



BEYOND THE BUN
New restaurant offers better burgers by far



BACKWATER KERALA



SHIPSHAPE SAILOR CHIC
Nautical look is easy to achieve



TIP-TOP TEETH
Keep them clean and safe with our focus on fangs



Time to

Play

Maestro Moby
bringing music to Dubai



Photo: Sunny Khalsa

July 30th



BMW X5 2011

Wish, Save & Win.

The National Bonds 5th anniversary celebration.

5 months of celebrations. 5 wishes. 5 amazing prizes.*

Gold Coins



APRIL WINNER
Ms. Fiona D'souza, India

Jewellery



MAY WINNER
Mrs. Muna Munaf A. Hussain, Belgium

AED 100k
in bonds



JUNE WINNER
Mr. Ivan Van Bladel, Belgium

BMW X5 2011



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1 bedroom flat
fully furnished



AUGUST
Save AED 25,000

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For promotion details visit nationalbonds.ae

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National Bonds Corporation PJSC

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Letters

Email: letters@readme.ae

In response to your article June 26 (*Eating right is the key to weight loss*), I would like to agree that cooking at home is good, and it makes economic sense too. This is especially so, given the increased number of people who eat junk food. But it is the large helpings that I really oppose. I have demanded reduced portions before and maintain that food outlets should offer different-size helpings to cut down on obesity—and more importantly, the huge wastage of food.

Joe Yousuf

Ed: Given the high levels of obesity among the young and adult population of Dubai, and the massive portions we see in restaurants, we will continue to report on how readers can help themselves by reducing

their food intake and turning to exercise.

I regularly use the Metro and wish to congratulate you for introducing the station-by-station guide. This is a very useful resource for us commuters. I used the guide last week to visit one of the listed events and was amazed to find it so easy to get to the location from one of the Metro stations. Looking forward to the next guide.

Eunice Young, Bur Dubai

Ed: Thanks, Eunice. We have noticed how easy it is to ignore many of the interesting things that are going on around us, and hope the guide will encourage more people to take advantage of the many community events the city has to offer. Hope to see you at one in the near future.

When reading your magazine last week, I was delighted to see an article relating to autism. I have an autistic child and I feel the more people that are aware of what autism is, and more importantly, where to seek treatment, the easier life will be made for the parents and child.

Denise Dalton

Ed: It is important to cover as many aspects of our community as possible, such as children with autism. As a magazine that aims to represent the people of Dubai, if you have a cause close to your heart, such as autism, please tell us about it and we will look at covering it. Just email letters@readme.ae and we will get back to you.

One of my favourite sections in your magazine is the one concerning travel. I believe that discovering the wonders around you and experiencing the culture where you live is more important than travelling overseas. For this reason, my next trip will be to the 'fascinating and haunting' abandoned village in Ras Al Khaimah.

Awad Al Ghalib

Ed: The abandoned village is definitely worth a visit. Be sure to check out this week's Bastakiya story on p.37 to give you even more opportunities to explore the UAE.



Contact

There are a number of ways for you to join the conversation with Read. To reach our Facebook page, just search for 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 readers@readme.ae. We can't wait to hear from you!

The Winners

(Contests in June 26-July 02, 2011 issue)

In which athletic event is a heavy metal ball thrown?

Answer: Shot putt.

Winners of a family portrait worth Dhs250 from Digitally are: **Paul George, Matthew Thomas, Jereme Mula**

Triton is a moon of which planet?

Answer: Neptune.

Winner of a one-night stay at Bonnington Tower is: **Andrea Garcia Rickrell**

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

Answer: Venezuela.

Winners of Wafi Restaurants' vouchers worth Dhs200 each are: **Elham Kiani, Eugene Quianco, Eduard Dizon**

What instrument did the jazz musician Miles Davis play?

Answer: Trumpet.

Winners of vouchers worth Dhs250 each at Awazen Spa are: **Hiba Hourani, Lorena Ribon, Joy Rafaela**

The burning question

Q A Dubai businessman recently bought a fleet of 27 racecars—capable of speeds up to 225km/h—but now he says he has to figure out what to do with them. If you owned 27 racecars, what would you use them for?

Sayed Irtaza

Software engineer

Lives in Discovery Gardens

I would probably enjoy all 27 of them for a while by doing some drag racing and stunt driving. Then maybe I would consider getting a small team together so we could enter some professional racing events.



Leslie Sison

HR coordinator

Lives in Tecom

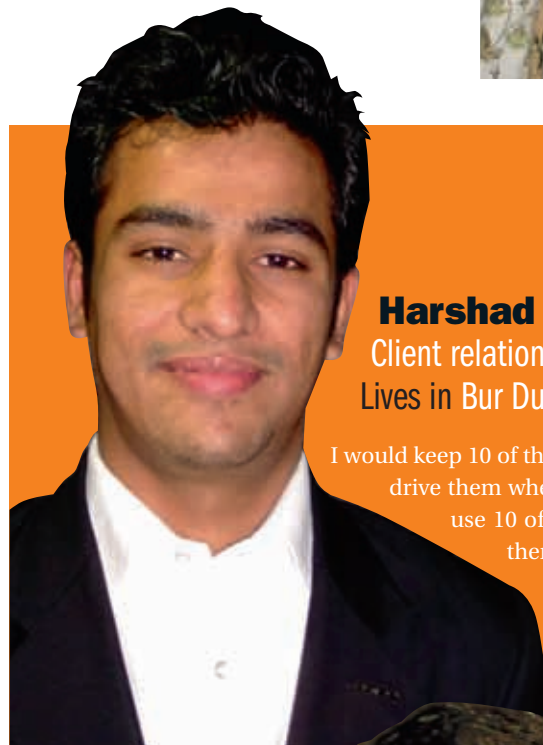
I would give all of them away; firstly to my family and friends in Dubai, then I would give the rest to my colleagues so they would always be on time to work.

Hoda Fathy

Teacher

Lives in Tecom

I would keep all the cars, but get drivers to race them in competitions. I would then give most of the winnings to charities or people in need. I wouldn't sell the cars as the money would run out, but if I kept them I could keep raising money for charity.



Harshad Parwani

Client relations officer

Lives in Bur Dubai

I would keep 10 of the cars in 10 different countries and drive them whenever I happened to visit. I would use 10 of them for professional racing, and then give the remaining seven away to friends.



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

Which physicist wrote a book called 'A Brief History of Time'?

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.

Dean Hayter

Creative executive

Lives in Jumeirah

If I had a fleet of 27 stock cars, I would probably gather up a team of celebrities and get them to have a massive race down a closed-off Sheikh Zayed Road.



What's happening this week on readme.ae?

Make sure to check out our web site for these daily specials, which appear online each afternoon.

COMING UP THIS WEEK

MONDAY

In honour of the American DJ, singer-songwriter and musician, Moby, we take a look at his widely received and critically acclaimed album, *Play*. Coinciding with Moby's show, we discover how the entire album, a staple for adverts and films worldwide, became one of the most mainstream underground albums. We also look back on the impact of the artist and his songs.



SUNDAY

We put together a first on a first, with our own video about the UAE's first video blog. We follow Shamim (p.14) to see how she puts together her regular missives, and find out if any of them are rehearsed.



TUESDAY

An exhibition to showcase the work of Indian photographers is currently taking place at a DIFC gallery (p.24). Our Readme.ae reporter will be there to meet the photographers and display pictures of the exhibition.



WEDNESDAY

Fifteen-year-old racing driver Ed Jones made a great impression in the Formula BMW Intersteps Championship recently (p.10). Readme.ae has exclusive video footage of the young superstar talking about life behind the wheel.



THURSDAY

Go to our Facebook page, Readmeae, today and register to vote for your favourite sport. On Thursday, we will reveal the answers and give our analysis on what makes Dubai tick on the playing field (or on the television set). "Like" our page for regular conversations about *Read.* stories.



FRIDAY

We profile the iconic iPod. Our reporter looks at how iPod took over the MP3 market, helped revolutionise the recording industry and accelerated a new generation of online record sales. We also take a look at what we can expect from the future of portable music devices?



SATURDAY

During the week, we will be talking to Dubai residents about Manny Pacquiao, the champion fighter and pride of the Philippines. You will be able to see what they say about the boxer on Saturday, and if they believe him to be the best pound-for-pound fighter in the world.

Station-by-station guide

Looking for something to do?

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

Ayyam Editions



Until July 31
Ayyam Art Center,
DIFC

Ideal for the novice art collector, this exhibition of limited-edition signed prints by Syrian artists Safwan Dalhoul, Ammar Al Beik, and Khaled Takreti provides the

perfect opportunity to take your first tentative steps into the art market. The exhibition is open from 10am - 8pm daily.

Fareast Seafood Market



Open daily
Regent Palace Hotel, Bur Dubai

Enjoy great value, unlimited seafood from Dhs122 per person every night of the week at this fantastic restaurant, where the all-you-can-eat buffet provides a host of deliciously different sea creatures for you to choose from, and the décor—including giant glass wall-tank—gives the whole place an exciting underwater feel. Open daily from noon-3.30pm and 7pm-11.30pm.

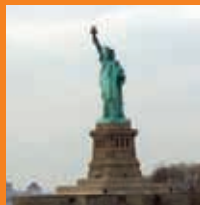
Dubai Ice Rink



Open year round
The Dubai Mall

Take a break from the heat outside and enjoy a glide on the ice inside Dubai Mall. With instructors on hand patrolling the Olympic-sized rink, it doesn't matter if you're an expert or if you've never worn a pair of skates before, there is fun to be had for all. Check www.dubaicerink.com for opening times and sessions.

Independence Day Masquerade Parade



July 4
Bartini @ The
Habtoor Grand

As a celebration of the USA's Declaration of Independence in 1776, Bartini will host an open-to-all fancy dress party. While any costume will do, there is an American theme to it, so think cowboy, cheerleader, basketball star or even Lady Liberty herself. Entry is free and the party will take place between 7pm-3am.

Intro to Digital Photography Summer Workshop



July 8
Ductac, Mall of the Emirates

This fun workshop provides an introduction to digital photography for those of you who are simply fed up of using the "auto" setting all the time. Pro photographer Tiffany Schultz teaches the basics of using a DSLR, and in a hands-on way, how to take better pics. The course costs Dh1,200 per person for four, four-hour sessions. Fridays 2pm-6pm.

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@readme.ae. We will publish a selection of the best each week.



MOHAMMED IBRAHIM



NOEMIE MENDOZA-CRUZ



ALEE MACHETE



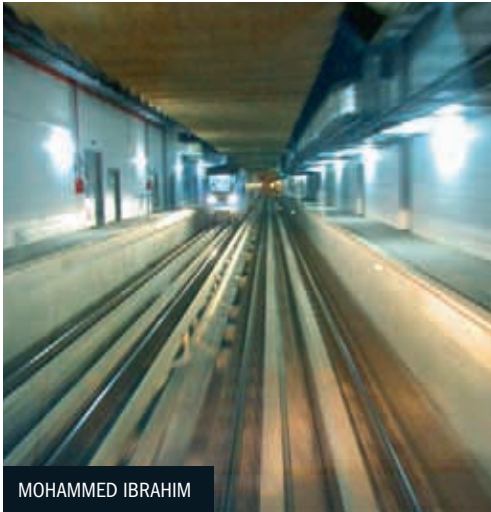
MUNEER T.K.



TIZSA



ALEE MACHETE



MOHAMMED IBRAHIM



ZIA SHAHID

My Metro life

Safiera Sait
*Marketing manager,
Dubai Marina*



I absolutely love the Metro and travel on it as much as I can. Last weekend I sat opposite a beautifully dressed lady wearing a fabulous pair of Manolo Blahnik shoes. I couldn't stop looking at her shoes, so when she started speaking to me I thought she would ask me to stop staring. Instead she revealed her secret to me—she won the shoes at the Red Lounge night at Raffles. Guess where I'll be going this week now?

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



Playground for pooches

A novel approach to beating restrictions on playing pets.

PETS

Although dogs have been hailed as man's best friend and depicted in the hieroglyphics of the ancient Egyptians, cuddly canines haven't been as welcome in the UAE as elsewhere.

Dog owners have long struggled to find anywhere to legally walk their prized pooches, as beaches, buildings and even sidewalks have become dog-free zones.

But help is now at hand with a new facility in Dubai Investment Park, on the outskirts of the city. Paws Pet Planet has opened a dedicated dog park where the furry critters can run, jump and interact with new friends in the safety

“The park should be fun for owners as well as pets.”



DID YOU KNOW?...

- Dogs were first domesticated more than 15,000 years ago for use as guard dogs for livestock.
- In the Gulf, Salukis are highly prized by the Bedouin and were a common sight with ancient trading caravans in the deserts.
- The dog is the world's most diverse domestic species, with sizes ranging from the Yorkshire terrier at only 6.3cm high at the shoulder to the Great Dane at more than 106.7cm tall.
- In 2001, it was estimated that there were roughly more than 400 million dogs in the world.
- You are more likely to be tripped up by a dog than bitten by it.

of a purpose-built world for dogs. "A lot of the problems people have with their dogs is due to the fact that they don't interact with other dogs," said Michelle Creasy, director of Paws Pet Planet. "In Europe, people take their dogs to the park to meet other dogs, and that's where they learn their social skills."

But you can't just rock up and let Fido loose. Each dog is given an evaluation to ensure they are okay to be let off the leash. But if your beloved pet doesn't have the so-

cial skills to get into the park, help is at hand.

Paws Pet Planet also provides fully qualified behavioural trainers with international certification. You can even schedule a one-on-one session for particularly difficult dogs.

Every dog visiting the dog park must also have the required vaccinations before getting close to other dogs.

The main area of the park is indoor and air conditioned, but there is also a large outside area

"People take their dogs to the park to meet other dogs, and that's where they learn their social skills."

MICHELLE CREASY HAS HAD YEARS OF EXPERIENCE WITH CANINES



with a swimming pool for canine visitors to enjoy. Just remember not to take them there in your brand new car.

Owners are encouraged to interact as well and share their common interest. The company plans to have a coffee machine on hand to promote owners staying while their dogs play, instead of simply dropping them off while they go shopping.

"The park should be fun for the owners as well as the dogs," says Creasy. "We encourage them to use the facility and play with them. Interacting with your pet is half the fun of having him."

The facility opened in October and also runs a day-care section during the week and it also provides grooming, hydrotherapy and a pick-up and drop-off service. With a total area of more than 25,000 square feet, there is plenty of room for everyone to have a good run.

The park is open from 8am to 2pm on Saturdays, but Paws Pet Planet is planning to add Fridays to cope with demand over the hot summer. They also have an area for cats, which is thankfully separate to the dog zones.

So if your mutt is doggedly determined to act the hound this summer, the dog park might just be the perfect solution.

If you want to know more about the Dog Park, visit: www.pawspetplanet.com or call them on 04 884 8894.

CLASS NOTES



JAMES PIECOWYE
ASSISTANT
PROFESSOR
ZAYED UNIVERSITY

Bring the class to the cellphone

Imagine homework designed for the morning bus or Metro ride, sent by mobile phone to be done in time for school?

It's not going to happen—for now. Teachers aren't predisposed to using the smartphones and computers that schoolkids use all the time away from class to engage with each other and learn about the world.

Instead of embracing the power of social media around them, teachers are maintaining an environment that is nothing close to the reality their students live in.

Look around right now. How many people are on a phone? How many are students or people engaged in some form of learning activity? The answer is some and probably all.

So why don't teachers embrace technology, especially the mobile phone, today? It's probably the fear of the unknown.

In the UAE, reports suggest that mobile penetration is up to 203 per cent with most students having access to a cellphone.

In America, teens send or receive on average 2,899 texts a month, according to Nielson research, and the UAE figures must be very close.

We have the tools and the distribution, so maybe it is time that teachers took the classroom to the phone and found ways to distribute content that could engage students outside school.

It is time to re-think education with the end-users in mind, and maybe their mobile phones.

Follow James's
blog at
jamesed.com

Out of the blue at Playnation



KIDS CAN MEET THE SMURFS (RIGHT) WHILE PLAYING AT PLAYNATION

SUMMER SURPRISES

The popular children's TV characters, the Smurfs, are gearing up for a meet-and-greet with kids at Little Explorers, in Mirdif City Centre's Playnation, from July 8-16. As well as meeting the kids, the Smurfs and Smurfettes will also host an arts and crafts workshop called *A World of Blue*.

The venue bills itself as a place of "edutainment", where children can learn while they play, as well as take part in a number of themed workshops, all hosted by staff with at least two years' teaching experience.

This week, *A World of Blue* workshop is inspired by the iconic Smurf cartoon, and will have kids creating special blue crafts. Every session is priced at Dh100,



though combo tickets, which include a workshop session plus access to Little Explorers' five zones, are also available at Dh180. The combo tickets also come with a free ticket for the *Smurfs 3D* movie premiere, or, alternatively, a free gift from the movie.

Children can also have their photographs taken with their favourite Smurf characters at the venue. The Friday workshops are from 4pm-8pm, while the Saturday workshops run from 1pm-5pm.

Reaching for the flag



The first UAE-based driver to win in Europe, **Ed Jones** has taken the first step in a glittering career.



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

What natural phenomena are measured by the Richter scale?

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.

MOTORSPORT

Having just secured his first win at the British Formula BMW InterSteps Championship last week, Dubai-based teen racer Ed Jones is waving the UAE flag for motorsports fans across the country.

Now sitting in an impressive third place in the standings of the European series for young drivers, he aims to build on his success and eventually win the championship, before climbing up the ladder towards Formula 1.

"To be able to win so young is a great achievement for me," Jones said. "This was my first win in a car; before I'd only won in karts, so I want to try to go on and win the championship."

The 16-year-old Briton has already made a name for himself

on the UAE's racing scene. He has won the UAE Karting Championship six times, and holds almost every record in the country's junior driving series.

He is also the first UAE resident to have won any single-seater race in Europe, regardless of his young age.

Having only made the step up to racing cars a few months back, when he piloted a Radical in the UAE Sportscar Championship, the fact that he has gained wins at the European level is extremely impressive.

"A kart weighs 100kg, while racecars weigh five times more," Jones said. "But the racing is the same as in the karts, in that you still use the same techniques. The only worry at first was that, in a kart, there are no gears, so I thought shifting might take some

"To be able to win so young is a great achievement for me. This is my first win in a car."



getting used to, but it wasn't too bad."

Jones' ability to quickly master racing cars stands him in good stead for the remainder of the InterSteps Championship, of which five more rounds remain.

Even so, he faces stiff competition from the other racers, who, Jones admits, have a lot more experience behind them.

One driver won the championship last year, while another is champion of a separate racing series. Still, Jones takes it in his stride, explaining that "it's all good experience".

