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Letters

Email: letters@readme.ae

I was wondering if you could put this pretty puppy's picture (below) into *Read.* as I'm desperately trying to find her a home. I discovered her three weeks ago on the streets of Mirdif, where she had obviously been abandoned and was very gaunt. She's a beautiful little angel and is between six and seven months old. Although she's very timid, a little patience will help her come out of her shell. It's also worth pointing out that she gets on extremely well with our other dogs.

Joanne Nair

Ed: Thanks, Joanne. If any reader is looking to adopt this beautiful pet, email us at letters@readme.ae and we will put you in touch.

I like to think I'm a semi-fashionable guy but I've often drawn a few sniggers from my friends when I go out in public with my manbag. Finally, I have

proof that I'm stylish thanks to your fashion pages last week. My satchel has always been practical but now it's trendy. Thanks.

Bashir Hawass

Ed: If it's good enough for Indiana Jones, it's good enough for us—maybe it's your friends who lack that little bit of style. Stay ahead of your pals in the style stakes with our fashion section each week.

I was also at the Moby concert at the Trade Centre and was completely blown away with the performance. There were just so many good points that I found it hard to remember specific songs and moments. Then I read your review and all the memories came flooding back. Great concert and great review.

Lesley Wall

Ed: We were as blown away as you were and, rest assured, we

will be at the front of the ticket line should Moby return. We're glad you enjoyed the concert as much as we did.

Without a doubt, one of my favourite articles in your last issue was of your feature editor's struggle through boot camp. The first-hand experience really gave me an insight as to how tough it can be. I do feel a bit bad about having a giggle at Tom's video on your website. Will you be doing more features like *One Night At Boot Camp*?

Nayla Khallil

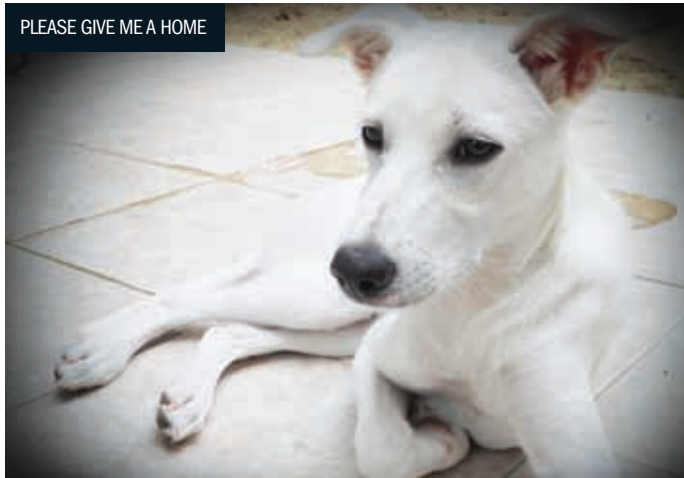
Ed: If you don't experience something yourself, it's hard to suggest that someone else does it. Soon you will see *Read.* staff embark on all sorts of activities from scuba diving to capoeira to bring you the real experience.

If I am going to have an important meeting in the morning, I know I need a lot of sleep—but that's normally the time I struggle to doze off. Only two nights ago I tried the tips you suggested and, amazingly, I slept like a baby. I woke up refreshed and ready for my morning meeting. Keep up the good work, *Read.*

Vijaya Maasry

Ed: We're happy when you're happy. *Read.* tries to highlight and remedy the problems that affect a large number of people, so each week we bring you new ways to feel better. Sweet dreams.

PLEASE GIVE ME A HOME



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. Please email editorial@readme.ae. We can't wait to hear from you!

Please recycle this copy responsibly.



The Winners

(Contests in July 10-16, 2011 issue)

In which organ of the body is the cerebrum found?

Answer: **The brain**

Winner of a Wafi Restaurants' voucher worth Dh200 is: **Diana Jacob**

What is South America's highest mountain range?

