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MY METRO LIFE 06

Pictures, stories and views from Dubai's legion of Metro commuters

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Letters

Email: letters@readme.ae

I'm very careful with my teeth as I think they are important for not only a beautiful smile, but they're also pretty useful! Well done for giving so much space to dental hygiene. With 'Tooth Trivia', a column by a dentist and information on dental spas. You have really covered all your bases.

Helen Johnson

Ed: People tend to grow up with a fear of the pain inflicted by dentists. Nowadays however, treatments have evolved and pain is minimal, meaning we can all have that beautiful smile you're describing Helen.

I really enjoy reading The Burning Question each week. It's great to see the public having their voice heard on questions that people are talking about,

rather than just hearing the answers people are paid to give. Is there a way for me to get my answers to be heard?

Wayne Burgon

Ed: You asked, we answered. The Burning Question will now be available weekly on our Facebook page www.facebook.com/Readmeae, with the best responses being printed in the magazine.

As an animal lover, I have been delighted to see things like Feline Friends and Paws Pet Planet being brought to light by your publication. Animals can't care for themselves and need a lot of love. I'm glad my dog now has a place to develop his social skills. Keep up the good work.

Gloria Alphonso

LOOK AFTER YOUR TEETH



Ed: Thank you Gloria. Here at *Read.* we are all animal lovers too. The joy of Paws Pet Planet is it gives dog owners the opportunity to work on their social skills at the park.

I was impressed by Edward Jones in last week's issue of *Read.* What a talented guy. Do you have any more information on him? I'd really like to keep an eye out for him.

Lal Gawde

Ed: You're in luck. *Read.* got to Edward before he made it big and we have an exclusive interview with the youngster and some footage of him testing a Formula Gulf car. You can view it in the video gallery at www.readme.ae

Having read your "Fitness for Real" column on page 29 of Issue 3, I am now determined to get fit. I like the idea of a boot camp. I feel it could be maximum results in minimum time as my time for exercise is limited. Can you shed a bit more light on an evening at Nikky's adult boot camps?

Murali Sivaramakrishnan

Ed: If you read on through this issue, you will find one of our own writer's experience of the boot camp with Nikky. He made it to work the next day, so we're sure that the boot camp will suit even the most unfit. Give it a go.

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 July 03-09, 2011 issue)

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

Answer : **Stephen Hawking**

Winner of a Wafi Restaurants' voucher worth Dhs200 is:

Nigel Duane Ong

What natural phenomena are measured by the 'Richter scale'?

Answer: **Earthquakes**

Winner of a family portrait worth Dhs250 from Digitally is:

Iman al-assad

The burning question

Q By the end of this year, drivers who fail to use proper car restraints when travelling with children will face fines and other penalties. What are your views on this?

Facebook answers

We put our Burning Question to Facebook users this week, and these are the replies at the time of going to press. Don't forget to regularly check our page at www.facebook.com/Readmeae for the latest content. (Responses only edited for length)

Seema Shelat

Xcellent take. May b thz will refrain d careless drivers frm their neglient driving n not risk'g d lives of young ones.

Maria Carla C. Dacullo-Eva

A MUST, i should say. If we really care about ours, our loved ones, and everyones safety, everyone should follow the rules by the authorities.

Imran Imy

Nowadays we see much careless/reckless driving which includes people driving with their spouse and child (children), over-speeding & then applying brakes when a radar is figured-out. Imagine the price a child has to pay for the "Fast & Furious" wannabe driver his/her parent wants to be. A good thought perhaps, as far as i'm concerned. :)

Zymon Taaca

Graphic designer
Lives in Al Rigga

Obviously wearing a seatbelt makes it safer for children, so I think the possibility of a fine might make people realise how important it is. As well as the possible fines, I also think that this new law is a way of the government raising awareness of wearing seatbelts.



Shahina Luqman

Client support officer
Lives in Al Quoz

To be honest, most adults should already be making sure children are safely strapped into cars or in the right seats. For anyone that doesn't, maybe the possibility of a fine will make them change.



Sushama Waakabangsa

Beautician
Lives in Karama

By having to pay a fine for not making sure a child is safe, hopefully the new law will make people think a bit more, and improve safety. I think a fine is the best way of dealing with people who don't follow the law.



Nur Bashir

Public transport driver
Lives in Satwa

It's definitely a good law, and will hopefully improve safety and awareness. Parents should already be making sure their children are safe when travelling in a car, but this will hopefully make some people even more careful.



Akram Shoujaa

Media consultant
Lives in The Views

I think it's a good idea to introduce a fine. If people are forced to pay money if caught then it might make them be a bit more careful. I believe that the safety of children should always come first anyway, and it's about time this law was introduced.



**Win a
Wafi Restaurants
voucher worth
Dhs200**

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

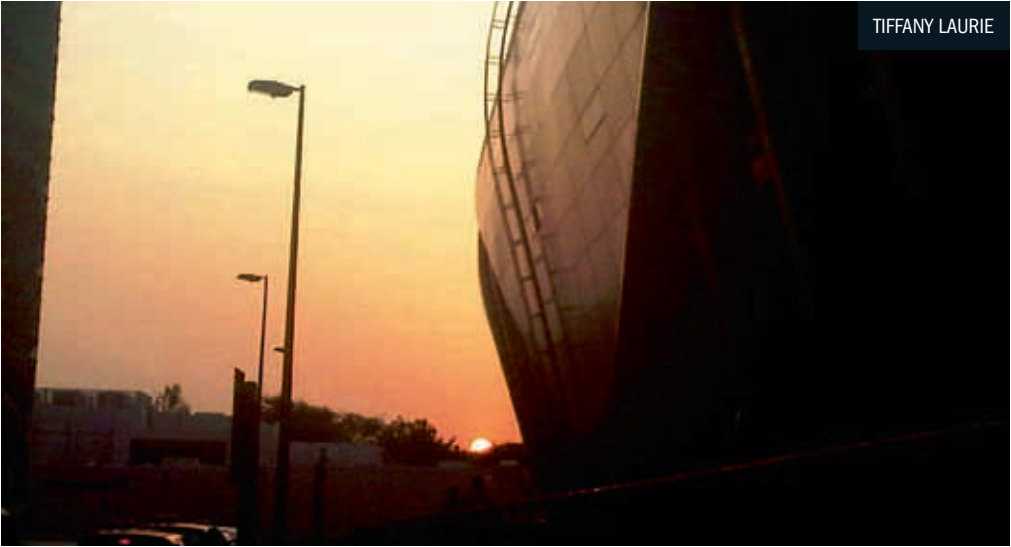
**In which organ of the body
is the cerebrum found?**

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.

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.



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



SUNDAY

Our out-of-shape feature editor, Tom Paye, tackled his first ever boot camp session last week. Readme.ae was on hand with a video camera to document his struggle through what you may think were easy exercises. See how he coped online today.



MONDAY

Go to our Facebook page, Readmeae, today and register to vote for your favourite breed of dog. We tally your votes, read your comments and announce which is Dubai's top dog. "Like" our Facebook page for regular conversations about *Read.* stories and for your chance to have your comments appear in next week's issue.



TUESDAY

Shamim Kassibawi has made a welcome return to Dubai and gets straight back to video blogging. Readme.ae was there as Shamim created her latest video blog and found out just how she prepares for each installment. See how we got on with our video, online Tuesday.



WEDNESDAY

Mahesh Bhatt released *Murder 2* a few days ago, and we will be on hand to see if the general public believed this Bollywood sequel is every bit as good as the 2004 film *Murder*. Go to our video gallery on Wednesday to hear their reactions.



THURSDAY

We catch the first flow of cinema goers to see *Harry Potter and the Deathly Hallows Part 2*. Readme.ae finds out what they think of it. But don't worry, we won't give away the ending. Keep an eye out during the week for cinema listings for the much-anticipated final Harry Potter episode.



FRIDAY

Habiba Al Marashi is the co-founder and chairperson of the Emirates Environmental Group, a pioneering non-government organisation based in Dubai. Readme.ae profiles Al Marashi's career and how she is continuing to play a key role in the growth of conservation in the UAE.

Station-by-station guide

Looking for something to do?

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

Novotel pool



Open daily 6am-10pm
Novotel Dubai World Trade Centre

For those not lucky enough to have access to a pool, finding a place to cool off can be a pricey business, often costing in excess of Dh100. Luckily, the Novotel Dubai offers day access to its leisure facilities for just Dh30 Sun-Thurs, and Dh50 at weekends. The affordable entry fee also gives you full access to the hotel's gym, pool and steam room.

Dubai Then exhibition



Until August 18
The Pavilion

Dutch/English sociologist and photographer Charlie Koolhaas is presenting 350 or so images of Dubai in a giant flipbook format, intended to portray her views on how the images capture the city's rapid growth.

Dubai was, is and could be. Commissioned by Dubai Culture, the images capture the city's rapid growth.

Abra ride



Open daily
Dubai Creek

For a taste of authentic Dubai, head up to the Creek and take a ride on one of the famous wooden abras there. With 30-minute trips available for Dh50, or one-hour trips for Dh100, you can take a cruise on the water in your own private boat and soak up the views of both sides of the Creek.

Dar el-ilm's Summer Break Children's Club



Weekly until August 31
Exhibition Hall 4 DWTC

A fun summer workshop for children, where kids can participate in various activities such as storytelling, singing, games and craft making. Children can participate in a wide variety of activities that have been designed to increase their knowledge and improve their confidence. Open to children age 4-11 years, a week costs Dh660. To book your child's place call 04 331 0221.

Paris, Je T'aime night



July 11
Bartini at Habtoor Grand

To commemorate French Independence Day, why not head down to Bartini for a stylishly French themed night of food, music and entertainment? Expect to hear classic songs from artists such as Edith Piaf, Charles Aznavour and Yves Montand, while enjoying set dinner menus for Dh390 and Dh650.

Salmontini seafood



Open daily
Mall of the Emirates

Enjoy a seafood feast in this bright and airy restaurant, while enjoying the view of people flying down the slopes at Ski Dubai. Not just specialists in salmon, the menu ranges from mussels and prawns to sautéed Japanese dishes, so there is something to satisfy any fish lover. Prices start from Dh200.

The #readmeae hashtag



According to recent figures from the Dubai School of Government, there are over 200,000 Twitter accounts in the

UAE. Put yours to good use by commenting on any of the stories you see here in *Read*.
If you see something in these pages you feel you really have to talk about, use the hashtag #readmeae at the end of your message. It could be about anything from your thoughts on Habiba Al Marashi's efforts to help sustain the environment to your take on the satchel as an essential urban accessory—your views matter.
Each week, our team will pick the best of the tweets and we will publish them here.
So go on and let Dubai know what you think about the issues of the week.
In the meantime, don't forget to follow us @readmeae for our latest updates, and follow our Facebook page at www.facebook.com/Readmeae

My Metro life
Hisrar M.C.



Last October, when I arrived in Dubai for first time, I didn't know many places in town. In fact, all I had was a Nol card,

which I used while I used the Metro to take me to interviews. Once, I received a call from a company about a job, asking me to come in for an interview, so I took the Metro. I was really tense about the whole thing. I got inside the carriage and this Pakistani guy sitting nearby sensed how stressed I was, and he began to strike up a conversation with me. I told him how I was running late for my interview and wasn't sure how to get there, so we travelled together and when we got off, he walked with me all the way to the interview. On the way we swapped numbers and later I gave him a call, saying I got the job. Now we are best friends—so the Metro gave me a new best friend.

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*.

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Not easy being *green*

Habiba Al Marashi talks about her work to benefit Dubai's environment.



Since its birth in 1991, the Emirates Environmental Group (EEG) has tirelessly campaigned for better environmental protection by implementing campaigns, hosting regular lectures and becoming involved in the community at the ground level. And the forefront of it all is chairperson Habiba Al Marashi, who, more than anyone, wants to see environmental issues consistently pushed to the top of the agenda.

"It's a 26-hour-a-day job," she said. "It's a mission in life for me. It takes a great deal of passion, of faith and belief. You have to re-

ally believe that you can push these important issues into the community."

The amount of commitment required to head the EEG becomes evident when you take a look at the initiatives that the organisation has pushed through in recent years. Its recent million-tree campaign saw more than 1.4 million saplings planted around the UAE; February's Earth Day saw the EEG help UAE residents contribute heavily to the United Nations' Billion Acts of Green campaign; and the group has set up 18 recycling centres across a number of UAE schools. Along with all this, lectures, workshops and education programmes have been organised for schools and companies. And the group regularly hosts competitions to drum up awareness.

Through all her work, Al Marashi is confident that she and the EEG are making headway. "I am an optimistic person," she said. "We have changed things on the



EEG WAS BEHIND THE PLANTING OF 1.4 MILLION TREES



one, will always be harder to sell. But even so, non-governmental organisations such as EEG have been able to put pressure on private companies, particularly from a public relations point of view. "The rules have changed over the past few years," Al Marashi said. "It is not just about making profits, full stop. It is about profitability in terms of money, in terms

of society and in terms of the environment. The UAE is a part of the same world as everyone else, so businesses here should not work in isolation. Everyone needs to do their part." It is this point that Al Marashi makes most strongly. EEG has ties with several UN bodies, which all have a global reach, and therefore a global outlook on environmental issues. This makes it EEG's job to exert pressure on both the government and the private sector to take up greener policies, according to UN standards. But despite the hard work now, Al Marashi is confident that she will succeed, and that environmental policies will eventually be adopted as part of a natural process. "In the end, it will be a case of survival of the fittest," she said. "The good businesses will be the ones which invest wisely in sustainable energy, saving money. And these will be the businesses that survive."

ground, not just in the UAE but in the Middle East. "Today, the environment is often at the top of the agenda. It's an acceptable point of discussion at any top-level meeting, both in the government and the private sectors." However, Al Marashi is convinced that, in the UAE at least, the government takes environmental issues more seriously than the private sector. She puts this down to a perception that pursuing renewable energy is costly, something that will put any manager off in such

difficult economic times. However, the fact is that much of what can be done is affordable. "Many companies think that to be sustainable, it will cost a lot of money, but this is simply not true," she said. "You can invest in sustainable technologies, which will then help you save money in the long-term, as well as help the environment. And I hope organisations can eventually realise this." Of course, profit drives the private sector, so an optional investment, rather than an enforced

“The environment is an acceptable point of discussion at any top-level meeting.”



RECYCLING IS AN IMPORTANT PART OF EEG'S WORK

Who's hot ..

ALI MOSTAFA

One of the UAE's leading film directors, Ali Mostafa has just been named the face of Range Rover in the Middle East. The Emirati filmmaker, who is best known for his Dubai-based film *City of Life*, has joined forces with the car company to launch their newest edition, named Evoque.



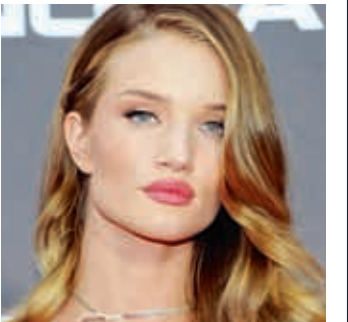
PETER ANDRE

The singer was voted 'celebrity dad of the year', not long after enjoying a luxury holiday in Dubai with his two children at Atlantis, The Palm. During his time in the UAE, Peter tweeted "It really is something else here. If you ever want a holiday with your kids, this IS the place."



ROSIE HUNTINGTON-WHITELY

Dubai has woken up to this beauty from *Transformers 3: Dark of the Moon*. The film is proving to be a smash hit in the region, with a large percentage of cinema goers being male. With the Victoria's secret model as the main love interest, we wonder why?



KATE MOSS

The supermodel has wed her rocker boyfriend Jamie Hince in an English countryside ceremony studded with celebrity guests. The model has visited Dubai on previous occasions, both for work and pleasure, so perhaps the couple might fancy a romantic trip over here together for the honeymoon.



PRINCE HARRY

The royal hunk is rumoured to be dating lingerie model Florence Brundenell-Bruce. The whispers going around suggest that the Prince, who unfortunately had to cancel a planned trip to Dubai earlier this year, has officially split from on-off girlfriend Chelsy Davey and was spotted getting cosy with his new flame at a music festival.

Old-school *satchels*

The collegiate look is back in the form of leather school bags—simple and practical.

ACCESSORIES

The **vintage look** is no longer just for trendy hipsters and is now found further afield than charity and second-hand shops. And while the granny jumper might not be for everyone, the satchel is a way for everybody to work the vintage look this season.

The classic leather satchel is timeless and remains popular, and has recently been revamped by brands such as the Cambridge Satchel Company and Mulberry.

A recent move to expand the former's colour options has seen fashion bloggers and Hollywood celebrities go wild for fluorescent and bright bags.

These colourful satchels are available in a variety of sizes and combine old school craftsmanship with recent trends such as colour

blocking. It's all new-age fun with a vintage feel. Mulberry has similarly kept the satchel on trend and has found huge success with its Alexa bag, named after fashionista Alexa Chung. This bag is very versatile, available in many colours and patterns, from animal print to bright green, and looks great day or night, over the shoulder or held by the handle. Mulberry's Polly Push Lock bag was recently seen on Catherine Middleton and is a smaller, more traditional-looking satchel.

There are endless options, colours and styles of satchel and there is one for every occasion and person. Get back to old-school with this vintage trend that is everywhere at the moment.

Star turn
This classic neo satchel from the Cambridge Satchel Company is one that sparked the trend



SALLY OBERMEIDER



ANOTHER NEW LOOK THAT SUITS KATE



Her



Him

Remember The One with Joey's bag? In *Friends*, Ross and Chandler may have dismissed Joey for sporting an effeminate man-bag, but he was definitely on to something. Man-bags have made a big impact recently but now it's time for the man satchel—the matchel.

Not feminine, the matchel is simple, practical and stylish, and comes in a variety of materials and colours. There is one for every man: college students have ditched the backpack, while businessmen have swapped the briefcase for this trendy alternative.

Some of the toughest and most popular guys in movies have carried one. As Alan from *The Hangover* exclaimed, "It's not a man purse, it's a satchel, and Indiana Jones wears one."

The wallet is simply too small to fit in a man's daily necessities and the matchel can fit in all your books, laptop and can even be used to sneak in sweets at the cinema on your day off.

FASHION OPINION



MARIYAH GASPACHO
WWW.MAHRYSKA.COM

Reach out through a blog

Blogging has taken a huge step in the past year out here in the Middle East—particularly fashion blogging.

It is great to know that we bloggers are now not only being taken seriously, but we are finding that more opportunities are coming our way with so many brands and publications.

Not only is blogging a great means to reach out to so many like-minded fashionistas across the world, it also provides a great way to take inspiration from real people who are out there.

Brands have been known to increase their sales just because bloggers have taken interest in a certain item, and once they get the word out there, it burns through the ether like wildfire.