Experience is what Jones needs if he wishes to realise his dream of becoming a Formula 1 star. "I want to compete in Formula Renault, and then next year I want to enter the Formula Renault Euroseries," he says. "All

of the stuff I've been doing is a build-up to that.

"Getting to Formula 1 is the long-term goal. But you only get one shot. If you're not ready for it, you'll lose your chance."

To reach that goal, however, Jones is relocating to boarding school in the UK. He says that he has been flying back and forth to Europe almost every weekend so that he can race, and this has made it too difficult for him to pursue a serious racing career there while living in Dubai. But he will come back every now and then, when possible, to compete in some of the 24-hour karting races held here.

It all goes to highlight the dedication required of professional racing drivers, even at a young age. And if they want to make it to the top, all the more effort has to be poured in.

Jones admits that he has a long road ahead of him, explaining, "It's going to get tougher and tougher as I go on."

Golf not just a game for Westerners

Dubai's fairways are becoming increasingly cosmopolitan as more nationalities take up the sport.

GOLF

Most view the golf courses of Dubai as being filled mostly by Western expatriates, with a smattering of other nationalities here and there. But, in truth, they are seeing many more Indians, Koreans and Emiratis fill their ranks, all aiming for a hole in one.

"We have a lot of Indian members, who probably make up the biggest percentage of members after the Brits," said Julian Danby, a senior manager at Dubai Golf. "There is also a lot of Koreans, and then we're starting to get a few more Emirati golfers, which is good."

The multiculturalism of golf in Dubai might not be obvious to someone playing at, for example, the Emirates Golf Club every Saturday afternoon. But Danby explained that there is a good reason for this.

"It depends on where you go," he said. "A lot of Indians and Koreans live in Deira and Garhoud, so they will play at the Creek Golf Club."

This means that, according to Danby, around 75 per cent of members will be either Indian or Korean. However, he also stresses



that Britons still make up the biggest overall percentage of golf club members in Dubai.

According to Kabir Telwar, a keen Indian golfer who grew up in Dubai, the emirate is one of the few golfing destinations in the world at which so many different nationalities can be seen playing.

"I've played on courses in Amer-

"If a lot of nationalities are interested, it can only mean better competitions."

ica, and you only see Americans playing," he said. "In the UK, it's not quite like that, but I'm always surprised at how many different types of people play here. I think it's a good thing. Golf is a great game, and if more nationalities are interested, it can only mean better competitions."

MONEY
TALKSEAN MAHONY
FINANCIAL ADVISORMiss out the
money cowboys

Whenever you are offered financial advice, the first thing you do is to find out about the company that's offering it.

For example, is it registered with the UAE Central Bank? Companies registered under this body have to adhere and operate to a variety of conditions, meaning they are much more trustworthy.

If you are given a cold call from a financial advisor, the caller must have a personal recommendation from one of your friends or family members. If they don't have permission from someone you know, then they have no right to call you.

Once you do meet with an advisor, size them up over what they offer. Will they explain the risks versus the returns?

How much personal information do they want about you? Are they interested in your future, or just the short term? Will they offer you comprehensive financial advice, taking into account all of your expenses, such as school fees, insurance or weddings? What will they do for you after the deal is made?

Another thing to watch out for is how long the person has been at the company, or even in the UAE. A lot of people come over and just do this for two years, which I don't think is a good sign.

But, most importantly, make sure they listen to what you say. Does the person you're talking to address your concerns, or is he or she just trying to sell you a pre-planned package?

Sean Mahony is an accredited financial advisor for Mondial

Dubai shopping sites attracting global interest

The purchase of Gonabit by American LivingSocial shows how daily deal shopping has been taking off in the region.

PAUL KENNY OF COBONE.COM HAS SEEN HIS
COMPETITOR, GONABIT, SOLD TO A U.S. COMPANY

L

ast week, the UAE's business world was rocked by the news that popular group-buying site Gonabit.com had been bought out by LivingSocial.com, which offers similar services, but on a much wider scale given that it is headquartered in the United States.

LivingSocial is reportedly paying millions of dollars for the Middle East site, suggesting that it sees huge potential in the purchase.

And along with Gonabit, the American company also snapped up similar web sites in Thailand, the Philippines and Indonesia. The e-commerce industry has only taken hold of the region in the last year or so, but it looks as if LivingSocial is already trying to take control of it.

"The recent acquisition by LivingSocial proves that when the space becomes more competitive, players must raise more funding or sell the business to survive," said Paul Kenny, CEO of Cobone.com, one of Gonabit's competitors.

"Today, there are almost 15 players in the market and as com-

petition grows, there is bound to be consolidation."

Web sites such as Cobone and Gonabit have seen huge growth over the past year. They offer their members large discounts on days out, spa trips, meals and much more, and the deals are all area-specific to users. How-

ever, according to Kenny, the discounts make up only half of the story behind the success of these sites.

What has also played a major role in the explosion of group buying sites is the keen interest that local brands have taken in them.

"The group-buying space has changed the dynamic in which companies are marketing their products," he said. "In the past the only way to get your brand known would be through traditional formats—print, radio and TV. What has happened is that this medium has disrupted the

space. Each day businesses are bringing hundreds of new customers through their doors, and getting cash in return for their promotions."

LivingSocial's acquisition of Gonabit will certainly please the businesses it works with, thanks to the exposure they will gain from the takeover news. For the industry in general, though, it seems more companies will look to be featured on group buying sites, meaning better and more competitive deals. At the time of going to press, Gonabit featured a 50 per cent discount for six indoor circuit training sessions, and Cobone offered half price on a day's car rental. The deals are only set to get better as the regional market continues to grow, which, Kenny reckons, it certainly will.

"Around 70 per cent of the population of the GCC is under the age of 30, and we have a very healthy GDP in each country, meaning the market is primed for growth," he said. "It is great to see that the market is growing at such a rate that interest from international investors is there."

And, ultimately, investment in web sites such as Gonabit boils down to investment in local brands, meaning international investment in the region.

"In the past, the only way to get your brand known would be through traditional formats."



Tech beat

IRUMOURS

Rumours on the specifications of Apple's newest mobile phone, dubbed the iPhone 4GS, have been flooding the Internet for months, but recent reports point to a few features that it will almost certainly sport. Released in September, it is expected to use the same dual-core processor that powers the iPad 2, and also come with an 8-megapixel camera. Other rumours such as an OLED touch screen seem to be unlikely.



GOOD FOR GOOGLE

Having recently released an Angry Birds game gadget for its web browser, Chrome, Google has provided its users with another form of procrastination, the Google-a-day Challenge. Every day, the search engine posts a puzzle, which users can solve by using their Googling skills. Users can simply search for Google-a-day to find out the current puzzle.



ATHLETES' TWEETS

The International Olympic Committee recently laid out guidelines on how athletes should use Twitter at the upcoming 2012 London Olympics. The IOC is trying to combat promotion-only tweeting, and states that it supports athletes' online activity "as long as it is not for commercial and/or advertising purposes".



HOOKED ON PLAYBOOK

Having just come out in the UAE, the BlackBerry Playbook will be available for customers to try out at various malls in Dubai until July 10. BlackBerry's idea is to get customers away from the iPad tablet and onto its own, though it will have to fight hard after an angry app developer made headlines a few months ago with his scathing letter to BlackBerry manufacturer RIM.

What's hot?**Feel the rhythm**

For something different, why not try your hand(s) at a bit of African drumming? The regular weekly classes provide an opportunity to learn and develop a new skill while meeting people from all walks of life. Dubai Drums sessions take place at Ductac, Mall of the Emirates, every Monday at 7.30pm. For more information visit www.dubaidrums.com or call 056 744 2129.

**Sail away**

For dining with a difference, try taking a trip down the Creek with a four-course meal on the Bateaux Dubai. This floating restaurant not only offers good food, but also has glass walls and ceiling for maximum city viewing. The setting is perfect for a special dining experience. Bateaux Dubai offers daily dinner cruises departing at 8.30pm from Bur Dubai. Call 04 399 4994.

**Pot black**

As a good way to unwind after a long day, how about getting together with pals and enjoying a few games of pool at the Emirates Billiards Centre? With 11 tables, prices start at Dh30 per hour after 7pm, and the venue stays open until 4am. Find it behind the Ramada Continental Hotel in Deira. Call 04 262 4499.

Shamim

is on the scene

Believing she is the UAE's first video blogger, **Shamim Kassibawi** has big web plans.

BLOGGING

Recent figures suggest that the UAE is fast developing into one of the strongest markets in the Middle East for social media, to the point that there are now over 200,000 Twitter users, according to a recent survey by the Dubai School of Government. And with Facebook usage continuing to rise and a continuing growth in the number of blogs that hail from the country, social media is clearly going strong.

And now, for the first time, the country has its own video blog, according to Shamim Kassibawi. Launched earlier in June at the Habtoor Grand and attended by the great and the good of fashion and media, the 24-year-old switched on her new site, shamimscene.com, to the public.

As an established blogger, Kassibawi had already built up a sizable audience. But once her Twitter followers had overtaken the 2,000 mark, the 24-year-old Sudanese-New Zealander decided to take blogging to the next level.

"I wanted to start a blog," she explains, "but I found writing boring, so I decided that I would do it through film. I had some experience of working with video previously, and just thought it would give an authentic, non-

journalist's perspective on events. "Using video means I can always capture the moment. Whether I'm in a nice hotel, restaurant or trying out a new product, I can put down my thoughts straight away."

She also points out that video also allows her to build a closer relationship with viewers, who begin to feel that they are with Kassibawi as she gives a "real-life insight into the latest social events, new brands and products, key personalities in the community and more." "eventually taking off in a big way, and other bloggers may start to follow suit."

When asked about her plans for the future, there is no stopping Kassibawi. "I would like to take shamimscene.com regional," she says. "Hopefully the

Armed with nothing but her Flip camera and a smile, Kassibawi says she uses her background in PR to gain exclusive access to

events, places and notable people, which provides "a first-hand way of letting people know all the cool things that are happening in Dubai." Due to the spontaneous nature of her blog, she admits "I always carry my camera with me, so at any opportunity I can film unprepared footage and have it uploaded onto the web site in a day or two to give people a behind-the-scenes view".

She explains: "Dubai has lots of really good bloggers, but many of them seem only to cover fashion. I do crazy things and love to meet new people, so I thought it would be an ideal opportunity to show the world what is going on over here."

The site has already proven to be a hit with fans, and fellow bloggers are in favour of the idea. "With interesting content, a video blog is a neat idea," says Alexander McNabb of the Fake Plastic Souks site.

"There are 100 million YouTube hits in the MENA region every day, so video is here and will be bloggers in all regions soon, reporting on events and goings-on in places like Doha, Manama and Riyadh. I'm always open to suggestions, so if people have any ideas or videos, they can always get in touch with me through the site."

From an idea thought up on a whim, to an exciting and fast-growing reality, Kassibawi is now well and truly on the scene. The question is, are you?

Visit readme.ae
We will feature Shamim's blog on Sunday

Top of the bloggers**FAKE PLASTIC SOUKS**
(fakeplasticsouks.blogspot.com)

Serial blogger Alexander McNabb shares his thoughts on anything and everything in his own unique, witty manner. One of Dubai's best-known blogs, content varies from local happenings to world events with a Dubai-centric stance.

VAHIJU
(vahiju.blogspot.com)

A photo blog, Vahiju captures the beauty and intrigue of Dubai and shares his pictures with the world. Unlike written blogs, the opinions on this site are expressed via the medium of picture and are open to interpretation.

GRAPE SHISHA
(blog.grapeshisha.com)

In conjunction with the travel website grapeshisha.com, this local blog is related to Dubai and the rest of the UAE. It features views on current news events, human interest stories, new products, or as the author says, "Random thoughts on random issues".

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Ayurveda: an *ancient* alternative

An alternative therapy, ayurveda has used years of knowledge to harness nature for healing.



“Vata types tend to be creative and imaginative.”

out of balance we become prone to disease—more specifically, an excess of vata can cause erratic digestion, anxiety or joint disorders; too much pitta may lead to skin irritation, heartburn and ulcers while a kapha overload could bring on congestion, weight gain and sluggish digestion.

Ayurvedic treatment aims to restore the balance and therefore, the health. The practice categorises people into the three doshas, which explains our individual traits, both mental and physical. Vata types tend to be creative and imaginative, Pittas are confident and passionate and prone to perfectionism while kaphas are normally calm, loyal and warm-hearted.

Many people today look to ayurveda for skin solutions. Dr

S. Ajit is an ayurveda practitioner based in India, and according to him, the three doshas also determine our skin type and the consequent solutions to irritation and blemishes.

“If you are a pitta type, your skin will have a tendency to appear oily and reddish. Boils, pimples and acne will be more predominant but can be treated with smooth, cold and astringent solutions. Vata skin types have a tendency to be rough, dry and flaky, which requires warmth and moisture and kapha skin is often sticky, cold and moist, necessitating substances that are light, dry and hot to restore the balance.”

Most ayurvedic therapies are based around massage and pan-chakarma (internal purification), often applied in conjunction with organic herbs and minerals. For proper treatment, patients need to embark on a full course, which will generally last two weeks or more.

The practice is gaining increasing popularity in Dubai, where a number of specialist ayurvedic centres have recently opened their doors, including the Royal Ayurveda Clinic (04 428 1480) in Healthcare City and the Holistic Healing Medical Centre (04 348 7172) on Al Wasl Road.

HEALING

First documented over 2,000 years ago, ayurveda remains a popular holistic healing practice for many people around the world. The word finds its roots in Sanskrit and refers to the knowledge of life and the art of living wisely. Recognising that each person is individual, this ancient Indian practice focuses on food, lifestyle, massage, yoga and herbal remedies that can suit our individual make-up.

From the ayurvedic perspective, humans possess three doshas or humours, known collectively as the tridoshas: vata (wind), pitta (fire) and kapha (water/earth). When these are



PATIENTS MUST CARRY OUT A FULL COURSE FOR AYURVEDA TO BE SUCCESSFUL

Women in the workplace now equal to men

A recent survey suggests that women are content with their role in the office.

WOMEN

A study recently carried out by Middle East job site Bayt.com and research specialist YouGov, has revealed that 68 per cent of women in the MENA region feel they are treated equally to men at work.

The 'Women in the Middle East Workplace - 2011' survey was carried out to investigate various elements of women's role within the modern workplace, focusing on "numerous aspects including their opinions, approach, capability and contentment".

Having read the study for the first time, Dubai-based business analyst Meena Rukshar said, "I think it's a great idea to gain a first-hand perspective from women. There are so many successful career women in this region now that it's good to show the world what women really think about working here."

To gather the data, a survey was collected online, with a total of 2,347 women participating. The women's responses yielded some very interesting results; for example, even though there are perceptions in other parts of the world that working women in this region are valued less than men, 68 per cent of the women questioned felt they were treated equally to men

at work, while only 15 per cent felt they are treated unfairly in comparison to their male co-workers.

The fact that such a large percentage of women consider the Middle Eastern workplace to be equal shows a stark contrast to a recent study in the Western world, which found that women were on average paid 17 per cent less than men for full-time work, and 39.9 per cent less for part-time work. Rukshar said, "I feel I am definitely treated equally at work. The days of women being paid less than men should be over by now, and people should be given merit based on their performance not their gender."

Her views were mirrored in the survey, which found that 57 per cent of women questioned felt the system of "appreciating, recognising or rewarding employees was based on performance alone and not on gender".

Amer Zureikat, from the survey's organiser, agreed that the findings will have positive future implications for women in the Middle East. He said, "Through this study, we have attained vital results that were needed in order for Bayt.com to provide a better platform for women who are working or pursuing a new and better professional career."



LONG GONE ARE THE DAYS WHEN WOMEN WERE JUST THOUGHT OF AS ASSISTANTS



Transformers 3: *Dark of the Moon*

We preview the latest **Transformers** release, which comes out this week.

NEW RELEASE

In what is turning out to be a summer of sequels, the Autobots and Decepticons return for the third installment of the epic Transformers series, *Transformers 3: Dark of the Moon*. The general consensus among many—even the director, Michael Bay, himself—was that the second movie in the Transformers series was something of a disappointment. It might have had all the action and blockbusting special effects audiences have come to expect from films in this genre, but the story seemed messy and at times felt as though it has become lost in all the action somewhere along the way.

Produced by Steven Spielberg, *Dark of the Moon* luckily makes up for what the second film lacked.

Chasing stars

Actress Gemma Arterton, model Bar Refaeli, and *The Hills* star Heidi Montag were all rumored to replace Megan Fox before Rosie Huntington-Whiteley was cast.



OPTIMUS PRIME MAKES A COMEBACK IN THE THIRD OUTING OF THE TRANSFORMERS SERIES

The storyline revolves loosely around the Autobots learning about a Cybertronian spacecraft on the moon. In a race against the Decepticons, they must find where it is located and learn its secrets ready for the final battle. For those who are not accustomed to Transformer-speak, this roughly translates as the goodies vs. bad-dies, both trying to get their hands on a spaceship abandoned years ago by the Cybertrons, an ancient alien race.

The movie features most of the stars from the two previous films, but with a few exceptions this time around. Shia LaBeouf returns in the leading role of Sam Witwicky, the human who maintains a special friendship with the Autobots. Compared with the previous films, LaBeouf seems to have really grown into his role as the link between the Transformers and mankind, and puts in a confident performance. Josh Duhamel also makes a welcome return as Lt. Colonel William Lennox, leader of



NEST – the international taskforce that battles the Decepticons alongside the Autobots, and the film also benefits from the addition of some fine actors, such as John Malkovich and Patrick Dempsey.

Unfortunately for approximately 99 per cent of the male audience, Megan Fox's role of Mikaela has been written out of this film; however the panic is short-lived with the introduction of a new love interest for Whitwicky, in the form of Carly—played by beautiful British model Rosie Huntington-Whiteley, who has no previous acting experience but actually manages to put in a fairly convincing performance.

Presented in 2D, 3D and IMAX, director Michael Bay has claimed that this will be his last installment of the series, and has certainly made sure he goes out with a bang.

“Dark of the Moon regains any respect lost after the second movie.”

The graphics and action scenes are visually stunning, and the frantic, race-against-time storyline will have audiences biting their nails.

In DVD extras from the second Transformers movie, Bay expressed his intention to go deeper into the story with this film, providing more character development and making it darker and more emotional. These objectives have mostly been fulfilled, although there is only so much emotion possible when a film revolves around alien robots, and cinema-goers expect this.

Without fail however, *Dark of the Moon* regains any respect lost after the second movie, and will make for some very happy Transformers fans, both old and new. *Transformers 3: Dark of the Moon* will be in cinemas across Dubai from July 1.



