRAND CINECITY

Cars 2 (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Cars 2 - 20:20, 22:40, 00:50
Green Lantern (3D) - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
22 Bullets - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Kung Fu Panda 2 - 10:00, 12:00, 14:00
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
Double Dhamaal - 10:30, 13:30, 16:30,

GRAND MERCATO

Cars 2 (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Cars 2 - 20:20, 22:40, 00:50
Green Lantern (3D) - 11:00, 01:10, 03:20, 05:30, 07:40, 09:50, 12:00
Green Lantern - 10:30, 13:00, 15:30, 18:00, 20:25, 22:55
22 Bullets - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
Bad Teacher - 10:30, 12:40, 14:50, 17:10, 19:20, 21:35, 23:50
Kung Fu Panda 2 - 10:00, 12:00, 14:00, 16:00, 18:00
Double Dhamaal - 10:30, 13:30, 16:30, 18:30, 22:30

VOX CINEMAS - DEIRA CITY CENTRE

Cars 2 (3D) - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30
Cars 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Green Lantern (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
22 Bullets - 11:45, 14:15, 16:45, 19:15, 21:45PM, 00:15
Bad Teacher - 11:00, 13:00, 15:00, 17:00, 19:15, 21:30, 23:45
Super 8 - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Kung Fu Panda 2 - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Bheja Fry 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Double Dhamaal - 10:30, 13:30, 16:30, 19:30, 22:30
Telk Al Ayam - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Rabbit Hole - 11:15, 13:35, 16:15, 19:20, 21:35, 23:45
Grand Metroplex
Cars 2 - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Green Lantern - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
Kung Fu Panda 2 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Bheja Fry 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Double Dhamaal - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Ready - 12:00, 17:45, 23:30
Bheja Fry 2 - 15:00, 20:45
Fasel Wa Naoud - 23:00

VOX CINEMAS - MALL OF THE EMIRATES

Cars 2 (3D) - 09:30, 10:30, 10:45 11:30,

12:00, 13:00, 13:15, 14:00, 14:30, 15:30, 15:45, 16:30, 17:00, 18:00, 18:15, 19:00, 19:30, 20:30, 22:00, 23:00
Cars 2 - 11:00, 13:30, 16:00, 18:30, 19:00, 23:30
22 Bullets - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Bad Teacher - 11:00, 13:00, 15:00, 17:00, 19:15, 21:30, 23:45
Green Lantern (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 20:45, 21:45, 23:00, 00:00
Super 8 - 10:00, 10:45, 12:15, 13:00, 14:30, 15:15, 16:45, 17:30, 19:00, 19:45PM, 21:15, 22:00, 23:30, 00:15
The Hangover 2 - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Kung Fu Panda 2 - 10:45, 12:45, 14:45, 16:45, 18:45
Pirates of the Caribbean 4 - 11:00, 14:00, 17:00, 20:00, 23:00

VOX CINEMAS - MIRDIF CITY CENTRE

Cars 2 (3D) - 10:00, 11:00, 12:30, 13:30, 15:00, 16:00, 17:30, 18:30, 20:00, 21:00, 22:30, 23:30
Cars 2 - 10:45, 13:15, 15:45, 18:30
Green Lantern (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Green Lantern - 21:00, 23:15
22 Bullets - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Bad Teacher - 11:00, 13:00, 15:00, 17:00, 19:15, 21:30, 23:45
Super 8 - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Kung Fu Panda 2 - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45
Double Dhamaal - 18:15, 21:00, 23:45

REEL CINEMAS - DUBAI MALL

22 Bullets - 14:05, 16:10, 18:15, 20:20, 22:25, 00:30

Bad Teacher - 11:05, 14:30, 17:00, 19:30, 22:00, 00:30
Cars 2 (3D) - 11:00, 11:20, 13:05, 13:20, 15:10, 17:15, 19:20, 21:25, 23:30
Cars 2 - 11:30, 12:40, 13:30, 13:35, 14:00, 14:40, 15:30, 15:40, 16:00, 16:40, 17:30, 17:45, 18:00, 18:40, 19:30, 19:55, 20:00, 20:40, 21:25, 21:30, 22:00, 22:05, 22:40, 23:30, 00:05, 00:40
Green Lantern - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:40
Super 8 - 11:45, 14:15, 16:45, 19:15, 21:45, 24:15
Kung Fu Panda 2 - 13:45, 16:30, 19:15, 22:00, 00:35
Double Dhamaal - 14:15, 16:45, 19:15, 21:45, 00:15
Shaitan - 14:30, 17:00, 19:30, 22:00, 00:05

REEL CINEMAS - MARINA MALL

Cars 2 (3D) - 11:20, 13:20, 15:20, 17:20, 19:30, 21:40, 23:50
Cars 2 - 12:20, 14:20, 16:20, 18:20, 20:10, 22:10, 00:10
Kung Fu Panda 2 - 12:30, 15:40, 18:50, 21:30, 24:20
Super 8 - 12:00, 14:30, 16:50, 19:10, 21:20, 24:05
Green Lantern - 11:00, 12:40, 14:20, 16:00, 17:40, 19:20, 21:00, 23:40
Pirates of the Caribbean 4 - 11:30, 14:10, 16:40, 19:20, 21:55, 00:30

MUSIC AND NIGHTLIFE

30 June - **Girls Love DJs**, Armani Privé, Armani Hotel
 30 June - **DJ Antoine**, Sanctuary, The Palm Jumeirah
 24 June - **Steve Lawler**, Inlogy, Souk Madinat Jumeirah

COMEDY AND THE ARTS

12 June-04 July - **First Glance**, Rotating Gallery, Jumeirah
 27 June - **Sampling India: Of Blind Men and Elephants**, the Empty Quarter, behind Sheikh Zayed Road
 27 June - **Reconnecting East and West**, Gallery of Light, Barsha
 27 June - **Funny Girls**, Double Decker, Al Murooj Rotana
 30 June-02 July - **The Hilarious Show**, The Palladium, Dubai Media City
 01 July - **Piwa Bawari auditions**, DUCTAC, Mall of the Emirates

YOU REVIEW

We asked cinemagoers what they thought as they came out of the movies

Noel Madigan
Development director, Umm Suqeim



I have just watched Super 8. I enjoyed it and think that visually it looked brilliant, but some aspects of the story could have perhaps been developed a bit more. **8/10**

Sheryl Credo
Waitress, Rashidiya



My friends and I have just been to see the latest Pirates of the Caribbean movie. The series is starting to get a bit samey now, but it was still good fun and quite funny. **7/10**

David Burgess
Property development manager, Barsha



I have just been to watch The Green Lantern. It was pretty enjoyable and had some good moments, but I don't think it's going to change my life. **7/10**

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Feng shui your way to inner peace

Japanese domestic philosophy can bring prosperity and wisdom—so long as you make room for mirrors.

FENG SHUI

Don't put anything on the floor, be very careful with mirrors and rid the house of clutter. According to the ancient Chinese practice of feng shui, these are the first steps towards eliminating stress from your everyday life.

That's not all it can do. According to Ken Lauher, a leading authority on feng shui and life enhancement, the practice can be used to further personal goals, whether they are directed towards wealth, romance or simply happiness.

"Whatever your goals, feng shui can help you achieve them. If romance is at the top of your agenda then focus on the back right corner of your home or to attract greater wealth, work on the back left corner."

It's all based around aesthetics. Using the laws of astronomy and geography feng shui opens the way for people to receive qi (pronounced "chi") which, simply put, is positive energy.

The first thing most feng shui practitioners recommend is getting several large bin bags and emptying all the unnecessary contents of your home into them. The laws of feng shui state that clutter in the house clogs up the mind and a big clear-out will restore a sense of spiritual calm.

"Be ruthless. Old clothes, ornaments that gather dust, empty CD jackets; anything you don't

need or use has to go. Organise desk draws and wardrobes and you'll find that the superficial stress created by this chaos evaporates," says Daisy Ward, a feng shui practitioner, based in Dubai.

The next step is mirrors. These play a vital role in feng shui as they are considered to be substitutes for the reflective powers of calming water. The placement of mirrors in different parts of your home is thought to double the energy of focal points in a room



CANDLES REFLECT WEALTH SO WHAT'S THE HARM IN GETTING SOME TEA LIGHTS?



MIRRORS ARE A SUBSTITUTE FOR THE CALMING POWER OF WATER



A WELL-ORDERED HOME WILL BRING A WELL-ORDERED LIFE, ACCORDING TO FENG SHUI

and repel negative or unharmonious aspects.

"One of the most common places to hang a mirror in line with feng shui guidelines is on the wall opposite to an entrance, so you can repel negative energy from entering your house," Daisy says. Aside from this, no other doors in the house should be reflected in a mirror as feng shui

claims that this will block the qi from flowing freely around your home.

Instead, they should be used to reflect plants, a fireplace and candles or other elements that reflect wealth. "Ultimately, everything in your house should be there for a reason. Anything surplus or misplaced will deprive you of qi and clutter your mind."

FITNESS FOR REAL

ZIGGY DAWISH,
CERTIFIED FITNESS
INSTRUCTOR

Eating right is the key to weight loss

So you're sitting on the Metro train home when your mind begins to wander over to what you fancy for your dinner.

Chinese? Indian? Arabic? What's it going to be?

But then you look down at your belly and wonder to yourself, "Has it really grown so much?"

Your problem is that you have been ordering in too much while not taking enough exercise.

And you aren't alone with this. It's something that happens all too often with Dubai. But the good news is, you can fix it. To start off with, don't eat fast food because it won't do you any good.

Second, you need to move more in order to lose that fat; it's not that hard to achieve weight loss.

Start to make your own food at home—it's healthier and you know what exactly goes into it. Remember it's all about your portion size.

Eat small portions of fresh fruits and vegetables, lean meats plus plenty of water.

You don't need to go to a gym to get fit—just move every day. Walk, walk and walk some more, and when you have the time, join a fitness group to get motivated. Football, cricket, yoga—it doesn't matter just as long as you keep moving.

Weight loss is 95 per cent about food and five per cent working out... So eat right!

Dance yourself to fitness

As an alternative to gym sessions, why not try these three fitness dances?

DANCEWISE

Most associate getting fit with hard jogging, heavy weights and strict diets. However, Dubai's health clubs and gyms are home to a growing number of fitness freaks who work out through the medium of dance, with Zumba, Jazz and Capoeira all having gained large followings in Dubai.