I personally have bought a whole number of things from all sorts of places because I have seen them on a blog.

What makes bloggers special is their personal input in every single thing they write and put out there.

They talk about things they love, take photographs of themselves on a daily basis with their outfit for the day and you think, "Wow, that looks great on her so it might just look good on me too."

I personally take inspiration from my fellow bloggers, get my fashion news from them, and I absolutely love the fact that I am able to build a personal connection with them, as well as my readers.

Fashionista, The Sartorialist and Omiru are three of the most popular fashion blogs

JOHN MALKOVICH PROVES THAT
REAL MEN CAN CARRY MATCHELS...

...AND DENNIS RODMAN
SHOWS THE CONTRARY



BYTES & PIECES



ALEXANDER McNABB
DIRECTOR, SPOT ON! PR

Fest is all “geek” to me

GeekFest was never meant to be a big deal, just a meeting of digitally minded people at Al Quoz's funky hangout, The Shelter.

The idea of having a meet-up for bloggers, gadget fiends, Facebook addicts, Twitterers and the like was dreamed up by Shelter director Saadia Zahid and me over coffee one day. The first three dates we set slipped past without us doing anything about them until I posted on my blog and sent out Tweets committing ourselves to the event.

We failed to do anything else in an organisational sense; we originally didn't even want to set a start time for

it, preferring people should just swing by whenever they felt like it.

We joked about how The Shelter would fill with nerdy types who would be Tweeting each other rather than talking, but we couldn't have been more wrong. An excited throng of chatty, happy and highly communicative people happened. Everyone wanted to do it again, so we did—adding talks in The Shelter's private screening room.

Those talks were a revelation—smart people talking about doing smart stuff to a smart audience. It felt more like East Berlin or Prague than consumer-culture Dubai.

That was two years ago now, and since then we've seen GeekFest Beirut, Amman, Damascus, Cairo and Abu Dhabi, with plans for Doha and Ramallah in the autumn.

It's daft, really.

Find out more

Follow @geekfestdubai on Twitter

Google+ has its sights on Facebook



Google hopes its latest social networks foray will be more successful than past attempts.

Although most of us haven't yet managed to have a go on it, Google's new social networking service, Google+, has caused an online frenzy around the world, not least because initial reviews of it have been overwhelmingly good. And, relative to the company's various amateurish previous attempts, Google might finally have come up with something that could take off.

In spite of its search success, Google's social track record has been poor. Google Buzz, though still online, has generally been met with sighs of indifference, while its previous efforts, Orkut

6.8bn

Google's revenue for the first-quarter of 2011. Critics say they should turn such volume into social profit.

and Wave, are mostly remembered as good ideas, but ones that failed to take off.

Indications are Google+ is an entirely different kind of animal, a statement confirmed by a large number of technology blogs across the web. What has really impressed, though, is the massive scope of the Google+ operation; it has been designed to bring every Google product together into one seamless networking experience.

Within a concept not dissimilar to Facebook, Google has added its own touches. For example, photo sharing makes use of Google's Picasa site, which also sports some nifty facial recognition software. There is a search app called Sparks, which feeds

links to users based on their interests, which in turn are shared with friends. And a video-calling service called Hangouts, based on Google Talk, makes it easy to join or set up on-screen gatherings.

Many Google-owned sites, such as Gmail and YouTube, have been redesigned to incorporate Google+ features. And of course, Google+ is also available on the company's mobile phone software, Android, while an iPhone app is expected soon.

The new social platform is still being fine tuned, which is why invitations to join it are scarce. However, initial reactions have been positive. CNN described the Android app as “a clean, intuitive mobile experience”, and

weblog ReadWriteWeb.com said that Google+ as a whole was “really, really well done”. Even Facebook founder Mark Zuckerberg is rumoured to have signed up to it, suggesting that even he is keen to see what all the fuss is about.

However, the big question is whether or not Zuckerberg really has anything to worry about. With more than 500 million users, Facebook has become the daddy of the social networking world, and the fact that so many people use it means that it is especially hard for any competition to break through.

“We’re on Facebook because everyone else is on Facebook,” award-winning author Lore Sjöberg blogged for Wired.com. “In this way, Facebook imitates life.” By this thinking, even those who do not like Facebook reluctantly stick to it, simply because it is the best way of keeping in contact with all of their friends. Google+ might deliver a better user experience, but if there is nobody to share it with, there is no point in new users signing up.

Above all, the company’s track record in failed social networking sites still places huge amounts of doubt on the viability of Google+. Buzz, for example, garnered huge amounts of criticism, with one Canadian user famously recounting that it automatically put her back in touch with her abusive ex fiancé. Orkut, for its part, attracted all manner of controversial headlines over its seven-year

“We’re on Facebook because everyone else is on Facebook.”

history due to its lack of protection against spam, as well as the ease with which hate groups were set up. It was even banned in the UAE for a short period.

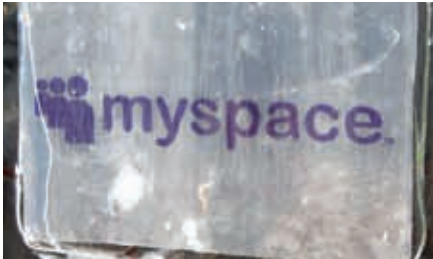
There is no doubt that there has been plenty of hype surrounding Google+, thanks in part to the scarcity of invitations to the service. However, even if it is everything that it promises to be, Google faces a tough battle to lure users away from their already trusted social networks.



Tech beat

ELECTRONIC CANCELLATION

The Ministry of Labour announced last week that it has implemented an online system which companies are expected to use to cancel visas and labour cards. According to reports, labour offices will no longer deal with cancellation applications, which will now be dealt with at Tesheel service centres.



MYSPACE SOLD

Struggling social network MySpace has been sold by News Corp. for a reported \$35 million, down from the staggering \$850 million for which it was bought in 2005. The new owner, Specific Media, has admitted that it will have to make cutbacks to the site, with about half of the staff of 400 expected to be laid off.

SOUR BERRIES

An anonymous open letter to Blackberry manufacturer RIM's management made headlines last week after it criticised what the writer called poor leadership, too much red tape and low morale. Since then numerous other RIM employees have spoken out, echoing the complaints of the first letter, despite RIM's insistence that everything is fine.



FACE-SKYPE

Having teased fans last week with an announcement about “something awesome”, Mark Zuckerberg was this week keen to show that Facebook still has tricks up its sleeve, thanks to the unveiling of an integrated, Skype-powered video chat function. The service is still young, so there are a few kinks, but it has generally received favourable reviews, and is lauded for its simplicity.

TALKING ANIMALS

DR. WALTER TARELLO
PET CONNECTION
VETERINARY CLINIC

Heat no obstacle to pet exercise

In July and August you can still go jogging in the early morning hours, and this time also provides an ideal opportunity for exercising your dog.

People often assume that all big dogs are highly energetic, but that is not necessarily true. Greyhounds and salukis are used to dashing sprints, but they are not marathon runners. Optimally they need joint-friendly walks of no more than 30 minutes, better than hikes and long running sessions. The same would be appropriate for Bernese mountain dogs and great Danes, which are prone to hip dysplasia, due to their big size and weight.

Pugs, shih tzus and bulldogs are also those more at risk of overheating so beware—don't take these dogs out in the extreme heat. Ideally they

need 20-30 minutes obstacle courses or walks per day. If you aren't able to accommodate this, then why not create a fun, challenging hallway course with rolled-up towels and cardboard boxes?

When exercising your animals in the summer, do not use a retractable leash while walking in the road. If you don't retract quickly enough your dog could become hitched on passers-by and bikes, or hit by cars.

Also, do not tie your dog to your bike if cycling, because he will get tired before you do.

And finally, watch carefully for warning signs of fatigue or exhaustion, such as extreme panting, pupils dilated and ears retracted backward from the dog's face.

If you are thinking of adopting a dog, visit k9friends.com

National Bonds to reveal 100th millionaire at month end

WINNERS

At the end of July, National Bonds will reach a significant milestone when it announces the month's grand prize. The winner, a National Bonds investor, will make history as the hundredth millionaire the savings scheme has created just five years after its launch.

The news will come fast on the back of the announcement last week that National Bonds had set its own record, by reaching over Dh1 billion in sales by May this year - the first time in three years that the scheme has reached this target so early in the year. The achievement marks a 29-per cent increase in sales compared to the



MOHAMMED QASIM AL ALI

same period last year, and highlights an increased demand for savings among UAE residents.

Its customer base also grew significantly crossing 630,000

customers, recording a 3.2-per cent growth. Since its inception in 2006, National Bonds has managed to become one of the world's most diversified savings scheme, accounting for more than 200 different nationalities among its savers.

The scheme received a thumbs up among Metro commuters when Read. took to the streets to gauge opinion. "I think it is a good scheme, especially here in Dubai," said Mohammed Ibrahim, a PR officer from Barsha. "Most people come over here to work and make money, but not a lot of them end up saving any money. I might consider getting some myself because I never really save my money."

Valery Lason from Tecom said that she would definitely be interested in saving with National Bonds, having previously used a similar scheme in her home country. "I think they are a really good way of keeping your money safe, and if you can win from them then even better," said the business analyst. "I used to live in the UK and had a couple of premium bonds over there."

Commenting on the sales milestone, Mohammed Qasim Al Ali, National Bonds' CEO, said: "Our business growth and record success could not have been achieved without our customers' loyalty and belief in our scheme's unique value."

DSS tops for competitive kids

Two old favourites are back this summer. Register today for your kid's chance to win.

SUMMER SURPRISES

Dubai Summer Surprises organisers are finalising plans for two kids' favourites to reappear this year—the Kids Sports Championship and Kids Fashion Week.

The Kids Sports Championship takes place at Festival Centre from July 14-20, with contests for children as young as eight months all the way through to 10-year-olds. Winners receive prizes throughout the week and the majority of the contests will require the participation of parents as well.

Contests this year include baby crawling race, toy retrieving race,

“Winners receive prizes throughout the week.”

stacking race, sack race, basketball contest, tricycle race, baby marathon, three-legged race, balloon race, and many more competitions.

Registration is free between 10am and 3pm until July 13. Forms can be filled at the Dubai Events and Promotions Establishment office located on the first floor of the Department of Economic Development building. An original passport or national ID of the child must be submitted for verification purposes. Entry is restricted to twenty participants per category.

Kids Fashion Week is another

DSS signature event of Dubai Summer Surprises and brings some of the renowned names in children's fashion to the ramp. Young models between the ages of five and 12 years old will walk the ramp to showcase some of the trendiest designs in children's fashion. The four-day event takes place at Deira City Centre from July 28-31, with registration taking place on the second level of Deira City Centre (across from Banana Republic), from 12-9pm until July 12. Selected children will be professionally trained and signed up as models with Centrestage Productions for one year.



Sony Summer Surprises. An offer worth writing about.

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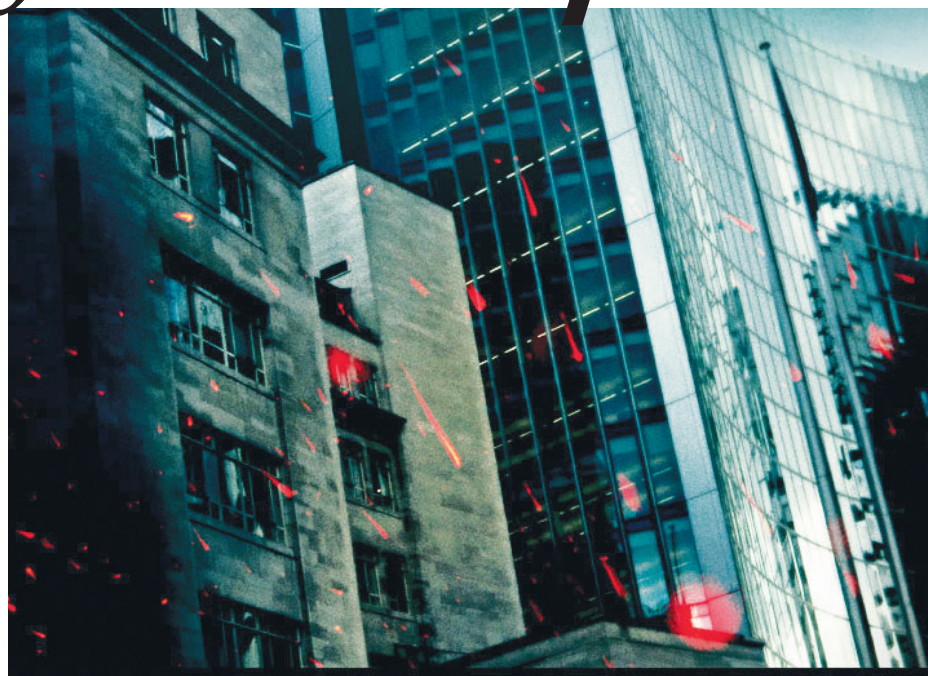
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Harry Potter

casts his final spell



With seven smash-hit movies already in the can, **The Deathly Hallows part II** will see the world-famous wizard complete his Hogwarts education and come face to face with his arch nemesis, Lord Voldemort.

NEW RELEASE

For the last decade, cinema-goers worldwide have been captivated by all things magical, thanks to one bespectacled boy wizard in particular. Words such as “Muggle,” “Hogwarts” and “Quidditch” became acceptable additions to modern vocabulary, as the series of Harry Potter films stormed their way through any competition to become the most successful film franchise in history. Since the release of the first film *Harry Potter and the Philosopher's*

Before picking Christopher Columbus to direct the first of the Harry Potter films, Warner Bros. approached Steven Spielberg. He lost out because he wanted to produce a Pixar-style animation whereas the studio didn't.



Stone in 2001, the series has gone on to gross over \$6 billion at the global box office, and billions more in DVD and merchandise sales.

It's hard to believe that 10 years have passed since we were first introduced to Harry, Ron, Hermione and friends on the big screen, but now the wands are being waxed ready for the final installment of the series, *Harry Potter and the Deathly Hallows part II* (released July 15th). All good things must come to an end, and in this case the end begins as the magical trio return to Hog-



warts, continuing their quest to find and destroy the last remaining Horcruxes. In one last epic battle against the dark forces, will Harry be forced to surrender or will he finally defeat He-Who-Must-Not-Be-Named?

As the first Harry Potter film to be released in 3D, *Deathly Hallows part II* is set to be the most visually striking and impressive yet, with the final battle providing one of the most exciting and heart-racing scenes in Potter history. Although (as always) there have been some minor adjustments from the book, the overall plot-line has been followed closely and sensitively, probably more so than previous Potter films. Any changes that have been made aren't detrimental to the story in any way, and even the most hardcore fans shouldn't

“It's hard to believe that 10 years have passed since we were first introduced to Harry Potter”

be too offended by the alterations. The plot itself provides just the right amount of nostalgia and emotion in the small gaps between heart-stopping action to create an ideal conclusion to the Harry Potter phenomenon—some may say perhaps even with enough momentum to ride in victoriously during awards season at last.

Whether you're a lover or a hater of the Hogwarts phenomenon, there is no denying the impact that JK Rowling's magical tales have had on an entire generation.

Over the past decade most people have become accustomed to the faces of three young actors, who were plucked from obscurity to become some of the biggest earners in showbiz. For those who have grown up alongside Harry Potter and his accomplices, this

final chapter really does seem to signal the end of an era for many; not only in the wizarding world but amongst us Muggles also.

In the final installment the stakes are higher than ever before and there will be many sacrifices to be made along the way. Things will never be the same again for Harry and his friends, or—it would seem—for the legions of Potter fans worldwide.

POTTERMANIA

- An estimated 400 million copies of the Potter books have sold worldwide. They are considered the all-time fastest selling books.
- JK Rowling's birthday is July 31, which, as any Potter fan knows, she shares with Harry.
- The Potter novels became the first children's books to be included on the New York Times bestseller list since 1952.
- Actor Daniel Radcliffe, who plays the lead role, is said to have amassed a fortune of over £42 million (Dh248 million), all before turning 22 this July.



HARRY AND HERMIONE TAKE THEIR FINAL BIG-SCREEN OUTING

Bollywood news

MINISSHA ENTERS INTO POLITICS

Minissha Lamba, who recently starred in *Bheja Fry 2*, has signed up for *Zilla Ghaziabad*, an upcoming film directed by newcomer Anand Kumar. The flick is set to involve a host of big-name stars, with Sanjay Dutt, Vivek Oberoi and Arshad Warsi all accepting lead roles. Lamba is paired opposite Warsi in the film, which revolves around politics, crime and mafia in the state of Uttar Pradesh.

RECORD RUN FOR DELHI BELLY

Aamir Khan's hit production *Delhi Belly* broke a dry spell at the box office by bringing in Rs15.65 crore on its first two days on the big screen. With a total budget of Rs25 crore including print and publicity, the Imran Khan smash took a total of Rs7.15 crore on the first Friday of opening and Rs8.50 crore on the Saturday.

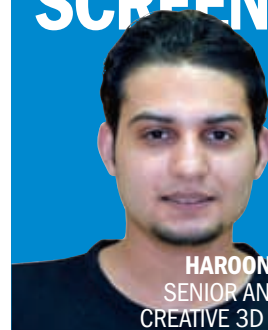
UDAY COMMITS TO BOW OUT

Uday Chopra has revealed plans to give up acting after *Dhoom 3*. The 38-year-old tweeted, “Ok confession time... *Dhoom 3* is my swan song...my last film...no I'm not giving up acting...quite the opposite, acting is giving up on me!” The son of Yash Chopra has starred in *Mere Yaar Ki Shaadi Hai* and the successful *Dhoom* franchise, however his other films failed to set tills alight at the box-office.



MINISSHA LAMBA

SILVER SCREEN



HAROON POPAL
SENIOR ANIMATOR
CREATIVE 3D STUDIO

Go ahead! Be animated

I'm a digital dreamer. I have been watching animations since I was a kid and was very much inspired by animation. I always dreamt of becoming an animator and making my own movies and cartoons.

A career in animation requires strong artistic skills and a solid familiarity with the latest in computer animation technologies. It also requires the ability to turn creative thoughts into compelling images, using them to effectively communicate an idea.

There are a number of different career paths for animators. We often think of animators as talented artists who create cartoons, either for film or movies.

Animators continue to work in these areas, but increasingly many create animations for a variety of projects.

This can include web sites, online adverts and video games. Animators can work with production companies, advertisers, web design firms, video game companies or with animation firms. Freelance work is another option, particularly for those specialising in web animation. Most entry-level positions require you to have a BA in a related field.

There are a number of computer animation schools that offer courses in computer animation. In addition, a strong portfolio of work, which a training programme can help you to develop, is an essential part of landing a job in computer animation and becoming an animator.