Answer: **The Andes**

Winner of a family portrait worth Dh250 from Digitally is: **Marwa Hayat**

iPad Winner

Lisa Demeester (right) receives an iPad (32GB) from Michel Bort, Client Relationship Director of *Read.* Lisa was awarded the iPad for being the winner of a contest in *Read.* Issue 01 (June 19-25, 2011).



Station-by-station *guide*

Looking for something to do?
You could always hop off the train and visit one of these...

Metal Asylum



**Friday July 22, 9pm-3am
Cheers/The Lodge**

Having just celebrated their first birthday, Metal Asylum will be hosting another fantastic night of music for all the metal-heads out there. Well-known Saudi band Deathless Anguish will be blowing a hole through the sound barrier alongside the equally well-followed Bahrain rockers Motor Militia. No under 21's permitted, Dh60 on the door.

Sega Republic



**Open year round
The Dubai Mall**

The first development of its kind in the Middle East, Sega Republic is an exciting place for kids and adults alike. Packed with arcade games and theme park rides, Sega Republic provides a fun-filled way to spend time as a family or with friends. Rides are Dh15-30 each and games are Dh8-25 each.

Za'abeel Park



Open year round

Za'abeel Park provides an escape from the bustle of the city, with its green open spaces, palm trees and water fountains. As well as taking in the natural atmosphere, there's plenty to amuse the little ones, including a space maze, mini-golf, skateboard park and BMX track, as well as a mini-cricket pitch.

Cuadro



**Sun-Thu 10am-8pm,
Sat 12pm-6pm
Dubai International Financial Centre**

This art gallery has museum status due to its size, so expect to find a host of different exhibitions at any one time. Enjoy getting lost in this maze-like gallery, taking in some contemporary art while avoiding the glare of the waxwork security guards hanging around. For information on current exhibitions visit www.cuadroart.com

Vista Rooftop Restaurant



**Saturdays
Holiday Inn Knowledge Village**

We recently stumbled on this Saturday night treat and thought we should tell you about it. Over the last few hours of the weekend, Vista, a venue with one of the best views this side of the Burj Khalifa, offers a two-course meal plus beverage for Dh99. The menu is excellent, the food delicious and we suspect this deal is going to become very popular.

Summer Workshops



**July 18-July 22, 10am-12pm
The Jamjar**

The Jamjar is offering a creative arts workshop programme throughout July, designed to develop the skills of budding young artists aged 5-12 years. This week, children are invited to discover the exciting processes of mono-printing and collage to create unique and imaginative works on canvas. Dh170 per child; to book call 04 341 7303.

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The burning question

Q Nearly one third of residents in another Emirate could be trained as volunteer firefighters over the next five years. Do you think a similar scheme would benefit Dubai?

Facebook answers

We put Burning Questions to Facebook this week, and here are some of the replies. Don't forget to check our page at www.facebook.com/Readmeae.
(Responses only edited for length)

What are your thoughts on Dubai Police using BBM to update residents on their activities?

Things change a lot in Dubai, so it's good to be up to date. Shows the police want the public to be more involved.

—Tarran Turner

That would be the greatest help esp when the source of communication is urgent & on the spot.

—Nikita Des

Two world-class Brazilian footballers will play for Al Ahli this season. Will this raise your interest in UFL?

Take a look at Al Jazeera's marketing campaign - giving away tickets in malls, raffles every game, chance for fans to win a Ferrari, branding the team as the 'pride of Abu Dhabi', making merchandise available, celebrity concerts... all this attracted fans to games, + reflected on the pitch too.

—Dariush Kamyab

Hassan Ali

Relationship officer
Lives in Bur Dubai

It would be a good idea to create voluntary firefighters, but unfortunately I would not have the time to volunteer if it was introduced in Dubai, as I work from 8am until 10pm in the evening.