"Before I started Zumba, I had to really force myself to go to the gym," said Kelly Wright, a regular at Core Studio's Zumba classes in Dubai Marina. "It was ridiculous. I was paying all this money to a gym for something that I didn't even enjoy doing. With Zumba, I've made loads of new friends and I'm fitter than ever."

Zumba is a relatively new creation, championed by the now-famous Alberto "Beto" Perez. The story goes that the choreographer was once teaching an aerobics class in the 1990s in Colombia, but had forgotten his music. Thinking on his feet, he grabbed the



JAZZ CAN BE COMPETITIVE, BUT IT ALSO DOES WELL TO HELP KEEP YOU FIT



ZUMBA IS THE MOST SOCIABLE OF THE THREE FITNESS DANCES

"With Zumba, I've made loads of new friends and I'm fitter than ever."



CAPOEIRA BLENDS ELEMENTS OF MARTIAL ARTS WITH ITS DANCE TECHNIQUE

tapes that were in his car—some traditional Latin and merengue albums—and improvised a lesson.

It quickly saw success as an aerobic dance form with hints of salsa, mambo and even martial arts. It is estimated that over 5 million people take Zumba worldwide, taught by around 30,000 certified instructors.

Amber Willis, a freelance Zumba instructor in Dubai, believes that Zumba kick-started the trend of using dance as a way to keep fit. "Before Zumba, there were loads of dance classes around, but they were only for people who were really interested in dance," she told *Read*. "I think Zumba showed everyone that dance can be a fun way for anyone to keep fit."

One of the more traditional dance programmes seen in Dubai before the advent of Zumba is jazz. This dance form has been popular in the emirate for over 20 years, though, as Willis says, its technical nature makes it more appealing to dance enthusiasts rather than those just wishing to get fit.

"I went to jazz for about five years before I became a Zumba instructor," she said. "The trainers are pretty harsh, simply because it's a professional dance form. If you're really good at jazz, you can end up being in a music video or performing at a concert, so it's a bit more serious. I think that's why it's not quite as popular as Zumba."

However, another dance form that has recently taken off in Dubai is Capoeira, and it could be said that it fits nicely in between the casual Zumba and the disciplined jazz. It is a Brazilian art form that combines elements of martial arts, sports and dance. Masters of the art are celebrated around the world, particularly in Brazil, but it is still open for anyone to try.

"With Capoeira it doesn't matter whether you're a complete novice or a professor," says Professor Espoleta of Capoeira de Mestre Alabama Dubai. "Everybody gets something out of it."

A number of dance classes are available in Dubai, and some are geared towards combining fitness with fun, while others are technique-centred. But based on the experiences of those who attend them, all provide great ways of keeping fit.

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The Graduates 2011

They might be young, but this new crop of artists have impressed at the latest exhibition at the Traffic.



GALLERIES

Four recent graduates from the fine arts programme at the University of Sharjah are the stars of the latest exhibition at the Traffic gallery.

Curated by Isak Berbis, the exhibition presents the work of these emerging artists in a group show of photography, video, paintings and installations, each one examining issues within contemporary society.

The artists involved have taken full advantage of the opportunity to premiere their work, and offer a range of captivating and experimental works between them.

Sarah Abdallah focuses on the act of covering, using video and photography to explore the fe-

male within, which is complimented by Nada Dada's work, which represents an investigation into the problematics of representation, tradition, gender, patriarchy and personal tragedy. Hala Ali and Sofia Bytsebier focus more on the mediums used to convey their art, with Ali incorporating various forms into her installations and Bytsebier using the qualities of natural and artificial light.

The exhibition succeeds not only as an insight into how young, developing artists in the UAE view the current position and status of contemporary art, but it also serves the basic purpose of what any exhibition should be and really does display an impressive and captivating series of works by first-time exhibitors.

“The artists involved have taken full advantage of the opportunity to premiere their work.”



SARAH ABDALLAH EXPLORES ISSUES OF OBSCURITY AND VALUE

Carte Blanche

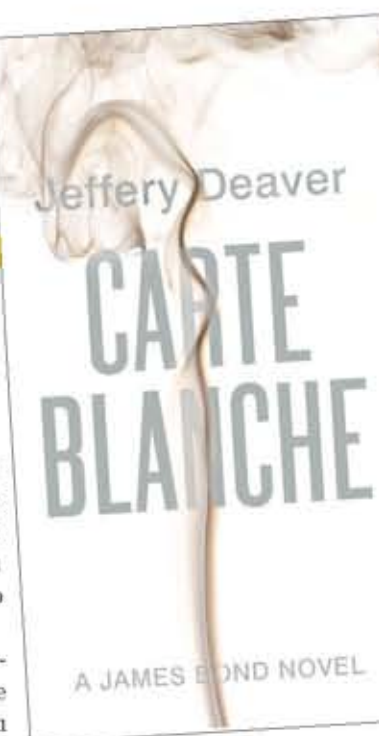
BOOKS

Bond is back. This time, however, he is working for the ODG, a secret agency of the British government whose task is to “protect the realm.”

When a text message that mentions a potential attack is intercepted, 007 is called in and given carte blanche (the modern equivalent of a licence to kill) to save the day.

Written by author Jeffery Deaver—who grew up idolising the works of original Bond author Ian Fleming—this contemporary book has stayed true to the original Bond character, yet Deaver has added his own brand of Sherlock Holmes-style twists and brought Bond up to date in a tasteful fashion.

The book succeeds in giving



readers both the daring spy of old and a wholly-modern product of the 21st century, without straying too far from the excitement and nail-biting action that fans have come to expect.

IF YOU LIKE THIS, THEN TRY...

Bloodmoney: A Novel of Espionage by David Ignatius
Someone is killing the members of a new CIA intelligence unit and it falls to Sophie Mann, a young CIA officer with a big chip on her shoulder, to figure out who is behind it all.

Afraid of the Dark by James Grippando
The story of a prisoner held in Guantanamo, who is charged with the fatal stabbing of his ex-girlfriend three years earlier.

The Bone House by Brian Freeman
When a 16 year old girl turns up dead on a beach, school teacher Mark Bradley becomes the number one murder suspect.

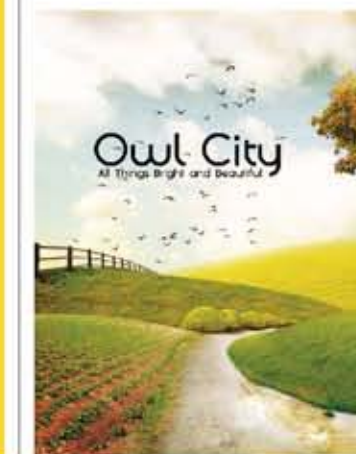
Owl City - All Things Bright and Beautiful

Universal Republic ★★☆☆

ALBUMS

After the release of Owl City's hit album, *Ocean Eyes*, in 2009, much was expected of the follow-up. Fans wanted more of the classic ring of the *Fireflies* and *Vanilla Twilight* tracks.

Happily, *All Things Bright and Beautiful* delivers in this respect.



The album is full of catchy melodies and sweet synth sounds, and Adam Young's lyrics are as poignant as ever. As was the case with the last album, the songs reflect some kind of abounding happiness, and are there to be enjoyed as part of the perfect day.

However, the biggest problem with *All Things* is that it is a photocopy of the last. There is nothing new on the table, making it less impressive than it was the first time around. Fans will enjoy it, but there's nothing here that will offer anything more than *Ocean Eyes*.

IF YOU LIKE THIS, THEN TRY:

1. *Dirty Work* by All Time Low
The latest pop-punk album has been well-received by critics, and been described as “the perfect summer album”.
2. *Water Colours* by Swimming With Dolphins
3. *I Am Empire* by Kings



GREAT VIEW, GREAT MEAT, GREAT BIG BILL

Rivington Grill Dubai's home of the traditional English roast, but does the meat merit the price?

FOOD

Dubai isn't the first place you'd expect to find a slice of the East London hipster capital, Shoreditch, but Rivington Grill provides exactly that.

The only international outpost of the popular UK restaurant landed in Dubai a couple of years ago, and instantly won over the hearts and stomachs of the city with its classic British grub. Located in Souk Al Bahar, the outdoor terrace offers an unparalleled view of the Burj Khalifa with the stunning Dubai fountain in

the foreground, which created the ideal setting for my first Rivington Grill experience.

Safe in the knowledge that a terrace table had been booked well in advance, being seated didn't take more than two minutes and the Maitre d' was pleasant and welcoming.

Whilst impressed with the ambience so far, thoughts naturally turned towards the array of traditional dishes on offer. From the roasted tomato soup and cheese scone starter, to the Eton Mess for dessert, this was clearly going to be a very British-themed dinner.

“If you want to eat overlooking the world's tallest building, it's never going to be budget.”

Having been recommended the Fish and Chips by a friend, the Dh115 price tag was a slight shock, but this is Dubai and if you want to eat overlooking the world's tallest building, it's never going to be budget.

There wasn't time to dwell on this however as the soup arrived quickly—albeit slightly cooler than preferred—and, complimented by the strong cheddar of the scone, was delicious. The main course proved itself more than worthy of its price, with fish that melted in the mouth and possibly the most wonder-

fully tangy mushy peas in the UAE. Dessert was messy enough Eton-style, however the lack of fruit compared to meringue and sauce was a slightly disappointing finale.

Although there were some slight negatives to the meal, the service was impeccable and the prices—although pretty high—were mostly justified. Heading out of any restaurant with a full stomach and satisfied palette is usually evidence of a good meal, and the Rivington Grill definitely left a pleasant taste in my mouth. For reservations, call 04 423 0903.



FOR GENERATIONS, THE BRANDENBURG GATE HAS BEEN THE ENDURING SYMBOL OF BERLIN

It has suffered more than its fair share of difficulty over the last century, but today, **Berlin** is one of Europe's most vibrant and accessible capital cities. We visited to learn more about Germany's capital.

Standing on the apron of Berlin's Tempelhof Airport, your mind races with thoughts of the past. Now withdrawn from service and acting as an exhibitions complex, Tempelhof holds a remarkable place in history through its role in the Berlin Airlift.