Pound for pound, the California Institute of the Arts has produced the most successful animators

Reviews *in brief*

A quick look at last week's biggest films.



Horrible Bosses ★★☆☆☆

Jason Bateman, Jennifer Aniston, Kevin Spacey

While an all-star cast—including a cameo by Donald Sutherland—and sensational script should add up to a fantastic film, it is the storyline that lets down *Horrible Bosses*. Three downtrodden employees unite to kill their managers, but when one boss accidentally kills another, and the heroes find themselves framed for the murder, things descend into farce. It is a shame, because based on the first half-hour alone, this was going to be one of the year's funniest yarns.



Double Dhamaal ★★☆☆☆

Sanjay Dutt, Arshad Warsi, Riteish Deshmukh

The guys from the original *Dhamaal* film return after four years. Once again they have just one purpose in life: to get rich, any which way. This time the plan entails duping their tormentor Kabir (Sanjay Dutt) by messing up his personal and professional life. While the first episode was undeniably slapstick, it was still better than the reprise. But don't be put off because this formula continues to entertain.

Murder 2

Emraan Hasmi, Jacqueline Fernandez, Prashant Narayanan

This much-awaited, racy picture is up for release this week after the pre-launch publicity has put it firmly in the public eye. A follow-up to the 2004 hit, *Murder*, the second edition promises to be darker than its predecessor. Let us know what you think—email letters@readme.ae



Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (2D) - 09:30, 10:30, 12:30, 13:30, 15:30, 16:30, 18:30, 19:30, 21:30, 22:30, 00:30
Cars 2 - 10:40, 12:50, 15:00, 17:10, 19:20
Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10
22 Bullets - 21:35, 23:55
Honey 2 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Hanna - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Buddha Hoga - 10:00, 12:30, 15:00, 17:30, 20:00, 22:45
Murder 2 - 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

GRAND MEGAPLEX - IBN BATTUTA

Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30, **IMAX** - 12:00, 15:00, 18:00, 21:00, 00:00
Transformers 3 (2D) - 09:30, 12:30, 15:30, 18:30, 21:30, 00:30
Cars 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Cars 2 (2D) - 11:00, 13:20, 15:40, 18:00,

20:20, 22:40, 00:50
Monte Carlo - 10:15, 12:30, 14:45, 17:10, 19:20, 21:35, 23:50
In Gold We Trust - 20:30, 22:30, 00:30
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
Bad Teacher - 11:30, 14:00, 16:30, 19:00, 21:20, 23:40
Fast Five - 17:20, 19:30, 21:40, 23:50
Double Dhamaal - 11:00, 14:00, 17:00, 20:00, 23:00
Bombay March 12 - 11:00, 14:00, 17:00, 20:00, 23:00
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Buddah Hoga - 11:00, 13:30, 16:00, 18:00, 21:00, 23:30
365 Youm Saada - 10:20, 12:40, 15:00
22 Bullets - 22:00, 00:15
Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Murder 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10
Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Honey 2 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Hanna - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Green Lantern - 10:30, 13:00, 15:30, 18:00

GRAND CINEMAS FESTIVAL CITY
Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10



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

Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Honey 2 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Hanna - 10:00, 12:20, 14:20, 17:00, 19:20, 21:40, 00:00
Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (2D) - 09:30, 10:30, 12:30, 13:30, 15:30, 16:30, 18:30, 19:30, 21:30, 22:30, 00:30
Cars 2 (3D) - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Cars 2 (2D) - 10:40, 12:50, 15:00, 17:10
Monte Carlo - 11:00, 15:20, 19:40, 00:00
Bad Teacher - 13:10, 17:30, 21:50
22 Bullets - 19:20, 21:35, 23:55
Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Murder 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

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Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10
Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Honey 2 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Bombay March 12 - 11:00, 14:00, 17:00, 20:00, 23:00
Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Murder 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cars 2 (2D) - 11:00, 13:00, 15:00
Forever And A Day - 19:00, 21:00, 23:00
Delhi Belly - 15:30, 18:00, 20:30, 23:00
Kung Fu Panda 2 - 11:30, 13:30

GRAND METROPLEX - METROPOLITAN

22Bullets - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Murder 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Bad Teacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:40
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Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Double Dhammal - 11:00, 14:00, 17:00, 20:00, 23:00

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Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10
Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Honey 2 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Mr Popper's Penguins - 19:30, 21:40, 23:50



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Transformers 3 (3D) - 14:30, 17:30, 20:30
Murder 2 - 10:00, 12:30, 17:30, 22:00
Cars 2 (2D) - 11:00, 13:00, 15:00
Hanna - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Delhi Belly - 15:00, 20:00, 00:30

VOX CINEMAS - DEIRA CITY CENTRE

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Transformers 3 (2D) - 23:00
Cars 2 (3D) - 11:30, 11:45, 14:00, 14:15, 16:30, 16:45, 19:00
Cars 2 (2D) - 13:00, 15:30, 18:00, 20:30
Delhi Belly - 17:15, 19:30, 21:45, 00:00
Kung Fu Panda 2 - 09:15, 11:15, 13:15
Double Dhamaal - 18:00, 20:45, 23:30
The Wiggles - 09:30, 11:30, 13:30
Murder 2 - 15:30, 18:15, 20:00, 23:45
Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30. 11:30
Honey 2 - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
Larry Crowne - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Hanna - 14:15, 16:45, 19:15, 21:45, 00:15
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

VOX CINEMAS - MOE

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Transformers 3 (2D) - 10:30, 13:30, 16:30, 19:30, 22:30
Cars 2 (3D) - 11:30, 14:00, 16:30, 19:00
Cars 2 (2D) - 12:45, 15:15, 17:45, 20:15
Monte Carlo - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Super 8 - 19:30, 19:45, 00:00
Bad Teacher - 19:15, 21:15, 23:45
Kung Fu Panda 2 - 09:30, 11:30, 13:30, 15:30, 17:30
The Wiggles - 09:00, 11:00, 13:00
Larry Crowne - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Horrible Bosses - 10:30, 12:45, 15:00,

17:15, 19:30, 21:45, 00:00
Honey 2 - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
Hanna - 14:00, 16:30, 19:00, 21:30, 00:00
Pirates Of The Caribbean 4 - 10:45
Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30. 11:30

VOX CINEMAS - MIRDIF CITY CENTRE

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Transformers 3 (2D) - 16:30, 19:30, 22:30
Cars 2 (3D) - 09:15, 11:45, 14:15, 16:45, 21:15, 21:45
Kung Fu Panda 2 (3D) - 09:30
Kung Fu Panda 2 - 09:45, 11:45, 13:45
The Wiggles - 09:15, 11:15, 13:15, 15:15
Horrible Bosses - 09:45, 12:00, 14:15, 17:15, 19:45, 22:00, 00:15
Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30. 11:30
Honey 2 - 15:45, 18:15, 20:45, 23:15
Larry Crowne - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Hanna - 14:15, 16:45, 19:15, 21:45, 00:00

REEL CINEMAS - DUBAI MALL

Transformers 3 (3D) - 12:00, 14:05, 15:05, 17:10, 18:10, 20:15, 21:15, 11:30, 00:20
Transformers 3 (2D) - 11:25, 14:35, 15:00, 17:40, 18:00, 20:45, 21:00, 23:50, 12:05
Cars 2 (3D) - 11:30, 14:00, 16:30, 19:00, 21:30, 12:05
Cars 2 (2D) - 16:30, 19:00, 21:30, 12:05
Horrible Bosses - 11:05, 12:30, 17:00, 19:30, 22:00, 00:30
Bad Teacher - 11:40, 13:45, 15:50, 17:55, 20:00, 10:05, 12:15
Hanna - 11:00, 13:00, 13:20, 15:30, 15:40, 18:00, 20:20, 20:30, 23:00
Mr Popper's Penguins - 11:05, 13:10, 14:00, 15:15, 16:05, 17:20, 18:10, 21:25, 20:15, 2:30, 22:20, 11:35, 00:25
Larry Crowne - 13:15, 14:30, 16:15, 17:30, 18:45, 20:00, 21:15, 22:30, 23:45, 01:00
Monte Carlo - 11:15, 13:30, 15:45, 18:00,

20:15, 22:30, 00:45
Murder 2 - 16:00, 18:40, 21:00, 23:40
Sameer wa Shaheer wa Baheer - 14:05, 16:00, 19:15, 20:30, 21:30, 00:50
The Hangover 2 - 17:00, 18:20, 22:40
22 Bullets - 16:00, 18:30, 21:00, 23:30
Honey 2 - 14:20, 16:40, 19:00, 21:20, 23:40
Vincere - 14:00, 16:30, 19:00, 21:30, 00:05

REEL CINEMAS - MARINA MALL

Transformers 3 (3D) - 11:50, 15:00, 18:05, 21:10, 00:15
Transformers 3 (2D) - 12:20, 15:25, 18:30, 21:35, 12:40
Cars 2 - 10:30, 13:15, 15:30, 17:45
Monte Carlo - 16:30, 20:00, 22:15, 00:30
Horrible Bosses - 12:45, 15:00, 17:15, 19:30, 21:45, 00:05
Larry Crowne - 12:10, 14:35, 16:55, 19:25, 21:55, 00:25
Mr Popper's Penguins - 10:05, 12:10, 14:15, 18:40, 20:45, 22:50 00:50

MUSIC AND NIGHTLIFE

July 11 – **Paris Je T'Aime**, Bartini, Habtoor Grand Hotel
July 12 – **DJ Margarita**, Sabor Latino, Sublime, Ibis Dubai World Trade Centre
July – 14 **Claude Vonstroke**, Trilogy, Souk Madinat Jumeirah

COMEDY AND THE ARTS

July 11-16 – **Disney Camp Rock**, First Group Theatre, Souk Madinat Jumeirah
July 13 – **The Laughter Factory**, Crown Plaza
July 14 – **The Laughter Factory**, Grand Millenium hotel
July 15 – **The Laughter Factory**, Mazina, The Address hotel

YOU REVIEW

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

Prakash Murugesan

Student
Sports City

7/10



I watched *Delhi Belly* and I really liked it. It's a Hollywood film—even though it's filmed in Delhi and made by Indian filmmakers—and it was really funny and a lot better than I thought it would be.

Zafar Iqbal

Real estate broker
Barsha

8/10



I have just seen the Bollywood film *Ready* and I definitely enjoyed it. It was really funny and entertaining, and the story was good. Salman Khan was my favourite character; he's a really good actor and played the role well.

Mohamed Zerari

Student
The Greens

7/10



I have just watched *Transformers 3*, which was pretty good. The special effects were awesome, and the story made a bit more sense than the last couple of *Transformers* films.

MUSIC
BEATMALIKA OMAR
MUSICIANPerforming live
makes it worth it

I have always been quite a creative person, so when I began to play the piano at the age of nine, I found that I didn't just love the sound of the instrument, it allowed me to express myself in a new way. I would compose my own pieces by imagining scenes in my mind and accompanying them on the piano, which I suppose I still do today.

Working as a musician is a world away from a nine-to-five job. There are times when it's great and times when it could be better, but performing live makes it all worthwhile. You also get to do amazing things, for example I have just recorded a single for the Palestine Children's Relief Fund which involved me singing for the first time, and is something I would never have done without being in this industry. The experience of being a musician is about learning and developing, and although I still get nervous before I perform, it's great to get feedback from the audience, especially when it's as touching as one woman who said my music "warms the soul".

My advice to anyone wanting to work as a musician would be never to take criticism personally. You must also be prepared to do your own PR and marketing, and be constantly available. Being a musician is not an office job, it's a lifestyle, but the rewards to be gained from doing the thing you love as a job keep you going.

Learn more about
Malika Omar at
musicmalika.com

Movies and Munchies

When: Every Wednesday at 7pm

Where: Desert Palm Resort

MOVIES

Want to watch a movie but you are bored of being cooped up inside your home, and tired of the endless A/C in cinemas? The summer heat can make you feel as if you are slowly wilting away, but the Desert Palm Resort is offering a welcome alternative: until October, their Movies and Munchies evenings are back.

For those still in the dark, Movies and Munchies is a genius idea, combining poolside chilling with watching your favourite film, while being in the great outdoors once again.

For Dh30 per person, you get pool access, a towel, a bowl of popcorn and the chance to watch two movies. So whether you decide to get in the pool or if you prefer just to lounge by the side, you are bound to gain from being beside the cooling effect of lapping water.

A series of sensational flicks is on the cards this summer, including the *Harry Potter* series, the excellent Dubai-based *City*

of Life, child-friendly animations such as *Tangled*, classics like *Pulp Fiction* and latest releases such as *The Tourist*.

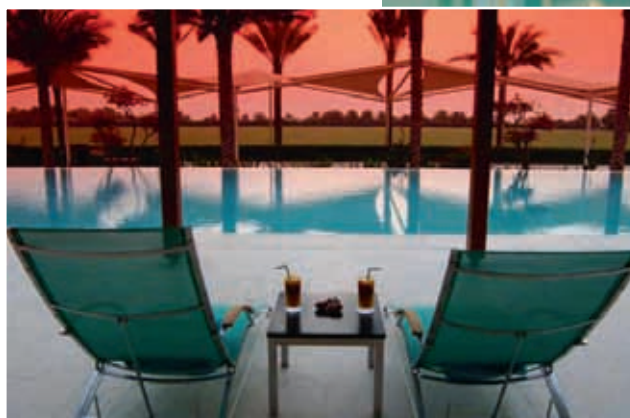
The earlier screenings at 7pm are always family-friendly, while the later ones starting from 8.30pm may be subject to parental guidance.

Munchies also come in the form of an à la carte menu from Epicure, as well as good, old-fashioned drive-in movie grub, such as hot dogs, burgers and other drinks, albeit at extra cost.

For more info phone 04 323 8888 or visit desertpalm.ae



THE DESERT PALM'S SWIMMING POOL
HELPS COOL DOWN THE SUMMER NIGHTS



Summer is Rocking!

When: July 11-16

Where: Souk Madinat Jumeirah

MUSICAL

This summer brings another winning live show from Popular Productions, the team that brought *Disney High School Musical*, *Fame* and *The Sound of Music* to Dubai. Their latest offering is the rocking music and pulsating, dance-filled *Disney's Camp Rock The Musical*. It promises to be another family feel-good favourite, with a magic that only the most hardened heart can resist.

The story follows the music-mad troupe at Camp Rock, who arrive only to find a new kid on the block: Camp Star. Twinkling sinisterly from across the lake, Camp Star is a serious rival, and must be challenged. It takes Mitchie from Camp Rock to step up and get her fellow rockers into shape to take part in the ultimate showdown.



With all the classic songs from the original movie, including *This Is Me*, *Can't Back Down*, *It's On* and *We Rock*, it's set to be a hit with die-hard fans and newbies to the franchise alike.

The show features a mixed cast, lining up some of the West End's best performers alongside Dubai's hottest upcoming talent. With many of the starlets having had experience in the cream of shows, including the international hits *Fame*, *Blood Brothers*, *Sweet Charity*, *High School Musical* and *Hairspray*, they're sure not to miss a beat.

Don't miss out on the sound track to the summer holidays; there are just 10 performances starting on July 11 at Souk Madinat Jumeirah. Tickets can be bought there or through the theatre box office at www.madinattheatre.com

Moby takes time out to play

The pint-sized pioneer of electronica impresses Trade Centre audience with epic live show.



MOBY

It began much like most other concerts. Doors opened at 7:30, and when you showed up at eight, the few people already there to see Moby last Monday made the Rashid Auditorium at the Trade Centre look vast. Maybe it was his own words prior to this show that had left the early atmosphere a little flat—he had described his latest album, *Destroyed*, as a “soundtrack for empty cities at 2am”. By the time he took the stage however, everything had changed.

It was 9:30 when the mild-mannered DJ and musician exploded onto the stage to a rapturous reception. The crowd had filled out and people were dancing within seconds. Forty-five-year-old Moby bounced around with the energy of a boisterous teenager, belting out hit after hit. From the infectious *Porcelain* to *Why Does My Heart Feel So Bad?* and onto the classic he

“The only disco song written about quantum mechanics.”

described to the crowd as, “the only disco song written about quantum mechanics”, *We Are All Made of Stars*. Every track intro brought ecstatic cheers and waving hands in the air.

Vocalist Joy Malcolm did threaten to steal the show with her stunning voice, big hair and stage presence. Malcolm’s rendition of *In This World* drew an eerie refrain from the audience, humbled by the mastery of her craft. But Moby was up to the challenge.

He highlighted his immense talent over and over again, taking a spin on the drums, tapping the bongos and strumming his guitar with the finesse and skill that has made him a worldwide sensation. Using every available inch of the stage, the musician ensured that all eyes followed him to see where he would go next, and which instrument he would play.

The show closed with the ob-

ligatory encore. The dance music legend returned to the stage to thrilled applause. Stating that he’s a raver at heart, Moby delivered one final dance tune that had everybody on their feet and overjoyed to have witnessed such

a sensational performance. Moby is without doubt, an exceptional talent. Going on his debut performance in the Middle East, he has both the artistry and energy to be entertaining the masses for many years to come.



Rest stop for *travellers*

If you are looking for somewhere close by to escape to, **Ibn Battuta Gate hotel** is comfortable and stylish.



HOTEL

Have you ever wondered what is behind that great big, circular arch by the side of Ibn Battuta shopping mall? The one that appeared out of nowhere but which now has become a landmark for those entering or leaving Dubai from the Abu Dhabi highway? Come inside Ibn Battuta Gate Hotel and take a look.

This is much more than a mall add-on; it may have a large weekend-shopper clientele in mind, but the hotel is still every bit as opulent as you would expect from a Sheikh Zayed Road or Jumeirah Beach strip property. The design is themed on explorer Ibn Battuta's many adventures and the welcome is warm.

Each floor is themed after a different country from Ibn Battuta's travels, each with an intriguing and magical feel. Opening the door to any hotel room creates a slight air of anticipation, and the luxury and warmth of the lobby has been thoughtfully extended into the rooms, with luxurious soft furnishings and rainfall showers as

standard. A 40-inch LCD television adorns each of the 396 rooms, and the king size beds are extremely comfortable.

Before settling down to sleep, Ibn Battuta Gate offers a comprehensive choice of in-house facilities, and with a large outdoor pool, a petting zoo and children's playroom, there is plenty to keep the kids entertained. Meanwhile, the selection of themed restaurants provides a variety of dining experiences, including Italian, Indian and Moroccan. The fabulous Friday brunch on offer at Mistral restaurant is an absolute must-do.



“Each floor is themed after a different country from Ibn Battuta's travels.”



THROUGHOUT, THE DECOR ECHOES IBN BATTUTA'S TRAVELS

It offers a selection of foods from across the world, while the dessert section stands out.