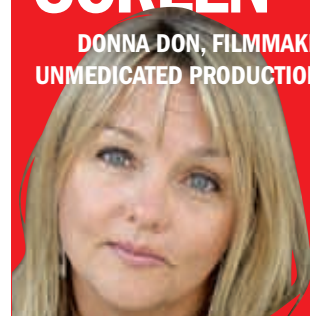
DARK OF THE MOON OFFERS EVEN MORE EXPLOSIONS AND ACTION

DID YOU KNOW?...

- Director Michael Bay described the tone of the film as “a homeland version of *Black Hawk Down* with giant alien robots”.
- Salaries, hotels, food, fuel, supplies and rentals during the two days of filming at the Milwaukee Art Museum pumped US\$1 million into the local economy.
- Laserbeak's alternate mode in the original *Transformers* (1984) was a tape cassette, but that was considered too old-fashioned for the new version.
- The “dark of the moon” is approximately three days preceding a new moon when the light of the moon is obscured. Symbolically, it represents a time of stillness and contemplation, ready for a new beginning.

SILVER SCREEN

DONNA DON, FILMMAKER
UNMEDICATED PRODUCTIONS



Why adapt books to film?

Adaptation from books to screen is something we see a lot of these days, but it is hardly a new idea. Think back to *The Godfather*, *Breakfast at Tiffany's*, *The English Patient*, all which have become classics. Some adaptations are hugely successful like *Harry Potter* and *Lord of the Rings*, while others drift into oblivion. Who remembers *Madame Bovary*, the film? Not many I'm sure, although it has been adapted to the screen no less than three times.

So why adapt? In a dollar-driven world, if a book is popular, many of its fans can be counted on to see the film version—if only to say how much better the book was. From a screen-writer's perspective, it gives them a ready-made plot and fully developed characters that they may wish to use as a starting point, or alternatively follow as faithfully as is possible in a visual medium.

A film is constructed and enjoyed very differently to a book. Many medium-to-long novels would be impossible to film to include all the characters and storylines, and so they are often changed so that two characters are combined into one, or settings changed to streamline shooting. These changes are often criticised but once a book is adapted, it becomes a whole other experience and we should judge it as such. It can even surpass its source like *The Godfather* films. Sorry Mr Puzo.

\$245 million
The amount *The Godfather* grossed off a \$6 million budget

Bollywood news

Shah Rukh Khan and Anushka Sharma win best actor awards

Bollywood superstar Shah Rukh Khan was named the best male actor for his role as a man suffering from Asperger's syndrome in Karan Johar's *My Name Is Khan*, while Anushka Sharma picked up the trophy for her role as feisty wedding planner Shruti Kakkar in *Band Baaja Baraat*.

Dabangg scoops six

Last year's biggest Bollywood hit *Dabangg* bagged a massive six gongs at this year's awards, including the award for best female debut, which went to Sonakshi Sinha; Sajid-Wajid and Lalit Pandit took the best music direction gong while best screenplay went to Abhinav Kahsyap and Dileep Shukla.

Hollywood meets Bollywood

The surprise appearance of Hollywood actors Hilary Swank and Cuba Gooding Jr. added an extra sparkle to the awards. Both actors expressed their love for Bollywood, with Gooding Jr. claiming he was 'bowled over today with the power of Indian films across the globe'.



ANOTHER AWARD FOR BOLLYWOOD FAVOURITE, SHAH RUKH KHAN

Reviews *in brief*

A quick look at last week's biggest films.



Bad Teacher ★★★★★

Cameron Diaz, Justin Timberlake, Jason Segel

A jilted gold-digger, the foul-mouthed Elizabeth Halsey (Diaz), is forced to return to her old teaching job, where she is more interested in chasing wealthy substitute teacher Scott Delacourte (Timberlake) than her class. A hit-and-miss comedy that has polarised critics but contains some riotous moments.



Sameer wa Shaheer wa Baheer ★★★★★

Shiko, Ahmed Fahmy, Hesham Maged

Three half-brothers with the same birth date are sent back in time from the late 'Seventies to the Summer of Love, a time just before their father wed each of their respective mothers. To ensure their impending births, the three must put their differences aside and unite to make sure their father and mothers marry.

Delhi Belly ★★★★★

Imran Khan, Kunaal Roy Kapoor, Porna Jagannathan

Aamir Khan directs his nephew Imran in this controversial, expletive-ridden comedy about three hapless flatmates in India's capital. With very few female characters, it is the Indian equivalent of *The Hangover*. What begins as an amusing look at male life in middle-class India, turns into a gangster-style farce that becomes violent.

Listings

MOVIE GUIDE

GRAND CINEPLEX

Transformers 3 (3D) - 10:30, 11:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30
Transformers 3 - 09:30, 12:30, 15:30, 18:30, 21:30, 00:30
Cars 2 (3D) - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Monte Carlo - 10:15, 12:30, 14:45, 17:10, 19:20, 21:35, 11:50
22 Bullets - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Bad Teacher - 11:30, 14:00, 16:30, 19:00, 21:20, 23:40
Bonne Soiree - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Sameer Wa Shaheer Wa Baheer - 11:30, 13:30, 15:30, 17:30, 19:40, 23:50
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Buddah Hoga - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Double Dhamaal - 11:00, 14:00, 17:00, 20:00, 23:00

GRAND MEGAPLEX

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Cars 2 (3D) - 11:00, 13:20, 15:40, 18:00, 20:20, 22:40, 00:50
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In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Kung Fu Panda 2 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Super 8 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 00:00
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London Boulevard - 11:00, 13:30, 16:00
Rathir Nir Vedam - 18:30, 21:00, 23:30

GRAND CINEMAS - FESTIVAL CITY

Transformers 3 (3D) - 09:30, 11:00, 12:00, 12:30, 14:00, 15:00, 15:30, 17:00, 18:00, 18:30, 20:00, 21:00, 21:30, 23:00, 00:00, 00:30, 02:00
Transformers 3 - 10:00, 10:30, 13:00, 13:30, 16:00, 16:30, 19:00, 19:30, 22:00, 22:30, 13:00
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Cars 2 - 11:00, 13:10, 15:20, 17:30



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

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Bad Teacher - 10:30, 14:00, 16:30, 19:00, 21:20, 23:40
22 Bullets - 19:40, 21:50, 00:00
Bonne Soiree - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Sameer Wa Shaheer Wa Baheer - 11:30, 13:30, 15:30, 17:30, 19:30, 21:40, 23:50
Delhi Belly - 11:00, 16:00, 21:00
Buddah Hoga - 13:30, 18:30, 23:30

GRAND CINECITY

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Cars 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:40
Cars 2 - 10:30, 12:30, 14:30, 16:30
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Buddah Hoga - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
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In Gold We Trust - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
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Bonne Soiree - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Delhi Belly - 18:00, 20:00, 22:00, 00:00
Buddah Hoga - 10:00, 15:30, 21:00
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VOX CINEMAS - DEIRA CITY CENTRE

Transformers 3 (3D) - 11:45, 14:45,



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Delhi Belly - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Bad Teacher - 10:30, 15:00, 19:30, 00:00
Green Lantern - 12:45, 17:15, 21:45
Bonne Soiree - 10:45, 15:15, 19:45, 00:15
Sammer Wa Shaheer Wa Baheer - 13:00, 17:30, 22:00

VOX CINEMAS - MALL OF THE EMIR-ATES

Transformers 3 (3D) - 09:30, 10:45, 11:45, 13:45, 14:45, 16:45, 17:45, 18:30, 19:45, 20:45, 21:30, 22:45, 23:45, 00:30
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Cars 2 - 10:30, 13:00, 15:30, 18:00
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Super 8 - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Bad Teacher - 11:00, 13:00, 15:00, 17:00, 19:15, 21:30, 23:45
Green Lantern - 09:30, 10:30, 12:45, 17:15, 21:45, 00:30
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Transformers 3 - 11:15, 14:15, 17:15, 20:15, 23:15
Cars 2 (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
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Monte Carlo - 09:45, 14:15, 18:45, 23:15
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Bad Teacher - 09:45, 12:00, 16:30, 21:00
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Bonne Soiree - 22:00, 00:15

REEL CINEMAS - DUBAI MALL

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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
Transformers 3 - 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
Monte Carlo - 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
Delhi Belly - 14:30, 17:00, 19:30, 22:00, 00:05

REEL CINEMAS - MARINA MALL

Transformers 3 (3D) - 11:20, 13:20, 15:20, 17:20, 19:30, 21:40, 23:50
Transformers 3 - 12:20, 14:20, 16:20, 18:20, 20:10, 22:10, 00:10
Cars 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
Monte Carlo - 11:30, 14:10, 16:40, 16:40, 19:20, 21:55, 00:30

MUSIC AND NIGHTLIFE

July 04 – **Independance Day Masquerade Parade**, Bartini, Habtoor Grand Hotel
July 04 – **Moby Full Live Band Show**, Dubai World Trade Centre
July – 07 **Jesse Rose**, Trilogy, Souk Madinat Jumeirah
July - 07 **Stereo Sushi**, Sanctuary, Atlantis Hotel

COMEDY AND THE ARTS

July 06 – **The Laughter Factory**, Jambase, Souk Madinat Jumeirah
July 07 – **The Laughter Factory**, The Courtyard By Marriott, Green Community
July 08 – **The Laughter Factory**, The Rainbow Room, The Aviation Club

YOU REVIEW

We asked cinemagoers what they thought of the films they had just seen.

Sarjil Rana
Graphic designer
Deira

8/10



I have just watched *X-Men: First Class* before it finishes its run at the cinema. It was much better than the previous *X-Men* films as there was more of a structure to the story.

Zukiswa Mjoli
Emirates crew
Al Qusais



I have just been to see *Bad Teacher* and I really liked it. It was funny and entertaining, and I liked seeing Cameron Diaz and Justin Timberlake's on-screen chemistry.

Rabiul Mohead
Chef
Jumeirah Lakes Towers



I went to see *Fast Five*, which was a really fun film. It had a lot of action and excitement, and I liked to see all the cars.

**MUSIC
BEAT**

SIMON SHORT
MANAGER AT MELODY HOUSE

There's no need to rent a studio

When it comes to recording music, home studios are taking the industry by storm. The trend is actually forcing larger, more established studios to close down simply because they aren't making enough money any more.

For the cost of paying someone to record your album, you can now easily buy some decent recording equipment, as well as software to go with it. From there, you can get a range of tips and techniques on how to record from magazines such as *Sound on Sound*.

These will often provide degree-level advice on how to record, meaning the information is widely available.

Many top producers from the music industry have left big studios to set up their own home studios. The Foo

Fighters recorded their last album in their garage, and the trend in home recording for professional artists is rapidly rising. Traditionally, recording has been expensive because it's time consuming, and you have to pay for renting a studio. If you've got your own studio, there is no time limit.

The only thing that still remains expensive is mastering, where it is costly either to buy the necessary equipment or pay an industry professional. This, however, is no longer so much of an issue, simply because the savings made on home recording are so great. Put simply, it's now cheaper than ever to record an album.

\$4,000

The price Rebecca Black paid to record her infamous Friday



Moby set to enthrall Dubai

When: Monday, July 4

Where: Dubai World Trade Centre

CONCERT

He has been on top of the electronic music world for almost 20 years, and is considered by many to be the genre's most important recording artist of all time, having sold more than 20 million records. He has worked on hit tracks with the likes of Bono, David Bowie and Slash. And with the release of his new album, *Destroyed*, Moby is showing no signs of slowing.

This week, he makes his Dubai debut, backed by a full live band. This will make the show a full-blown extravaganza, as opposed to the simple DJ sets that many international electronic artists perform in the emirate. And with the sensational reputation of his *Destroyed* world tour preceding him, Moby has music fans across

the UAE brimming with excitement.

A quick look at Moby's musical history provides some clues to his stardom. The 45-year-old began his career as a boy of just nine, an avid student of the classical guitar, piano, drums and music theory. As a young adult, he played as part of a number of bands in New York, frantically scouring the city for a record contract.

His big break came in 1991, after manager Eric Härle found him performing at his first solo show. Shortly afterwards, he had released his first single, *Mobility*, which did reasonably well, and then his second release,



Go, gained huge international acclaim. The following year, he was invited to remix a number of tracks from big international artists, such as The Prodigy, Pet Shop Boys and Michael Jackson.

After almost a decade of building a name for himself, and a string of top-10 hits, Moby released what is regarded by many to be his finest album, *Play*. Famously, every track from the 1999 album, including songs such as *Porcelain*, *Trouble so Hard* and *Honey*, was eventually licensed for use in international films, TV shows or adverts. The album as a whole sold over 10 million copies, dominating the worldwide charts for the next two years.

Moby's follow-up albums, while not as hugely successful as *Play*, have also been extremely well-received, and the same goes for his latest offering, *Destroyed*.

The BBC rated the new album with a score of eight out of ten, while *Sputnik Music* gave it four out of five stars. What's more, the *Destroyed* world tour has gone down a storm, with almost every show being played to sold-out venues.

With all of this behind him, then, Moby appears to be one of the biggest artists to ever make it to the emirate, and it seems unconceivable that he will disappoint. Tickets are still available but are going fast, and cost Dh200.





Elie Afif live

When: Sunday, June 26

Where: Novotel

JAZZ

Having released his debut CD the weekend before last, jazz artist Elie Afif is finally beginning to gain the recognition that he deserves.

The Lebanese double bass player has been playing in Dubai for years, and has also appeared at countless venues around the Middle East, meaning that many of the region's jazz lovers will likely have heard him play, probably without realising it.

Now with his music in print, he has begun to gather quite a following. The launch night of his new CD, *Giant Steps to Heaven*, at Blue Bar, was a huge success, and was followed up last Sunday with another performance at the same venue.

Being Dubai's first (and only) authentic jazz venue, Blue Bar has a reputation for being too quiet without the backing of live music, but it simply comes alive

when artists like Afif are in concert. Often in Dubai, a live band set in an enclosed space results in a pair of battered eardrums, due to the performance being too loud.

However, for the Afif gig, the levels were just right, with the music working well as either an accompaniment to conversation or as something to focus on, itself. The classy, heavy atmosphere worked wonders with the smooth melodies and beats coming from the small stage.

Afif himself was a joy to watch on the double bass. Never missing a stroke, his lines were smooth and considered. Not too showy, but still highly impressive, he made clear in an instant that he can rank among the best musicians in Dubai.



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DRIVE THE CHANGE



Sampling India: *Of Blind Men & Elephants*

Indian photographers take an eye-opening journey through their heritage at the **Empty Quarter**.



PHOTOGRAPHY

There is an Indian fable that tells the story of six blind, wise men, who stumble across an elephant in the jungle. Each man approaches the animal from a different angle: one feels the tusks, another the tail, and so on. Each perspective feels different and they argue long and hard about what an elephant actually looks like—proof that even the wisest people can be both wrong and right at the same time.

The Empty Quarter's latest exhibition of Indian photography is named after this fable due to the variety of work that it displays, none of which can be labelled right or wrong. "All six photographers come from dual Indian heritage, and each contemplates their home county in their own wonderful, unique way," says Elie Domit, the gallery's creative director. "As the only contemporary photo gallery in the region, we pride ourselves on bringing

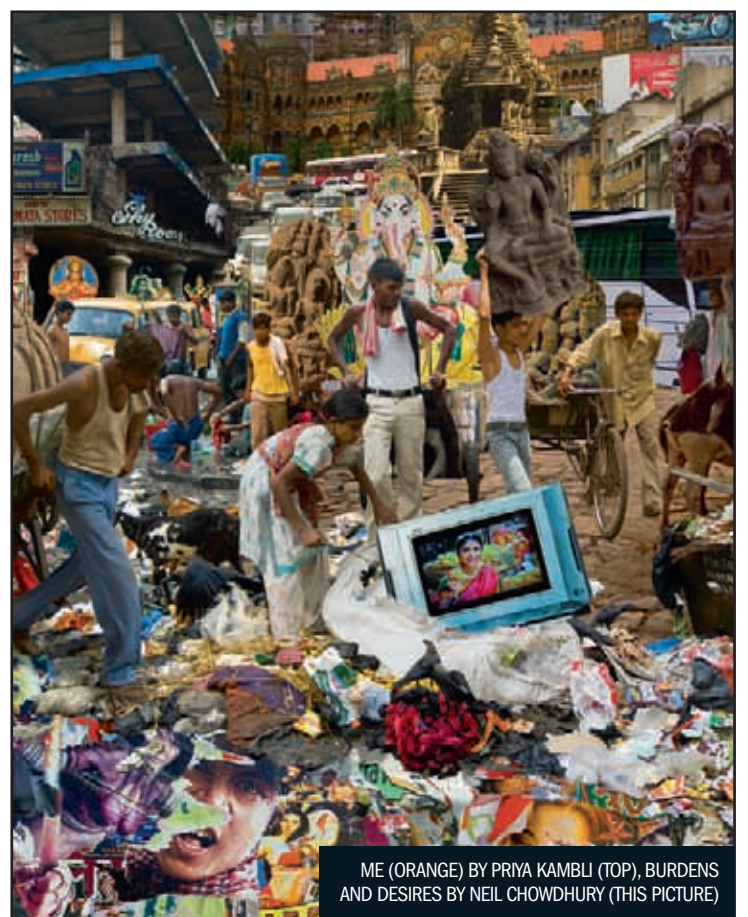
exciting work from a range of photographers, and have focused the latest exhibition on India due to its vast diversity economically, culturally and historically."

The works on display live up to Domit's promise, and provide a kaleidoscope of interesting viewpoints from the artists. Each has taken a fresh, different and sometimes daring approach to the subject, and the culmination is an exhibition that provides a feast for the eyes and mind.

Like the blind men in the fable, each of the photographers appears to be feeling a different elephant, in the same way that they have all experienced a different India. From Priya Kambli's images focusing on split cultural identity caused by migration, to Neil Chowdhury's exploration into his Indian heritage, the photographs are visually captivating and leave the viewer with plenty of food for thought.

Sampling India: Of Blind Men & Elephants is at The Empty Quarter, DIFC until July 31.

"We have focused the latest exhibition on India due to its vast diversity economically, culturally and historically."



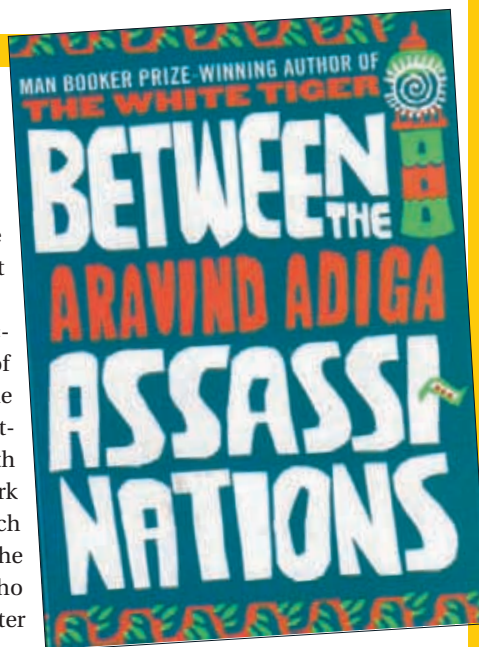
ME (ORANGE) BY PRIYA KAMBLI (TOP), BURDENS AND DESIRES BY NEIL CHOWDHURY (THIS PICTURE)

Between the Assassinations

BOOKS

This novel is the second offering by Adiga, following his 2008 Man Booker Prize-winning *The White Tiger*, although the two books were apparently both written at the same time.