Flying into and out of a besieged Berlin over 11 months in the late 1940s, the Airlift was one of the great symbols of freedom. Since the end of the Second World War, West Berlin had been left stranded as an island within the Iron Curtain, and when the East German authorities decided to close all access to the enclave, it was left to a brave group of airmen and women to deliver thousands of tons of freight each day into Tempelhof to ensure the city continued to function.

Over 60 years later, the airport stands proud at the heart of this amazing city. Berlin is back, loud

and proud, full of optimism, individuality and amazement.

While other European cities have been left to develop freely over the last half-century, Berlin's recent past has been very different. While it was one of the economic powerhouses of the Soviet Union, all the money the east of the city generated was filtered off to Moscow. As a result, it crumbled. The western half, likewise, never had much money.

The great capital of Prussia had been starved of income as West German cities thrived; it had become a geographical quirk. However the grit and determination of its inhabitants were more than enough to pull it through. Twenty years after the fall of its most famous landmark—it is hard even to find a standing chunk of the Berlin Wall these days—the majority of the city could never be described as pretty, but it is chock-full of character. With low rents, a generation of artists and designers has moved into the city, and it shows. It seems that on every street

corner there is an art installation or leftfield design.

Drive through the city centre and you will see fleets of designer Trabants—the little two-stroke cars that became a symbol of Communist times. As the first ever car to boast recycled bodywork, which was in effect a toughened papier maché, Berlin hipsters have taken to customising these vehicles by planting

grass seeds into exterior surfaces to create mobile lawns.

Berlin still isn't always certain of what it wants to be, and this is precisely what makes it so exciting. World-class museums join a lively contemporary arts scene, historical monuments abut new starchitect structures, legendary watering holes exist alongside chic new restaurants and the West's lush parks and lakes meet the East's factory parties in a multilayered synergy that mayor

Getting there
Air Berlin operates three flights per week direct from Dubai. Flight duration: 6 hours 40 minutes. Visas: Citizens of the EU, Australia, Canada, Japan and New Zealand are among those who do not require a visa to enter Germany. Nationals from most other countries require a valid Schengen visa.



WHAT'S HOT IN BERLIN

Strolling along Unter den Linden from the Brandenburg Gate to the half-dismantled Palast der Republik—which hosts past Humboldt University, Museum Island, the State Opera, the Berlin Cathedral, and the Old National Gallery and Neun Wache.

An afternoon in Mitte's charming Scheunenviertel—once a ghetto, now an arty hub bursting with galleries, boutiques, and cafes.

Doing alfresco in one of the city's fabulous outdoor eateries—like Schlemmer in the Tiergarten, Schwanen in Volkspark Friedrichshagen, or Nola in Weinbergspark.

Klaus Wowereit calls "poor but funky"—but any visitor could simply say it is electrifying.

Visitors should make a beeline for the Reichstag, one of the most amazing buildings in the city, and then hire a bicycle and cycle to Museumsinsel (Museum Island), which is next to the cathedral, where the museums always house the most extraordinary exhibitions.

With so many galleries and antique shops, particularly in the central district of Mitte, there are plenty of good-value pieces to bring back home. Of particular appeal is Communist-era memorabilia, and, of course, a chunk from the infamous Wall.

Compared to other major European cities, Berlin offers very good value for money for

accommodation, food and nightlife. The public transport system is excellent and there is little of the traffic choke that other cities suffer, however the best way to see the city is probably on a bike.

In spite of the imperial grandeur of Berlin's state buildings, museums and universities, the hipster chic of the design centres and the bohemian nature of the nightlife, it is the sense of history—recent history that focuses on freedom and man's will against adversity—that is the real draw card for this city. You can feel it on every street corner, through every conversation with a local and during every trip on the U-Bahn.

Above all else, this feeling comes through the most as you stand on the apron of Tempelhof.



THE REICHSTAG HAS RETURNED TO ITS ROLE AS SEAT OF THE GERMAN PARLIAMENT

Ras Al Khaimah's haunting village

DAY TRIP

Abandoned villages can be fascinating and haunting—especially when they really are haunted. If local rumours are to be believed, Al Jazirat Al Hamra (which translates from Arabic as "The Red Island") is both.

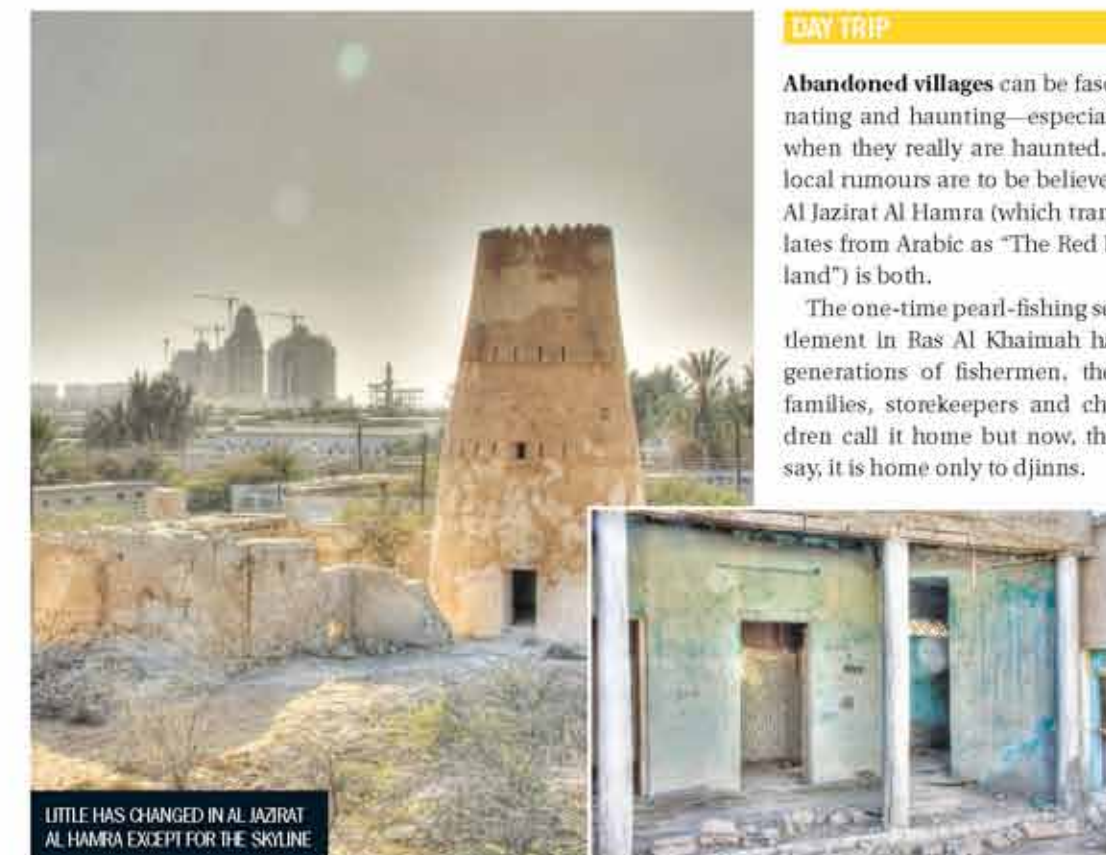
The one-time pearl-fishing settlement in Ras Al Khaimah had generations of fishermen, their families, storekeepers and children call it home but now, they say, it is home only to djinns.

It was abandoned in the late 1960s, when, according to Alexander McNabb, a prominent Dubai blogger on his site, Fake Plastic Souqs, the Zaabi tribe who lived there left suddenly after a dispute with their ruler and moved to Abu Dhabi. However, they still retain ownership of their houses, which is why the township still stands.

Other sources suggest that the town fell deserted because of a decline in the natural pearling industry and the lure of government housing for Emiratis living there.

And a third, more romantic, viewpoint is that the population left because of djinns.

It is a wonderful place to visit and take photographs, made all the more picturesque by the gently crumbling coral stone buildings and remnants of erstwhile life there. But for the superstitious, it is a no-go zone.



LITTLE HAS CHANGED IN AL JAZIRAT AL HAMRA EXCEPT FOR THE SKYLINE

Vox pop

What is your dream holiday destination?

Mohamed Yahia

Senior executive, Dubai



My ideal holiday would actually be to Jumeirah beach. I like to

have peace and quiet, with good restaurants on an evening and a nice warm sea to swim in.

Afroz Mehri

Housewife, The Green



My perfect holiday would be to Italy. I'm really into interior design so

I love all the architecture and design out there, plus I also think the people are very handsome in Italy.

Thejaka Katugampala

Assistant manager, Sarsa



My perfect holiday destination would have to be my home country,

Sri Lanka. All my family and friends are there, there is a lot to see and do, and the country itself is beautiful.

Divya Jethwani

Student, Bur Dubai



Hawaii would be my favourite place to have a holiday. It's a dream

destination because it's so relaxing, and you can get away from the usual hustle and bustle of Dubai.

'Seventies style

The decade of flares, glam and boho makes a welcome return.

WARDROBE

The great thing about the 'Seventies look for women is the sheer amount of choice it provides: from funky flares to blouses with billowing sleeves, this is one look that can easily be incorporated into an everyday style that's bang on trend.

The easiest way of getting the look is to invest in a pair of wide-leg trousers like those adorning the legs of celebrities everywhere at the moment. Worn high on the waist with a tucked-in blouse, they elongate the legs and give a perfect 'Seventies look. Current evening-wear is also reflecting the trend, with emphasis on the glam side

of the decade. Think long, slinky dresses with low draping necklines, in luxur or silk materials. 'Seventies staples such as fringing, suede and floaty kaftans are also perfect for a more laid back, boho feel, so don't be afraid to experiment with different materials and layering.

If there is one fashion item that has been a firm favourite since the 'Seventies, and doesn't show signs of going out of favour anytime soon, it is the platform shoe. To achieve the perfect look, aim for chunky, square heeled platforms, or sky-high strappy wedges to keep you disco dancing all night long.

Her



OLIVIA PALERMO



JENNIFER LOPEZ



STAR TURN
Kate Hudson does a fine job of giving retro a modern touch



EVA MENDEZ



EVA LONGORIA



Him

The 'Seventies have also filtered their way back into what men are wearing, though thankfully with a subtler edge than first time around. With the weather in Dubai not exactly ideal for sheepskin coats, luckily the trend does have a more lightweight option in the shape of the iconic safari shirt and suiting.