During our stay, we were tempted by the Chinese menu on offer at Shanghai Chic for an evening meal. While families and lone diners would feel perfectly comfortable here, the private and luxurious ambiance of the restaurant also provides the ideal romantic setting for couples, with booths in which you can comfortably sit back and enjoy the chef's Eastern dishes.

The authentic Chinese menu is slightly baffling—though only due to the fact it is so difficult to choose—but the staff are very attentive and show expert knowledge when talking diners through the recommended dishes on offer. When the food arrives it is easy to see why these dishes are recommended; the detail of the nest in which the seafood selection sits is

an impressive display of the chef's skill, and the kung pao chicken is mouth-watering. One of the most pleasing elements to the Shanghai Chic experience is that there is no feeling of being rushed to leave, as is sadly the case in some busy restaurants.

The relaxed approach to dining here ensures you have time to relax, finish off a delicious meal by indulging in their famously good, deep-fried ice cream, and soak up the atmosphere—chic by name, chic by nature.

Ibn Battuta Gate is offering 25-per cent discount off standard rates over summer and Ramadan, and given its location right next to the mall and the Metro, it offers a real alternative to hotels closer to town for a weekend retreat. Even for those living nearby, it offers an easy, convenient way to get away from it all, with attention to detail that is hard to beat.

Journey to Virginland

by Armen Melikian

BOOK

Lebanese-American author Armen Melikian's debut novel gives a vigorous critique on some of the most pressing issues of our time, while also managing to engage the reader through masterful storytelling.

The antihero, "Dog", is set to become a recognisable character in contemporary literature. A creature of the streets, Dog takes the reader on a quest for clarity among the dubious rubble of today's culture, politics and society. Already compared to Beckett and Orwell, Melikian nevertheless goes further, writing in a context of global proportions.

The fact that *Journey to Virginland* just won a Next Generation Indie Book Award for humour is due to its searing satire at play throughout, and the genius creation of the loutish yet super-cerebral protagon-



nist, who, despite his witty cynicism, is ultimately on the side of the world and humanity. It is Dog's underlying vulnerability, caused by his loneliness, which gives rise to moments of poignancy.

This is one to watch, a stand-out novel of startling depth among today's worn-out formulae of fiction.

IF YOU LIKE THIS, TRY...

Cat's Cradle by Kurt Vonnegut
Vonnegut's 1963 satirical sci-fi novel still packs a powerfully subversive punch. Filled with scientists, G-men and ordinary people chasing each other around in search of the world's most important and dangerous substance, a new form of ice that freezes at room temperature, it is one of Vonnegut's most entertaining novels.

The Master and Margarita by Mikhail Bulgakov
A satire of Soviet life, this book straddles two times and places: contemporary Moscow and ancient Jerusalem. Made up of three intertwining stories, including the fates of a great writer and his lover, it combines the forces of good and evil with love, freedom, magic and mysticism.

Selena Gomez and the Scene – When The Sun Goes Down

Hollywood Records ★★★★★

ALBUM

Selena Gomez and her band's third album, *When The Sun Goes Down*, was supposed to herald a new direction for the group. Moving away from the teeny, Disney pop that made the group famous, this collection is aimed at a more mature audience—think college rather than highschool. The producers even enlisted the help of A-listers such as Britney Spears and Katy Perry. And none of it has worked.

While there is nothing particularly offensive about the album, the songs lack the allure of Spears' releases, or the cheekiness of Perry's. Gomez is no Rebecca Black, but she seems unsure of herself with this album, trying to balance being grown-up while still trying to appeal to the kids who will no doubt buy her CDs.



The lead single, *Who Says*, is one of the only songs on the album worthy of mention. A life-affirming, dance-pop tune, it is the kind of song that will have even the worst kind of cynic's feet tapping. Conversely, the album opener, *Love You Like A Love Song*, is worth mentioning simply because of the shockingly wooden and unimaginative lyrics. Everything in between these two tracks is just filler.

9:41 AM

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The language of *flowers*

When you give a loved one flowers, it is useful to know about the age-old meanings behind the bunch.

HIDDEN MEANINGS

A token of love, a gift in thanks and a symbol of friendship, flowers have been exchanged throughout history as a means of consolidating relationships and conveying a message. Often, however, there is much more to the message relayed through a bunch of flowers than we realise.

"People are driven by the beauty or the colour of flowers rather than their meanings. In this market people don't put an emphasis on the language that can be spoken through a bouquet, their

choice has more to do with personal style and taste or the favourite flowers of the recipient," says Tiffany Owler from UpScale & Posh Flowers in Dubai.

In centuries past, people tended to pay more attention to the language of flowers and dictionaries of floriography were popular. "Lovers might have used them to convey a hidden message that they couldn't express verbally. Flowers provided a romantic and secret way for people to communicate," she adds.

These days, however, Owler rarely sees anyone asking what



THE MEANING OF A ROSE VARIES DEPENDING ON ITS COLOUR



“Lovers might have used flowers to convey a hidden message they couldn't express in words.”

WHAT DO THOSE FLOWERS MEAN?

LILY – symbolises innocence, honour and purity of heart.

TULIP – passion, friendship, love and trust.

PEONY – bashfulness and compassion. Can also be used for apologies.

ORCHID – refinement, pride, femininity and exotic beauty.

SUNFLOWER – adoration and dedication but also haughtiness.

and passion, but roses can say much more than that. Different messages can be conveyed according to the particular number of red roses given, the most common being a bouquet of 12, which means, “I love you” and “be mine”.

White roses meanwhile, symbolise purity, chastity and innocence and are most appropriately given to convey sympathy or humility, while the yellow rose is an expression of platonic friendship. For a passionate alternative to the red rose, the orange rose represents another symbol of desire and the pink rose is another option for those who wish to relay less dramatic emotions.

a rose or a lily means when they come into the shop. Yet, whether people mean to or not, flowers are a statement of more than just love or friendship.

The red rose is commonly known to be a symbol of love

Benefits of well-seasoned food

Finding the best fruit and vegetables in the supermarket depends on the time of year they are at their peak.



ORGANIC FOOD HOTSPOTS IN DUBAI

- Organic Foods and Café at the Greens and Dubai Mall
- Lulu Hypermarket stores around Dubai
- Signatures restaurant, Jebel Ali Hotel
- Az.u.r, Marriott Harbour Hotel and Suites
- Dubai Fruit and Vegetable market, Deira
- Dubai Farmers' market, Souk al Bahar

EATING

There's more to healthy eating than the right foods. Followers of a new culinary movement of seasonal eaters are moving away from modern eating habits and back to a time when the choice of fruits and vegetables was subject to nature's cycle.

"There are so many benefits to eating seasonally, not only to your health but to your enjoyment and experience of food, to the environment and also to the local farming community," says Dubai-based nutritional

therapist, Laura Holland. When fruits and veg are in season, their nutrient content is at its peak but the health advantages of selecting foods at the right time of year don't stop there.

"It's about getting your body back in sync with nature and responding to what it wants and needs at different times of the year," explains Holland.

"If we take a very seasonal climate like the UK, we see that during the summer, when our bodies need to be cooled, fresh, juicy produce like strawberries, lettuce and asparagus are in season. During

“Seasonal eating takes time and thought.”

winter, when we need warming, comforting foods—root vegetables like carrots, parsnips and potatoes—grow.”

Although a lot of the food in Dubai is imported, people can still eat seasonally, although few do. Part of the reason, Holland believes, is convenience. “Seasonal eating takes time and thought. In Dubai people live busy lives and they also eat out a lot.”

With the full range of fruits and vegetables available at many of the Emirate's supermarkets all year round it can also be hard to tell what is in season. “We no longer know. There are always strawberries in winter and potatoes in summer so the seasons have ceased to affect our eating habits.”

Holland does, however, have several tips on determining what

is in season and therefore at its peak. One way is by appearance. “The more vibrantly coloured and juicy a fruit or vegetable looks, the more likely it is to be in season. When it looks a bit lacklustre or bedraggled, the chances are it's not.”

Another way to tell is by the amount the supermarket is stocking. “They will have more of what is in season. At the moment, for example, the shelves are packed with several types of asparagus, watercress and berries, and there are organic options available for all these too, which is always an indication that it's the right time of year for a fruit or veg.”

Food is also likely to be cheaper if it is in season, although the benefits of that are less likely to be felt in the UAE after import costs for many products. The benefits will, however, be tasted. “You are eating food at its best so if you want to get the crispest asparagus, the sweetest tomatoes and the juiciest berries then eating seasonally will provide you with that.”



FRESH-LOOKING INGREDIENTS ARE AN INDICATION THAT THEY ARE IN SEASON

TIME TO BUY LOCAL PRODUCE

Around 38,000 farms scattered around the UAE supply fruit, vegetables, meat and dairy products to local markets and restaurants. High food import levels threaten the survival of these farms and a number have been forced to close in recent years, but emirates are working hard to promote local organic farms. Abu Dhabi, for example, is currently investing in hydroponic technology to boost agriculture, stabilise food prices and reduce the emirate's reliance on imports.

Vox pop

What do you dream about?

Richard Fernandez
Beautician, Tecom



I often dream about being on the beach with all my family, just relaxing and having a nice time together. Nothing too unusual, it's just a really happy dream.

Pamela Matope
Housewife, The Greens



Every time I have to travel, I have a recurring nightmare about the plane crashing or something going wrong. I think you remember nightmares more than nice dreams.

Mamhoush Badredin
Hairdresser, Tecom



I usually just dream about my family because I love them and miss them. Sometimes, though, I have nightmares where I'm really angry over something but I don't know what.

Victoria Parkey
Student, Downtown



I don't think I've ever had any particularly weird or unusual dreams. Most of the time my dreams are fairly boring, and nothing special or exciting happens in them.



NO RELEASE FOR ZZZZZZZZ!

90% of us will suffer from insomnia at some time.

Tossing and turning all night, constantly checking the bedside clock and seeing the time slowly tick through the wee small hours: it is miserable when you cannot get to sleep.

Typically it seems to happen just when you need it most, before a crucial early meeting or a long day looming ahead. Figures suggest that insomnia is something that 90 per cent of us will experience at some point in our lives. It can cause us to feel unduly irritable, be less productive at work and be more prone to emotional outbursts.

For those of us for whom it's a recurring problem, it can lead to more serious ailments, such as depression, high blood pressure and diabetes, with the latter two seen especially in men.

Alexandros N. Vgontzas, director of Penn State University's Sleep Research and Treatment Centre in Pennsylvania, recently published a new study which stated that those men who sleep on average less than six hours per night have a greater risk of premature death, in comparison to those who usually get more than six hours' shut-eye.

For women the effect is more emotional, with a new study of married couples showing that only when it is the wife who experiences lack of sleep does the relationship suffer, with both partners more likely to complain of being ignored or overly criticised after she has spent the night tossing and turning in vain. As Dr Lauren Hale, a sleep expert, explains "Sleep doesn't occur in a vacuum.

Insomnia is in reality three conditions: transient, short-term and chronic. The symptoms of insomnia are very similar to other illnesses and diseases, which makes it difficult to diagnose accurately

It's embedded in the social world, and particularly relevant to one's romantic relationships."

It can even be dangerous for the wider community, with sleep deprivation leading to slower reaction times, which can be deadly when driving, with an increasing number of road accidents caused by an insomniac driver's attention slipping for those critical few seconds.

The benefits of a good sleep can be of an aesthetic nature too, as the body restores dead skin during sleep, to give a fresh, glowing look, and combat dreaded dark circles under the eyes. The reduction of stress hormones during sleep also prevents the storage of fat in your body cells, and so can prevent unnecessary weight gain.

The good news is that there are ways to help combat poor sleep. Getting into a proper sleeping pattern is one, with clocking in at least one hour of sleep before midnight proven to be most

“Sleep is embedded in the social world.”

beneficial. Regular exercise is important too, especially in such an unnatural environment as Dubai, where the heat of summer sees many of us forgoing the use of our legs for all but the shortest of distances.

Deep breathing, even during the day, can lower stress levels, making it a little easier to drop off when bedtime comes around. Then before the head hits the pillow, something as simple as dropping your jaw to induce a yawn a few times can trigger the onset of sleep.

A more active breathing exercise that can be done in bed, and which has been proven to work for many, is also useful. If you struggle to sleep, try the following:

- Inhale and let the air flow deeply into your lungs
- Quickly pinch your nose and hold your breath
- Promptly let the air inside your abdomen move up to your chest (flatten your belly)
- While pinching your nose, let the air flow back into your abdomen and bring it to your chest again
- Release your nose to breathe normally

Studies have also shown that



turning off electrical appliances, such as the TV and computer, can improve sleep quality. In particular, sleeping with your mobile switched on and near your head is a definite no.

Unfortunately those things which many of us see as little boosts to get us through the day are not so helpful at night: cutting down on caffeine, alcohol, smok-

ing and junk food can help to combat sleeplessness.

The inability to sleep can be a symptom of something more underlying, with the body sending out the signal that it is under stress and anxiety, for example. If these are the main causes, only getting to the root of such problems will improve sleep patterns, and seeking professional help is advisable.

ON THE COUCH



DEVIKA SINGH
PSYCHOLOGIST
DUBAI HERBAL &
TREATMENT CENTRE

You really are what you eat

I'm sure many of you are wondering why a psychologist is writing about food. Here's why. The relationship between food and its effects on the way we think, feel, behave and learn is being confirmed over and over again by research. The psycho-biological basis for this connection is clear. Cells need neurotransmitters to carry messages between each other. These messages impact the way we think and feel. Food contains neurotransmitters and make up for some of the nutrients our brain needs.

The following are examples of foods that have been found to jump start the brain because of amino acids called tyrosine. Amino acids form the building blocks of cells which are essential for brain function, and tyrosine-rich foods include: seafood, soy, poultry and avocados.

In addition to these, foods and supplements containing smart fats such as Omega-3 and DHA (docosahexaenoic acid) have been found to contribute to healthier cells, which we know make all the difference when it comes to thinking, learning and memory—three things we would all want to be good at. As with any dietary guidelines, it is important to know if you have any allergies and look for alternative foods that contain the same properties. It is also important to investigate the relationship between your taste-buds and your brain power so that eating superfoods becomes a pleasure rather than a prescription.

You can get more nutrients from broccoli or spinach than from a shot of wheatgrass

SLEEP FACTS

- The record for the longest period without sleep is 18 days, 21 hours, 40 minutes. Please do not try this at home!
- People can take cat naps with their eyes open without even being aware of it
- A new baby typically results in 400 to 750 hours lost sleep for parents in the first year
- The Exxon Valdez oil spill off Alaska, the Challenger space shuttle disaster and the Chernobyl nuclear accident have all been attributed to human errors in which sleep-deprivation played a role
- Some studies suggest women need up to an hour more sleep a night compared to men
- Research suggests that adults slept nine to 10 hours a night in the Victorian era, before the onset of electric light bulbs

ASK THE EXPERT



DR SANJAY PARASHAR
SPECIALIST PLASTIC SURGEON
COCOONA CLINIC

Should I consider plastic surgery?

Cosmetic surgery is quite a commonplace procedure in Dubai, but recently there seems to be a rising popularity in non-surgical procedures. A reason for this could be that non-surgical treatment requires less downtime—the recovery period is faster and the results are quickly visible.

There are three main types of non-surgical treatment. The first is skin healthcare, which involves the treatment of conditions such

as acne, wrinkles or sun damage, and is a common procedure amongst adolescent people who suffer with acne. The second is skin rejuvenation, which tends to see more middle-aged clients looking to treat age-related problems such as sagging or skin tags. The third is body contouring, in which we treat cellulite and stretch marks, and is popular for women post-pregnancy.

Obviously surgical procedures such as breast augmentation, nose jobs and tummy tucks involve more risk, therefore these require a series of consultations

before we carry them out. We always recommend that you do as much research as possible before deciding on surgeon and procedure, then the one you choose will guide you through the options and carry out an assessment before leaving you to decide. There is no obligation to have the surgery after a consultation, so if you were considering it, I would recommend gathering as much knowledge as you can, then seeking expert advice from a qualified surgeon before making your final decision.

One night at **BOOT CAMP**

We despatched our intrepid and unfit features editor to Safa Park one night last week in order to research Dubai's latest fitness phenomenon first hand.



By Tom Payes

I am on my fourth run in a row up Safa Park's central hill, by the large fountain. My legs are heavy, my breaths short and frantic, and I have 10 more push-ups to complete when I get back down to the bottom. My body's muscles scream in agony all over, my shirt is soaked through with sweat, and the embarrassingly

low level of my fitness has made itself evident extremely quickly. I am not sure how much more of this I can take. And I am only 15 minutes in.

I had been warned about how tough Nikky Harradine's evening boot camps are. I had been warned that I would not be able to handle the exercises, designed to test overall fitness, as well as work the arm, abdominal and leg muscles. I had also been warned that my co-participants would be

far fitter than me. But I shrugged off the advice like it was nothing, which was a mistake.

The hour-and-a-half session had attracted around 20 fitness freaks, from a range of countries from the UAE to Sweden. The age range was equally diverse, with the youngest being a group of teenage girls, and the oldest in their forties. We met at the park's Gate Five, at 6:45pm, just as the sun was setting and the air cooling down. Greetings





NIKKY IS RELENTLESS IN PUTTING THE SQUADDIES THROUGH THEIR PACES

were exchanged while Harradine gathered her gear and handed out bottles of water. And then we were off on a jog to the next gate, which, I was told, was a warm-up.

“I’ve taken a few records with Road Runners around here,” Harradine said to me on the way to the next gate. Her words were composed, as if she was taking a stroll, while mine were short and spluttered. “I’ve done the 20-kilometre runs and the 40-kilometre ones. My best time around the park is about nine minutes.”

Clearly she has the credentials to be hosting fitness sessions, then. But the way she handles her squaddies is an even bigger asset than her athletic achievements. She can very quickly gauge someone’s abilities, meaning that she will not force them to do something they cannot do. Even so, everyone is expected to give every exercise a go, and Harradine simply demands that they give it their best shot.

After jogging to the next entrance, we entered Safa Park and

“In fear of collapsing, I asked if I could be excused.”

See how Tom got on at his first boot camp
www.readme.ae



made our way towards the big hill in the centre. Here, we were told to run up and back down, and do 10 push-ups. Repeat four times. I did my lot, but I was the last to finish. Some of the keener participants did the exercise another two or three times more.

Given barely a minute to catch our breath, we were then told to run the snaking path up the hill, stopping half-way up to complete 10 sets of step-ups. Repeat four times. On my second round, I could only walk up the hill, and, for fear of collapsing, meekly asked Harradine if I could be excused the last two. She took one look at me and said, “Take a break. You need your energy for the rest of the session.”