This short story collection focuses on the lives of a group of individuals in the fictional Indian town of Kit-tur. Each chapter begins with a description of a landmark or area of the town, which gives way to a story about the struggles of the people who live there, as each character deals with issues of religion, caste, poverty or corruption. The guidebook-style introduction to each chapter is a mask for the dark, serious and often disturbing issues to be revealed throughout.



It offers a captivating mosaic of India's fractured society, but lacks some of the intensity and outrage at injustice displayed so well in Adiga's first book.

IF YOU LIKE THIS, TRY:

A Case of Exploding Mangoes by Mohammed Hanif

When an aeroplane carrying Pakistani dictator General Zia and several top generals crashes, killing all on board, a continued investigation struggles to find the cause—mechanical or conspiratorial.

Shantaram: A Novel Gregory David Roberts

Prior to his arrival in Bombay, and unknown by the people surrounding him, Mr. Lindsay—aka Shantaram—has just escaped from an Australian prison where he had begun serving a 19-year sentence.

Sea of Poppies, Amitav Ghosh

When a former slave ship sails from America to India, Zachary Reid enlists as the ship's carpenter, on a life-changing journey to escape his fate as the son of a freed slave.

Beyoncé – 4

Sony Music ★★★★★

ALBUMS

Beyoncé's fourth solo album was slated to be a game-changer for pop. The hype, however, was just that, but this does not detract from the fact that 4 is a good album.

Reportedly, 72 tracks were recorded for it, of which only 12 made the cut. With influences spanning from Adele to Garbage, Beyoncé composed the songs while staying relatively free from the gaze of the public eye, and it shows. The songs are less about filling dance floors than they are about provoking emotional responses. The singer's trademark voice still delivers where necessary, but there are no big vocals for the sake of it, meaning each crescendo is all the more effective.

The subjects surrounding the lyrics also feel more personal than they did before. For example, instead of singing for women's rights in general, she will sing about how issues of inequality have affected her own life.



As a whole, 4 feels more considered and mature than Beyoncé's previous albums. Some might say that this makes for a dull listen, but after a few spins, this album really speaks to its listeners. It might not be a game-changer, but the record executives should have nothing to worry about.

IF YOU LIKE THIS, THEN TRY:

Planet Pit by Pitbull
Remedy by Jagged Edge
Pieces of Me by Ledisi

Shack shaking up the Dubai fast-food scene

A real alternative to food court staples, Shake Shack might be pricey but its frozen custard is worth it.

RESTAURANT

One of the big-draw fast-food eateries in urban United States, Shake Shack arrived in Dubai—the first overseas location for this burger chain—earlier this year.

Located in the West Food Court on the first floor of Mall of the Emirates, Shake Shack is notable for its constant patronage, lengthy (but fast-moving) queue and neon-lit Americana frontage. It looks far from the norm for mall-based fast-food joints in Dubai, and its menu is accordingly leftfield.

We ordered the Shack-Cago dog, a cheeseburger, an Arnold Palmer and a Fair Shake. The burger was everything that the hot dog was not. Plump, juicy and devoid of faffiness, it was a burger-lover's dream. Just lettuce, tomato, cheese and the house relish on top of a high-quality meat patty, it hit the spot and left us satisfied but not overfilled.

The hot dog, meanwhile, was small, rubbery and stuffed with overbearing condiments to the point it was hard to taste the meat. Luckily, the accompanying fries—tasty and covered in hot

“Plump, juicy and devoid of faffiness, it was a burger-lover's dream.”

Shack facts

The first Shake Shack opened in Madison Square Park in New York City in 2004, and shortly afterwards was named “Best Burger” by New York magazine. The wait in line there can sometimes take a whole hour in summer.

cheese sauce—and the shake did much to fill the hole left by this meagre dish.

Shake Shack shakes are individual in that they are made out of custard, and this makes a wonderful difference from the usual ice-cream-based offering. As thick and glutenous as its dessert counterpart, the rich vanilla flavour blended amazingly with the guilt-free ground coffee.

The Arnold Palmer, a combination of home-made lemonade and iced tea, could have acted as a side to the shake in that, when sipped at intervals, it cut through the richness of the custard. Again, this was a nice alternative to fast-food staples.

Overall, it was a good feed, although this was mirrored by the bill—over Dh100 for two people. However, we didn't have any complaints about this because the elevated price helps retain the novelty value of a place like this. It is well advised to think of a visit to Shake Shack as a special treat.



Vox pop

Do you take good care of your teeth?

Asha Muthu
Share accountant
Jumeirah



I recently had a root canal done so since then I have been taking extra care of my teeth. I make sure I brush, floss and use mouth-wash three times a day now.

Mike Ryan
Head of business development
Dubai Marina



I always brush my teeth twice a day and floss every night. I've always had the good fortune to have had pretty good teeth, and I really just hope it stays that way.

Levie Castorico
Office administrator
Al Qusais



I brush every day and don't really get problems with my teeth, but I am pretty bad at remembering to go for regular check-ups at the dentist.

Sinisa Mandaric
Emirates crew
Sheikh Zayed Road



I keep a regular routine when it comes to cleaning my teeth and I don't smoke.



A different kind of spa

Where dental clinics are now known for their good karma.



TRADITIONAL DENTISTS' TOOLS HAVE MADE WAY FOR HYPNOTHERAPY AT SOME DENTAL SPAS

For most, a visit to the dentist is something to be dreaded. However, a new breed of dental practice has begun to appear, each one aiming to make the experience altogether more pleasant.

Termed dental spas, these clinics are run and operated under a licensed dentist, but offer much more than fillings and braces, within a more relaxing environment. In fact, these spas' services range from massage therapy and skincare to hair removal, as well as using non-traditional methods of dentistry.

In Dubai, such practices have become immensely popular. The Dental Spa in Jumeirah consist-

ently receives praise for its welcoming, and altogether different, approach to tooth treatment.

"The Dental Spa has a tranquil setting, and doesn't even smell like a dentist. For us nervous folk that certainly helps," said Carol Dennis, a regular visitor.

"Knowing I can have these treatments has made it possible for me to visit the dentist on a regular basis."

Aside from dentistry, the Dental Spa offers chiropractic care, back-pain and headache treatment, dermatology, non-surgical face lifts and laser hair removal. This means that patients can couple a routine tooth check with a massage, or else a face lift consultation with a spot of back relief, making it a one-stop-shop for health and wellbeing.

"I think these places have

LIGHTS OFF, HEADPHONES ON, IT'S TIME FOR YOUR ROOT CANAL, MADAM

got the right idea about easing patients' anxieties," said Mark Lorne, a retired dentist now living in Dubai. "Back when I practised, we had people who hadn't visited for years, just because they didn't like coming. And their teeth suffered for it. At a dental spa, you don't get that foreboding feeling in the waiting room."

Even though he has never worked at a dental spa, Lorne has seen the benefits of such places himself, thanks to reviews from friends and former colleagues. However, he maintains that, out of habit, he visits a traditional

dentist for his own needs. But this is likely because, as a former dentist, he has nothing to fear from a visit. Dental spas are supposed to cater for those who feel nervous about treatment, by offering serene settings and other treatments.

"Way back in the 'Fifties, studies confirmed people were anxious about dentists," said Lorne. "So for ages, they were trying to work out how to combat that. I first heard about dental spas in the 'Eighties, and I'll have to admit that I didn't like the idea back then. But, if they get people look-

ing after their teeth, they can only be good."

But bear in mind that the term "dental spa" is often used loosely. Some traditional practices use the name just for branding purposes, due to the fact that there are no definite guidelines on what constitutes a dental spa.

Even so, a quick look at a practice's web site will determine whether or not it is only a dental spa by name. The services on offer will be clear to see, meaning that, with a little research, nervous patients need not worry about their next dental visit.

FIRST PERSON

NICOLAS DE VOS
DUBAI-BASED DENTIST



Good, but still could be better

Overall, dental health in Dubai is good, though it could be better if people visited their dentists more. Of course, the cost of dental work plays a part in this, but there are plenty of affordable insurance plans around.

But among the people who do go to have dental work done regularly, their teeth are great. It's not like in Europe, where people only really use dentists if they need serious work. Over here, people care about their appearance, and so they want their smiles to be as nice as possible. Most of our patients come to us for cosmetic reasons.

But people still need to look after their own teeth. I recommend brushing after every meal, but brushing once in the morning and once at night is fine. Mouth washes are also good for ensuring clean teeth, as even the best electric toothbrushes can't clean all over. And throughout the day, chew sugar-free gum to stimulate saliva production.

In terms of what not to do, diet plays a massive part in dental hygiene, and one of the biggest problems over here seems to be fizzy drinks. It sounds obvious, but cutting down makes such a difference to having healthy teeth. The same goes for drinking too much coffee and tea.

Of course, any doctor will tell you not to smoke, and dentists are the same. I don't think I've met so many smokers anywhere else in the world, which can be frustrating.

Smoking triggers bacteria accumulation in plaque, thereby weakening teeth

TOOTH TRIVIA

- A rodent's teeth never stop growing.
- Toothbrush bristles were previously made from cow's hair.
- George Washington had false teeth made from ivory, lead and the teeth of animals.
- A Chinese dentist once built a tooth tower made from 28,000 human teeth.



ASK THE EXPERT



LISA MAYHEW
FREELANCE
PHYSIOTHERAPIST

How to deal with a painful sports injury

Sports injuries can put people out of action for months, or even life, so anyone suffering one should treat it seriously. There are various specialist medical centres around Dubai, as well as a few freelance physiotherapists, but there are also a number of home treatments that can help with mild injuries.

The most common injuries,

such as sprains or strains, can be treated at home using RICE, which is an acronym for Rest, Ice, Compression and Elevation.

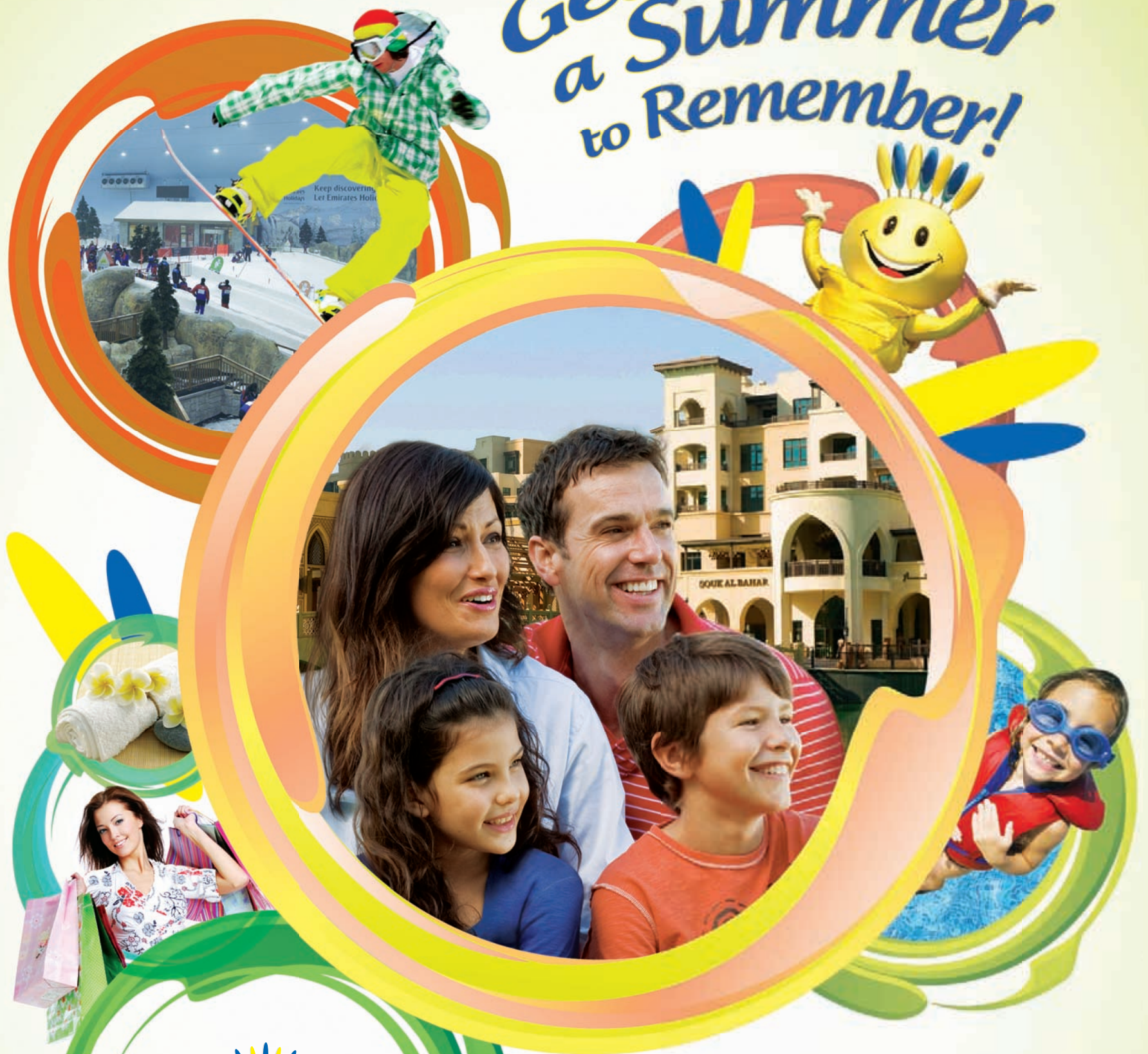
Rest is fairly self-explanatory: no strenuous activity for at least 48 hours after the injury. With ice, it's best to hold a pack (or a bag of frozen vegetables) over the injured area for 20 minutes every four or five hours. For compression, wrap a support band around the area, though if your fingers or toes start turning blue, it's too tight! Elevation is the trickiest. When you sleep, try to keep the injured area resting

above your heart, using a couple of pillows. It might disrupt sleep a little, but it's worth it.

Stick to these tips and a strain should be gone within a week. Meanwhile, you can build up to being more active again, maybe taking a walk a few days after the injury, and then doing more vigorous activity once the injury improves.

For other injuries, there are plenty of web sites out there with advanced search engines, though the more severe ones should still be seen to by a professional.

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Which sport is best for you?

There is a game out there for everyone. Just look for it.



ACTIVITIES

For some people, the idea of playing sports as a form of exercise sounds like a win-win situation: they get to have fun and keep fit. However, for those people out there who did everything they could to avoid PE lessons at school, the idea of playing sports as an adult is not quite as appealing. One mention of the phrase “team game” and the memories of being the last person to be picked or missing that vital catch can come flooding back.

In reality, we all know that to maintain a healthy level of fitness we should be doing physical activities at least three or four times a week, but how do you go about finding something that you enjoy?

If you fall into the “love sports” camp, why not try joining a local team? Dubai has everything on offer from squash clubs and netball teams to football leagues. By joining a team or club, an instant support network opens up. Not only will you make new friends and meet likeminded people, but nobody wants to see their team do

badly, so expect to find plenty of mutual encouragement.

Jon Culver, an advertising consultant from Tecom agrees, saying, “When I moved to Dubai, one of the first things I did was join a five-a-side football team with my colleagues. It helped me get to know them and was the ideal way to make sure I didn’t just sit at home being lazy.”

Many people, like Martina Palikh, find that they just don’t have time to join a team due to work or other factors. “I would love to get back into hockey because I played when I was young, but I work shifts in my job so would miss practice a lot,” said the sales assistant.

Ideally, for people in this situation, a variety of activities are available in Dubai that provide the social element of team sports without the same required dedication. For cricket fans, Insportz in Al Quoz, offers indoor cricket and football areas, where players can turn up just for the fun of the game –while some of the teams who play regularly are hyper-competitive, many others are composed of once-a-month office hackers.

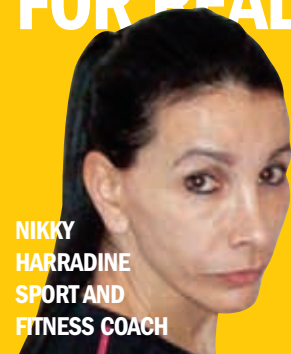
“I would love to get back into hockey but I work in shifts.”

A popular casual exercise activity during summer is mall-walking. When the weather may be too hot for many to exercise outside, these groups meet to power walk around Dubai’s malls—which if you been to, say, Mall of the Emirates, you will know this is covering quite some distance.

Although many enjoy the social aspect of sport, there are those that prefer solitary activities to keep fit. Perhaps exercising alone pushes you to work harder as you only have yourself to compete with, or maybe exercise is simply your one opportunity to enjoy some alone time and be at one with your thoughts.

The good news is that there are plenty of sports you can enjoy alone. “I’ve built up quite a social circle at Jebel Ali Golf Club, even though I’ve never actually been round the course,” said James D’Souza of The Gardens. “I really enjoy getting some fresh air and hitting the practice ground, and that’s enough for me. Afterwards, we meet up at the clubhouse and I hear about how my friends have been playing.”

FITNESS FOR REAL



NIKKY HARRADINE
SPORT AND
FITNESS COACH

Kids can do fitness too

Aside from a number of other sport and fitness classes I help to run, we have just started a summer training camp for kids. And the main reason for this, I think, is that there are too many kids in Dubai who don’t do enough sports and spend their time indoors.

I want to get them out of the shopping malls, off the sofas, away from TVs and video games, and take them outside to play sport.

The exercise should also make them think twice about eating junk food.

Basically, I want to motivate them to be healthy. And if it’s good for their bodies, it is also good for their minds.

Our summer camps are a great way to do this. Not only do they get to go outside, we have them playing all sorts of different kinds of sport, while also helping them to understand just what their bodies are capable of. Some of them won’t have any idea about their body’s potential until they try it out.

We do a number of different sports, so there is plenty of choice when it comes to deciding what they are most interesting in.

This also applies to adults. I get a lot of adults turning up to my evening boot camps—last week we had 18, in spite of the heat—saying that they felt great afterwards.

Again, it is all to do with getting outside, building up your fitness and, most of all, having a good time.

To find out more about Nikky’s programmes, visit www.nikky-sports.com

Ahoy there!

Seafaring style is not just for sailors this summer with the nautical look turning heads.