Featuring classic pleated pocket construction and subtle uniform-inspired detailing, the look is one that could almost have been invented for

this city and can easily be worn in the office, on the street or in the bar. The wide lapels synonymous with the 'Seventies have been pared down for a more modern look, and trousers/jeans are more bootcut than flared, ultimately creating a wearable trend to suit any man.

The 'Seventies trend also calls for hipsters everywhere to finally ditch the skinny jeans and embrace a more flared leg. While the foot-wide flares of the past would perhaps look a little extreme today, look for bootcut or bellbottom styles worn with a tight-fitting T-shirt for an authentic retro look.

FASHION OPINION

BÉBBINN KELLY



Dubai's bright young things

Women living in Dubai have always had a love affair with colour—this hot and bright climate brings it out in us—so this summer we are all in for a massive treat because colour is big news.

You can't go wrong with bright block colours like pink, yellow, green, blue and purple; and even wearing the whole lot all together is fine too—there's absolutely nothing wrong with going out and clashing your brights. It's fantastic fun!

If you don't dare to wear colour then go for white and introduce colour into your outfit with bright shoes or a bag. Doing it this way can be very subtle and also very effective.

Maxi skirts work well for the Dubai climate, and I have been seen a large number of women out and about in Dubai, channelling this trend.

Maxi skirts make a nice change from maxi dresses—but you should always tuck a white T-shirt into a colourful maxi skirt and you will have no problem surviving the heat while still looking tremendously fashionable.

For those of you looking for an amazing, smart-casual look for this summer, you can always opt for a striped Breton top to go alongside wide-leg jeans, but this is for the brave because most of us will find jeans too hot.

A good alternative would be to pick up a nautical-look dress instead so you can look cool and feel comfortable.

Contact
Bébbinn
at b@binn.com

Vox pop

How do you get rid of your headache?

Marc Zidman

Marketing consultant, Tecom



I just take a painkiller and keep going. Everyone is so used to having

medicine available now that if you get a pain, most people just take a tablet then get on with their day.

Sarah Turner

Art consultant, The Greens



I make sure I always carry a bottle of water with me to try and prevent

dehydration, which often causes headaches. I think drinking plenty of water is one of the best things you can do, especially living in Dubai.

Turki Al-Turki

Medical student, Media City



A lot of the time headaches are made worse by stress and by strain-

ing your eyes, so if I have a headache I try to relax my mind and rest my eyes—especially if I've been sitting at a computer all day.

Lisa Thomas

Auditor, Tecom



I make sure I drink plenty of water and then if possible I will take

a nap. If I do this but still have a headache when I wake up, then I will reach for the painkillers.

Going straight to the head

Migraine's menace causes misery for many.

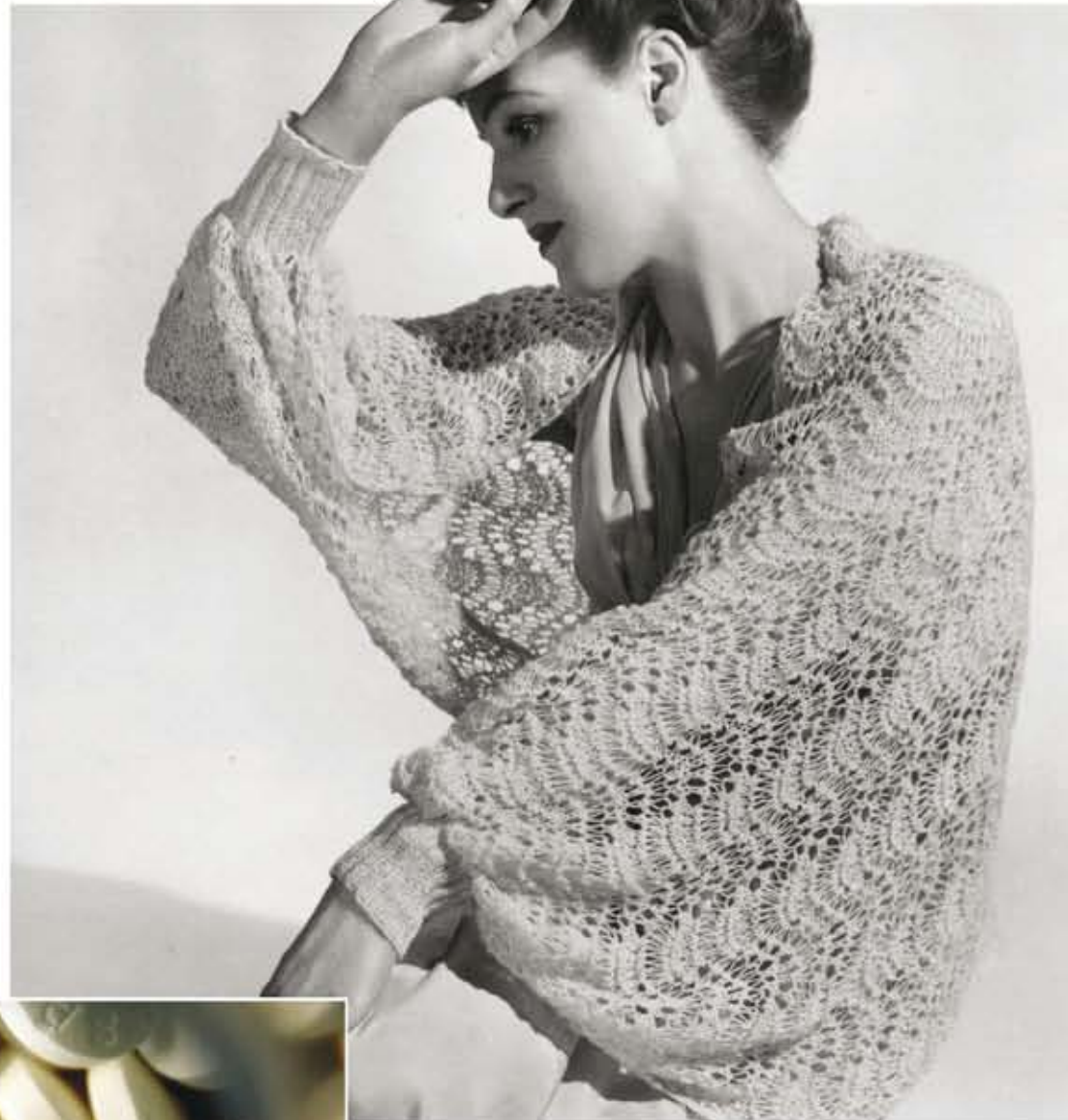
W

hether it's been a stressful day at the office, the kids are making too much noise, or you've been glued to a computer all day, many people often find themselves suffering with regular headaches.

A headache is defined as a pain in the head or upper neck and is one of the most common locations of pain in the body. Dr R.N. Phillips, from Dubai's Synergy Integrated Medical Centre, explained to *Read*: "Two of the most prominent types are muscle contraction headaches—otherwise called tension headaches—and vascular headaches which are known commonly as migraines."

THE CAUSES

It's a simple fact of life that we get headaches, however there might be underlying causes for this if you are a very frequent sufferer; if so, you should seek medical advice if the pain persists. Dr Phillips warns



WHAT IS A MIGRAINE?

A migraine is a severe headache usually felt as a throbbing pain at the front or on one side of the head. Some people also have other symptoms, such as nausea and sensitivity to light. Migraines can be frequent—up to several times a week—or years may pass between attacks. Women suffer migraines three times more frequently than men. Hormones may be the reason, for example migraine attacks may be more likely for some women around the time of menstruation, however this association has not been fully proven.

"Many muscle contraction headaches are usually related to neck problems and poor posture."

that in some cases—albeit rarely—"regular headaches could be rooted in medical conditions such as meningitis, high blood pressure, or in some very serious cases by expanding brain lesions."

However, it is more likely that a headache is caused by something less serious, and most likely dehydration. In Dubai, it is vitally important to drink at least eight cups of water per day—any less and you risk becoming dehydrated, which causes headaches. "Many muscle contraction headaches are usually related to neck problems and poor neck/head posture, which is often linked to working on a computer or at a desk in a poor ergonomic position," says Dr Phillips. He advises that headaches of this type

can be prevented simply by introducing a better working position.

THE TREATMENT

The good news is that for mild headaches, treatment is usually very simple. Most people will simply take a couple of painkillers—paracetamol or aspirin for example—and let them go to work. However there are those who choose alternative treatment other than painkillers, and when *Read* took to the streets to find out how the people of Dubai treat a headache, one of the most common recommendations was to drink plenty of water and lie down if possible.

Dr Phillips supports this suggestion, and also recommends that some people may benefit from acupuncture to help most types of chronic headaches, osteopathy and physiotherapy for headaches related to neck problems. "Patients should also consider food intolerance testing as a means to look for food triggers to migraines," he adds.

"A headache is most likely caused by dehydration, especially in Dubai."

ASK THE EXPERT

XIMENA GINGUIS, PSYCHODYNAMIC COUNSELLOR



How emotions can cause migraines

Emotional stress, among other things, has been identified as one factor that can trigger migraines in susceptible people.

Individuals respond

emotionally in different ways, for example by feeling angry, worried, tense or depressed; or they can be anxious, shocked, excited or happy about different environmental situations, internal conflicts and distressing thoughts.

When a person goes through an intensely positive or negative experience, the way he or she reacts will depend on how the event is perceived and how well he or she is equipped to cope with it.

Depending on the level of emotional response, the body will be affected and a physical manifestation to it will be displayed.

Migraines, among others, may be one way the body manifests this internal tension, hence it is very important in this process to acknowledge your emotions and find different ways to express them.

Coping styles and skills help us deal with the effect the stress has on our body.

Researchers have identified the following dimensions of coping:

1. Problem-focused coping, which involves the patient taking direct action to solve a problem.
2. Emotion-focused coping. This involves making efforts to reduce any negative emotional reaction to stress.
3. Avoidance coping. And this one involves aspects of both problem-focused and emotion-focused coping—in other words, avoiding by denial or distraction the existence of the problem itself, or neglecting to take any action about it.

Experts agree that avoidance coping is the least effective method of dealing with most problems.

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Living in the desert requires a great deal of energy, so what are the best ways to manage our environmental impact?

This much is certain—for five or six months of the year, we live in a part of the world where simple survival takes energy, and a great deal of it, in order to be able to function and earn a living. Mind you, the same is true for the other extremes of the world; for the other six months of the year, the only difference is that we use power to stay cool rather than stay warm.