The next hour consisted of more of the same. There were push-ups combined with step-ups, sit-ups combined with stretches, and sprints combined with teamwork. From the point of view of someone struggling to keep up, it was an exhausting blur. One particularly nasty exercise was having to do 70 sit-ups, run to the other end of a field, do 10 push-ups, then repeat with side sit-ups. Again, my terrible level of fitness prevented me from being able to finish everything, and, again, Harradine allowed me to sit out for five minutes for fear of me injuring myself.

But it was easy to see that the

FITNESS FACTS

- In order to stay healthy, adults should do at least 30 minutes of exercise at least five times a week, though only three in 10 adults actually do
- The average adult's heart beats about 100,000 times a day
- Walking at a brisk pace for around 15 minutes burns almost as many calories as jogging for the same distance

regulars relished the hard work, and that the group aspect of the session was a big attraction. One participant told me afterwards that he found gyms boring, but loved the boot camp for the fun of it.

I could see the fun aspect as well, despite the pain that it put me through. Whenever someone saw me struggling, they would offer me words of encouragement. And at Dh50, the price of the session also impressed. It is possible to spend far more in a gym, not get such a good work-out, and not have as much fun.

And at the end, along with the few other first timers, I was congratulated by everyone else, simply for giving it a go. It was hard. But it was worth it. And I will certainly go back.

FITNESS FOR REAL



RIO ALTAIE
CHIEF INSTRUCTOR
WORLD BLACK BELTS CENTRE

Few better ways to get fit

In general, martial arts provides a great option for people of all ages to keep fit as it is suitable for both genders, and it doesn't matter if you are in poor, good, or great shape – there is a class available for everyone.

Behind swimming and aerobics, martial arts is considered the third best way to keep fit. The combination of kicking, punching, and blocking creates a great cardio workout due to the whole-body movements involved, and as well as providing a work out, you will be learning self-defence tactics and taking part in an enjoyable and fun activity.

In martial arts, we work towards goals, which provides a really good message for kids who take up the classes. People always want to know how long it will take to reach black belt, but we focus on each individual stripe as an achievement. To answer the question though, with weekly classes, it usually takes about three-and-a-half years.

However, specifically for the typically transient population of Dubai, we have created our H.E.L.P programme. This is a series of private lessons in which you work with two or three instructors to achieve black belt in hapkido in around one year. We believe that by working towards achievable goals, martial arts can not only be a great fitness choice, but can help towards a happy and prosperous outlook on life.

There are hundreds of martial arts, the most popular of which include karate, judo and taekwondo



Take Cover!

How to protect your precious plants and garden through the heat of summer.

It happens every year: windows steam up, your shirt is soaked by the time you get to work, and it is still only 8.00am. Welcome to summer!

Fortunately for us, we can escape into the comfort of our air conditioned homes and offices, but our plants are stuck out in the garden, fully exposed to the desert sun. To help them through the tough times ahead, here are some tips for summer plant survival.

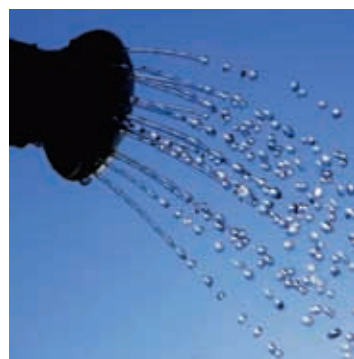
WATER, SHADE AND AIR

The single most important thing you can do to protect plants and gardens is make sure they have an adequate supply of water. Most plants can survive heat, many cope well with strong sun, but they all need water to keep them cool and healthy.

Shrubs and flowers need to be

watered daily, sometimes twice daily during our hottest months—June, July, August—but only do so in morning and evening. Water droplets on leaves can focus the sun's rays and cause burn spots, and most water will evaporate in the mid-day heat before your plants get the benefit.

Remember also to water plants in containers regularly, as they are even more likely to dry out in summer sun. If you can, mist the leaves morning and evening as well as watering directly into the container.



“Fortunately for us, we can escape into the comfort of our homes and offices, but our plants are stuck out in the garage.”

CONTAINER GARDENING

Pot-grown trees and shrubs have different watering needs depending on their type. Non-desert varieties like citrus (lemons, limes, oranges) actually do quite well in our heat, and benefit from a deep watering once each week. Desert-adapted varieties, such as bougainvillea, hibiscus, oleanders and acacia, be-

come less active during summer, but need a little moisture regularly. Lawns and areas laid to grass need a good soaking, and need to be left alone for a day or so. Heavy watering encourages deeper root growth, so your lawn makes best use of all the available moisture. Light watering leads to shallow roots, which can quickly dry out in strong sun.

Ten tips to get your plants through summer

- 1 Water, water everywhere – but don't leave potted plants standing in a puddle
- 2 Water early, water late – morning and evening, not mid-day
- 3 Shade – sunlight kills plants, not heat
- 4 Mist often – leaves and stems benefit as much as roots
- 5 Mulch – keep the water in the ground, where the roots can get to it
- 6 Move – pots get hot, so place them in a shady location
- 7 Mow less – let your lawn get a little longer, as new growth burns easily
- 8 Start again – sprout seeds indoors for later planting outside
- 9 Bring them in – bring delicate specimens inside, but be wary of dry A/C damage
- 10 Relax – plants are incredibly tough, and they'll come back to life in the autumn



and netting. Then it is up to you, high level sail structures, simple screens or even just netting draped over your most vulnerable plants. In this part of the world, shading should protect when the sun is overhead and through the afternoon, to the west.

If you can, move potted plants to the east and north side of your property, or into the shade of a wall where they will be protected in the afternoon. Even trees and gazebos provide a useful degree of protection. Avoid pruning your plants during the summer—removing too much leafy growth exposes the stems and branches to strong sunlight that can cause sunburn on the bark.

PROTECTING YOUR SOIL

Once you have provided water and shade, what comes next? Mulch. Mulch is a must for summer gardens, because it helps keep the precious water you have just applied within the soil and stops it evaporating away. All plants benefit by having a layer of organic matter such as compost, coir or shredded bark covering the soil around their base.

A 5-7cm layer is enough to insulate the soil, preventing it from getting too hot and drying out. But be careful: after applying your mulch, clear it away from direct contact with the stems of your plants to allow proper air circulation and to prevent mildew. Mulching ensures that your plants have access to a plentiful supply of moisture through the hottest part of the day, providing protection and helping them stay cool.

DRIVING MISS DAISY

When buying plants, try to avoid leaving them in your parked car for anything more than a few

minutes—the temperatures can rise very quickly to a point where plants are easily damaged. If you are going to a nursery or garden centre, try and visit early in the day before temperatures get too hot. If you must purchase plants after lunch and through the afternoon, try to make it your last stop on the way home. When you get them home, give your new plants a good soak and leave them somewhere cool and shady.

Finally, never spray herbicides, pesticides or even fertilisers when the temperature is above 35C. Heat and sunlight combined with such sprays can be deadly to plants. If you are planning to spray, do it very first thing in the morning, when temperatures are coolest and before the sun gets too strong.

SHADING THE SPOT

There are a large number of tent-makers and awning manufacturers in the UAE with plenty of experience of creating shaded coverings for gardens and outdoor terraces. Any good landscape architect will be able to recommend a supplier, who should be willing to discuss your requirements, offer a suitable design and quote a price for manufacture and installation.

A cheaper alternative is to do it yourself. Both Ace Hardware stores and Dubai Garden Centre carry stocks of ready-made shade sails for home installation. These come in a variety of shapes, sizes and colours to suit a range of applications, and it is worth measuring your garden or outdoor space before you go shopping so you have an idea of what area you might want to cover.

Pergolas and arches provide an-



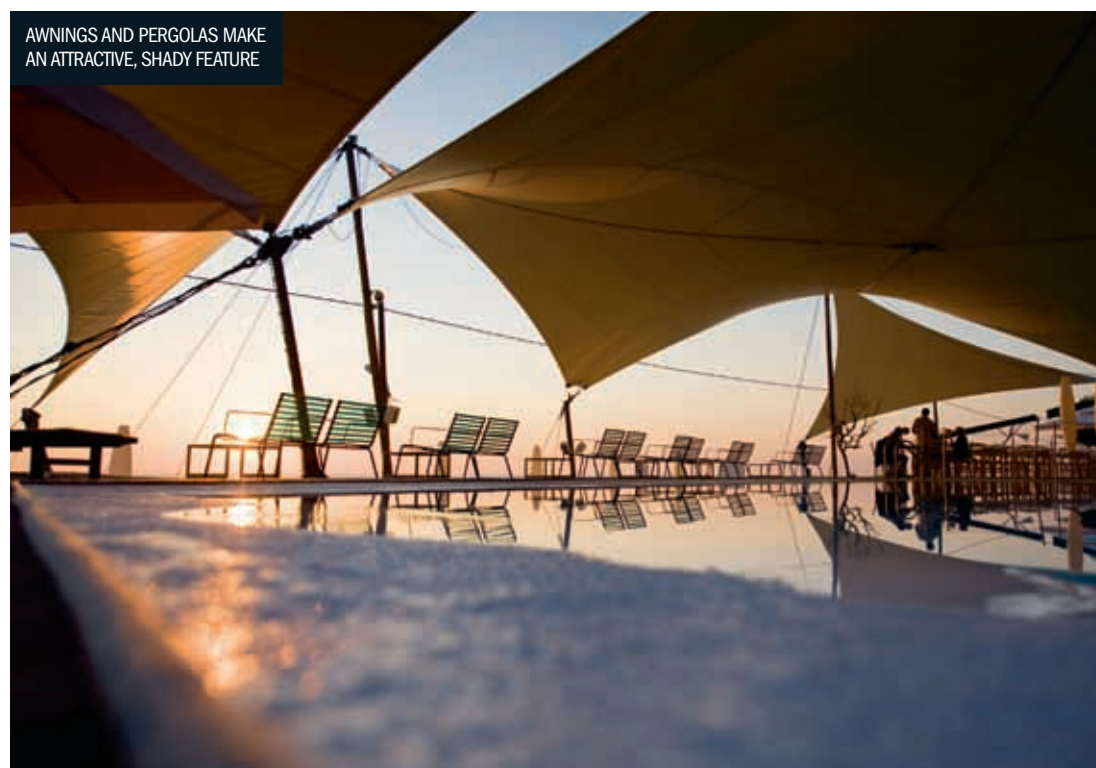
other solution, either fully covered with canvas screening or barasti (palm leaf) fronds, and both provide an ideal support for climbing plants such as vines or jasmine. Such shading structures create a cool micro-climate where more temperature-sensitive plants will do better than if they are exposed to full sun. Even a simple outdoor umbrella can provide useful cover and create a cool spot to protect more delicate specimens.

One company that specializes in gazebos, pergolas and shade sails is All Outdoor—check out their web site at www.dubaioutdoors.com and give them a call.

GROW YOUR OWN

Fujairah-based date palm specialists Green Coast Nurseries (www.gcnuae.com) will sell you a tissue-cultured fruiting tree from one of nearly 40 varieties that they cultivate, so you can grow your own shade while enjoying the fruits of your labours.

Date palms are usually sold with fairly short trunks for easier harvesting, but larger specimens with 1 or 2 metre trunks are also available. Talk to your landscape garden contractor about delivery and planting, and how to ensure that your new tree gets established properly and puts down strong roots.



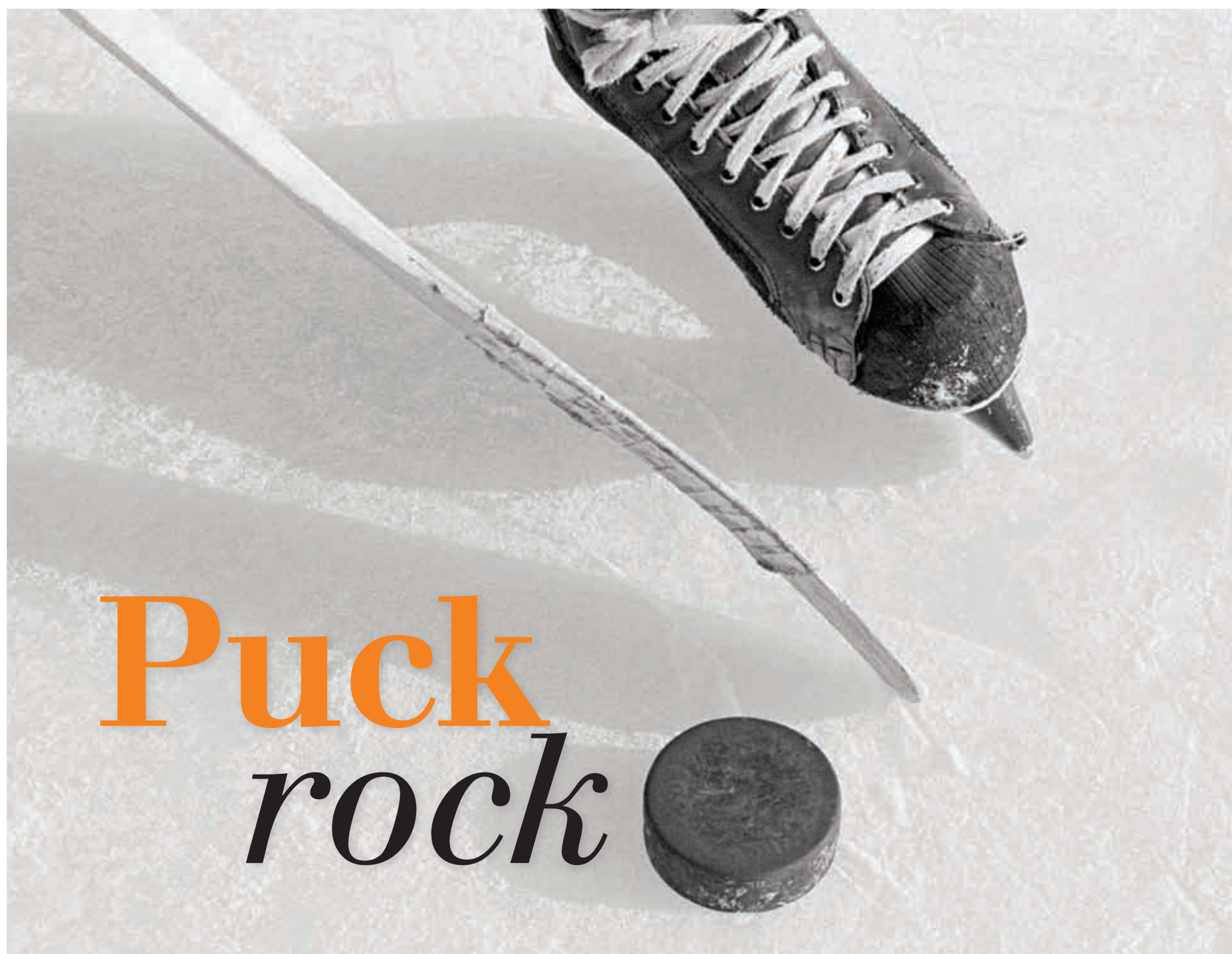
AWNINGS AND PERGOLAS MAKE AN ATTRACTIVE, SHADY FEATURE

WINDOW BOXES AND BALCONIES

Plants in containers on a high balcony often have the toughest time of all with strong sun, high temperatures and high winds to contend with. Window boxes have a relatively small volume of soil and so dry out quickly, so regular watering is essential, and it is even more important to pay attention to shade and mulching to help your plants survive the stresses they will encounter. Something as simple as moving your pots away from the glass of the balcony and back into the shadier area near the building can make all the difference.

SUN SCREENING

After water, shade is the most important defence against the ravages of summer sun. Shading plants helps reduce their moisture loss and keeps their temperature lower. Shade can be created in many ways—permanent and temporary—and any garden centre will be happy to sell you shade cloth



Traditionally a sport for cooler climates, ice hockey is gaining a sizeable following in the desert.



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ICE HOCKEY

With two small goals, a puck, and 12 heavily armoured players, an ice hockey match is not for the faint of heart.

Nor is it something that would immediately be associated with Dubai—as we know, a destination famous for its sweltering heat. However, over the past two decades, a game best known for its North American leagues has made serious headway in Dubai, spawning its own club that caters for seven teams and hundreds of players.

“In the last eight or nine years, it has gone from two teams to seven, so it's got pretty big,” said Ron Murphy, chairman of the Mighty Camels hockey club. “The sport is growing quite a bit. And we have a kids' programme, so

there are around 300 kids training with us at the moment.”

Mighty Camels' history goes back to 1994, when, Murphy says, a group of Canadian, Swedish and American hockey fans would meet up once a week for a game. Eventually, they had enough of a group going to form a hockey club, which would organise weekly matches for whoever wanted to play, as long as they had some hockey experience.

“It's a club—the hockey equivalent of the Dubai Exiles [rugby club],” said Murphy. “Within the club we have a league, which consists of seven teams, who play 24 games a year each. There are about 16 to 17 skaters per team, so we've got more than 100 registered players with us.”

As popular as the Mighty Camels club is, though, it is hardly

“In the last eight or nine years, it has gone from two teams to seven, so it's got pretty big.”



THE MIGHTY CAMELS (LEFT) ARE DUBAI'S PIONEERS IN THE SPORT

the last word in UAE ice hockey. Above the Dubai-based club is a national competition, the Emirates Hockey League (EHL), in which five teams have been competing since 2009. Two are from Abu Dhabi, two reside in Al Ain, while Dubai's honour rests in the hands of the Mighty Camels' first team.

The season runs from October until March, and consists of 40 games, played around various ice rinks in the UAE, including the Mighty Camels' home rink at Al Nasr Leisureland.

"We usually put our better players in that Dubai team, which gives them the chance to play at a higher level," explained Murphy.

"In our leagues, the standards are varied; you could say that they're for fun more than anything else. Some guys have been playing for their entire lives, while some are pretty new to the sport, and see it as a social thing. And then the more serious guys can compete in the EHL."

The Mighty Camels also see action on an international level. Over the past decade, it has become tradition for the club to host an annual, three-day tournament at which teams from across the globe come by to compete for top honours. These teams are not professional, though the fact that they make the effort to travel to Dubai suggests that they are still serious about ice hockey.

"At the last one we had about 30 or 40 teams playing," Murphy said. "They came from Middle Eastern countries, from Asia and from Europe. Again, we usually put our better players in for these games."

And with the way that the Mighty Camels are going, it seems like there will be no shortage of good players in the coming years. Since he became chairman nine years ago, Murphy asserts that he has seen the club get bigger every year. And considering ice hockey's growing popularity, this trend is unlikely to change.

Dragon boats gearing up for October

Atmospheric rowing event a favourite among record crowds as racers take to the water.

WATERSPORTS

Slowly but surely, a contemporary watersport based on millennia-old technology has been making its way into the UAE's limelight, powered by local interest, historical fascination and an abundance of people willing to give it a go. That sport is dragon boat racing.