WARDROBE

The nautical look is a timeless trend that seems as synonymous with summer style as a pair of flip-flops and sunglasses. Dressed up or down, this fresh and breezy fashion is perfect for looking—and feeling—cool in the Dubai summer heat. The main theme is always the classic stripe in a nautical white and navy. This print is everywhere this summer, with designers branching out from the fashion staple—a Breton T-shirt—and incorporating stripes into dresses, bikinis and even shoes.

Matched with a pair of white linen trousers, the nautical look is one that suits all body shapes, and is a style that doesn't lend itself to

any one single age group thanks to its adaptability. While the younger generation has been incorporating the nautical theme into short shorts and strapless vests, mature women across Dubai are rocking the look just as confidently with printed maxi-dresses, cropped trousers and printed T-shirts with a noticeable nautical influence.

The style is also great fun in the accessories department. To accompany a sea-themed outfit, nothing goes better than a big straw bag—especially if it has nautical ribbon detailing—while a pair of deck shoes or espadrilles not only create the impression that you are heading out for a day on the yacht, but will also provide a well-earned rest break for women's feet.

*Star turn
Alexandra Burke
looks shipshape in
this sailor dress*

Her



CLAUDIA SCHIFFER DEMONSTRATES HOW HOOPS CAN BE A CASUAL WIN





Him



It is not often to find a fashion trend that is just as wearable for men as for women—if not more so—but the nautical look is definitely one that fits the bill. The standard ingredient for achieving it is the striped Breton T-shirt. Stripes are just as prominent in men's shops across Dubai as they are in women's, and can be teamed with jeans, cargo shorts, or can even be found under a suit jacket for a cool, casual office appearance.

The nautical look also encompasses items that all men should already have in their wardrobe. A crisp, clean white shirt with chinos or tailored shorts oozes boating club cool, and a pair of deck shoes can replace chunky sports trainers for a more summery feel. However, if you really are not into the preppy side of the trend, a striped T-shirt will go just as well with a pair of cut-off denim shorts, straw trilby hat and flip-flops for a more hipster take on the style.

And one of the easiest ways to adopt the nautical approach is to don the absolute summertime staple—the linen trouser. While white linen trousers (with white boxers only, guys—no cartoon prints) scream nautical, many men seem to find them too much, so opt for a sandy beige or navy if white is not for you. Shops at the moment are full of T-shirts with nautical designs, so team one of these with your linen trousers and you are all set to sail.



JOHNNY DEPP HAS THE CONTEMPORARY NAUTICAL LOOK DOWN TO A TEE



FASHION OPINION



JIM PAOLO JOQUICO
EDITOR-IN-CHIEF
WWW.LAMODADUBAI.COM

Librarians back on the books

When we were younger, we used to poke fun at the way librarians dressed. They looked frumpy and unapproachable and they just won't let go of last century's fashions.

So who would have guessed that librarian chic would be the height of fashion today? Scarf-collar tie-knot blouses paired with below-the-knee pleated skirts and round-neck blazers are all the rage in workwear these days.

Maybe Ugly Betty wasn't all that unfashionable after all.

Stripes are back too, thanks to Prada's Spring/Summer 2011 collection which convinced us that horizontal lines don't really make you look chunk. Besides, if you're slim, whatever pattern you choose to wear, you are still going to look slim.

Blue and white combos are particularly appealing, because nautical is the new military. Accessorise with an anchor pendant and you're ready to join the crew of an aircraft carrier.

But if you're a free soul and so feel confined by the idea of looking like a tense librarian or a lady navy seal, then you might feel a little more at home with the tribal look.

Aztec print maxi-dresses and native accessories give off a non-conformist, resist-and-exist vibe that presents a welcome antithesis to the skinny-jeans-and-stilettos Barbie dolls who you regularly see torturing themselves as they trawl the malls all over Dubai.

"Maybe Ugly Betty wasn't all that unfashionable after all"

Outside *the box*

How do you turn your living space into a home?

Space to create

Want the ultimate blank canvas? Go to www.emiratespropertyshop.com and find out about property ref. 1915728. It's a stunning double-height loft apartment in JBR that is still completely open plan, finished in white, tiled and with a kitchen installed. Offering 2,200 sq ft, two-car parking spaces and the opportunity to create a third bedroom, this is the perfect space in which to develop a truly unique home.

It is a progression familiar to so many residents of this city. You spend the first week or two after arriving in temporary accommodation—either in a hotel or at a friend's—and then you finally find an apartment of your own; a place you are going to call home for the next year or three.

But your new home is probably an anonymous, off-white box in a tower full of identical off-white boxes, with a decent view (if you're lucky), a small balcony and a number on the door.

And even if you're fortunate enough to be moving into a villa, the walls are painted that same flat magnolia that seems to be Dubai's defining colour; the floor is tiled

in cream ceramic and even the doors on the kitchen cabinets are white. It can be a real challenge.

The question is, do you regard this as a temporary space and leave everything untouched, or is this going to be your own personal palace. There's a fair chance, if you are renting, it will be the former; and if it's the second, the latter. There is a profoundly liberating freedom in being able to paint a wall in bold, bright colours and not have to worry about what the lease and the landlord say.

But how exactly do you transform your flat into a place worthy of the title "home". Fact is, a white box actually gives you a fantastic opportunity to create a space that reflects your hopes, dreams and desires. Here you can project your taste and personality in complete freedom, unconstrained by history or tradition.

Yet it is this very freedom to create exactly what you want that many people find most challenging, simply because they have no

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WITH A LITTLE HELP ANYBODY CAN TRANSFORM THEIR BOX INTO A HOME, WHATEVER THE BUDGET



Paint it red!

What would your kids want splashed across their bedroom furniture? A cartoon character? Favourite footballer? Pink fairy? Moody Designs can help by allowing kids to let their imaginations run wild. They sell Italian wooden furniture, but the real fun begins when customers are asked to choose a design to customise their own wardrobe. Simply provide the company with your own favourite image and they will create your one-of-a-kind wardrobe. For inspiration, visit their showroom on Sheikh Zayed Road or log onto www.moodydesign.ae

idea exactly what it is they want. Which is why often the best place to start is with a qualified interior designer—it doesn't have to be expensive; you just let them know what you want to achieve and how much you have available to spend, and they can tailor a package for you.

We spoke to Merete Broen from Zen Interiors for some sound advice. She explained, "At Zen Interiors, we spend a great

deal of time listening and talking to our clients, getting to understand them and to find out about their likes and dislikes, so we can create a solution that works for them."

This process of discovery is vital, because your designer will suggest schemes and solutions

that you have never dreamed of—don't be afraid to say what you think, but also be open to new possibilities and options. Also, set a budget, and stick to it—a good designer should always be able to work within your means and show you what you can expect to achieve.

The possibilities are almost endless—Broen says Zen offers retail solutions, furniture and design packages, and full interior design and build services including bespoke furniture and fabrics. One recent client even had carpets specially commissioned to match their curtains.

It doesn't matter if you live in a huge Al Barari villa or a compact Barsha studio, using an interior designer will help you make absolutely the best use of the space available, and turn it into a place you can truly call home.

Child's play

Global paintmaker Jotun has developed a strong presence in the Middle East over the years, and makes a wide range of paints and exterior finishes that have been specially designed to suit the demands of homes in the region. They also have an excellent design service, and there's a full range of advice on their web site that is really fascinating. The information includes such interesting subjects as the psychology of colours and how to choose what is right for you, advice on the effect of light, a colour-matching service to complement your furniture and a full section on how to create those sophisticated paint techniques that create wonderful special effects. You will find all the latest information on www.jotun.com/me

Cheap and cheerful

Boxing over its weight.



KIA PICANTO

Cheap, nasty and full of tacky plastics: this might have summed up a Kia of old. But it is amazing how things change when a car-maker gets an angle on itself and its products. Today, Kia's cars are anything but nasty and plasticky, but they still remain cheap.

The new Picanto is a case in point. Down at the end of the market where manufacturers can get away with scrimping and saving, Kia has managed to design, furnish and engineer a car that has quality and appeal that far exceeds its diminutive price tag.

For a little over Dh30,000, you

can get one of the smallest cars on the market and it doesn't look gawky, unfinished or with Dali proportions. It is bright, breezy, well made and capable of taking four adults in reasonable comfort.

The exterior has been given a thoroughly modernising facelift that places it within the corporate "tiger nose" design philosophy through a Kia-standard grille, open face and clean lines. The designers have used a number of *trompes l'oeil* to make the flanks look longer than they actually are,

Our verdict

Something so small could never be fashionable, but the little Kia has sufficient quirkiness and colour to make it one of the frontrunners in its segment. The guys from Korea have done an excellent job in modernising this model

THE KIA MAKES NO PRETENCES AT BEING ANYTHING OTHER THAN AN URBAN RUNABOUT



BRIGHT BODYWORK CHARACTERISES THE CHIC SIDE OF THE NEW PICANTO



HER VIEW

A woman's take on our car of the week

I really like this one. If I am driving something small, I would prefer to stand out of the crowd, and the Picanto really does that. Aside from the bright colours, it looks like it has been designed to be an individual, and there's a young, hip feel to it. I am really pleased with the way the designers have managed to fit so much room inside. While it's no Land Cruiser, it is by no means uncomfortable, even with a full house inside. And there is quite a reasonable amount of space in the hatch, which can grow quite well through the split-fold rear seats. In terms of value for money, it is hard to beat, not least because of how little fuel it drinks. The Picanto is an all-round good small car with a little bit of style built in.

belying the tiny dimensions of this A-segment runabout.

But still, the car has grown a little from its previous incarnation, to the tune of 15mm on the wheelbase, an increase of 60mm in length, while the all-important height is now a centimetre above the last edition. This upward growth means that driver and passengers sit higher, with straighter legs meaning more leg space.

Given the palette of colours available, the Picanto won't blend in like many of its peers, and there are some particularly bright shades waiting to be picked. The paint scheme is echoed indoors, with complementary colour touches across the fascia, which now sports more robust materials. The cloth, too—a department that is usually first hit by low price—is excellent and complementary to the rest of the vehicle. There is a reasonable amount of kit inside—our test car had remote locking with keyless start, electric windows and a sunroof.

With just a 1.2-litre engine—one of the smallest on the market in the UAE—the little Kia will never go at a rate of knots, but this unit is built for economy, and runs at a miniscule 5.3 l/100km on the combined cycle. For the record, the brand new engine can

“Given the palette of colours, the Picanto won't blend in like many of its peers.”

produce 87bhp, which is good for a top speed of 161km/h and a 0-100km/h time of 13.6 seconds.

But speed isn't the point of this car; it is an honest-to-goodness urban ride, perfect for the streets of Bur Dubai and Deira, or rush-hour traffic on Sheikh Zayed Road. The point is that you get a lot—kit and quality—for your money, and need to spend very little to maintain it. What's more, it looks good, especially for the price. This one has to be a class leader.

NEW MATERIALS HAVE BEEN INTRODUCED TO CREATE A DECENT INTERIOR

Alternatives to iPods and iPads

Sony Walkman NWZ-S540 Series 16GB

Now a couple of years old, Sony's S540 Series has no touch screen functions, instead offering users good, old-fashioned buttons to control what's on the sharp QVGA screen. It might not have the looks of the current iPod Nano, but it still packs 16GB of memory, and can play video files, which look good despite the small size of the screen. This mp3 player's party piece, though, is that it sports a pair of tiny speakers that can be turned up surprisingly loud.

Available at: Jumbo Electronics

Dh 549



Promate Proharmony wireless mp3 headphones

One for the sports enthusiast, these Promate headphones make for an ideal alternative to the iPod Shuffle. With no wires, the Proharmony series of headphones fit neatly around the head, and double as a USB mp3 player. Like the iPod Shuffle, there are very limited controls; the idea is that users simply load songs onto it, and the player shuffles through them. What's more, because of the shape of the headphones, the earpieces stay in place while jogging.

Available at: Virgin Megastores

Dh 249



Dh 1999

Samsung Galaxy Tab

Having just unveiled the second generation of its Galaxy Tab, Samsung is looking to go head to head with Apple's iPad 2. However, the new release means that it is possible to pick up a seriously good deal on the last version, which comes with a seven-inch screen. While not quite as big as an original iPad, the Galaxy is still an ideal alternative to those who prefer the Android operating system, and the Galaxy Tab comes with all the usual refinements, such as a beautiful display, 3G connectivity and a 16GB memory.

Available at: Most good electronics stores



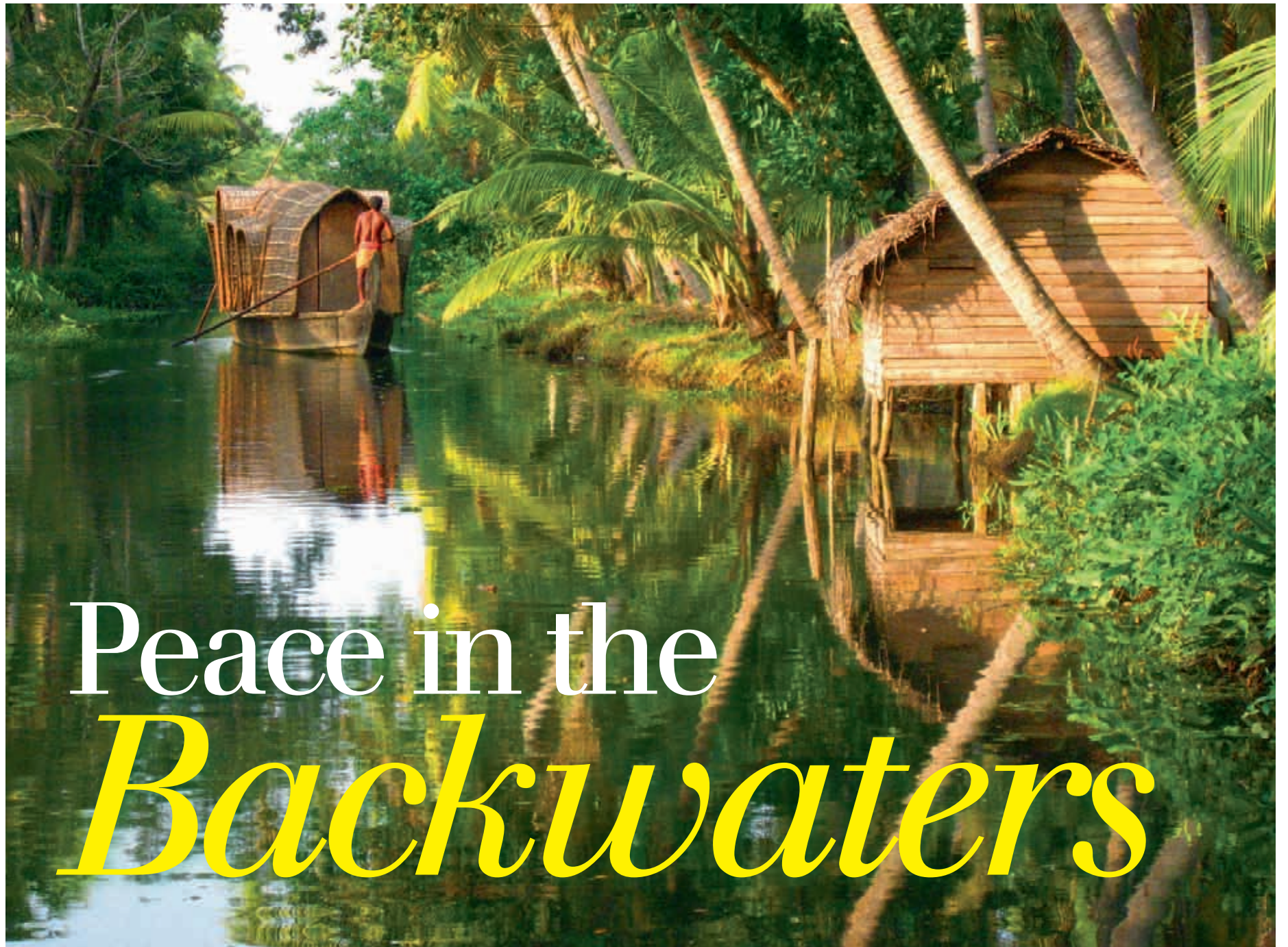
Motorola Xoom

Dh 2,400

Keen to take a share of the tablet market's pie, Motorola has taken on the iPad with its own Android-powered device, the Xoom. While slightly bulkier than its competitors, it has been described as the best competition that Apple has so far seen against its own tablet. With a superfast processor, a beautiful screen and 4G connectivity, all that stops this from being a brilliant package are a few small glitches in the software.

Available at: Axiom Telecom





Peace in the *Backwaters*

One of the most beautiful states in India, **Kerala** boasts an area of supreme calm.

Kerala is where India pauses for breath and sits back to enjoy the scenery. Countless coconut groves, sandy beaches and picturesque rice paddies have earned this relaxed, southern Indian state the nickname “God’s Own Country”, and a week here is all you need to appreciate why.

The Backwaters, a vast network of canals, rivers and lagoons that snake inland from the coast, are one of the major tourist attractions here. Fly into Cochin or Thiruvananthapuram (Trivandrum in old money) and get the train to Alleppey, the main gateway to the Backwaters.

This is the biggest tourism business in Kerala and tourists need to be as shrewd as the canny houseboat operators to get a good bargain. Boats here range from decaying water shacks to floating palaces and it is worth

insisting on a viewing before the price is agreed.

It is probably the most expensive experience available in Kerala, (a 24 hour cruise can cost anything from Dh325) but almost everyone who has taken a private houseboat tour of the Backwaters would agree that it is worth the cost and more. Once the bargaining is over, you can board your boat, sit back on a shaded deck and chug into paradise.

The canals weave through sleepy villages, where locals wash clothes in the water and bathe on the banks. White churches, mosques and temples dotted along the way testify to the religious and cultural diversity of Kerala, where a rich interplay of traditions adds to its colour and character.

At around one o’clock, the aroma of spices begins to waft out from the aft kitchen as the crew prepare a feast of southern

Getting there

Various airlines, including Emirates, fly direct to Cochin, while Air Arabia covers Thiruvananthapuram in the south. Most nationalities require a visa to enter India.

Indian cuisine. Kerala is well-known for its vegetarian curries, which are served on deck with piles of fresh fish, rice and dhaal.

Some boats will pause at a local fisherman’s hut to allow guests to select some freshwater prawns for dinner. In the early evening the boat stops at a huge, palm-fringed lake, where guests can swim as the sun sets over the water and the crew prepares the evening meal.

In the morning, you awake to the sounds of ropes slapping against the side of the boat as the crew prepares to depart. A simple breakfast of toast and preserves will be ready on the table as the boat leaves the lake and heads back into the canals, towards Alleppey or on to another destination, depending on your itinerary.