But conscious living, and careful use of resources, is something we can all do, and it is not just something to think about during the hottest months. Living responsibly and living well can actually fit very well together, and have a real impact on important environmental issues that affect us all, right here, right now, not just at the end of some computer

projections of fifty years into the future.

A great place to start is the philosophy of "reduce, reuse, recycle", and it is a theme these pages will return to throughout the year. (If you have an opinion or there's a subject you'd like us to investigate, we'd love to hear it—contact us by email at jonathan@readme.ae.) And if you have a garden, even better. One of the best ways to alter our impact on the environment in lots of different ways is with a home composting system called a Bokashi.

This clever device originated in Japan (the name Bokashi, the Japanese word for "fermented organic matter"), and it is a great way to reduce the amount of waste you throw away, and at the same time

improve the condition of your garden soil dramatically. The process works by using a special bran inoculated with beneficial organisms and enzymes, which breaks down your organic household waste using a process called anaerobic digestion. Your food waste does not decay, so there is no rotting smell—it is essentially pickled in the Bokashi bin, and breaks down rapidly into rich compost when it is buried in your garden.

Local distributors Janine Sheard and Jo Marengo have a gallery full of spectacular photos on their website, www.bokashidubai.com, showing all of the many wonderful crops people have grown since using Bokashi in their gardens. Why don't you give it a try?

1,000 gallons
The amount of water an average swimming pool can lose per month through evaporation

Want a bigger garden?

Some of the largest garden plots available anywhere in the city are found in the Jumeirah Village Triangle, where around 2,000 villas have been built in both Mediterranean and Arabic styles. What sets these apart is that while a two-bedroom independent villa will offer around 2,700 sq-feet of accommodation, they stand on a massive 6,800 sq-feet garden plot. If you are looking to create your very own slice of paradise, this may well be the best place to start. Search for Jumeirah Village Triangle villas, and you'll find 3-bedroom villas advertised from Dh75,000 with 12 cheques. Bargain!

Three ways to a greener house

REDUCE ELECTRICITY BILLS

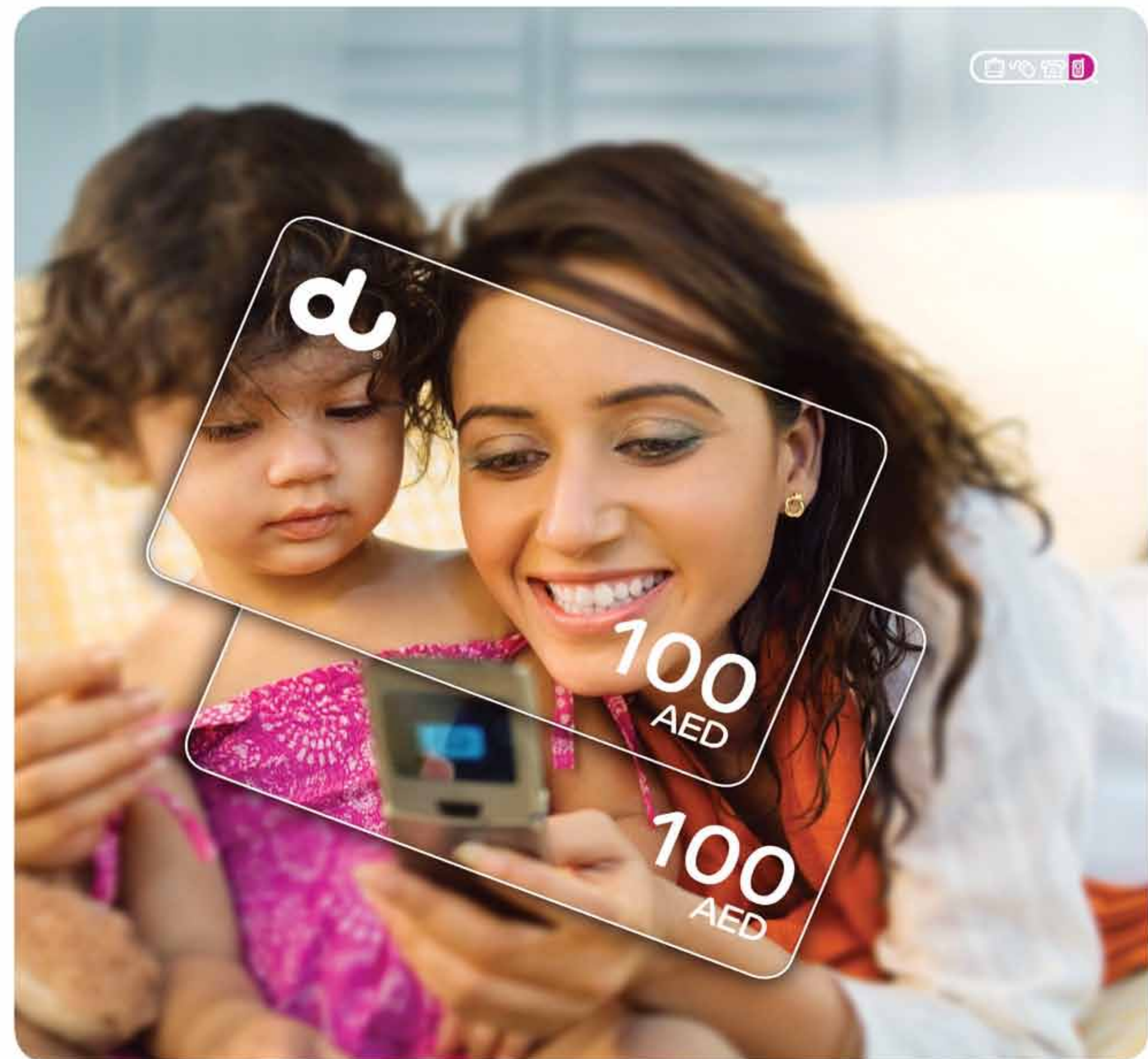
We all fit them to our cars, and most of our offices are similarly protected, so why do we leave our homes exposed to the full glare of the sun? Solar rejection films, similar to the window tints on our cars, can have a major impact on the amount of heat entering our homes, reducing the average temperature and giving our A/C units much less work to do. The benefits are obvious, not just day to day, but every month when the DEWA bill drops into your mailbox. Local specialist V-Kool offers a range of architectural films called IQee, which offer various degrees of heat, UV and infra-red rejection while still allowing visible light to pass freely into your home.

USE LESS WATER

Our neighbours in Abu Dhabi have launched an initiative to reduce water wastage by installing a device called a Water-saver in every tap in the emirate. These tiny inserts will make a substantial difference to the amount of precious water we pour down the sink, helping to reduce the load on our water infrastructure, reduce the energy used in its production, and save ourselves money by reducing our own water bills every month. Another device you should consider buying is called a Hippo Water Saver, which fits inside your toilet cistern and saves you money every time you flush. It's both good for the environment and for the pocket.

RECYCLE TO HELP OTHERS

One great way to reduce your impact is to re-purpose unwanted furniture and household items. TakeMyJunkUAE.com is a local initiative that aims to do just that, collecting unwanted items from households in the country and passing them on to other residents who can make good use of them. By donating your unwanted items to Take My Junk, you are not only helping those in need but you are also making a positive impact on the environment. When you donate an item, Take My Junk will redistribute it to those in need—this prevents items from ending up in landfills and saves on the production of new items.



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Small SUV surprise

Volkswagen Tiguan ★★★★★

MOTERING

Volkswagen isn't the first name that springs to mind when you think SUV, but the world's second largest car manufacturer actually does turn out some good ones, like the Touareg. VW's range is now so wide that it claims it can provide customers with almost any kind of car, and is having a pretty good go at doing just that.

The Touareg has sold well in the GCC and its smaller sibling, the Tiguan, has been quite successful. But against tough competition, VW obviously felt it needed a new look to keep it ahead of the game.

"It looks more eager and less 'school run' than the previous model."

The Tiguan gets new tougher stance and an angrier face, which is sure to be more successful with the male car buyers in the UAE. It looks more eager and less "school run" than the previous model. It is also remarkably similar to the Touareg from a distance, only revealing its smaller size when you get up close. In an image-conscious age, this is smart move.

Oddly, the car comes in two body styles, which are visually different. The "Sport and Style" version is for road and city use, while the "Track and Style" is for people who want to be a little more rugged and head off the beaten

Our verdict
Volkswagen has a sizeable mix of cool and not-so-cool cars in its family right now, but the Tiguan is definitely one of the better ones. The new Tiguan comes out in Dubai in September and will start at Dh96,276.

track. The off-road version has a shorter overhang at the front, so it can clear slopes without scraping the front end on the ground.

It's not going to be your car of choice for crossing the Matterhorn, but it's certainly capable enough and will allow you to do a little light exploring if the mood takes you.

Inside, the Tiguan is very German with everything just so. However, it also has an upmarket feel to it and will outshine the Asian opposition, albeit at a higher price. The extremely comfortable seats are great for a long journey.

The controls are easy to use and well positioned, with a high level of safety features: you get Lane Assist, which tries to stop you wan-

THE INTERIOR IS AS VOLKSWAGEN AS THEY COME, AND THE QUALITY IS THERE



VW'S DRIVE TO BRING IN A CORPORATE LOOK GIVES THE TIGUAN A TOUAREG FACE



HER VIEW

A woman's take on our car of the week

The Volkswagen Tiguan really does make a great deal of sense for driving in Dubai, as it is big enough to allow you to avoid being bullied off the road, yet small enough to fit into the small parking spaces you find at the malls. It's also easy to park with the amazing Park Assist.

What's more, it looks cool, with its new nose job. Plus the boot is large and low enough to get all sorts of stuff in the back and it's really comfortable inside.

What I really like is the fact that it's very solidly built. I feel safe in it, even though it's smaller than some of the other 4x4 monsters on the roads.

Overall, I would happily put one on my driveway, plus it's got that VW badge up front, so I know it's well bolted together.

dering out of your carriageway, as well as dynamic Light Assist, which switches on the high beam and automatically dips it when someone comes towards you.

But the Tiguan's pièce de résistance is its amazing Park Assist. You pull up next to a parallel parking space and press the park button. The car then takes over the steering while the driver takes care of the brakes and accelerator. The system is great and works perfectly. But the new model has

a new trick up its sleeve. Park Assist can even put the car in a 90-degree space, reversing the car in every time. If the engineers get their way pretty soon it won't need a driver either.