The ancient practice can be traced back over 2,000 years, and originates in China, where small villages would hold ritual races every year against one another. Dragon boat racing was also a popular event at the original Olympic Games in ancient Greece. And the simple boats, capable of carrying teams of up to 20 people, have remained largely unchanged since they were first built.

The sport has become so popular in the UAE that there is even a governing body for it, the UAE Dragon Boat Association, which operates under the UAE Sailing and Rowing Association. And for the past four years, the body has helped to organise the Dubai Dragon Boat Festival at Festival Marina.

The popular race has grown bigger every year, and this year, in April, saw the biggest turnout



DRAGON BOAT RACING GIVES A VIEW OF THE ANCIENT AND MODERN

yet, with thousands of spectators witnessing the spectacle. "The atmosphere onshore as the teams compete is really something to be experienced," said Jason Mackenzie, technical director of the UAE Dragon Boat Association. "This event continues to grow in stature and now has a huge following."

While teams take a break during the summer months, the organisers are gearing up for the next big UAE event, which will be held in Abu Dhabi in October.

"The atmosphere onshore as the teams compete is something to be experienced."



Audi's going hot

With its smallest model, the German carmaker has entered into the fun market by delivering a car with character.

AUDI A1



Until last year's launch of the Audi A1, the German carmaker had a long time to watch and assess. Its Munich rival, BMW, had done an extraordinary job with the Mini by taking an age-old favourite, famed for its extraordinary use of space within diminutive confines, and bringing it thoroughly into the modern era. The result speaks for itself.

But the last time Audi went the small, compact route was back in the 'Nineties, with the A2. With its aluminium body, the car was groundbreaking but oh so ugly. So the Ingolstadt designers waited and observed and looked at all the things that made Mini so popular. They made a note of its iconic quirkiness, its manner of fun and its appeal to a young market.

They considered how it was packaged as a luxury car within the confines of a supermini. And then they released the A1.

Let's be clear, the smallest Audi is not a copy of the Mini in any way—the BMW car just served as inspiration. Driving the A1, it feels like its own car, but unlike its Anglo-Bavarian counterpart's integrated range that now features an estate and 4x4, it is part of a wider corporate plan.

Our verdict
Audi went full-on in its mission to create a fun city car for a young audience, and achieved it with the pint-sized A1. Its corporate nose is offset by playful features, while the car's build quality is second to none.

The Audi nose is there, albeit in smaller dimensions than the saloons, SUVs and supercars in the range; the same treatment has been given to the rear. But on top of these design cues, the A1 has been given fun and a whole lot of personality, characterised by the sweep of contrasting colour that travels from the front pillar across the roofline through to the rear.

It is difficult to build planted

proportions into a small car, but the A1 has succeeded the way that the A2 did not. As a result, the new car has a low centre of gravity that gives an immediate impression of a sporting character, however, although the 1.4-litre engine delivers smooth, interesting performance for its size, it could never be described as sporty.

The 122bhp available is similar to the base Mini Cooper, but

the difference in ride is apparent, given Mini's time-honoured tradition of sticking to the road. The A1, however, has excellent ride manners and a more refined feel. Acceleration is reasonable with figures for the zero to 100km/h dash quoted at under nine seconds and a top speed of over 200km/h. But in spite of the sporty looks of the car, the A1 is more suited to the urban run than the race track.

The interior is gorgeous, with wonderfully sculpted and upholstered seats and an attractive fascia that would leave Audi die-hards satisfied. The cabin ergonomics cannot be faulted in any way, and the textured bevels around the air vents offer a particularly attractive touch.

While Mini has gone retro with its interior, the Audi is far more contemporary.

There is decent room for legs, sides and head up front, but in making the cabin supremely tidy and clutter-free, Audi's designers have also omitted much of the storage space you would hope for. The rear, meanwhile, has limited space for anyone over average height, although dents in the interior roofline help ease any vertical issues.



“The A1's personality is seen with the sweep of colour from the front pillar to the rear.”



Overall, the A1 is packaged very well and is an impressive competitor. With its high standard of fit and finish, it will appease those who want big-car quality in a little-car package. It looks perky and youthful while not departing far from Audi's well-known DNA, and will definitely suit those in their twenties who fancy buying a premium car for the first time, but who don't yet have the funds to accommodate something bigger.

What's more, it is a very real competitor for the Mini, especially as there is a significant price difference, with the A1 in the region of Dh90,000. And thankfully, for those forced to choose between the two, the pair are very different beasts, with the Audi a perfect option if you want corporate-looking fun on four wheels.

HER VIEW

A woman's take on our car of the week

The minute I saw the Audi A1, it reminded me of the Mini. Those stripes down the bonnet and over the roof have been around for over 60 years, but the Audi's take on it—the lines as part of the bodywork, not as stickers—is very contemporary and it sets the tone for the car. While the looks are definitely fun, they are a lot closer to those of a brand with a wider saloon range. I have to admit, though, that I'm not a fan of the rear view, which looks quite anonymous in comparison to the front. The interior is beautifully designed and laid out, but not especially playful in spite of the A1's premise. But overall, it is a very desirable small car.

“While the Mini has gone retro with its interior, the Audi is far more contemporary.”

Smart TVs



Sony Bravia KDL46NX720

Dh 6,499

Sony has made plenty of noise about its new range of internet TVs, and with good reason. Aside from the stunning picture clarity that is expected of LED-lit Bravias, this comes loaded with an intelligent operating system, a web browser, as well as some USB ports for plugging hard drives straight in. Of course, this model is Wi-Fi enabled, so getting the TV online is a simple process. With all of this, the NX720 is the benchmark for the new generation of smart TVs, but it is pricey.

Available at: Jumbo Electronics

LG 42LW5700

Dh 4,899

LG's contender in the Smart TV battle offers much the same as Sony's NX720, though it is also 3D-ready, making it look like a better package at a lower price. The interface is simple and easy to use, making browsing the web a breeze, and, in theory, there are large numbers of apps available for streaming movies and TV shows. However, a number of these apps have not yet made it over to the Middle East, and the picture quality does not quite match up to the Sony's.

Available at: Most good electronics stores



Dh 6,499

Samsung UA46D6600

Samsung's new range of Smart TVs can certainly match the benchmark, with their sleek designs, bright colours and intuitive interfaces. This one has three USB ports, is 3D and Wi-Fi enabled, and sports a number of apps such as Skype and YouTube, though some of the advertised apps are not available in this region. Even so, this is a seriously well-rounded Smart TV that sits comfortably at the top of the market.

Available at: Most good electronics stores

Panasonic THP42X30M

Dh 1,999

Now a couple of years old, it is still lauded for its deep blacks and rich colours, making it extremely good value for money. Not technically a Smart TV, this is still Wi-Fi enabled and has three HDMI ports, as well as a USB port and a PC input. This means that it can still play digital media files, though it is no good for browsing the web. Even so, the low price can justify its small deficiencies, and, despite the plasma screen, the company guarantees 100,000 hours of perfect vision.

Available at: Jacky's Electronics



Peace and *mayhem*



Decades after its heyday, there is still much in **Kathmandu** to attract any type of traveller.

Viewed from above, Kathmandu is one of the most peaceful cities on earth. Down on the ground, in the throes of its bustling street life, the Nepalese capital is manic. There is never a shortage of things to do in Nepal but it is also one of the best places on earth to come and do nothing.

Street vendors and travel touts bombard the alleyways, offering tiger balm, sweets and treks. Rickshaws honk their horns as though their livelihoods depend on it and children vie to tempt tourists with wads of grubby postcards and beaded jewellery.

It is colourful, vibrant and exhilarating but when the hectic streets of Kathmandu threaten to overwhelm, hotels and cafés offer hundreds of leafy roof gardens, where weary travellers can put their feet up, order a platter of Momos (Tibetan dumplings) and revel in the peace and quiet.

These lofty terraces around central Durbar square afford mesmerising views of the city's rich history. Kathmandu city centre is the largest Unesco heritage site in the world, and everywhere you look here there is an ancient temple, courtyard or monument.

The majority of these are clustered around the square, where tour guides are more than happy to show you the sites and explain their history. Many tours begin at the Kumari Ghar, home of the female child who is revered by Hindus. Tourists throng in the courtyard of the ancient palace, hoping to catch a glimpse of the young Kumari standing at her window.

Then it's onto the temples, many of which feature beautifully intricate wood carvings, not all of them appropriate for description. The best time to take a tour is in the early evening, when the

Getting there
Flydubai operates up to two flights a day from Dubai Airport, while Air Arabia flies twice a day from Sharjah. Flight time is around four hours. Most nationalities can enter Nepal without a pre-arranged visa.

crowds have dispersed and you can wander the temples in relative peace, soaking up the ancient majesty of the place.

It is not just ancient history that draws tourists to Kathmandu. The city also has an important place in hippy history and there are still vestiges of its 'Sixties heyday in the market stalls that sell tie-dyed t-shirts and the cafés that blare out Bob Marley music. Just off Durbar Square is Freak Street, where travellers used to congregate during

that colourful era, although today this scene has relocated to inner-city Thamel.

Here, a maze of roads are lined with stalls selling everything from carved statuettes and paper lanterns to woolly jumpers and ornate jewellery boxes. Many of Kathmandu's busiest hotels are dotted around Thamel and many tourists choose to stay here to revel in the bustle and life of it all.

With a multitude of cafes, restaurants and roof gardens, there is no shortage of places to stop for lunch in Thamel. For a truly Nepalese experience dine at one of the Newari restaurants in the area but



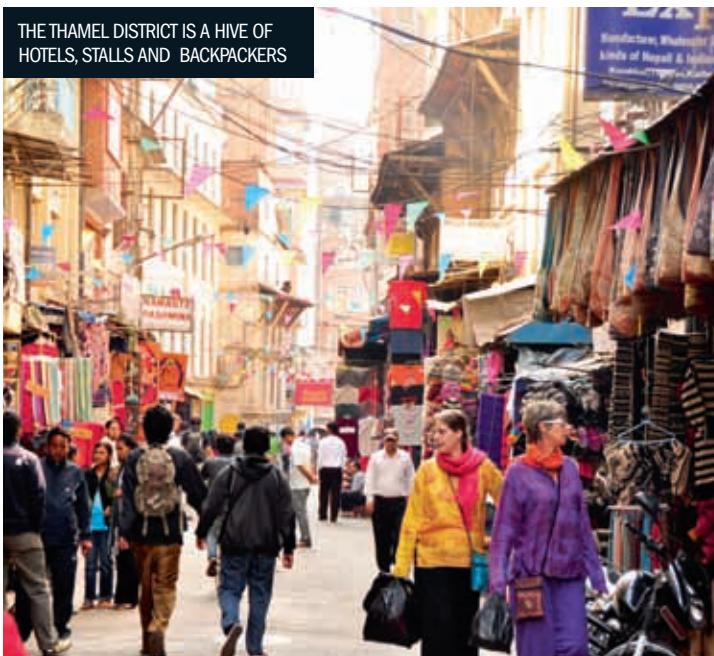
OUTSIDE THE CITY IS A HAVEN FOR ADVENTURE NUTS



TOP PICKS

- Hotel Ganesh Himal, Kathmandu - Just off Thamel, with clean, comfortable rooms and an oasis-like garden, this friendly and affordable hotel is one of the best places to stay in the city. www.ganeshhimal.com
- Dechenling restaurant, Kathmandu - Enjoy excellent Tibetan cuisine in a leafy garden where paper lanterns and fairy lights hang from the trees.
- Paragliding - Jump from a hilltop and soar over the lakes and valleys for a breathtaking view of this beautiful country.

THE THAMEL DISTRICT IS A HIVE OF HOTELS, STALLS AND BACKPACKERS



Everyone comes to Nepal for a different reason. At the departure lounge, while away the wait by observing your fellow passengers: people with bandaged hands covering their frost bite from an

epic trip up Everest seated next to dreadlocked hippies who never left Thamel, and of course, regular couples still reading their guide books to learn even more about this historic and beautiful country.

there are plenty of German bakeries, Italian pizzerias and American cafés here too.

Before noon, many of the restaurants will offer Mike's breakfast – a hearty omelette packed with a wealth of ingredients that is the legacy of a Western man who stayed behind when the other hippies left. It is available in select cafes all over Nepal, so you can enjoy it in the picturesque lakeside town of Pokhara, a short plane ride from the capital and

another favourite on the Nepalese tourist map.

Or you can escape Western influence entirely and embark on a mountain trek to Everest Base Camp. It's not just culture vultures and hippies that come to Nepal; the country is also a haven for adventure-seekers and nature enthusiasts. Tigers and rhinos roam freely around the magnificent Chitwan National Park and nearby is one of the country's best spots for white-water rafting.

UAE's own "best road in the world"



trials, but even within the speed limit, the road is a joy.

The views are magnificent from the base to the peak. Over 7km, it rises through 60 bends and 21 hairpins and is punctuated by a number of viewing areas with accompanying car parks. The road winds its way around all sides of the mountainside, offering vistas over Al Ain's surrounding area as well as out into the wilds of Oman.

At the summit, groups of people mingle in the large car park there—it must be one of the most picturesque parking lots in the country. And once there, it is worth filling up your camera's memory card with breathtaking views before making the descent back to ground level, once again enjoying an epic drive.

ond city with the top of its tallest mountain.

It takes roughly as long to drive down to Al Ain from Dubai as it does to go to Abu Dhabi. But when you reach the Garden City, it could be a world away from the UAE capital, so different it is in terms of flavour and pace of life.

For those who enjoy driving, the journey down there is pleasant, with stretches of towering

red dunes by the side of the E66 road. Once in the city, follow the various brown signs directing traffic to Al Ain's tourist attractions. Soon enough, Jebel Hafeet appears on the signposts.

Once there, the road up the mountain is well worth the hour and a half invested in reaching the mountain. At times the stretch has been closed off to accommodate automotive time

DRIVES

It doesn't matter if you drive a Mazda or a Maserati, Jebel Hafeet is one of the best—if not the best, according to some international motoring magazines—roads to drive in the world.

Just take your car down to Al Ain, spend the day there, and be sure to take the road that links the suburbs of Abu Dhabi's sec-

Vox pop

What would be your nightmare holiday?

Audrey Crowie

Retired, Internet City



My nightmare holiday would be somewhere where there is no

transport, bad living conditions, a lack of accessible facilities, and a place I didn't feel I completely safe.

Vaser Kasaei

Student, The Greens

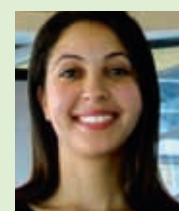


I really wouldn't want to go to Ethiopia for a holiday. I lived there

for a while about ten years ago, and it just wasn't a good experience for me, so it's completely put me off the place.

Riwa Gamoudi

Sales assistant, Deira



I would like to visit some Arabic countries such as Lebanon

or Egypt, but at the moment I don't think they would be a good idea due to the troubles happening over there.

Junaid Halabi

Telecoms engineer, Barsha



I like to be in a natural environment on holiday, with mountains, trees,

and a beautiful sea, so for me my nightmare destination would have to be somewhere crowded and industrial, like inner city China.



ABDUL AZIZ MALIK

Taxi body joins safety society

The RTA's Dubai Taxi Corporation (DTC) has been celebrating its certification as a member of the UK's Royal Society for the Prevention of Accidents (RoSPA) for its efforts to maintain security and safety, and promote security awareness among taxi drivers.

Commenting on the event, the CEO of DTC Abdul Aziz Malik said, "We, in Dubai Taxi Corporation are delighted to obtain this membership of RoSPA; which is a non-profit seeking entity aimed at promoting safety.

"Such an award constitutes the first step that lays the ground for

endorsing the registration of the Drivers Training and Qualification Centre at the DTC's Fleet Drivers Affairs Department to be recognised as a fully-fledged Drivers Training Institute.

"DTC is seeking to reduce the traffic accident rates of its taxi fleet and contribute to safeguarding the lives of passengers and road users through undertaking various initiatives, training programmes, educational lectures and open-house events for drivers in coordination with different external bodies, such as the General HQ of Dubai Police, and the

Traffic Department of the RTA's Traffic and Roads Agency, in addition to field visits to drivers and customers affected by traffic accidents."

DTC launched the Traffic Safety Award this year, with a total prize of around Dh61,000 as part of its preventive plans to educate drivers on safe driving and raise the operational efficiency of the DTC through adopting specific standards.

"The DTC is also issuing brochures, leaflets and flyers to educate drivers on losses triggered by accidents," added Malik.

RTA inspects Jebel Ali depot

Mattar Al Tayer, chairman of the board and executive director of the RTA, recently inaugurated Jebel Ali bus depot, the latest addition to the authority's network of terminals across the city.

Jebel Ali now joins Al Khawanej, Al Rawiyah and Al Awir depots. The new station serves 17 bus routes covering daily bus movement in the surrounding neighbourhood.

On an inspection of the new site, Al Tayer was shown how the depot had a capacity for around

300 buses, and is fitted with bays capable of handling the washing, cleaning and refuelling of 36 buses at any one time.

"The project is part of the RTA's masterplan to upgrade mass transportation by buses with the aim of attracting new commuters and hence contributing to easing road congestions," said Al Tayer during the visit.

The opening follows the addition in May of four new service stations in Karama, Al Quoz, Al Baraha and Umm Al Ramool.



MATTAR AL TAYER LEADS A DELEGATION VISITING THE NEW BUS DEPOT



هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY



x 2

Take your luggage along for the ride.

Now you can carry up to two suitcases with you on the Metro - a large one and a small one. All you have to do is ensure they don't exceed **81cm x 58cm x 30cm** and **55cm x 38cm x 20cm** respectively and that you keep them stowed in the dedicated luggage area which can be found in every cabin.

Facebook: Roads and Transport Authority Dubai - Group YouTube: www.youtube.com/rtadubaigov

My City. My Metro.