Cruise down to Kollam and take a taxi or autorickshaw on to Varkala, where guesthouses and



HOUSEBOATS ARE THE BEST WAY TO EXPERIENCE THE KERALA BACKWATERS

ITINERARY

DAY 1:
Depart Sharjah airport and arrive at Thiruvananthapuram.
DAY 2:
Get the bus to Varkala and stay at Villa Jacaranda for a few days.
DAY 4:
Take the train to Alleppey and board a houseboat towards Cochin for a three-day cruise.
DAY 7:
Arrive at Cochin and head to Walton's Homestay for the night before departing from Cochin airport.

rustic eateries line the soaring cliff edge, which offers a spectacular view of the ocean. Alternatively, while a few days away by traversing the market stalls and lazing on the beach here before venturing further inland to the tea plantations in the dramatic, mountainous areas around Munnar.

Or you could sail north towards Fort Cochin and explore this beautiful city, where colonial architecture meets modern India as cows wander down pristine roads lined with Portuguese mansions, and the curators of chic art galleries chase goats away from the door.

Whatever way you look at it, a break in Kerala is magical.



FORT COCHIN IS A MUST-SEE ON THE TOURIST TRAIL

A Dubai journey back to the past



A PICTURESQUE COURTYARD PROVIDES THE CENTREPIECE OF THE ORIENT GUEST HOUSE



STAYCATION

In search of revisiting the Dubai we first saw on our arrival in town six years ago, we pounced on a local auction site's deal of the day last week.

For a whole Dh200, we would get to return to Bastakiya, the first place we visited as Dubai novices, check into a double room at the Orient Guest House, eat dinner and breakfast and check out the sites for the first time in what feels like forever.

The deal couldn't be beaten, especially given the hotel's standard rate is advertised at Dh1,000 per night. We were doubly pleased after walking through the atmospheric atrium of this

restored, two-storey villa and checking into a basic but inviting room, complete with four-poster bed, antique furnishings, decent bathroom and free Wi-Fi.

Having arrived in the mid-afternoon, we stepped back out and took a wander around the lanes and alleys of the surrounding heritage village, part of the old Souq Kabeer area of oldest Bur Dubai.

We even found ourselves on an abra and saw how little had changed of Creek life over the years. Really nothing can compare to the pictures even an amateur will take on this stretch of water.

After a good wander, and a whole host of returned memories, we headed over to the Arabian Courtyard hotel, in the shadow of Dubai Museum.

The Orient Guest House's sister inn, this old icon of Bur Dubai was our venue for dinner, with the Mumtaz Mahal restaurant providing the food and cabaret for the night.

Packed with folk, the Mumtaz has won awards in the past for its northeast Indian cuisine, and our set menu was excellent.

A live group of musicians and dancers provided the entertainment over the long evening there, and it was great fun for any nationality.

The next morning, we took a spin around Dubai Museum—a must for anyone who has not yet been—before returning to the car and making the short journey back home, really pleased with the past day. It is great to revisit old memories in Bur Dubai style.

Vox pop

Where locally do you like to go over the weekend?

Shreyas Walvekar

Retail administrator, Discovery Gardens



I usually like to go to parties with friends in Dubai, but on a long

weekend it would be nice to get away for a couple of days to visit Oman or Abu Dhabi.

Mariebeth Lontoc

Secretary, Deira



Umm Al Quwain is a lovely place to go on the weekend. It's nice to

visit a different emirate, and I like to relax at a beachfront resort.

Amit Shetkar

Graphic designer, Discovery Gardens



I like doing things around Dubai on a weekend, but for something

different I might go to Abu Dhabi to have a look around and see all the mosques.

Lareine Mascarenhas

Assistant, Discovery Gardens



On a weekend I think it's nice to go to Fujairah or Oman if pos-

sible, especially during the summer as it can usually be a bit cooler there than it is in Dubai.



MATTAR AL TAYER

Al Tayer reviews RTA successes

Dubai has made “unprecedented strides in infrastructure development over the last decade,” according to Mattar Al Tayer, chairman of the board and executive director of the RTA.

Speaking recently at the Engineers Society Forum in Kuwait, Al Tayer reviewed the RTA's progress to an assembly of Kuwaiti dignitaries, and highlighted the challenges the body had faced in its transition to mass transit in Dubai.

“The RTA was established to provide an excellent roads and transport infrastructure that

supports the vision of Dubai,” he told the gathering. “We have overcome challenges faced by the transfer of roles, assets and technological systems with the various bodies responsible for transport transitioned into the RTA in record time.

“We have set out an integrated programme aimed at gradually reducing traffic fatalities, achieving a drop from 22 deaths per 100,000 population in 2006 to eight per 100,000 in 2010. We have also taken great strides to reduce CO2 emissions and worked hard to deal with traffic

congestion issues.” Al Tayer also highlighted the RTA's efforts in attending to the radical modernisation of mass transit systems in the emirate, including Dubai Metro. This plan also covered new marine transit systems and an overhaul of the previously existing bus service.

In response, senior Kuwaiti officials commended the RTA's strategic plan set for upgrading mass transit systems in Dubai as well as the integrated and balanced approach adopted by the authority in its transport and traffic strategic plan.

Readers given priorities book

The Readers Club at the RTA's Licencing Agency recently made a special presentation of a Priorities Management book to co-workers at the authority.

With it, their aim was to educate all employees on a wide range of approaches anyone can adopt to enhance many aspects of their daily life routines.

The presentation was made in the presence of the CEO of Licencing Agency, Ahmed Bahrozian, among other dignitaries, at the RTA Auditorium.

The Readers Club Initiative was launched as a service by the RTA to encourage a knowledge culture among employees. It was organised through the establishment of eight teams to represent all RTA agencies.

Each team, is given a different book on a regular basis, which it would then review for all RTA employees to gain a greater understanding of the wide variety of issues raised within the material.

Priorities Management was well received by all present.

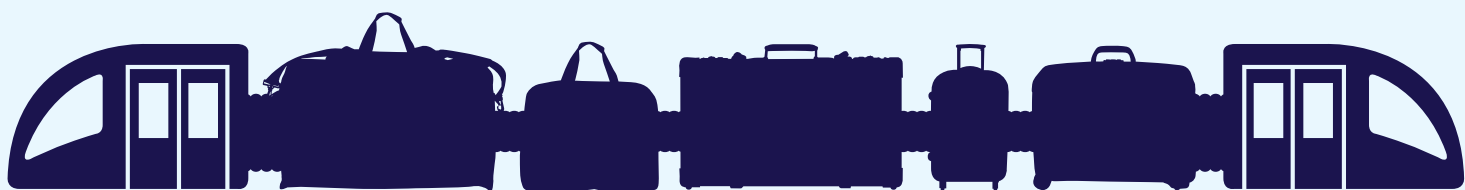


CO-WORKERS RECEIVE PRIORITIES MANAGEMENT BOOK



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RTA



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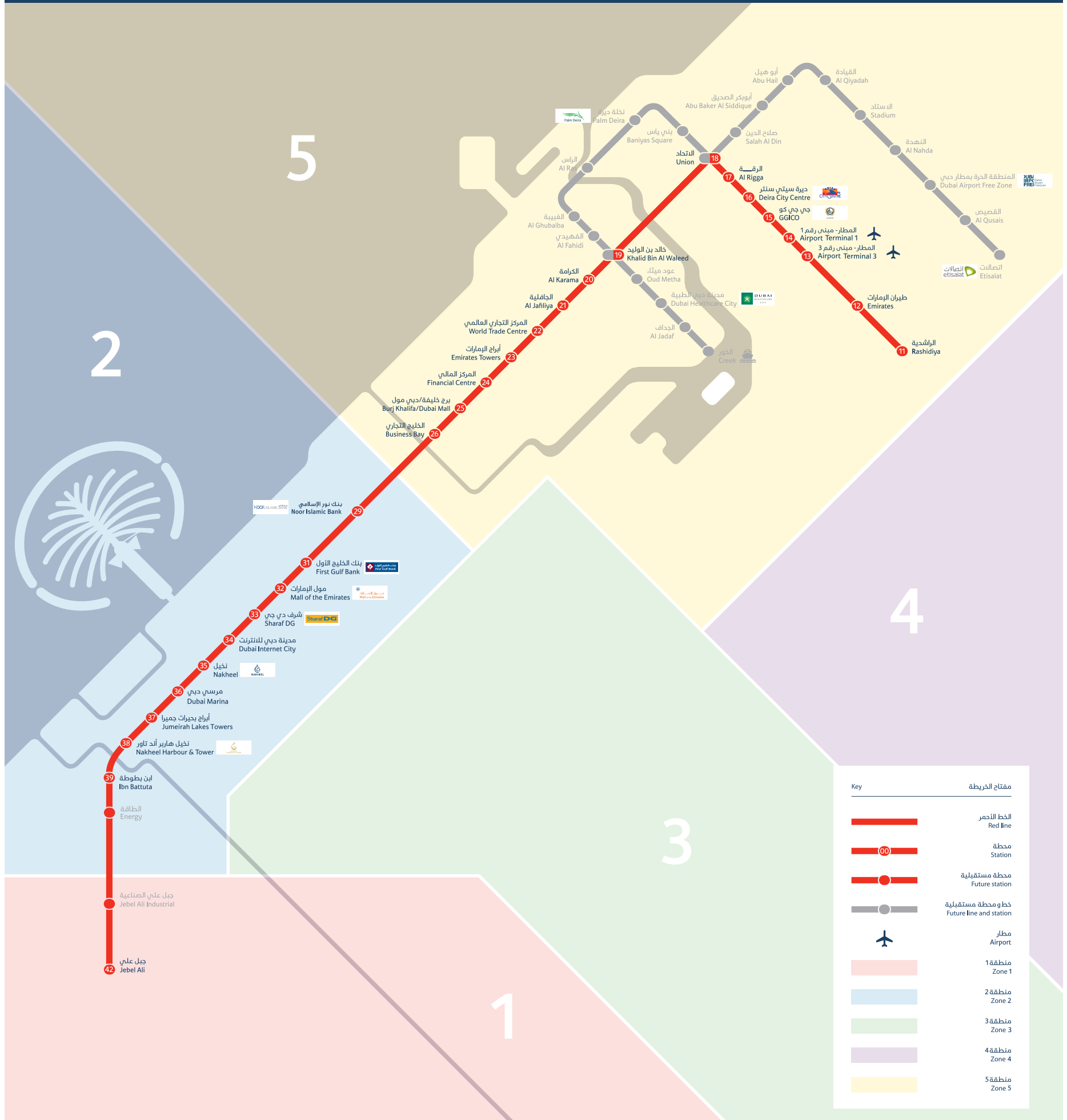
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Pedestrian safety shows improvement

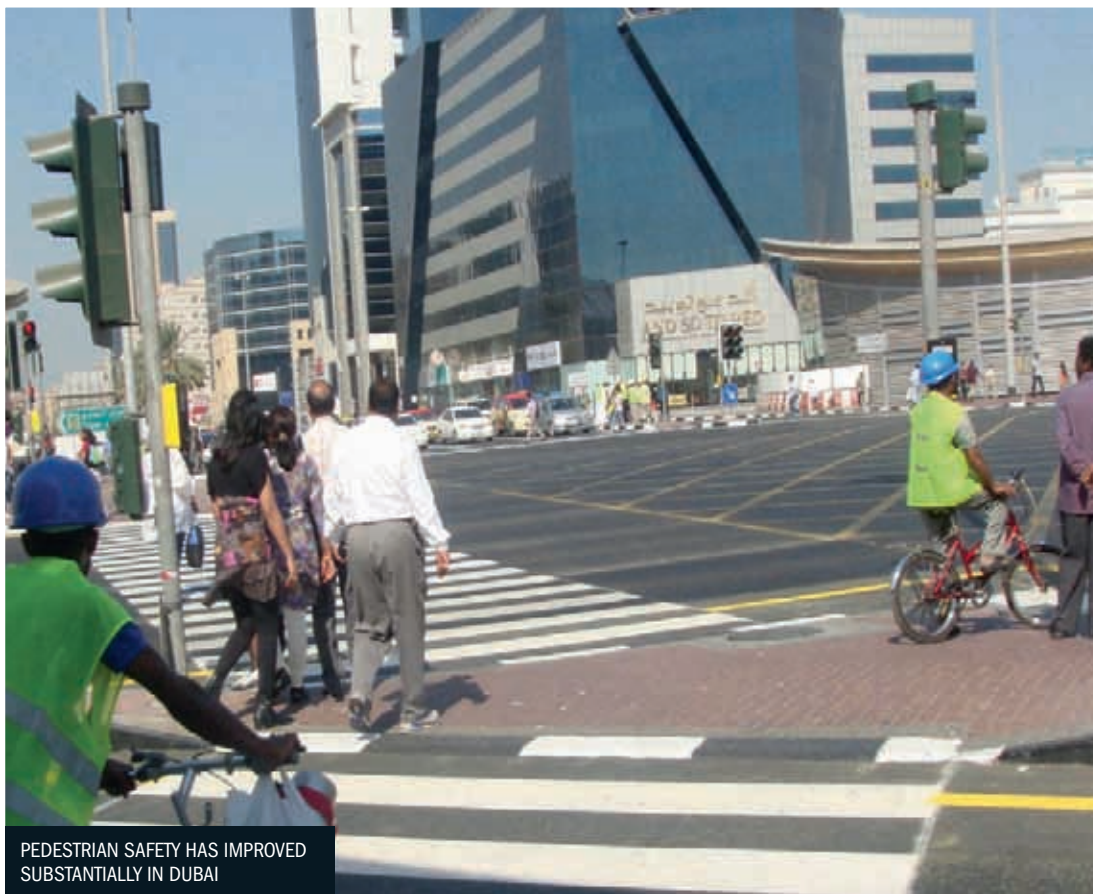
The RTA has reported that pedestrian fatalities in Dubai have dropped by as much as 35 per cent over the first quarter of this year, compared to the corresponding period in 2010.

As a result of this success, awareness campaigns designed to enhance pedestrian safety—particularly among Dubai's worker population—will continue into the future.

"Pedestrian safety indicators in Dubai show that a huge improvement is apparent, and this comes

directly on the back of the Traffic and Roads Agency's plan for enhancing safety and reducing pedestrian accidents in the emirate of Dubai.

"Traffic fatalities resulting from such accidents, which were recorded across the first three months of this year, have totalled just 11 cases, while the same period over the previous year amounted to 17 fatalities," said Hussain Al Banna, director of traffic at the RTA's Traffic and Roads Agency.



PEDESTRIAN SAFETY HAS IMPROVED SUBSTANTIALLY IN DUBAI

THE EMIRATES TRANSPORT DELEGATION VISITS THE RTA NURSERY



Dh17 million raised through distinguished number plate auction

The seventy-second distinguished number plates auction was recently held by the RTA's Licencing Agency in Dubai. The hugely popular event was witnessed by a sizeable audience, and fetched a total amount of nearly Dh17 million.

According to Abdul Kareem Nimaat, the Licencing Agency's director of vehicle licencing, 115 number plates were sold in the auction, which included all plate categories for vehicles and motorcycles. About 67 guests maintained the bidding and the number K - 50 was the best seller, having fetched Dh1.5 million at the sale.



Best practices shared with Emirates Transport group

The RTA has reviewed with a visiting delegation of Emirates Transport the best customer service, communication and corporate performance practices advocated by Dubai's transport administration.

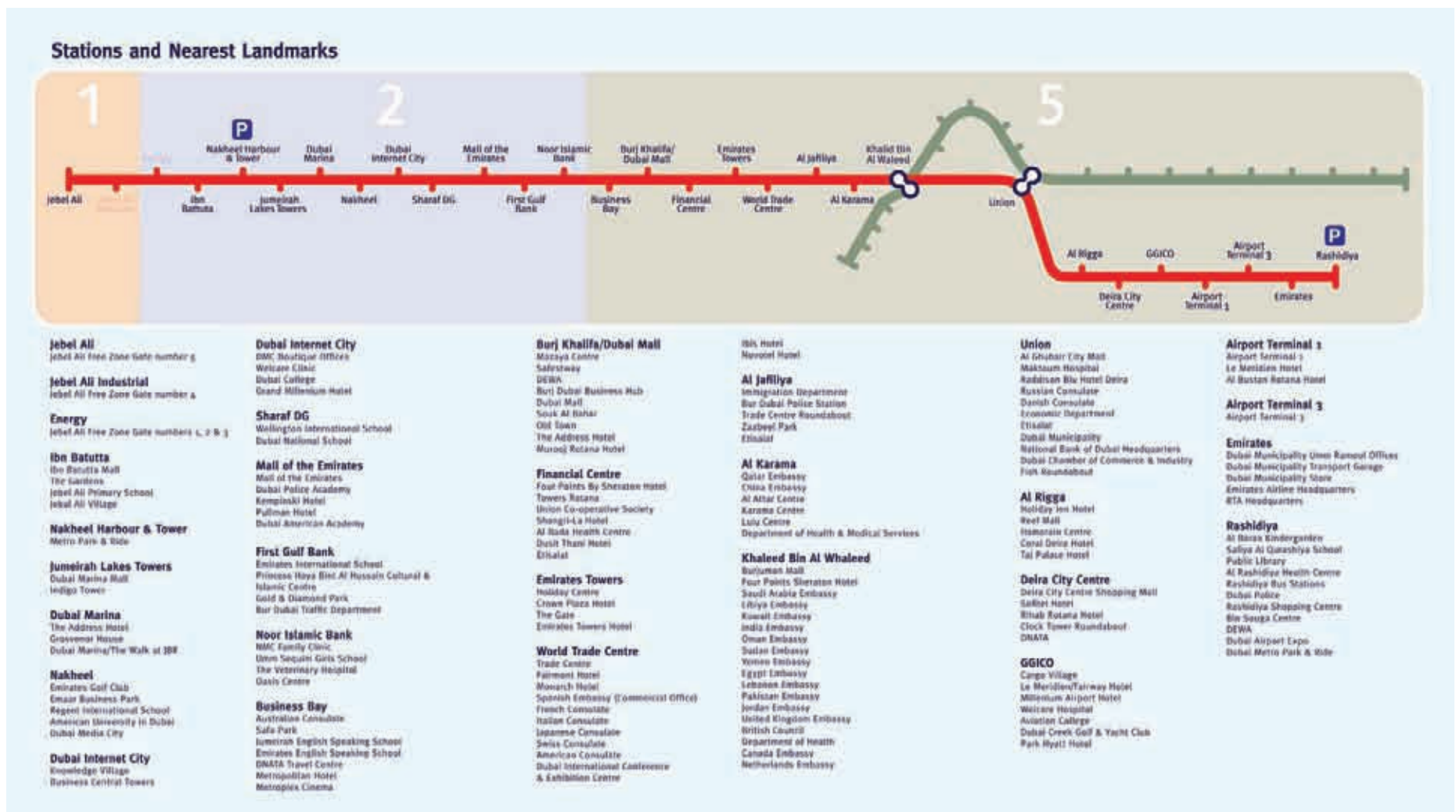
The delegates were taken on a tour through the RTA's headquarters, where they visited various departments, including customer services, the call centre, women's committee, and marketing and corporate communications.