In all, the new Tiguan is a huge improvement over the previous model now that VW has managed to make it look a lot better while retaining all the good bits. If you're looking for a smaller, well-built SUV, then this is definitely worth a look.

Gadgets ... for great shots



Nikon Coolpix S2500

Dh 449

This is the entry-level camera in the Coolpix range, but it is hard to tell that it is a budget piece of tech when using it. Nikon has not skimped on features or performance with the 12.1-megapixel S2500, which is slim, good-looking and extremely easy to use. The LCD screen can be slightly hard to make out in the sun, but, all-in-all, this is a great little snapper.

Available at: Most good electronics stores

Dh 999

Sony Cyber-shot DSC-TX5

Waterproof, dustproof and shockproof, Sony's TX5 comes ready to take on any holiday, no matter where in the world it is. And as a 10.2-megapixel camera, it will certainly capture some good shots. Sony has also pulled out all the stops to increase light sensitivity and dial out visual noise, while its video mode is also pretty impressive. Extremely good value for money.

Available at: Most good electronics stores



Dh 1,199

Canon Powershot D-10

This funky little camera is Canon's answer to Sony's ultra-tough hit, the TX5. However, Canon says that the D-10 is better suited to adventure, and is waterproof up to 10 metres, making it perfect for taking pictures in the pool, or while snorkelling in the sea.

And because it's a Canon, this 12.1-megapixel camera is packed full of the latest imaging technologies, providing stunning colour and excellent detail.

Available at: Most good electronics stores



Liquid Image Explorer Series

Dh 1,399

Liquid Image has blown in like a storm among divers thanks to its fantastic range of underwater photo and video cameras that are mounted onto dive masks. The Explorer sports an 8.0-megapixel digital camera that can also shoot videos, and is waterproof up to a depth of 15 metres. It's also got a microSD card slot, meaning that it can be loaded with up to 32GB of memory.

Available at: Al Boom Marine, Virgin Megastores



Flyover set to open

New safety campaign

ROADS

Travel on the Emirates Road is set to improve when the Al Houdh Flyover opens this September. The new bridge will ease the traffic flow from Jebel Ali to Dubai and is fitted with connectors to Abu Dhabi and Dubai Bypass Road.

From September, the flyover passing across Al Houdh will channel traffic inbound from Jebel Ali Port and outbound to Dubai City along the Emirates Road.

The project is set for full completion by the second quarter of 2013.

"This flyover forms a key part of two major projects currently underway.

"At a cost of 1.5 billion dirhams, the RTA is in the process of widening and upgrading the Emirates Road between the Arabian Ranches Interchange to Al Houdh, and is simultaneously working on the Al Khail-Emirates



MATTAR AL TAYER

Roads Improvement Project, focused on Interchange 9.

"The projects are being constructed in the context of the RTA Master Plan, which is designed to upgrade the network of roads, bridges, crossings and tunnels with the aim of improving transportation in various parts of the Emirate," said Mattar Al Tayer, chairman of the board and executive director of the RTA.

The new bridge will consist of five lanes, three of which will be linked to Al Yalaya Road from Jebel Ali towards Dubai and two lane connectors to serve traffic in the direction of Abu Dhabi. In addition, the Emirates Road will be widened from three to six lanes between Al Houdh and the Arabian Ranches.

"The RTA is keen to complete all pending jobs on these two vital projects, which will ease the traffic pressure and reduce the waiting time at the light signal on Al Houdh Road by almost 50 per cent," Al Tayer said.

SAFETY

In a bid to boost the safety of road users in Dubai, the RTA has launched a summer awareness programme targeting drivers and students. Under the title, Don't Terminate Your Life in an Accident, the RTA will hold a series of activities designed to address dangerous driving on Emirates roads.

"Representatives will go to summer camps and public libraries over the summer months to raise awareness among young people about the importance of driving safely.

"This includes conducting regular checks on your vehicle and adhering to traffic regulations," said Maitha bin Udai, CEO of the RTA Traffic & Roads Agency.

This year, the updated Road Travellers Guide will be distributed to drivers to provide vital information on maintaining vehicles, actions to take in an emergency, first aid, driving in different weather conditions and how

to detect mechanical faults. "The Road Travellers Guide replies to the most frequent questions asked by road users and will be distributed in areas covered by the summer campaign, including travel offices, Jebel Ali Police Station and Al Silaa' Border Crossing," Maitha said.



MAITHA BIN UDAI





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American minister praises the RTA



SUCCESS

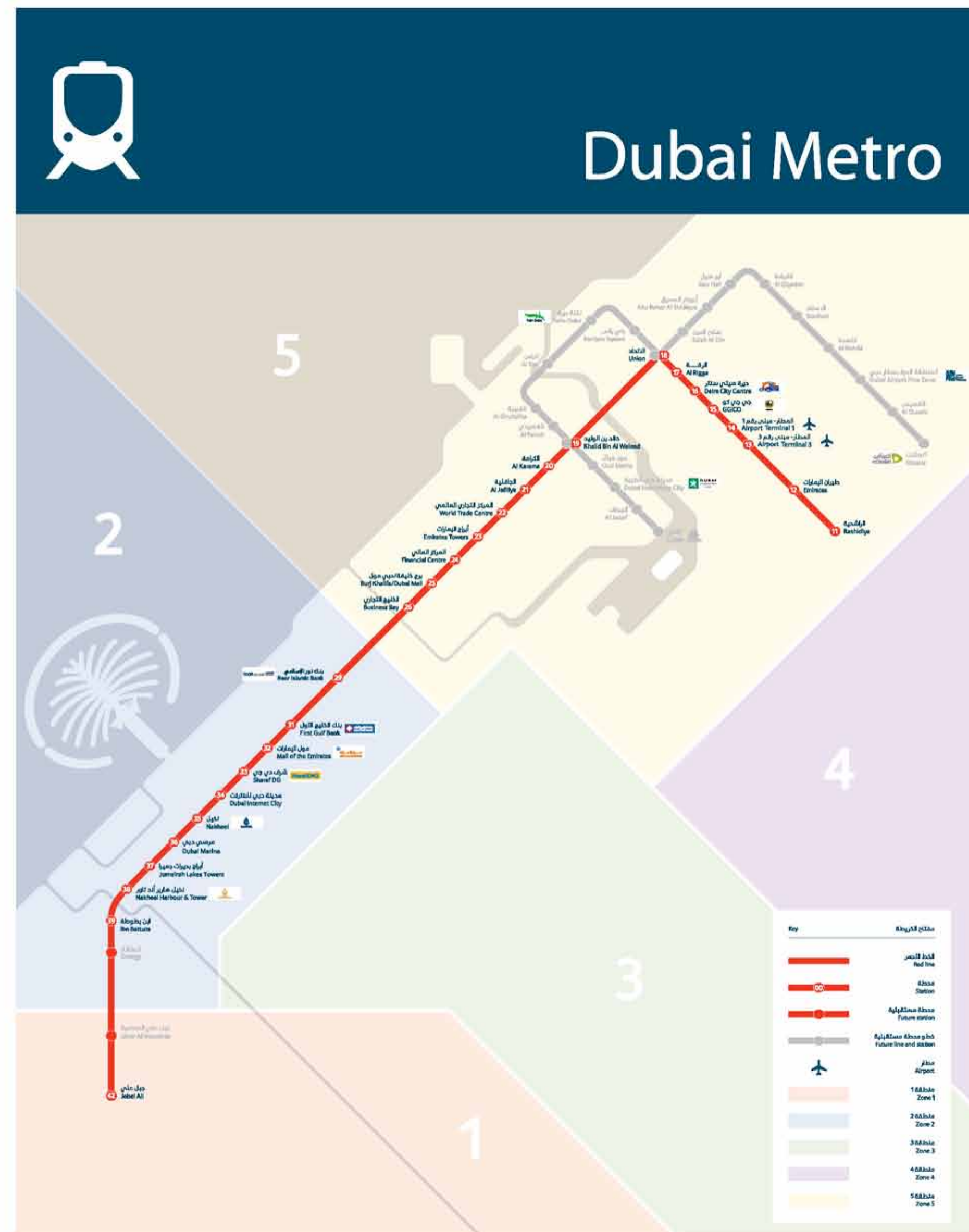
An American minister has praised the RTA's success in upgrading mass transport systems and confronting traffic congestions in Dubai. Michael Camunez, assistant US secretary of Commerce for Market Access and Compliance, commended

the RTA's work in the field during a recent visit to the emirate. He arrived with a delegation of high-ranking officials from the US, who lauded the relationship between the UAE and the US in the economic and tourist spheres. "I am delighted with the engagement of American compa-

nies in the work being carried out by the RTA," he said. "I am committed to cementing a long-lasting strategic relationship with the RTA so that American companies may take part in the ambitious projects and programmes the RTA has planned." Among the founding aims of the RTA was to make mass trans-