Natasha Najeeb

Student
Lives in Sharjah

People should definitely be aware of schemes like this as I think it is a very good idea. Being a volunteer firefighter would be interesting, although I would also quite like to help out in the ambulance service.



Mary Grace

IT assistant
Lives in Deira

If I had the time I would definitely volunteer. It would be good to have lots of volunteers around the city, as fire safety in some of Dubai's residential and commercial buildings could be improved, so they would be around to help out in case of an emergency.



Answer the following question and win a Wafi Restaurants voucher worth Dh200.

Which country produces 70% of the world's olive oil?

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.

Umang Agarwal

Sales assistant
Lives in Al Rigga

I think it is a really good idea. Anything that could possibly help save lives is worthwhile, and if a scheme like this were introduced in Dubai, I would definitely be willing to volunteer and help out.



Mark Panesa

Telemarketer
Lives in JBR

I would love to volunteer for a scheme like this, as my father and brother both work in the fire service and I would be proud to sign up. I think it is definitely a good idea, and the fact that all genders and nationalities can volunteer makes it even better as more people can help out.



METROPics

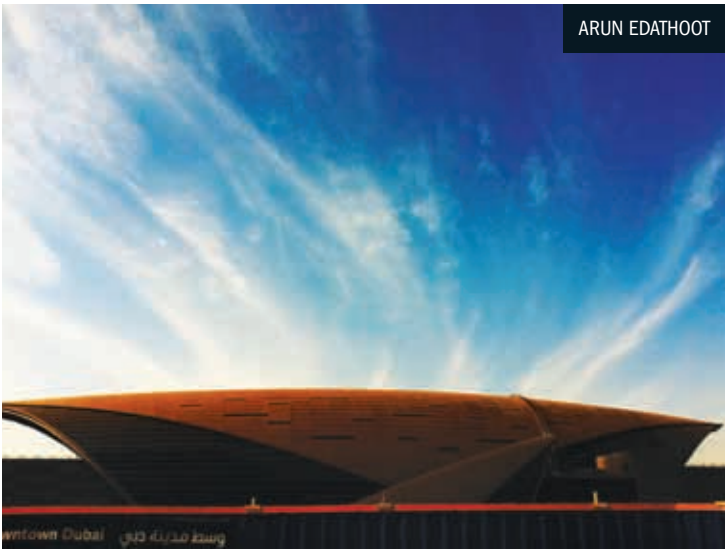
From a gorgeous sunset behind the Burj Al Arab to the bustle of SZR on a Friday night, there's plenty to see from a Metro carriage. If you catch sight of something special while you're on the Metro, snap it and email it to us at pics@readme.ae. We will publish a selection of the best each week. A selection is also on the Facebook page of *Read*.



DEXTER GALUZ



ROLDAN NARAG



ARUN EDATHOOT



VAN CARLO CALAGUAS

My Metro life

Haleema Rasheed
*Office manager
Mirdif*



I had finished work for the day and was desperate to get home and relax. I

jumped on the Metro, found a seat and closed my eyes. Before I knew it, I heard the announcement that the next stop was the one I needed, which jolted me out of my half-sleep and I rushed to the doors feeling a bit dazed. It was only when I reached the ticket barrier that I heard a woman calling, "excuse me". I looked around and saw that with one hand she was holding onto a young boy, and in the other she held my handbag. I was so touched that she had gone to the effort to get off the train with her son to chase after me and return my bag—I guess there really is such a thing as the kindness of strangers.

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*.

What's happening this week on readme.ae?

Make sure you check out our web site for these daily specials, which appear online every afternoon. 'Like' us on Facebook so that we can keep you up to date with our latest online features and fun.

COMING UP THIS WEEK

TODAY

Metality UAE celebrated one year in the UAE music business with a metal and rock-filled birthday bash on Friday night. [Readme.ae](http://readme.ae) was invited along to Al Nasr Leisureland to celebrate with them. See how the evening went, and which bands showed up—online today.