During the visit, they were briefed on community-orientat-

ed initiatives, and toured the RTA nursery, which is an initiative launched for female employees.

"During the visit to RTA headquarters, much emphasis was placed on the best standards and practices of communication between RTA employees and customers based on a number of globally applicable strategies with a view to raising customers' and employees' satisfaction with the RTA," said Dr. Aysha Al Busmait, Director of RTA Marketing & Corporate Communications, afterwards.

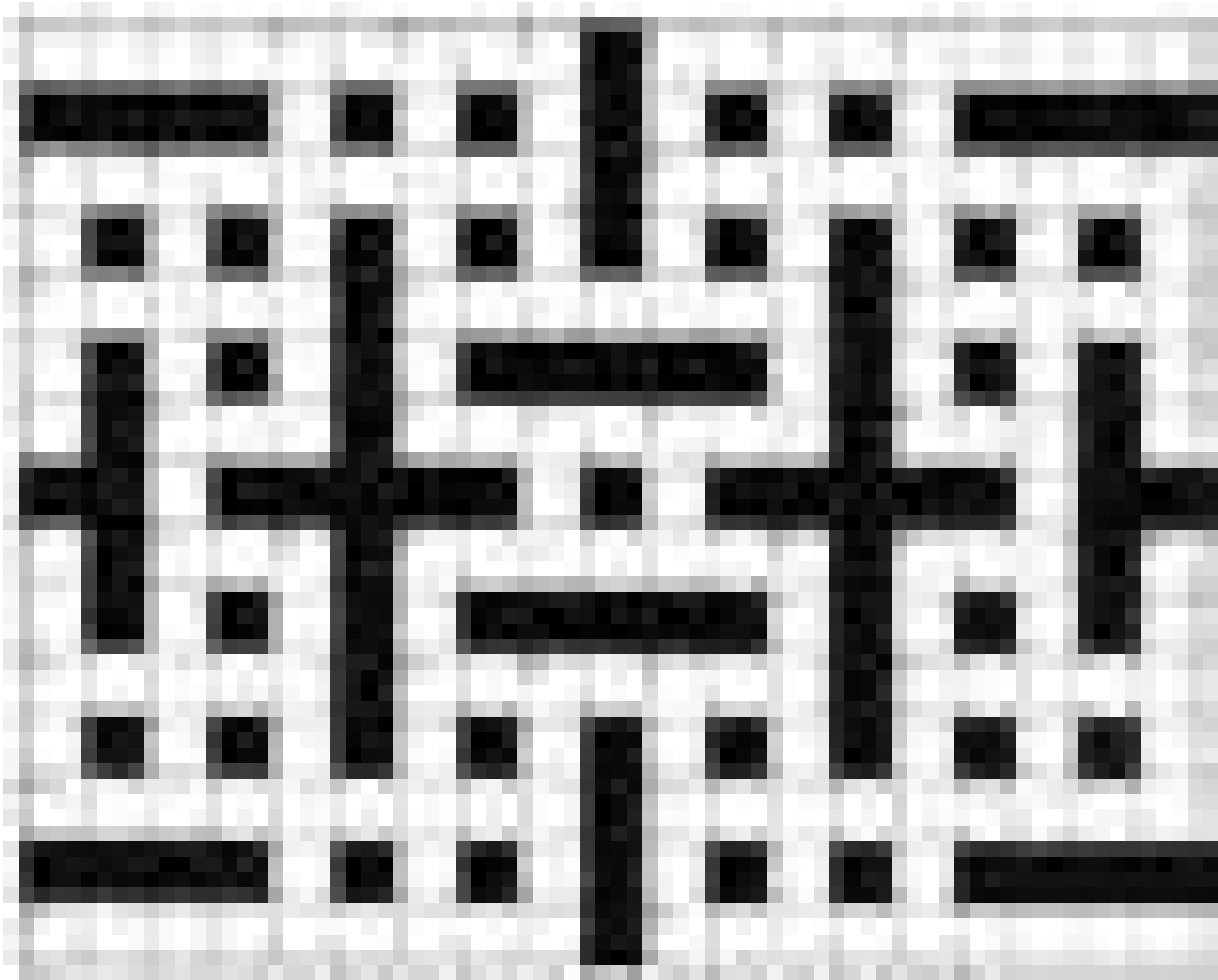
Getting around on the Metro



Weekday (Sunday to Wednesday) Timetable – 05:50H to 23:00H			Thursday Timetable – 05:50H to 00:00H			Friday Timetable – 13:00H to 00:00H			Saturday Timetable – 05:50H to 23:00H		
Rashidiya Bound			Rashidiya Bound			Rashidiya Bound			Rashidiya Bound		
Jebel Ali	5:50	23:00	Jebel Ali	5:50	23:00	Jebel Ali	13:00	23:00	Jebel Ali	5:50	23:00
Ibn Battuta	5:57	23:07	Ibn Battuta	5:57	23:07	Ibn Battuta	13:07	23:07	Ibn Battuta	5:59	23:09
Nakheel Harbour & Tower	6:00	23:10	Nakheel Harbour & Tower	6:00	23:10	Nakheel Harbour & Tower	13:10	23:10	Nakheel Harbour & Tower	6:02	23:12
Jumeirah Lake Towers	6:02	23:12	Jumeirah Lake Towers	6:02	23:12	Jumeirah Lake Towers	13:12	23:12	Jumeirah Lake Towers	6:04	23:14
Dubai Marina	6:04	23:14	Dubai Marina	6:04	23:14	Dubai Marina	13:14	23:14	Dubai Marina	6:06	23:16
Nakheel	6:06	23:16	Nakheel	6:06	23:16	Nakheel	13:16	23:16	Nakheel	6:08	23:18
Dubai Internet City	6:09	23:19	Dubai Internet City	6:09	23:19	Dubai Internet City	13:19	23:19	Dubai Internet City	6:11	23:21
Sharaf DG	6:12	23:22	Sharaf DG	6:12	23:22	Sharaf DG	13:22	23:22	Sharaf DG	6:14	23:24
Mall of the Emirates	6:14	23:24	Mall of the Emirates	6:14	23:24	Mall of the Emirates	13:24	23:24	Mall of the Emirates	6:16	23:26
First Gulf Bank	6:16	23:26	First Gulf Bank	6:16	23:26	First Gulf Bank	13:26	23:26	First Gulf Bank	6:18	23:28
Noor Islamic Bank	6:19	23:29	Noor Islamic Bank	6:19	23:29	Noor Islamic Bank	13:29	23:29	Noor Islamic Bank	6:21	23:31
Business Bay	6:24	23:34	Business Bay	6:24	23:34	Business Bay	13:34	23:34	Business Bay	6:26	23:36
Burj Khalifa / Dubai Mall	6:26	23:36	Burj Khalifa / Dubai Mall	6:26	23:36	Burj Khalifa / Dubai Mall	13:36	23:36	Burj Khalifa / Dubai Mall	6:28	23:38
Financial Centre	6:29	23:39	Financial Centre	6:29	23:39	Financial Centre	13:39	23:39	Financial Centre	6:31	23:41
Emirates Towers	6:30	23:40	Emirates Towers	6:30	23:40	Emirates Towers	13:40	23:40	Emirates Towers	6:33	23:43
World Trade Centre	6:32	23:42	World Trade Centre	6:32	23:42	World Trade Centre	13:42	23:42	World Trade Centre	6:36	23:46
Al Jafliya	6:34	23:44	Al Jafliya	6:34	23:44	Al Jafliya	13:44	23:44	Al Jafliya	6:38	23:48
Al Karama	6:36	23:46	Al Karama	6:36	23:46	Al Karama	13:46	23:46	Al Karama	6:41	23:51
Khalid Bin Al Waleed	6:39	23:49	Khalid Bin Al Waleed	6:39	23:49	Khalid Bin Al Waleed	13:49	23:49	Khalid Bin Al Waleed	6:44	23:54
Union	6:41	23:51	Union	6:41	23:51	Union	13:51	23:51	Union	6:47	23:57
Al Rigga	6:44	23:54	Al Rigga	6:44	23:54	Al Rigga	13:54	23:54	Al Rigga	6:50	23:58
Deira City Centre	6:46	23:56	Deira City Centre	6:46	23:56	Deira City Centre	13:56	23:56	Deira City Centre	6:53	24:01
GGICO	6:48	23:58	GGICO	6:48	23:58	GGICO	13:58	23:58	GGICO	6:56	24:04
Airport Terminal 1	6:50	24:00	Airport Terminal 1	6:50	24:00	Airport Terminal 1	14:00	00:00	Airport Terminal 1	6:59	24:07
Airport Terminal 3	6:52	24:02	Airport Terminal 3	6:52	24:02	Airport Terminal 3	14:02	00:02	Airport Terminal 3	7:02	24:10
Emirates	6:54	24:04	Emirates	6:54	24:04	Emirates	14:04	00:04	Emirates	7:05	24:13
Rashidiya (Arr.)	6:58	24:08	Rashidiya (Arr.)	6:58	24:08	Rashidiya (Arr.)	14:08	00:08	Rashidiya (Arr.)	7:09	24:17
Jebel Ali Bound			Jebel Ali Bound			Jebel Ali Bound			Jebel Ali Bound		
Rashidiya	6:02	23:06	Rashidiya	6:02	23:06	Rashidiya	13:00	23:00	Rashidiya	6:00	23:00
Emirates	6:05	23:09	Emirates	6:05	23:09	Emirates	13:03	23:03	Emirates	6:03	23:03
Airport Terminal 3	6:07	23:11	Airport Terminal 3	6:07	23:11	Airport Terminal 3	13:05	23:05	Airport Terminal 3	6:05	23:05
Airport Terminal 1	6:09	23:13	Airport Terminal 1	6:09	23:13	Airport Terminal 1	13:07	23:07	Airport Terminal 1	6:07	23:07
GGICO	6:11	23:15	GGICO	6:11	23:15	GGICO	13:09	23:09	GGICO	6:09	23:09
Deira City Centre	6:13	23:17	Deira City Centre	6:13	23:17	Deira City Centre	13:11	23:11	Deira City Centre	6:11	23:11
Al Rigga	6:16	23:20	Al Rigga	6:16	23:20	Al Rigga	13:14	23:14	Al Rigga	6:14	23:14
Union	6:18	23:22	Union	6:18	23:22	Union	13:16	23:16	Union	6:16	23:16
Khalid Bin Al Waleed	6:20	23:24	Khalid Bin Al Waleed	6:20	23:24	Khalid Bin Al Waleed	13:18	23:18	Khalid Bin Al Waleed	6:18	23:18
Al Karama	6:22	23:26	Al Karama	6:22	23:26	Al Karama	13:20	23:20	Al Karama	6:20	23:20
Al Jafliya	6:25	23:29	Al Jafliya	6:25	23:29	Al Jafliya	13:23	23:23	Al Jafliya	6:23	23:23
World Trade Centre	6:27	23:31	World Trade Centre	6:27	23:31	World Trade Centre	13:25	23:25	World Trade Centre	6:25	23:25
Emirates Towers	6:28	23:32	Emirates Towers	6:28	23:32	Emirates Towers	13:26	23:26	Emirates Towers	6:26	23:26
Financial Centre	6:30	23:34	Financial Centre	6:30	23:34	Financial Centre	13:28	23:28	Financial Centre	6:28	23:28
Burj Khalifa / Dubai Mall	6:32	23:36	Burj Khalifa / Dubai Mall	6:32	23:36	Burj Khalifa / Dubai Mall	13:30	23:30	Burj Khalifa / Dubai Mall	6:30	23:30
Business Bay	6:34	23:38	Business Bay	6:34	23:38	Business Bay	13:32	23:32	Business Bay	6:32	23:32
Noor Islamic Bank	6:39	23:43	Noor Islamic Bank	6:39	23:43	Noor Islamic Bank	13:37	23:37	Noor Islamic Bank	6:37	23:37
First Gulf Bank	6:43	23:47	First Gulf Bank	6:43	23:47	First Gulf Bank	13:41	23:41	First Gulf Bank	6:41	23:41
Mall of the Emirates	6:45	23:49	Mall of the Emirates	6:45	23:49	Mall of the Emirates	13:43	23:43	Mall of the Emirates	6:43	23:43
Sharaf DG	6:47	23:51	Sharaf DG	6:47	23:51	Sharaf DG	13:45	23:45	Sharaf DG	6:45	23:45
Dubai Internet City	6:50	23:54	Dubai Internet City	6:50	23:54	Dubai Internet City	13:48	23:48	Dubai Internet City	6:48	23:48
Nakheel	6:52	23:56	Nakheel	6:52	23:56	Nakheel	13:50	23:50	Nakheel	6:50	23:50
Dubai Marina	6:54	23:58	Dubai Marina	6:54	23:58	Dubai Marina	13:52	23:52	Dubai Marina	6:52	23:52
Jumeirah Lake Towers	6:56	24:00	Jumeirah Lake Towers	6:56	24:00	Jumeirah Lake Towers	13:54	23:54	Jumeirah Lake Towers	6:54	23:54
Nakheel Harbour & Tower	6:59	24:03	Nakheel Harbour & Tower	6:59	24:03	Nakheel Harbour & Tower	13:57	23:57	Nakheel Harbour & Tower	6:57	23:57
Ibn Battuta	7:01	24:05	Ibn Battuta	7:01	24:05	Ibn Battuta	13:59	23:59	Ibn Battuta	6:59	23:59
Jebel Ali (Arr.)	7:00	24:04	Jebel Ali (Arr.)	7:00	24:04	Jebel Ali (Arr.)	14:00	00:00	Jebel Ali (Arr.)	7:00	24:00

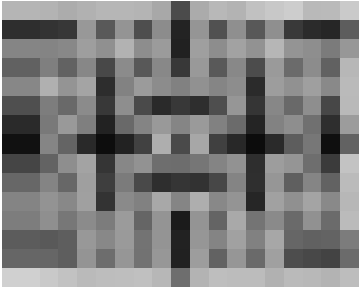
Taking your time

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



- Across**
1. Radio or TV program (9) 5. Type of pasta (9) 8. Person with abnormal behaviour (9) 10. Wished for (9) 13. Eight-piece band (5) 14. Hot condiment (7) 15. Cleansing wash for the skin (5) 16. ... up, command to a horse (3) 17. Shake from fear (7) 20. Edible fish (3) 22. Bird of Eastern legend (3) 24. Fuming (7) 26. Plastic (1,1,1) 28. Take the lid off(5) 29. Shackle (7) 32. Item (5) 33. Eager to fight (9) 34. Outgoing person (9) 35. Unproductive (9) 36. Giving little hope of success (9)
- Down**
2. Small area of kitchen used for eating (7) 3. Peach-like fruit (7) 4. Sticky (5) 5. Republic in North East Africa (5) 6. Simple and plain (7) 7. Free-thinker (7) 8. Type of food poisoning (1-4) 9. Unconditional (11) 11. Liqueur (11) 12. ... Flynn, film star (5) 18. Hearing organ (3) 19. Large in extent (3) 21. Soft seat (5) 23. Imitator or forger (7) 24. Blot on the landscape (7) 25. Refers to (7) 26. Road hazard (7) 27. Father (child) (5) 30. Strategic board game (5) 31. Change slightly (5)

Answers



Mouthwatering Mongolian Beef

This tantalisingly tasty dish provides a quick, simple, and delicious way to feed the family.



- RECIPE**
- Ingredients**
- 500g steak, cut into thin strips
 - 1 packet (180g) rice noodles
 - 1 tsp sesame seeds
 - 1tbsp soy sauce
 - 1tbsp cornstarch
 - 2 cloves garlic, minced
 - 230ml water
 - 2tbsp soy sauce
 - 2tsp cornstarch
 - 1/2tsp white sugar
 - 2tbsp vegetable oil, divided
 - 2 carrots, thinly sliced
 - 1 bunch green onions, cut into 5cm pieces

In a dry pan over a medium heat, toast the sesame seeds for 1 to 2 minutes, or until the seeds begin to turn golden brown.

Mix together 1 tablespoon soy sauce, 1 tablespoon cornstarch, and minced garlic. Stir in beef strips. Let stand for at least 10 minutes.

In a separate bowl, mix together the sesame seeds, water, sugar, and remaining soy sauce and cornstarch. Cook the rice noodles as according to the packet instructions.

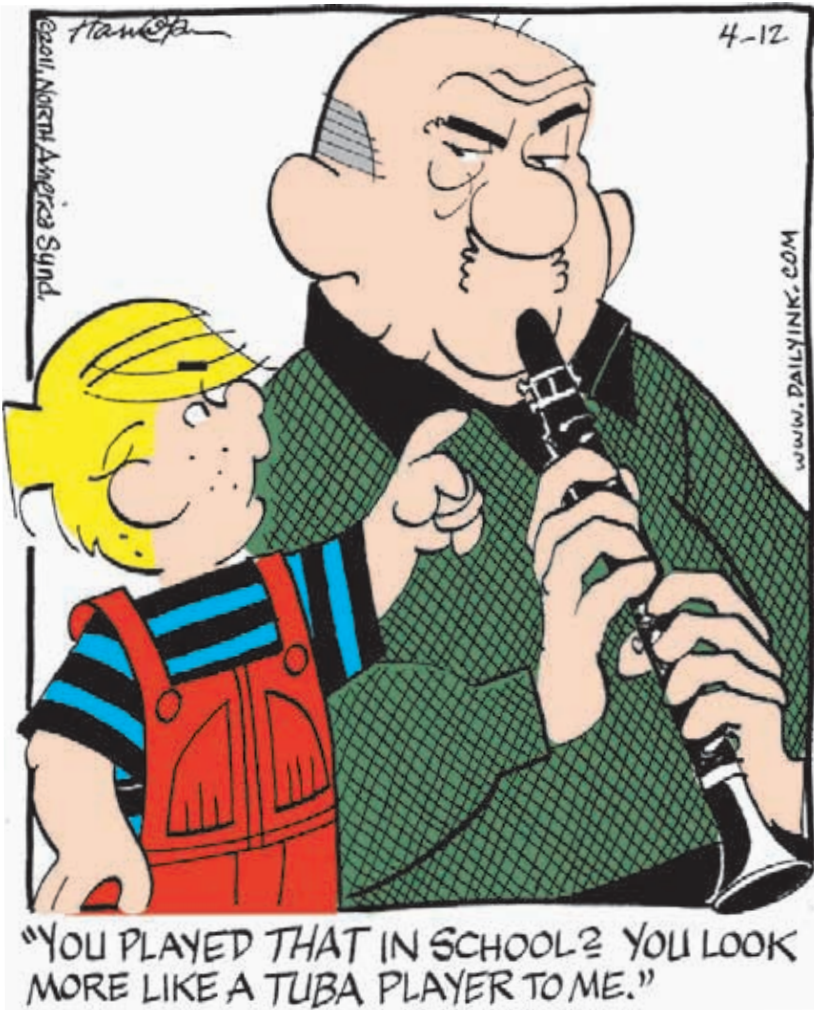
Serves 4

Heat 1 tablespoon of oil in a wok over a high heat. Cook the beef in the hot oil for 1 minute then set aside on a plate to rest.