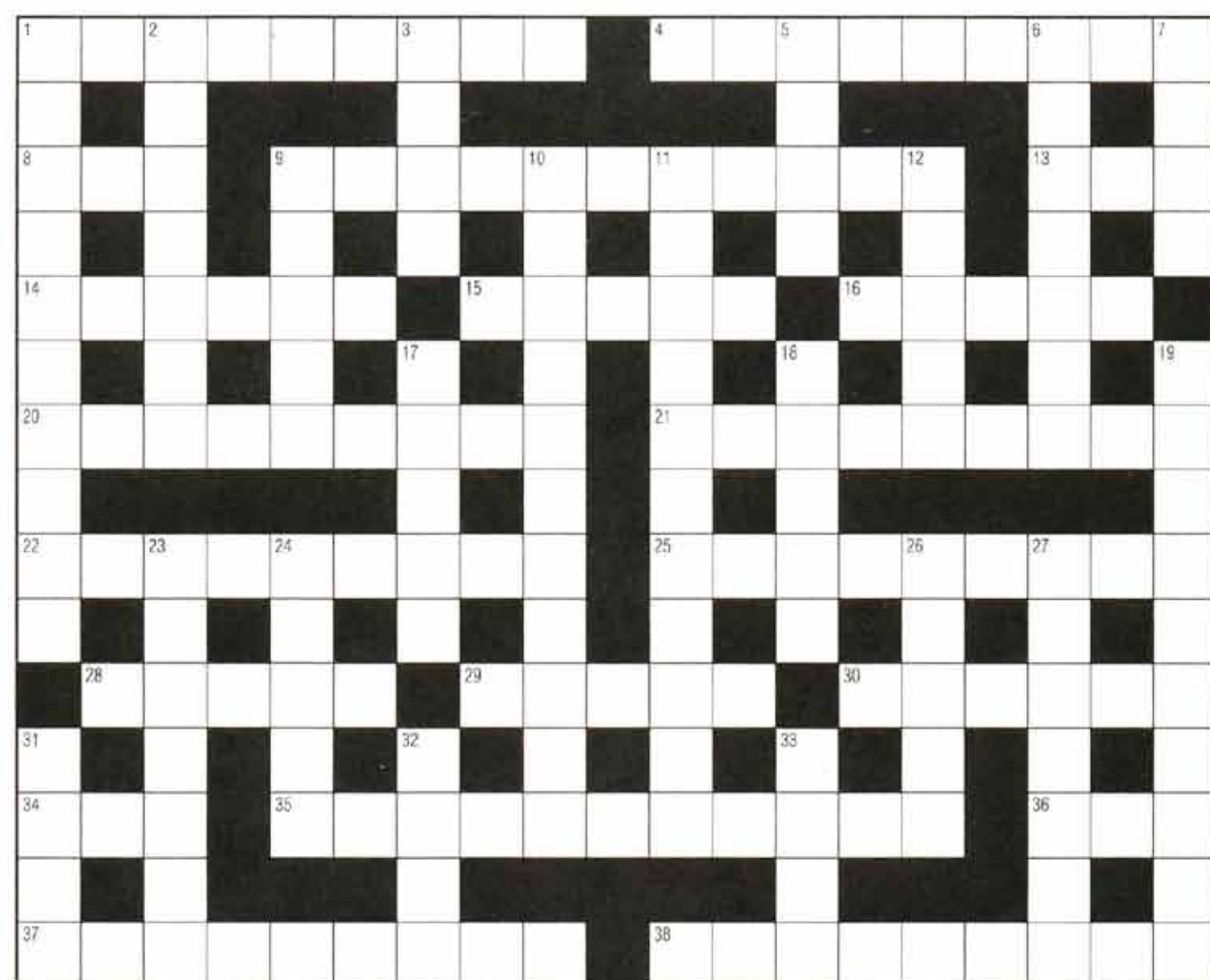
port the travel mode of choice for Dubai commuters and raise the percentage of public transport riders from 6 per cent in 2006 to 30 per cent in 2020. Last year almost 39 million passengers used the Metro.

With the new Green Line opening in September, estimates for this year's public transport figures are much higher. Improved bus networks have also played a key role in the clearing of the emirate's busy roads. Camunez also commented on the vast improvements in Dubai's water transport system, gesturing towards the new water buses and water taxis operating in Dubai Marina and around the Creek.



Taking your time

Test your skills with our games, try something new with a recipe and turn to us for advice. It's free!



Across

1. Yellow wild flower (9) 4. Well thought of (9) 8. Tooth on a gear wheel (3) 9. Measure of warmth (11) 13. French word for 'yes' (3) 14. Comic's assistant (6) 15. Frail (5) 16. Error (5) 20. Break continuity in (9) 21. Earthquake focus (9) 22. Wedding flower (9) 25 Kitchen utensil (3,6) 28. Sailing vessel (5) 29. Crank for turning a wheel (5) 30. Jumped (6) 34. 'OT' high priest (3) 35. Final judgements (11) 36. Everything (3) 37. For..., until the end of time (4,5) 38. Pasture (9)

Down

1. Sew with overlapping stitches (10) 2. Small powerful ship (7) 3. Opposite of go (4) 5. Stop up a hole (4) 6. Type of brochure (7) 7. Radiate (4) 9. Big cat (5) 10. Based on experience (11) 11. Craft students (11) 12. Fill with joy (5) 17. Spice plant (5) 18. Keyboard instrument (5) 19. Muddled (10) 23 Accomplish (7) 24. Improvised (2,3) 26. Bishops of Rome (5) 27. ...Falls, on US/Canadian border (7) 31. In this place (4) 32. Small winged insect (4) 33. Settee (4)

Answers



Chicken and mushroom creamy linguine

Italian classic that is tasty and extremely easy to make.



RECIPE

2tsp olive oil
250g (8oz) mushrooms, chopped
4 chicken thigh fillets, trimmed of fat and cut into 2.5cm (1in) pieces
200ml pot of crème fraîche
300g (10oz) linguine pasta
1 white onion, chopped
2 medium egg yolks
4 tomatoes for garnish
Salt and ground black pepper
Handful of chopped parsley
Heat a large frying pan, add 1tsp of the oil and fry the chopped

mushrooms and onion for about 5 minutes until they are browned. Tip these into a bowl and reheat the pan with the remaining oil. Add the chicken and fry until evenly coloured.

Heat the crème fraîche gently for a minute or two, then add the mushroom and chicken mixture and reheat for two minutes to a gentle simmer.

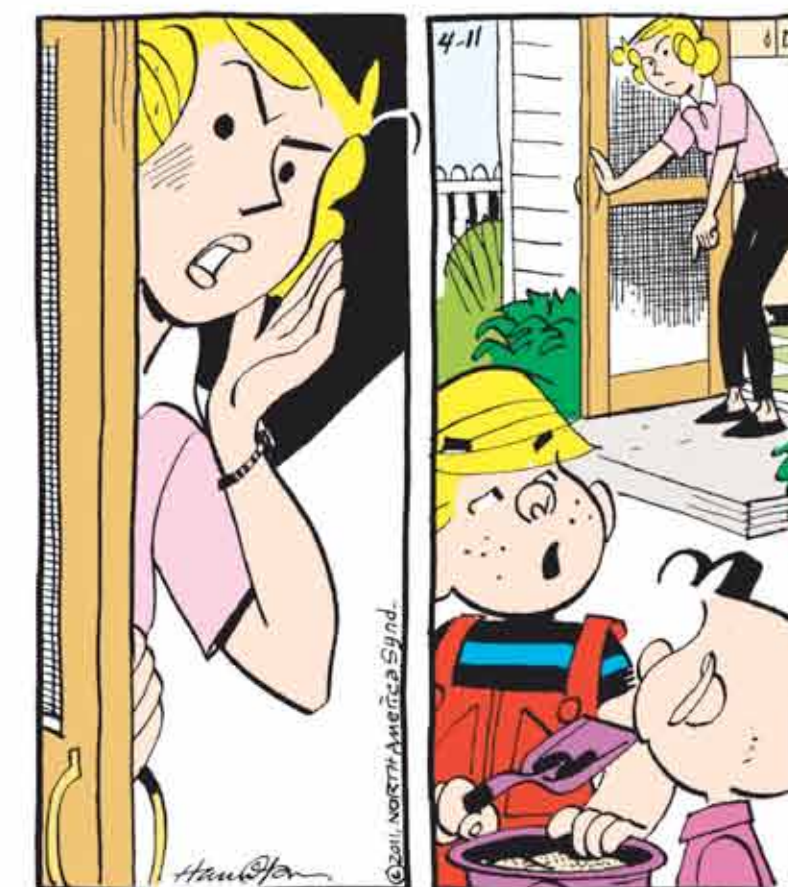
Meanwhile, cook and drain the pasta according to directions on the pack.

Serves 4

Remove the chicken and mushroom mixture from the heat then beat the egg yolks in one at a time to thicken it. Season to taste with the salt and pepper.

Mix the drained pasta into the frying pan and cover well with the sauce. Before serving, sprinkle a pinch of parsley over the top and garnish with chopped tomatoes.

Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

At Read, we are happy to help with any advice you might need to live your life to the full. If you have a problem we can help with, email us at advice@readme.ae

I have damaged my ankle in a motorbike accident. Nothing major but I need an operation and I don't have insurance. Help!
Read, says: If you're planning to reside here for the long-term you

should definitely buy medical cover. However, there are pay-as-you-go clinics and hospitals in Dubai. Prices will vary according to treatment, but you should be able to find one to fit your budget. It is usually cheaper to visit a regional doctor than a European or American medical practice.

I have just found my dream flat, but the landlord wants pay-

ment in one cheque. I would ideally like to pay in four. Can I bargain with him?

Read, says: As the saying goes "If you never ask, you'll never know"! Most landlords will be open to some degree of negotiation. As long as your suggestion is reasonable and genuine, the landlord should at least think about it. Bear in mind though that paying with one cheque often gets you a better overall price.

I find it hard to speak up in meetings. I don't want to appear pushy but I have some good ideas that could help the company.
Read, says: Then speak up! If a suggestion is valid and beneficial to the company, your colleagues will welcome your comments. Struggling to speak out in meetings could be down to a lack of confidence, so try approaching your boss on a one-to-one basis. I am sure he/she will be pleased to hear your perspectives, and taking on your ideas could boost your confidence levels no end.