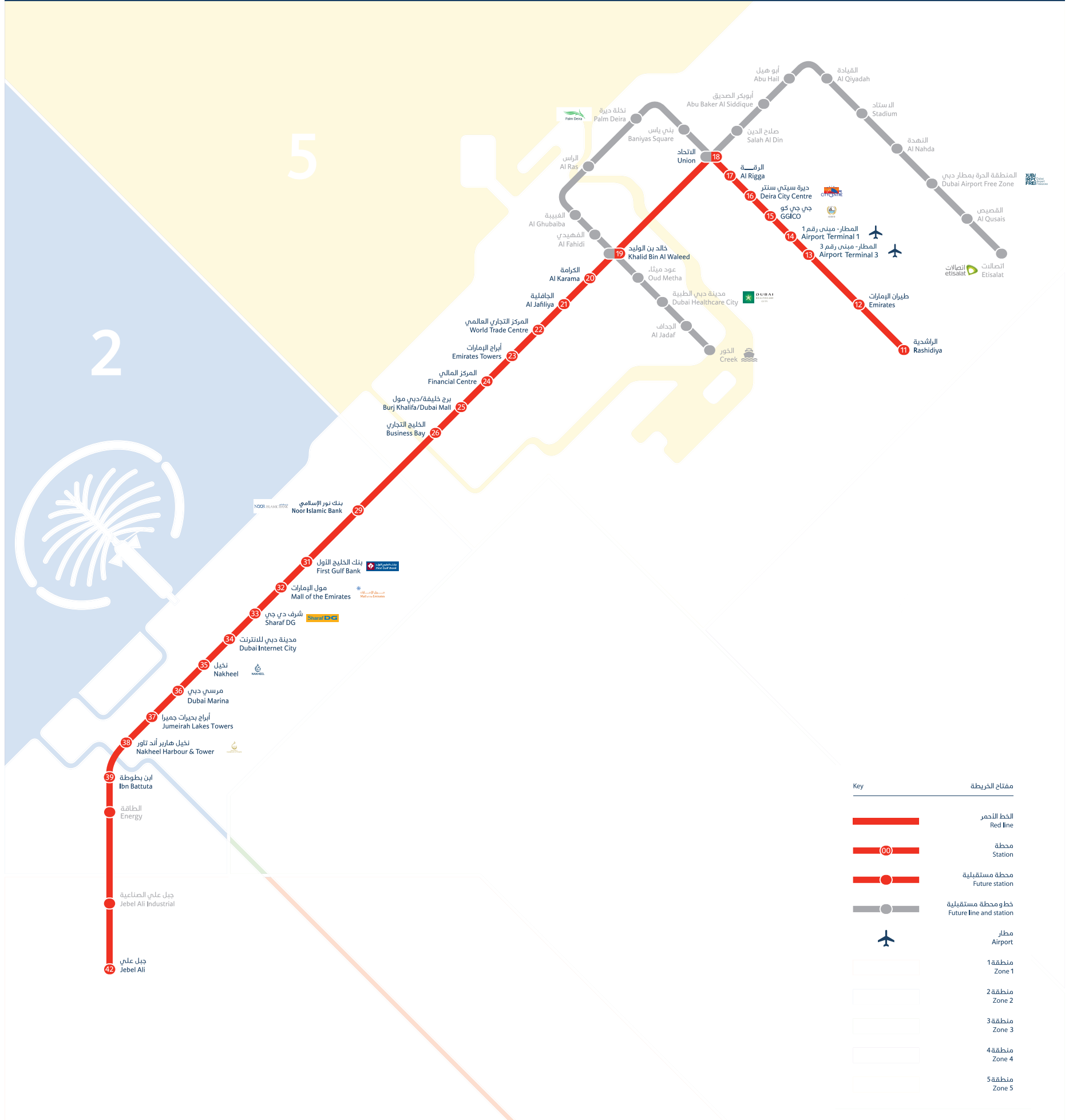
مترو دبي
Dubai Metro



Call center 800 90 90 www.rta.ae ask@rta.ae



Dubai Metro





RTA's tourist commitment brings new water taxi service

The Public Transport Agency of the RTA has reaffirmed its commitment to broaden and enhance tourist services by signing a strategic agreement in the form of a memorandum of understanding with the Atlantis hotel on the Palm Jumeirah.

Through this, the two parties have agreed to broaden the scope and effectiveness of the joint co-operation by operating scheduled water taxi trips to serve the residents of the hotel.

The MoU was signed for the RTA by the CEO of Public Trans-

port Agency, Essa Abdul Rahman Al Dossari, and for Atlantis Hotel by the vice-president for finance, Tim Wise, in the presence of the executive director of operations, Serge Zaalof, and a number of directors and managers from both sides.

"We are excited to see the RTA playing a vital role in promoting tourism and contributing to the development of tourism movement in general and the marine tourist transport in particular," said Al Dossari during the signing ceremony.

43 players compete in RTA table-tennis tournament

The sports team of the RTA recently held a table-tennis tournament at Al Wasl Sports Club in Dubai. The event saw fierce competition among competitors, and attracted participation of 35 male players and eight ladies from various RTA departments.

In the men's competitions, Musa Ayub (School Bus Department, Public Transport Agency) finished first, and Ahmed Mustafa (Internal Audit Department) was the runner-up. In the women's competition, Dana Abu Ghazaleh (Development and Corporate Development Department, Strategy & Corporate Governance Sector) was the winner, and Muna Al Sahlawi (IT Department, Corporate Technical Support Services Sector) came second.



NABEEL YOUSEF AL ALI

RTA workers given lecture in good health

In cooperation with the Prime Medical Centre in Dubai, the Administrative Services Department of the RTA, recently organized an awareness lecture on the risk factors of cardio-vascular diseases.

The lecture was delivered in the context of the department's continuing endeavours during

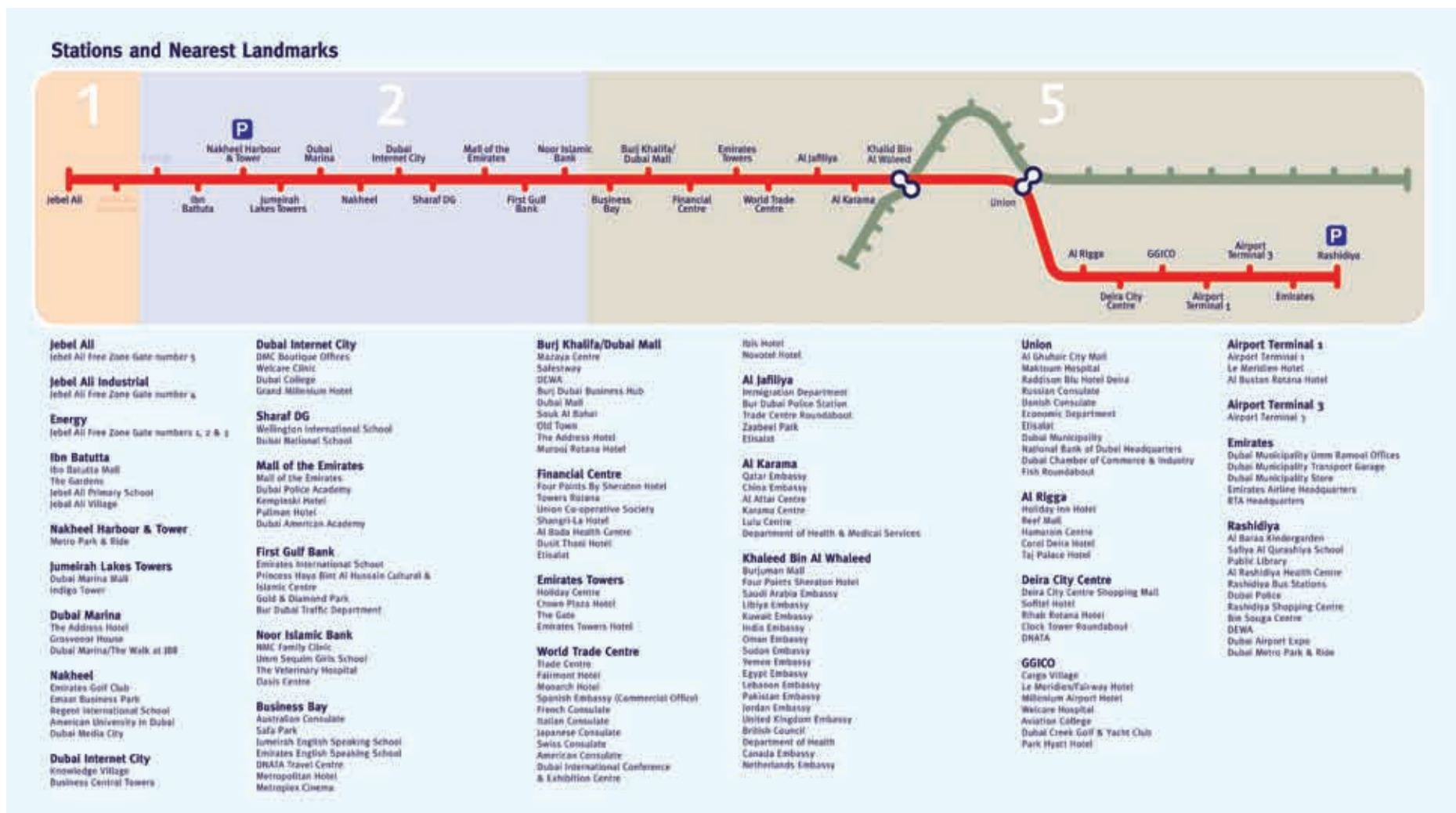
the current year to organise several useful events aimed at educating the RTA's employees about these diseases.

Nabeel Yousef Al Ali, director of the RTA's Administrative Services Department, said, "These lectures and workshops are part of the Dubai Government Excellence Programme and aim to

meet the needs of employees."

He also stressed the RTA's permanent endeavours to interact and communicate with various external organisations to exchange experiences and impart required knowledge to the RTA's employees through a host of selective and useful lectures for them.

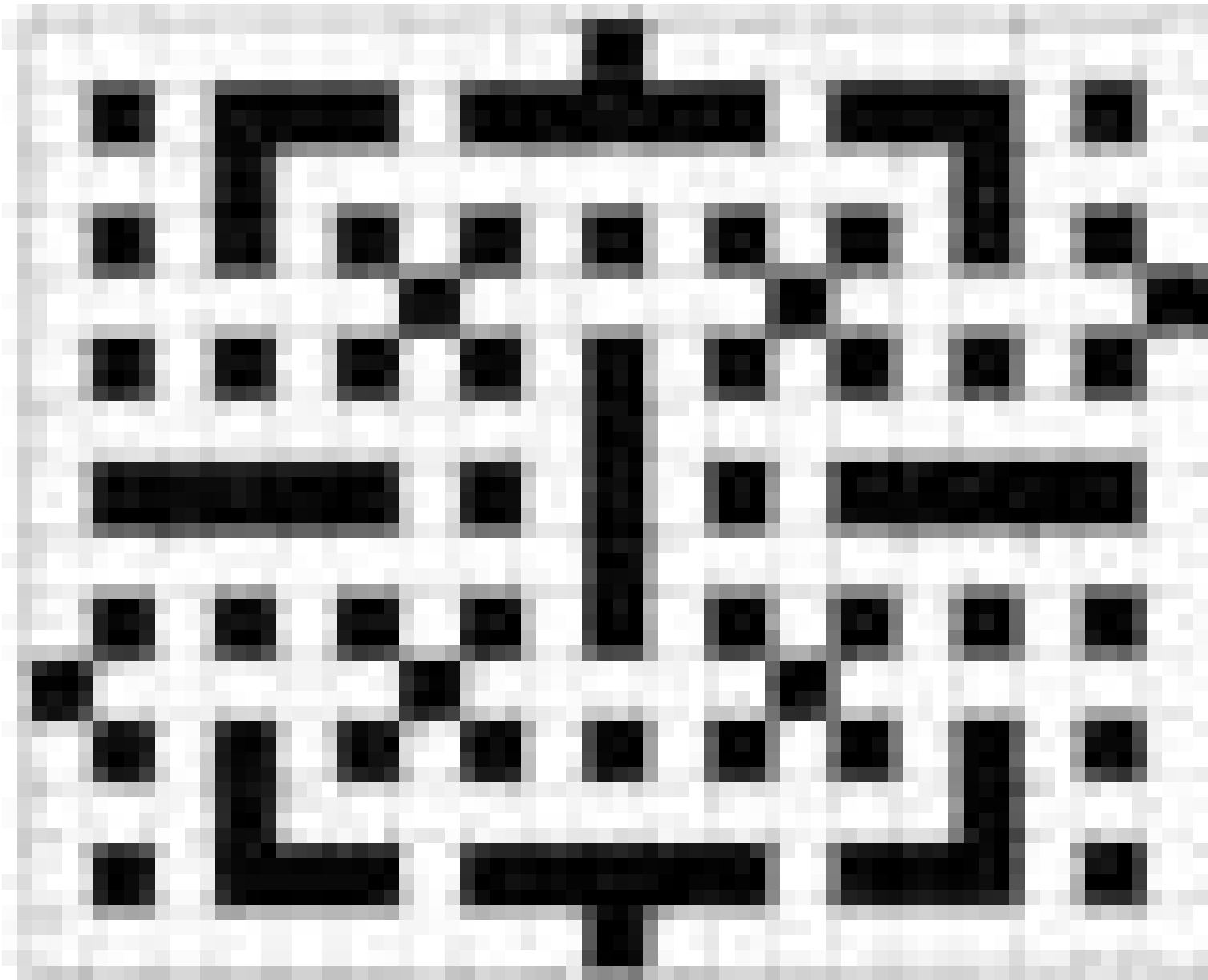
Getting around on the *Metro*



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		Last Train	Jebel Ali	5:50		Last Train	Jebel Ali	13:00		Last Train	Jebel Ali	5:50		Last Train
Ibn Battuta	5:52			Ibn Battuta	5:52			Ibn Battuta	13:02			Ibn Battuta	5:52		
Nakheel Harbour & Tower	6:00			Nakheel Harbour & Tower	6:00			Nakheel Harbour & Tower	13:10			Nakheel Harbour & Tower	6:00		
Jumeirah Lake Towers	6:02			Jumeirah Lake Towers	6:02			Jumeirah Lake Towers	13:12			Jumeirah Lake Towers	6:02		
Dubai Marina	6:04			Dubai Marina	6:04			Dubai Marina	13:14			Dubai Marina	6:04		
Nakheel	6:06			Nakheel	6:06			Nakheel	13:16			Nakheel	6:06		
Dubai Internet City	6:08			Dubai Internet City	6:08			Dubai Internet City	13:18			Dubai Internet City	6:08		
Sharaf DG	6:10			Sharaf DG	6:10			Sharaf DG	13:20			Sharaf DG	6:10		
Mall of the Emirates	6:12			Mall of the Emirates	6:12			Mall of the Emirates	13:22			Mall of the Emirates	6:12		
First Gulf Bank	6:14			First Gulf Bank	6:14			First Gulf Bank	13:24			First Gulf Bank	6:14		
Noor Islamic Bank	6:16	Every 6 minutes morning peak		Noor Islamic Bank	6:16	Every 6 minutes morning peak		Noor Islamic Bank	13:26			Noor Islamic Bank	6:16		
Business Bay	6:18			Business Bay	6:18			Business Bay	13:28			Business Bay	6:18		
Burj Khalifa / Dubai Mall	6:20			Burj Khalifa / Dubai Mall	6:20			Burj Khalifa / Dubai Mall	13:30			Burj Khalifa / Dubai Mall	6:20		
Financial Centre	6:22	Every 5 minutes evening peak		Financial Centre	6:22	Every 5 minutes evening peak		Financial Centre	13:32			Financial Centre	6:22		
Emirates Towers	6:24			Emirates Towers	6:24			Emirates Towers	13:34			Emirates Towers	6:24		
World Trade Centre	6:26			World Trade Centre	6:26			World Trade Centre	13:36			World Trade Centre	6:26		
Al Jafliya	6:28	Every 8 minutes off peak		Al Jafliya	6:28	Every 8 minutes off peak		Al Jafliya	13:38			Al Jafliya	6:28		
Al Karama	6:30			Al Karama	6:30			Al Karama	13:40			Al Karama	6:30		
Khalid Bin Al Waleed	6:32			Khalid Bin Al Waleed	6:32			Khalid Bin Al Waleed	13:42			Khalid Bin Al Waleed	6:32		
Union	6:34			Union	6:34			Union	13:44			Union	6:34		
Al Rigga	6:36			Al Rigga	6:36			Al Rigga	13:46			Al Rigga	6:36		
Deira City Centre	6:38			Deira City Centre	6:38			Deira City Centre	13:48			Deira City Centre	6:38		
GGICO	6:40			GGICO	6:40			GGICO	13:50			GGICO	6:40		
Airport Terminal 1	6:42			Airport Terminal 1	6:42			Airport Terminal 1	13:52			Airport Terminal 1	6:42		
Airport Terminal 3	6:44			Airport Terminal 3	6:44			Airport Terminal 3	13:54			Airport Terminal 3	6:44		
Emirates	6:46			Emirates	6:46			Emirates	13:56			Emirates	6:46		
Rashidiya (Arr.)	6:48			Rashidiya (Arr.)	6:48			Rashidiya (Arr.)	13:58			Rashidiya (Arr.)	6:48		
Jebel Ali Bound				Jebel Ali Bound				Jebel Ali Bound				Jebel Ali Bound			
Rashidiya	6:02		Last Train	Rashidiya	6:02		Last Train	Rashidiya	13:00		Last Train	Rashidiya	6:02		Last Train
Emirates	6:04			Emirates	6:04			Emirates	13:02			Emirates	6:04		
Airport Terminal 3	6:06			Airport Terminal 3	6:06			Airport Terminal 3	13:04			Airport Terminal 3	6:06		
Airport Terminal 1	6:08			Airport Terminal 1	6:08			Airport Terminal 1	13:06			Airport Terminal 1	6:08		
GGICO	6:10			GGICO	6:10			GGICO	13:08			GGICO	6:10		
Deira City Centre	6:12			Deira City Centre	6:12			Deira City Centre	13:10			Deira City Centre	6:12		
Al Rigga	6:14			Al Rigga	6:14			Al Rigga	13:12			Al Rigga	6:14		
Union	6:16			Union	6:16			Union	13:14			Union	6:16		
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Jumeirah Lake Towers	6:48			Jumeirah Lake Towers	6:48			Jumeirah Lake Towers	13:46			Jumeirah Lake Towers	6:48		
Nakheel Harbour & Tower	6:50			Nakheel Harbour & Tower	6:50			Nakheel Harbour & Tower	13:48			Nakheel Harbour & Tower	6:50		
Ibn Battuta	7:00			Ibn Battuta	7:00			Ibn Battuta	13:58			Ibn Battuta	6:59		
Jebel Ali (Arr.)	7:00			Jebel Ali (Arr.)	7:00			Jebel Ali (Arr.)	14:00			Jebel Ali (Arr.)	7:00		

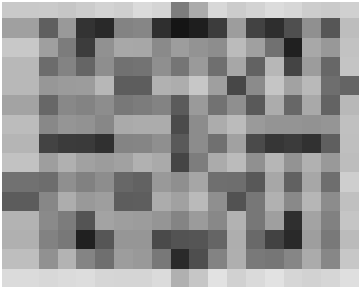
Taking your time

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



- Across**
- 1. Insolvable (9)
 - 4. Having special skill or knowledge (9)
 - 8. Faux ..., mistake (3)
 - 9. Made to one's specifications (6-5)
 - 13. Bread roll (3)
 - 14. Sliding storage bin (6)
 - 15. Heading (5)
 - 16. Shaped like a circle (5)
 - 20. Fashion dummy (9)
 - 21. Uncompounded (9)
 - 22. Longing for past times (9)
 - 25. Well-timed (9)
 - 28. In a funny sarcastic way (5)
 - 29. Light purple (5)
 - 30. Greek letter (6)
 - 34. Put on clothes (3)
 - 35. Celebration of 200 years (11)
 - 36. French for 'king' (3)
 - 37. Bribe (9)
 - 38. From noon until sunset (9)
- Down**
- 1. Speech disorder (10)
 - 2. Support (7)
 - 3. Give orders (4)
 - 5. Type of close-fitting cap (4)
 - 6. Where files are kept (7)
 - 7. Bobcat (4)
 - 9. Light thin wrinkled fabric (5)
 - 10. Alignment (11)
 - 11. Ballet enthusiast (11)
 - 12. That group (5)
 - 17. Rise suddenly (5)
 - 18. Pounces (5)
 - 19. Result of change (10)
 - 23. Unusual (7)
 - 24. Without preparation (2,3)
 - 26. Prepared (5)
 - 27. Writer, ...Eco (7)
 - 31. The ...of March (4)
 - 32. Religious image (4)
 - 33. Unit of power (4)

Answers



Scrummy vanilla cheesecake

This creamy, sweet treat is so simple and satisfying, why not give it a go today?