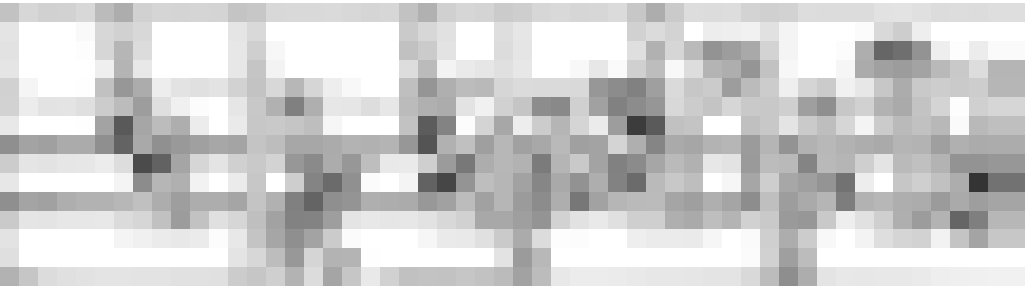
Heat the remaining tablespoon of oil in the same pan. Fry the carrots and white part of the green onions for 2 minutes, then stir in the green parts and fry for a further minute.

Stir in the sesame seed mixture and beef. Cook and stir until sauce boils and thickens, then serve over a bed of noodles.

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 letters@readme.ae

I am so tired at work that I often find myself drifting off at my desk while typing. I haven't been caught yet but would be very embarrassed if someone saw. How can I stay awake?

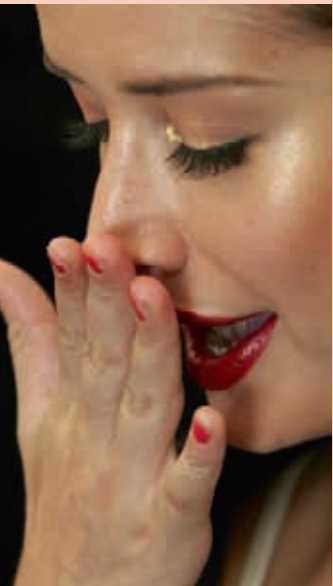
Obviously you need to make sure you are getting enough sleep every night—between 6-8 hours should be sufficient for an adult. Drink plenty of water throughout the day, and take regular breaks to rest your eyes from the computer and stretch your legs.

I get really nervous when it comes to enquiring about jobs in person or handing out my CV, and I can't seem to get past this first step half the time. What do you suggest?

Trying to find a job can be challenging and nerve-wracking, but

as long as you approach people with a friendly manner and a polite enquiry about any vacancies, they are unlikely to bite your head off. Keep it brief and upbeat, and if they are not hiring, simply thank them for their time and move on.

I recently moved to Dubai and have been chatting to some new



friends online. They have suggested we meet up but I am a bit wary of this, as I am a single female. Any advice?

You are wise to be wary. Even though they are probably a genuine bunch of likeminded people, you can never be too sure. If you do meet them, make sure it's in a public place, don't be tempted to go off alone with anyone, and always tell someone where you are going and what time you will be back.

My new job involves a lot of team meetings, but they often turn into social events and I feel I'm wasting time when I could just be getting on with my work. What shall I do?

If team meetings are necessary for the job then you will just have to get used to them, and that's the sad fact of the matter. You could offer to take minutes to keep yourself busy during the meetings, and also to keep everyone on track so they don't drag on too long.

Who is this?

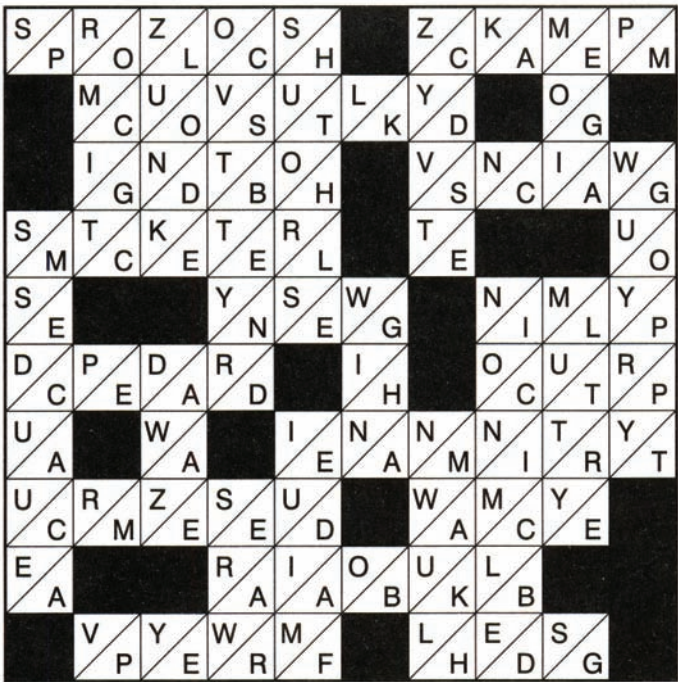
Answer
Manny Pacquiao



Cross choice

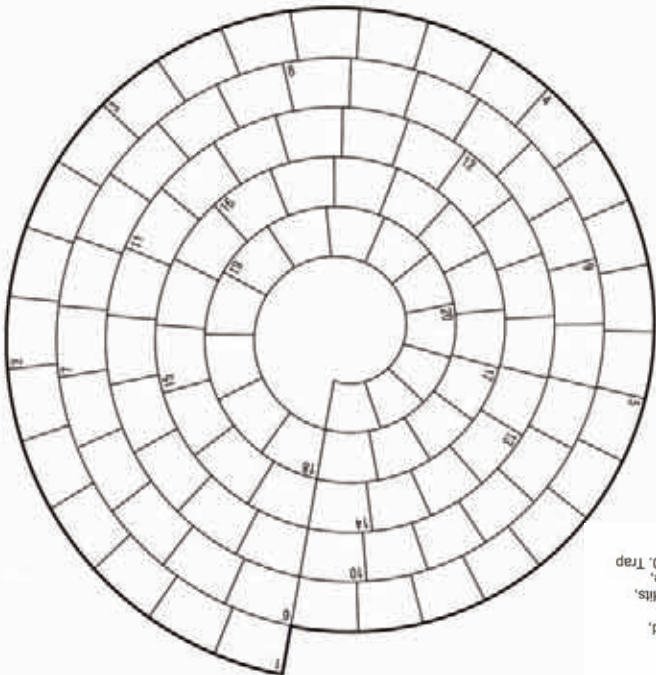
Block out one of the letters from each square. The remaining letters make a word

Cross choice answers



Spirograph

Every answer uses the last letter of the previous answer as its initial.
1. Maybe 2. Revenue, income 3. Apprehension 4. One or the other 5. Locomotive track 6. Frost melting chemical (2-5) 7. Earthquake scale 8. Stock, fund 9. Fabled gold city (2,6) 10. Fill too full 11. Type of small shark 12. Hurry 13. Musical symbol 14. This world 15. No 1 records 16. Cosmonaut 17. Recess in a wall 18. Land of the Pharaohs 19. Male feline 20. Ambush

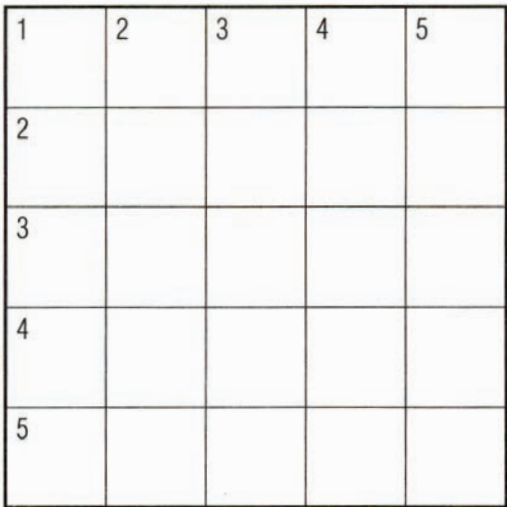


Spirograph answers

- 1. Perhaps, 2. Sales, 3. Suspense, 4. Either, 5. Railroad, 6. Deicer, 7. Richter, 8. Reserve, 9. Eidorado, 10. Overload, 11. Dogfish, 12. Hasten, 13. Note, 14. Earth, 15. Hits, 16. Spaceman, 17. Niche, 18. Egypt, 19. Tomcat, 20. Trap

Word square

A mini-crossword but with a difference - the same words read across and down! That means that one across is also one down, and so forth, so you quickly fill the grid as you go along
1. Open expanse of land
2. Ice-house
3. Arm joint
4. Slack
5. Wooden headless pin



Word square answers



Mini Wordsearch



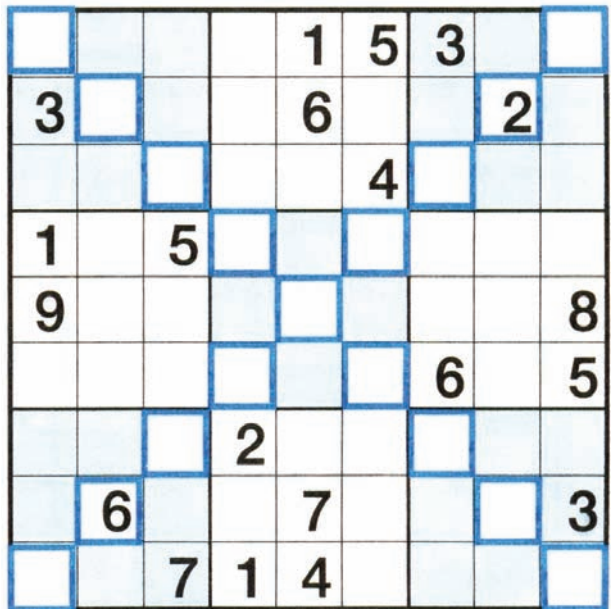
Mini Wordsearch answers



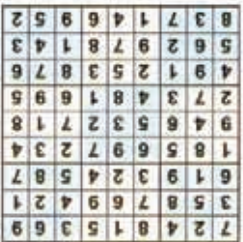
TAXING

- | | |
|--------------|------------|
| AUDIT | HAVEN |
| BAD DEBT | LEASE |
| CHECK | LOSSES |
| CONTRIBUTION | NEGLIGENCE |
| DEBT | NET |
| DEPRECIATION | RULING |
| EQUITY | SINGLE |
| FILE | STATE TAX |
| FISCAL | STOCK |
| FRAUD | TIPS |
| HARDSHIP | VAT |

Sudoku



Sudoku answers



Classified Services

AUTO

Toyota Fortuner (2.7) for immediate sale. 2008 model. Silver colour. Only done 75,000km. In mint condition with new tires. Single owner. AED70,000. Call: 0509196523.

Toyota Yaris wanted urgently, preferably 5 years old. Must be in very good condition, including all the tyres. The car must be accident-free, with a good and clean interior. Budget is between Dhs5,000-7000. Please email ridakassem@hotmail.com.

Only lady-driven Mercedes SLK 230 Kompressor in perfect condition, 4 new tyres, complete service and full service history. Nice black leather interior and black leather seats. Serious buyers call 0551062911.

Passat 2006 full options in extremely good condition. For urgent sale. Please call 0559809791.

Black Chevrolet Lumina LS 2006 V6 with multifunction steering, cruise control, CD player, very spacious car ideal for families. Car has got an original 3M tint glass of 30% with 5-year warranty. Car is in a brand new condition and priced below the market price to avoid negotiations and bargains. Please contact 0508887472.

Lexus LX 570 2011 model. 0km (brand new) maroon with beige leather interior,

SRS airbags, Bluetooth, navigation, cruise control, 3-side view camera, hydraulic suspension, air cooler with heated seats, Xenon, sunroof, cool box, DVD, spoiler, roof rack. 050529719.

Nissan Patrol Safari. 2008 model. 49,500km. Silver with beige interior, SRS airbags, cruise control, multi function steering, DVD, CD, TV, rear view camera, parking sensors, sub fuel tank, cool box, fog lamp, 5-speed manual gear. Call 0505297197.

MISCELLANEOUS

Blackberry Bold 2 wanted urgently in very good condition. Budget is between Dhs400-600. Please email ridakassem@hotmail.com <mailto:ridakassem@hotmail.com> .

PlayStation 3 (PS3) wanted in very good condition, sparingly used and preferably with original warranty. Please contact Hassan Fawad on 0557989715.

AP Biology, Environmental Sc. and Psychology/ SAT 1 books wanted. Preferably 2010 Barron's editions. Please call 055-4547229.

I am moving into a new apartment in Discovery Gardens and am looking for used home appliances, electronics and furniture in good condition. Please call 050 8017887.

Original Gucci white sunglasses in perfect condition for sale. Still in original case. No scratches. Only used for 1 month. Call 0507341357.

JOBS

I am a CCNA/MCSE certified Engineer having extensive experience in Networking, Telecom & IT field both in UAE and India. I completed my B. E. in 1995. I have 11 years of experience including 6 years in the UAE. I am looking forward to working as a Network/ Telecom/IT Engineer. I am proactive, energetic and a fast learner. I can start immediately. I have a UAE driving license. Please call 0503791597.

Filipina seeks a job as a full-time housemaid or a nanny. Trustworthy and hardworking person. On a visit visa. Can start work in July. Please email sweet_eva8448@yahoo.com.

ACCOMMODATION

Large master bedroom: Extremely spacious master bedroom with fitted wardrobes and fully ensuite bathroom facilities. Very clean with access to a fully equipped kitchen, and high speed

internet contained within a 2-bedroom apartment at Discovery Gardens. Available now for Dhs3,000. For viewing arrangements please contact: 0503696609.

A fully furnished studio flat with washing machine + TV + fridge + bed + cupboard. Near metro station for monthly rent of Dhs2,800. No commission. 0557252725.

One Big Room (No attached bathroom. No balcony) available in a 3 BR hall flat near Karama Metro Station or opposite Karama hotel for Filipino couple. Monthly rent AED2,000 including water + electricity will be available on 5th July 2011. For viewing please contact 0554398669 from Saturday until Thursday 7PM-10PM.

Sharing accommodation available behind Al Maktoum Hospital, Deira, Dubai: 1-room (non-smoking) with attached bathroom for a couple or executive bachelor. Rent is Dhs1,850 plus water and electricity. Please contact Mr. Babu on 0504542026.

Fully furnished 1-bedroom in a flat with separate bathroom in a new building with 24-hr security, swimming pool/ gym/unlimited internet access, kitchen facility, etc. on rent for 2 working ladies or 2 executive bachelors or a couple from 4th July onwards. Building is near Lulu, 10-minute drive from the airport. Call on 0555873638.

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HOME APPLIANCES

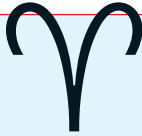
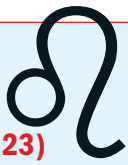
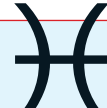
Whirlpool 4 ceramic burners' electric cooker for sale. Dimensions 60x60cm. White colour. Selling price Dhs800. Call 0505020678. Only serious buyers are requested to respond.

Fully automatic washing machine with many options/ loading capacity of 7kg. Sparingly used. Selling for Dhs850. Call 0559531516.

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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) You feel certain when expressing your ideas, which on the surface sounds like a good thing. However, be sure to carefully select the situations in which you choose to speak out, or you may clash with someone equally determined to have their say.	 TAURUS (APR 21 - MAY 21) Work is an obvious place where your talents shine, and your determination to improve on what you have already achieved is high. A recent disappointment has left you feeling slightly dejected, but a better opportunity will show itself soon.	 GEMINI (MAY 22 - JUN 21) Someone could give you in-depth information this week, which could provide financial gain simply because of the insight it provides. Talk any big decisions through with an older relative or friend first; they will have some invaluable advice.	 CANCER (JUN 22 - JUL 23) You may surprise certain people when you decide that enough is enough and that you feel that you want to make a stand. Be sure that your argument is justified, however, and that you are not letting deeply buried insecurities affect the situation.
 LEO (JUL 24 - AUG 23) Your freedom-loving side comes into conflict with your dutiful side, and you may feel bound to responsibility. Don't let these feelings become a burden as they will prove worth it in the long run, especially when it comes to financial security.	 VIRGO (AUG 24 - SEP 23) You are feeling extra-confident this month, but you must also display this confidence in the right way or you might come across as arrogant. Avoid the need to dominate situations and remember that if someone disagrees, it doesn't make them wrong.	 LIBRA (SEP 24 - OCT 23) You could be offered a big opportunity, but be warned that it might require a certain amount of personal sacrifice from your end. This may mean spending less time at home, or possibly being readily available for the activity that you have set your heart on.	 SCORPIO (OCT 24 - NOV 22) If you are going away on holiday with a friend, a partner or a group of friends, discuss your individual hopes for the trip before you leave your house. If you can get an idea of what those you are travelling with want, you can avoid potential clashes.
 SAGITTARIUS (NOV 23 - DEC 21) Your relationship with someone special could be very intense, so go along with it to turn the intensity into something memorable, rather than a conflict. By being open to new ideas, you may surprise yourself with what you can create.	 CAPRICORN (DEC 22 - JAN 20) Your commitment to your career is impressive, but you could find yourself working harder than ever. Be cautious not to criticise those who may not seem to be pulling their weight; you don't want to appear to have a holier-than-thou attitude.	 AQUARIUS (JAN 21 - FEB 19) Your desire to go out and have fun is high, which may lead to memorable times with friends and loved ones in new places. If you find yourself in unfamiliar environments, be conscious of your surroundings before you relax and enjoy yourself.	 PISCES (FEB 20 - MAR 20) A friend may demand your attention often, but so may your partner. Don't let their issues drag you down, but be there to listen and offer advice. If you recently met someone new, this is not a relationship that will be ending in a hurry, so enjoy it.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 rd	4 th	5 th	6 th	7 th	8 th	9 th
						
Sunny	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
High 39C	High 39C	High 39C	High 41C	High 40C	High 40C	High 40C
Low 31C	Low 32C	Low 32C	Low 31C	Low 32C	Low 32C	Low 34C

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