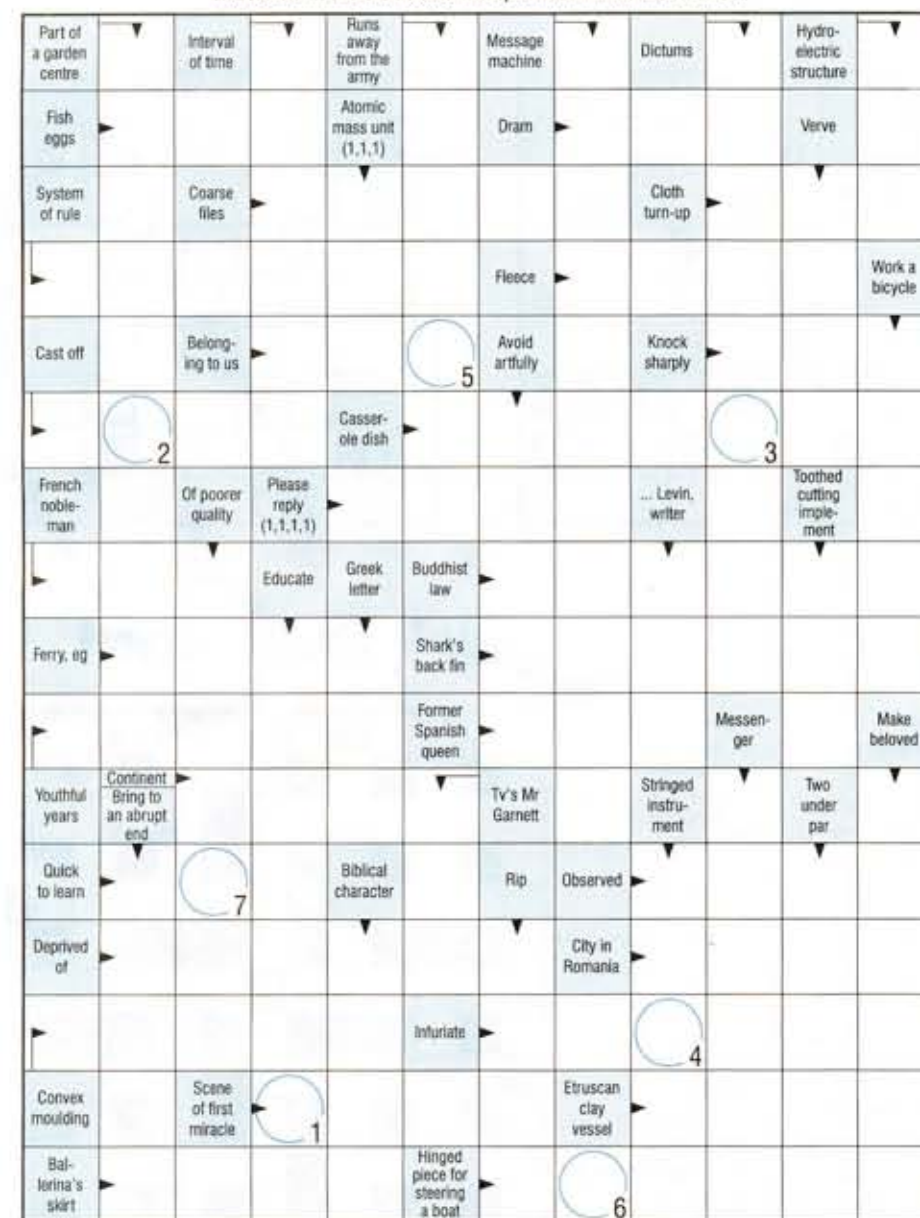
Who is this?

Answer
Logan Phoenix



Sudoku

The letters in the blue boxes will spell out a small bird's tweet.



Arrow-word answers



Sudoku answers



Quick crossword

Across

1. US dollar (4) 3. Monocle (8) 9. Clap hands (7) 10. ...John, singer (5) 11. Fortune-telling cards (5) 12. Baltic state capital Riga (6) 14. The greatest possible (6) 16. Additionally (2,4) 19. Noisy toy (6) 21. Photo book (5) 24. Blue of the sky (5) 25. Mark made by the pressure (7) 26. Intense dislike of something (8) 27. Breakfast items (4)

Down

1. Filled with self grandeur (8) 2. Bud used for sauces (5) 4. Sings Alpine-style (6) 5. Famous, important (5) 6. Fred ...legendary dances (7) 7. Prefix meaning 'China' (4) 8. Stick insect (6) 13. Areas of certain weather patterns (8) 15. Size up (7) 17. Quick (6) 18. Doctor (6) 20. Longlock of hair (5) 22. Fetch (5) 23. Airborne soldier (coll.) (4)

Quick crossword answers



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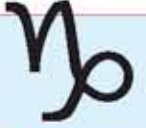
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What's in your stars?

The Read. astrologer tells you exactly what to expect over the next seven days.

ARIES (MAR 21 - APR 20)  If you want to avoid any disagreements with a loved one this week, you'll need to give a little. It's all about compromise so don't blow things out of proportion. Remember the good times you've shared and try to rebuild the relationship from that starting point.	TAURUS (APR 21 - MAY 21)  Be assertive over your career, especially when it comes to money matters. You may feel as though you're doing most of the work and someone else is taking all the credit for it, but make sure you don't let your anger lead you into making any rash decisions.	GEMINI (MAY 22 - JUN 21)  Mars is in your sign, which gives you a renewed energy to push yourself, but make sure to keep realistic expectations. If you get too far ahead of yourself you may be disappointed. Friends are unpredictable, and this week they may not be as supportive as you would like.	CANCER (JUN 22 - JUL 23)  Take time out to go over recent plans, because with a little more thought and the positive energy you feel this week, you could turn them from good ideas into amazing ones. Face any challenges at work up front and directly to avoid any ongoing frustration.
LEO (JUL 24 - AUG 23)  If you have been worrying about a health issue, the only way to put your mind at rest is to go out and seek advice from a professional. Recent uncertainty over your job may well have been causing you stress, but be calm and persistent over getting what you feel you are owed.	VIRGO (AUG 24 - SEP 23)  Problems over joint finances could cause some tension this week, so try to keep your emotions away from your financial decisions, especially if you work with a partner or family member. Keep your dreams achievable and although it may take a while, you will reach them in good time.	LIBRA (SEP 24 - OCT 23)  If you've taken a shortcut with something recently, it is going to take a great deal of extra effort to put things back on track, especially when dealing with family and friends. A home truth someone gives you is not what you want to hear, but trust that they are telling you for your own good.	SCORPIO (OCT 24 - NOV 22)  If you plan to invest time, money or effort in something this week, make sure you know all the pros and cons of what you're getting into before you leap into action. You feel confident about plans for the future, but don't buy into someone else's idealistic vision of having it all.
SAGITTARIUS (NOV 23 - DEC 21)  A commitment or promise fails to materialise, which could leave you feeling angry. Try not to be negative but use your energy to do something productive for your own benefit. A trip down memory lane could restart your enthusiasm.	CAPRICORN (DEC 22 - JAN 20)  Your goal has always been to have security in all areas of your life, but when others start to question your decisions, you may start to doubt your own judgement. Keep communications flowing and don't let your insecurities take over your actions.	AQUARIUS (JAN 21 - FEB 19)  Your confidence regarding future plans could come across to others as arrogance. Knowledge is power, but don't let your imagination work overtime. Seek help from a loved one when making long term decisions; their advice will be invaluable.	PISCES (FEB 20 - MAR 20)  If you feel you are always chasing dreams that never come to fruition, it may be time to step back and have a look at how to achieve your goals. A change of direction may be what's needed, so consider all the options available and choose wisely.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 th	27 th	28 th	29 th	30 th	1 st	2 nd
						
Sunny	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
High 39C Low 32C	High 38C Low 32C	High 39C Low 31C	High 37C Low 32C	High 36C Low 31C	High 37C Low 32C	High 38C Low 32C

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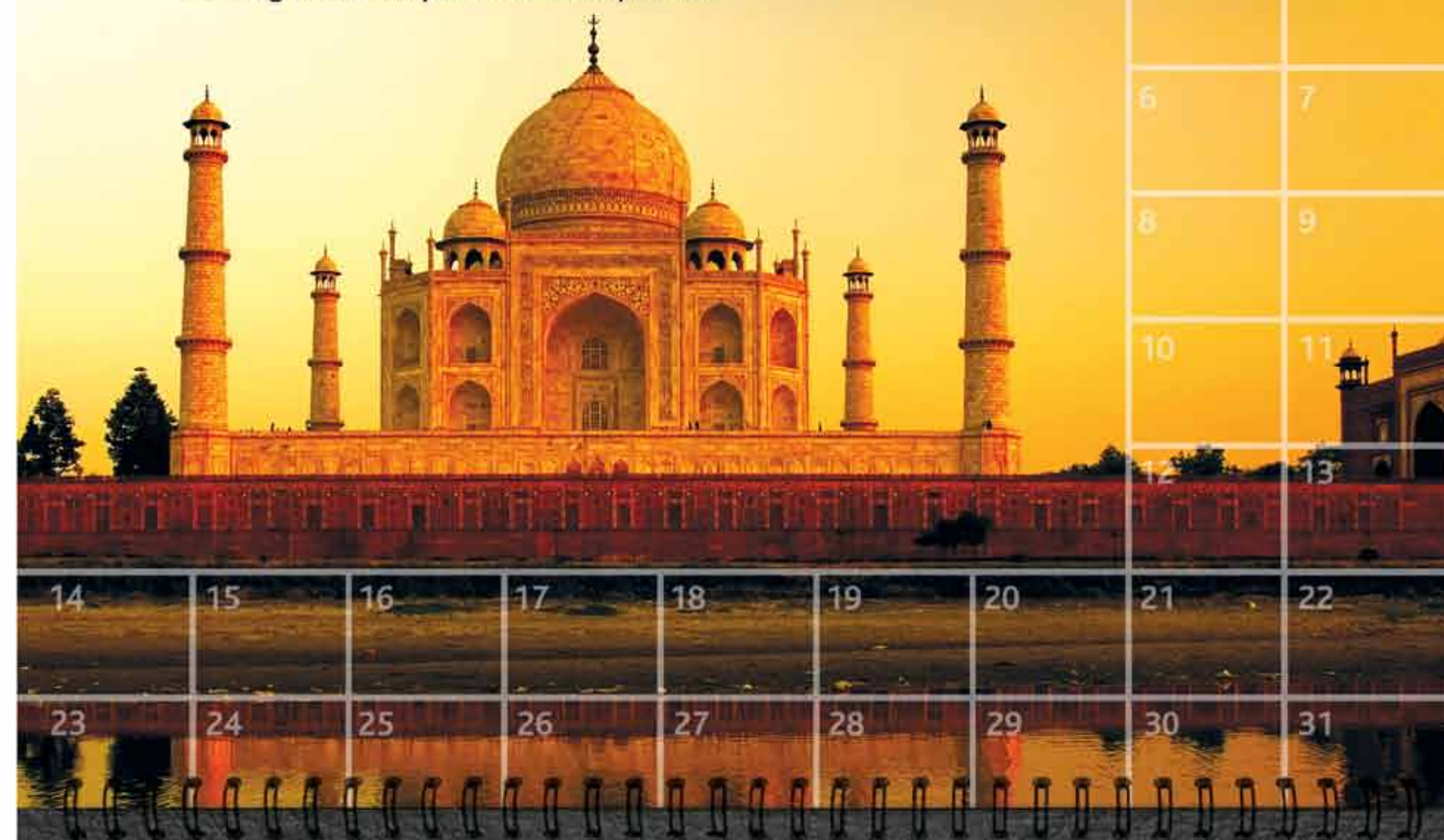
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