MONDAY

This October, Dubai will host the FootVolley World Cup at the Walk, JBR. [Readme.ae](http://readme.ae) explains the rules and takes a look at the history of the sport, from the five-a-side teams of the 'Sixties on Copacabana Beach to the international game that reaches far beyond the Brazilian shores.

TUESDAY

Head-to-head: Are you confused by all the technical jargon associated with the iPad, Galaxy Tab and the Motorola Xoom? We break down the statistics and put the devices head to head, to give it to you straight.



WEDNESDAY

Our gaming expert talks us through the latest offering from Kinect for Xbox 360. Go to readme.ae to see the video we made while chilling out in the sanctuary of the "Man Cave".

THURSDAY

Bridesmaids, the most successful female comedy of recent times, hits the silver screens of Dubai this week. We speak to Dubai residents to find out if the film was worth all the hype it garnered stateside.



FRIDAY

The *Read* team is on the move again. Attempting her first capoeira class, staff writer Lucy Torchia finds out what it takes to get through a session of the Brazilian art form. [Readme.ae](http://readme.ae) was out with the video camera once more to capture her graceful movements.

Born to sail



Alexa Soar tells the story of **Adil Khalid**, an olympian about to set out on his greatest challenge.



ADIL KHALID

Adil Khalid: I knew the name sounded familiar. He is the 22-year-old Emirati Olympic sailor who was chosen from hundreds of hopefuls to represent his country aboard *Azzam*, the Abu Dhabi yacht that is preparing to compete in this year's Volvo Ocean Race. But that's not how I know Adil Khalid.

Sailing out of the same harbour when we were teenagers, I remember a cheeky and confident young sailor who always had that competitive edge. Honing his skills on a Laser at local GCC events before moving on to international regattas in Europe, and then competing

at the Beijing Olympics in 2008 and the Asian Games two years later, it has been an impressive journey.

We both grew up around sailing, competed together as teenagers, but now our worlds could not be any further apart as he prepares to compete in the "Everest of Sailing", while I write this article.

Khalid has shown how far it is possible to go through hard work and a drive to succeed. I can see why he was chosen to join the 11-strong crew aboard *Azzam*, meaning determination in Arabic.

The Volvo Ocean Race is the ultimate test of sailing ability and human endurance. Formerly the Whitbread Round-the-World Race, it has been held every three years since 1973, with the next race set to start this October in Alicante,





EVERY PART OF LIFE ONBOARD IS BASED AROUND TEAMWORK

Spain and end some nine months later in Galway, Ireland. The race sees seven teams follow the same routes as old trade ships, with the same levels of seamanship, fearlessness, and teamwork necessary as were needed more than a century ago.

The race is split into nine legs with in-port racing at each stop. This year, the yachts will stop off at Cape Town, Abu Dhabi, Sanya and Auckland, around the notorious Cape Horn, and on to Itajaí, Miami, Lisbon and Lorient.

With a two-week layover in Abu Dhabi in the New Year, UAE residents will have a fantastic opportunity to witness the action firsthand as international sailing comes to a country that has a rich maritime history. Similar to many seafarers, sailing is in Khalid's genes—his family has sailed dhows for generations—and when I ask if his newly born son will follow in his footsteps he replies, "You never know. We named him Abdul Ghaffar after my grandfather, who was a big dhow sailor."

Sailing in some of the world's most dangerous seas, the lives of *Azzam's* crewmates will literally be in each other's hands. And what impressive hands they are: Khalid joins the team with a wealth of experience, medals and titles to their names. Ian Walker, *Azzam's* skipper, not only has two Olympic medals under his belt, but has competed in two America's Cup bids for Britain and skippered *Green Dragon* in the 2008 Volvo Ocean Race.

While the team have been spread over much of the world the last six months, they have been using the summer months to get to know each other again, and most importantly train. Training has taken many forms, from spending as much time out on the water as possible, to gym workouts, as well as mentally preparing for being at sea for up to 25 days.