- RECIPE**
- Ingredients**
- 150g unsalted butter, melted, plus extra for greasing
 - 250g digestive biscuits, crushed
 - 115g caster sugar
 - 3tbsp corn flour
 - 900g full-fat cream cheese
 - 2 large eggs
 - 115ml double cream
 - 1 vanilla pod or ½ tsp vanilla extract
 - Zest of 1 lemon
 - Zest of 1 orange
 - Coca powder for dusting

Heat the oven to 180C and grease and line the bottom and sides of a medium cake tin. Crush the biscuits and butter in a bowl and press into the base of the tin and cook for 10 minutes then remove from the oven to cool.

Turn the oven up to 200C. Mix the sugar, corn flour and cream cheese in a bowl and beat until creamy. Add the eggs and beat well.

Gradually add the cream then the vanilla seeds (or extract) and

lemon and orange zest. Scrape the mixture onto the biscuit base and gently shake it to level out the surface. Put the cheesecake in the centre of the oven and bake for 40 to 45 minutes until the top is golden brown and the filling has set around the edges.

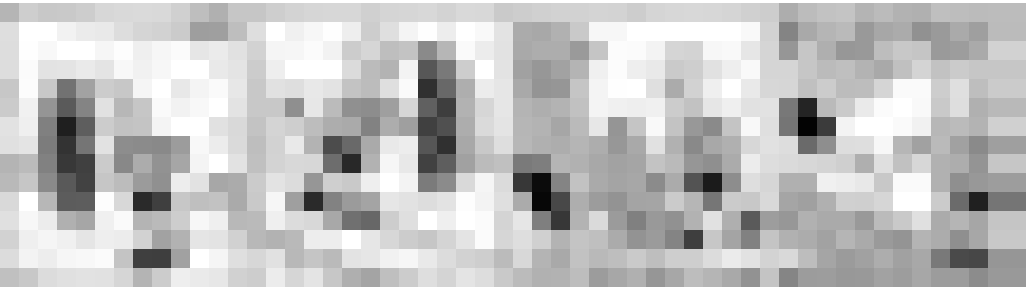
Let it cool in the fridge, then dust with coca and accompany with a couple of strawberries before serving.

Serves
6

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

My husband snores really badly and it's driving me mad. I'm losing sleep every night and waking up feeling tired and ill.
Snoring is no laughing matter if you're the silent partner. Try suggesting he uses a nasal strip or spray; these can often provide a quick and simple cure. If not, you can always seek medical advice for any underlying problems that may cause snoring.

I am 48 years old and bored with my job. Is it too late to look at changing my career?
It's never too late to do anything. As long as you make sure all your responsibilities are attended to, and and that you don't just ditch your job without finding back-up, then why shouldn't you look into a new career? There is always the option to maybe even

return to some kind of education and training if you fancy it.

My boss is constantly asking me to stay late and do tasks that aren't my responsibility and it is starting to get me down. Should I say something?
It would probably be best to say something if it is affecting you. Obviously you may feel uncomfortable about bringing it up but perhaps your boss doesn't realise the pressure you're feeling. Approach him or her in private and be honest about how you



feel, perhaps suggesting ways in which things could change.

I have lost all confidence. I used to be outgoing, but now I am shying away. How can I get my mojo back?
Often, all that is needed is a reminder of how great you are, and all the things you have got going for you. Make a list of all your good points and read it out loud every day. Start to find a social scene by going out with friends you trust, to places where you feel comfortable.

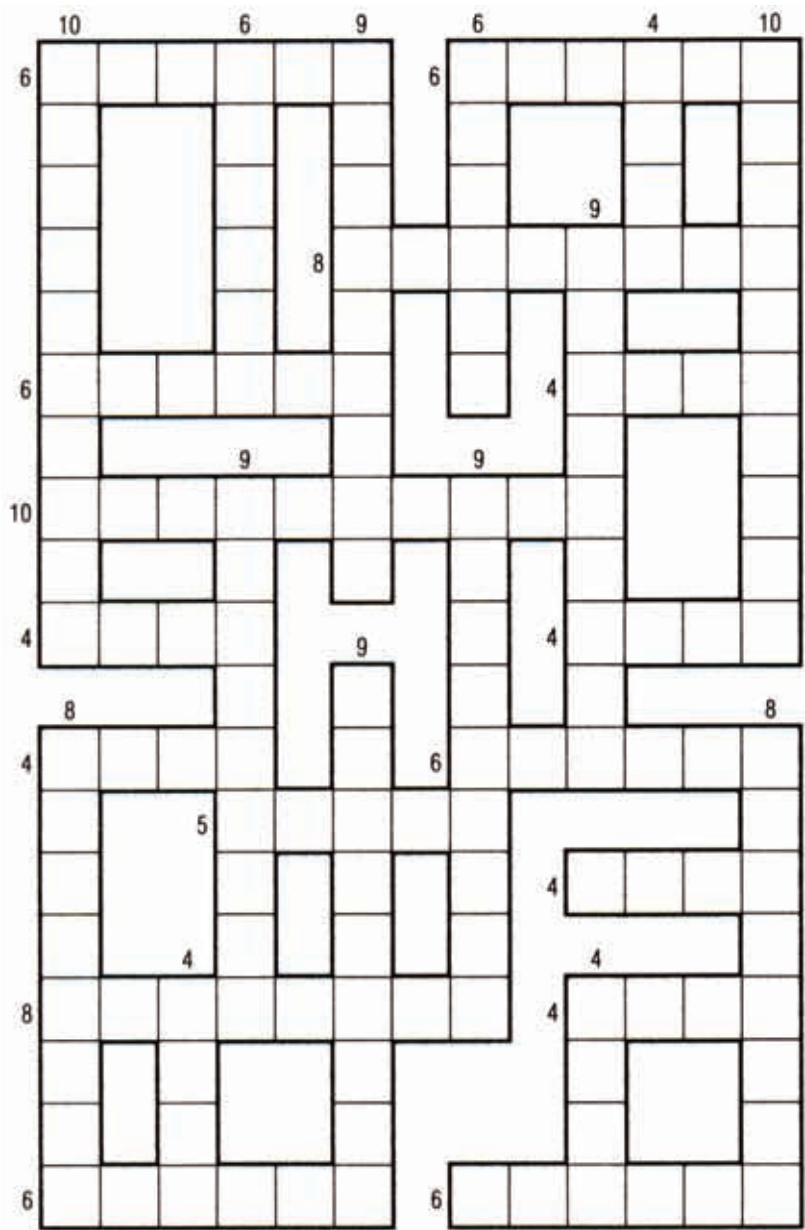
I constantly suffer with colds and it is becoming a real pain. Even in the middle of summer a cold crops up and even though I take cold and flu medicines I'm still getting them.
Until there is a cure for the common cold the best advice is simply to make sure you keep yourself healthy. Eat a balanced diet with fresh fruit and vegetables, drink lots of water, and make sure you get enough rest.

Who's that

Answer
Turn to page 44



Criss-cross



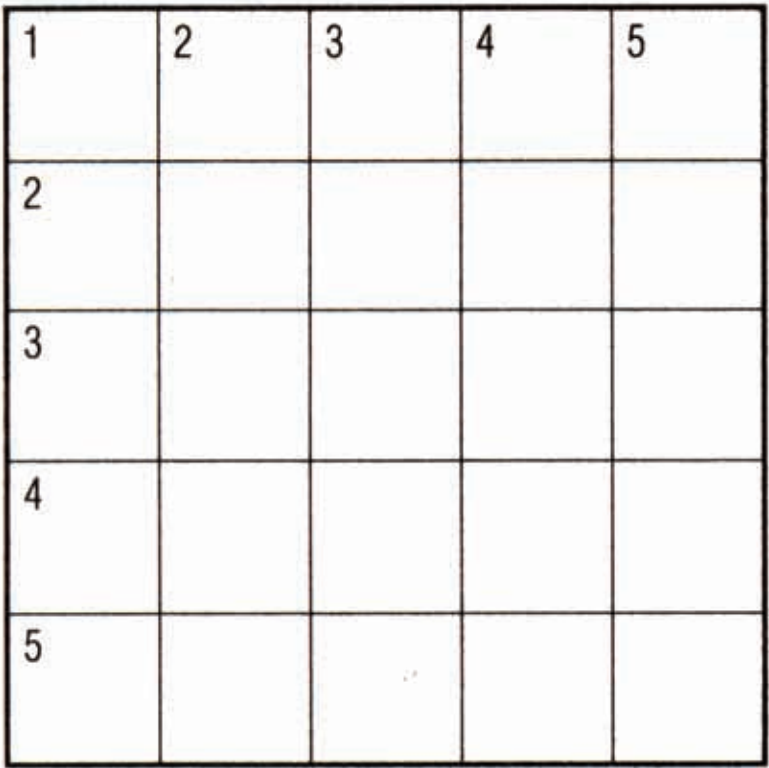
Fill in the grid using the words below:

- 4 LETTERS:**
ALAS
AREA
EMMA
MYNA
ORCA
PEGS
SEAM
SLOB
SNOG
- 5 LETTERS:**
CLIMB
- 6 LETTERS:**
DEGREE
HAZARD
HEATER
ISLAND
LOAFER
MOTIVE
ROTATE
TOP-DOG
- 8 LETTERS:**
ENSEMBLE
OPTIONAL
OVERHAUL
UP-TO-DATE
- 9 LETTERS:**
CHARACTER
DESICCANT
EFFULGENT
RAZORBILL
SPINNAKER
- 10 LETTERS:**
DISEMBARKS
EGOCENTRIC
MAINSTREAM

Criss-cross answers



Word square



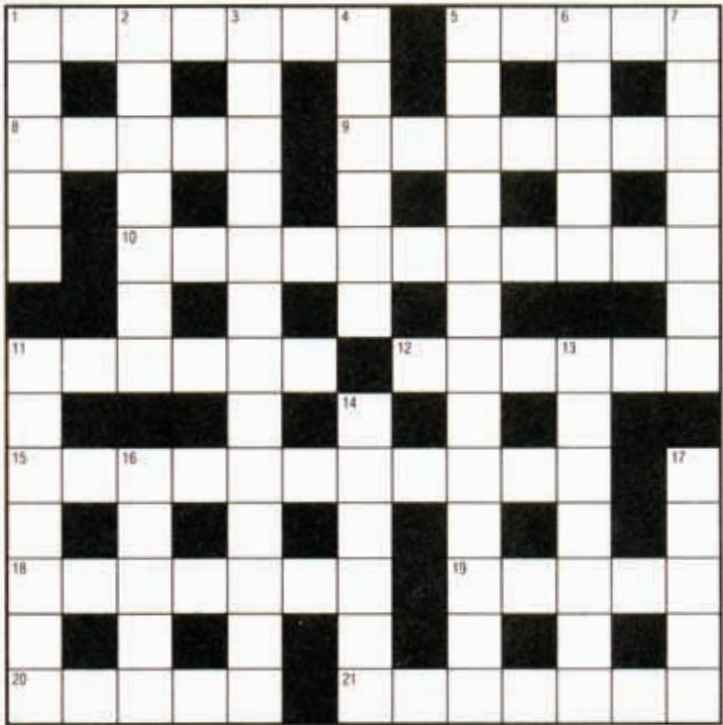
A mini-crossword but with a difference - the same words read across and down! That means that one across is also one down, and so forth, so you quickly fill the grid as you go along

- Adjust anew
- Stage musical
- Nasal cavity
- Small cases
- Italian poet, Torquato

Word square answers



Quick crossword



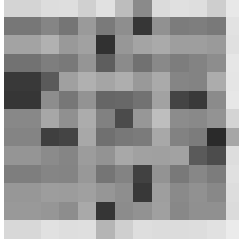
Across

1. Small sponge cake soaked in alcoholic spirit (3,4) 5. Peruvian Indiana (5) 8. Desert region in Israel (5) 9. Public sale by bidding (7) 10. Pottery made of clay (11) 11. South American country (6) 12. Return of payment (6) 15. Took care of (6,5) 18. Come or go down (7) 19. Woven strands of hair (5) 20. Obtain access to (3,2) 21. Voter (7)

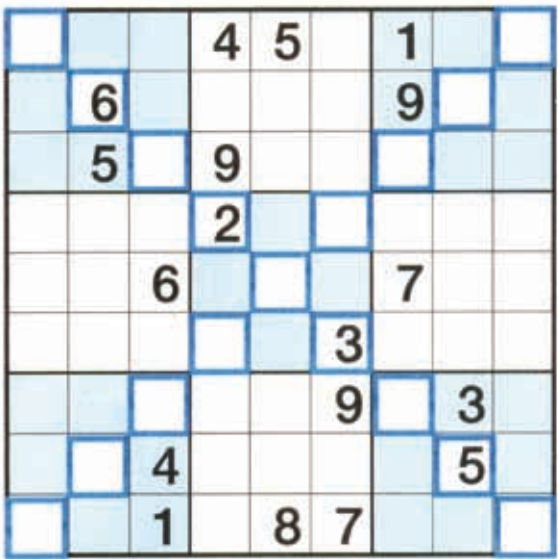
Down

1. Amass (3,2) 2. One of the Furies (7) 3. Public promotion of goods or services (13) 4. North American native Indian (6) 5. Indisputable (13) 6. Crockery (5) 7. Heartfelt (7) 11. ...Breed, Norman Wisdom film (7) 13. Side by side (7) 14. Club bearer (6) 16. Fierce attack (5) 17. Viper (5)

Quick crossword answers



Sudoku



Complete the puzzle such that each row, column, 3x3 box and diagonal contain the digits 1-9



Sudoku answers

Classified Services

ACCOMMODATION

Semi-furnished studio apartment with double balcony in International City, Spain cluster, available from 15th July to 31st December. Rent is Dhs2,000 inclusive of DEWA. Contact 055 749 5001 for further details.

Spacious Bed spaces (3 nos.) available in Bur Dubai for ladies only near Ascot Hotel. Fully furnished with cupboards for each member. It is a nice big room with balcony, Wi-Fi internet, kitchen facility, washing machine, etc. Rent is Dhs650 per month available now. Call 055 978 4291.

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.

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.

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.

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.

SERVICES

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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.

HOME APPLIANCES

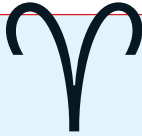
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What's in your stars?

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



ARIES
(MAR 21 - APR 20)

Your feelings about your home life may be slightly intense, and you may find yourself starting to think about where you live in particular. Be sure to consider long and hard about whether to move onwards or upwards, and don't let outsiders influence your decision.



TAURUS
(APR 21 - MAY 21)

Work may become more stressful, but by falling back on your natural charm and diplomacy you stand to gain the best results. Being headstrong and stubborn may result in missing out on career opportunities, so just relax and believe in your own ability.



GEMINI
(MAY 22 - JUN 21)

You may need to take a fresh look at an old problem, so why not call up a close friend for a catch-up and use them as a sounding board? The fact that they are not an expert on the issue at hand could actually produce an unbiased and honest solution.



CANCER
(JUN 22 - JUL 23)

You may feel as though you are fenced in by your responsibilities, and that often you have no time for yourself. But don't allow yourself to feel isolated; you have a good support network of friends and family who may be able to take on some of the load.



LEO
(JUL 24 - AUG 23)

You may have been feeling preoccupied recently with personal issues and doubts, however this week you find yourself slowly coming back into the here and now. You might still need to clear up a few weeds, but the path is looking a lot clearer now.



VIRGO
(AUG 24 - SEP 23)

This week may see you have a change of mind about a long-term goal or decide on a new direction. The potential for fun that this offers is immense, but a person close to you may not feel as confident about the idea so it may be worth keeping your plans quiet for now.



LIBRA
(SEP 24 - OCT 23)

You may be faced with some unexpected opportunities this week, which will require some adaptation and availability on your part in order to take full advantage. This may mean other projects may have to wait a while, but the outcome will be worth it.



SCORPIO
(OCT 24 - NOV 22)

Your imagination is running wild this week and you may find yourself drawn to trying new things that would have seemed daunting before. Embrace the opportunities and excitement this provides, as your new open mind could reveal intriguing surprises.



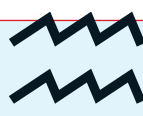
SAGITTARIUS
(NOV 23 - DEC 21)

You may find yourself craving some form of new social stimulus, and your mind is bubbling with ideas of how to get it. Trying out a new activity may give you the fresh angle you require, so don't be afraid to say yes to any invitations that may arise this week.



CAPRICORN
(DEC 22 - JAN 20)

You may find that a relationship sways too far towards the other person's point of view, but listen to what they have to say before you consider discounting their opinion. If you work together and let go of some of your differences you can create a genuine partnership.



AQUARIUS
(JAN 21 - FEB 19)

If there's something you have been putting off for a while, now is the time to think about dealing with it. Whether it's a health matter or personal business, by seeking a new angle or approach to the issue at hand you may be surprised at how easily it can be resolved.



PISCES
(FEB 20 - MAR 20)

If you have had a small idea in the back of your mind for a while, now is the time to let it take shape. The fact that it may be a bit different from the norm can only aid its overall success. Any personal dramas this week can be smoothed over with a good, long chat.

This week's local weather

SUNDAY 10 th	MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th	SATURDAY 16 th
						
Sunny High 40C Low 34C Humidity 46%	Sunny High 39C Low 34C Humidity 48%	Sunny High 39C Low 33C Humidity 45%	Sunny High 39C Low 34C Humidity 43%	Sunny High 39C Low 33C Humidity 41%	Sunny High 40C Low 33C Humidity 45%	Sunny High 40C Low 32C Humidity 41%

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