"It is brutal not just on your body but on your mind too, so you need to be in unbelievable shape" says Khalid. "When you are racing, you are at it 24 hours a day, and can even forget to eat and sleep. In the last race, Wade Morgan, our bowman and trimmer, lost 5kgs on the first leg!"

Putting on as much weight and muscle as possible before the race probably won't be something Khalid will object to too much, as for a period of 25 days, he will only be able to eat dried foods. "As soon as I get to port, I'm heading out for a nice steak!"

Looking forward to the race, he says, "We want to win the leg into Abu Dhabi this New Year from Cape Town, as that would be extra special. We want as many people to come down and cheer us on, as well as learn what the race, sailing and Abu Dhabi are all about."

To accommodate the huge support expected, a destination village has been planned by Abu Dhabi Tourism Authority (ADTA), which is behind the two-week fleet stop-over and the huge visitor activation programme planned around it.

The site, which will be around

“It is no doubt going to be the hardest, scariest and most amazing nine months of my life on the seas.”

the size of eight football pitches, will open free-of-charge to the public daily from December 30 this year to January 14. ADTA anticipates welcoming more than 100,000 visitors through its gates.

The village, based around a maritime theme, will feature activities and entertainment including exhibitions, shows, simulators, hospitality, game zones, food and beverage outlets, and merchandise shops. Fans will also have the chance to get up close to the magnificent Volvo Open 70 racing

yachts and their crews, following their testing 5,430 nautical mile journey from South Africa.

As his career has moved towards the Volvo, Khalid has had to adjust from competitive dinghy racing on relatively short courses to open-yacht endurance racing. "Dinghy sailing, as you know, is very much about the individual, whereas ocean yacht racing is about being a team."

While still unsure of his role on the boat—that will be revealed closer to the race—he hopes that it would be as a trimmer, one of his strengths. But you really have to be an all-rounder when you are competing in such a tough race.

"Nothing on the yacht can be done without the help of at least a couple of crew, if not the whole team. Sail changes, tacking... you name it," he says. A yachting once told me that dinghy sailors often make the best yachtsmen, as they are most alert to all the tiny details, such as sail trim, so perhaps Khalid will be able to put his experience to good use.

"The next couple of months are going to be interesting. I am really excited as competing in the Volvo Ocean Race was a dream for me and I'm so close to realising that," he concludes.

"Now it is all about getting into the best possible shape, training as hard as I can, and preparing for what is no doubt going to be the hardest, scariest and most amazing nine months of my life on the seas."



KHALID WILL SPEND NINE MONTHS ABOARD AZZAM

Out of Africa

Join the tribe for an ethnic look.



Her

We are no strangers to the tribal trend that has been finding its way into our wardrobes this year. Indeed, the look has been around for centuries, ever since the Europeans first brought colourful, exotic and patterned fabrics back from their travels to newly discovered territories.

The look has a hippy, boho flare that is perfect for the summer and screams, "Oh, I just picked this necklace up from Kenya after I climbed up Mt Kilimanjaro," without having to leave the comfort of Dubai Mall's air-conditioned halls.

The trend is proof that fashion has become globalised and it is possible to have a fusion of very different styles, fabrics and colours. Dubai is the perfect place to mix up looks, so why not hit up Satwa and

pick up some fabric to make your own headscarf, gypsy style? Don't be too afraid of the "clash", whether it's pairing up unlikely colour combinations or layering up different prints. Neon yellow looks great with black-and-white tribal patterns.

The traveller look is very versatile and can be catered to any age group or occasion. It is up to you how far you take the trend or how you interpret it. From high street to couture, there are options available, whether you'd rather look jetsetter chic or backpacker, "gap-year-kid" cool.

Star turn
When done subtly and stylishly, animal prints really can look great on any figure

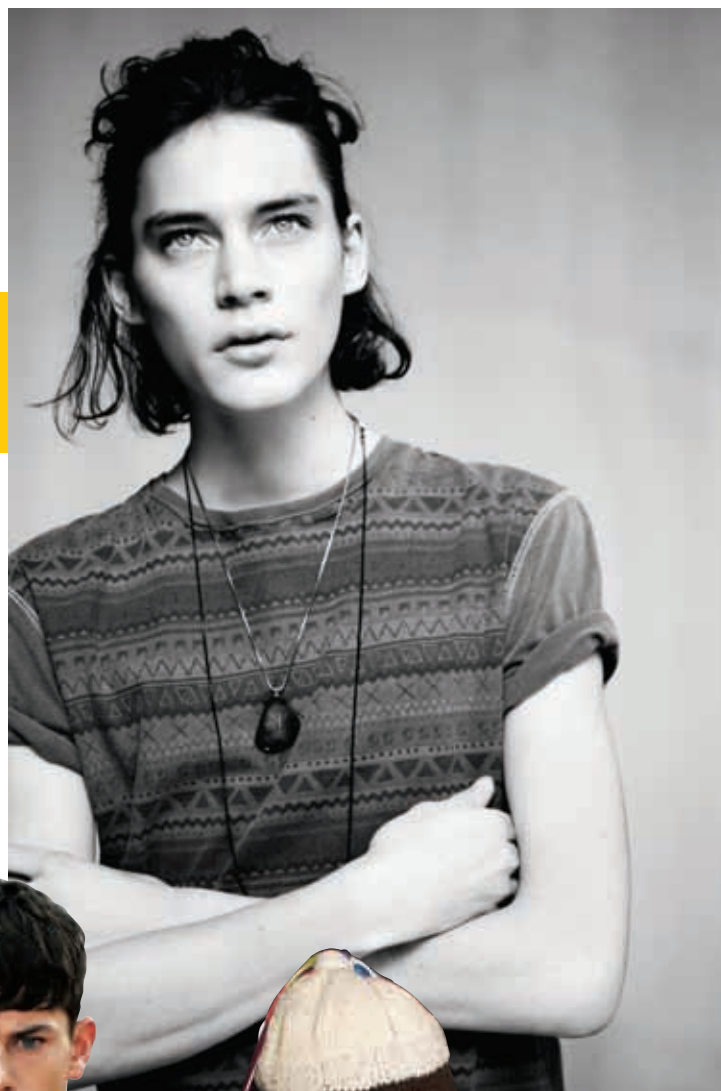
Him

If you want to stand out this summer and aren't afraid of adding some colour and pattern to your wardrobe, this is the trend for you. For men, this is one of the most original looks this summer, with a small number of major lines doing tribal for menswear.

The look is most successful when kept simple. Think of accessories, such as an Aztec-patterned backpack slung over a vest with a pair of rolled up chinos or shorts, instead of going for Inca overkill.

Men can get on board with jewellery and necklaces just as much as women with stones and string bracelets, and anything you bring back from an interesting holiday abroad will go in your favour.

Bear this in mind if you are lucky enough to be travelling this summer, and be sure to pick up some authentic pieces, however there are many high street shops that offer similar pieces. This look is about effortless and casual style.



FASHION OPINION



LAMYA ABEDIN
DESIGNER

“Bring colour to black abayas”

During summer, everyone wants to stand out in bright colours, and the abaya is no exception to this trend. Some mornings you feel energetic and want to dress in bright colours, so I like to design clothes that women can wear without getting bored.

Western fashion includes a lot of neon and block colours at the moment, so as I travel, I find that I incorporate these trends into my abaya designs. Many of these blend colours, and many of the cuts have taken on a modern influence. For example, many women like pantaloon abayas I design, which take their influence from jumpsuits, and the current trend for wide-legged trousers is also being picked up by many women in Dubai, who are starting to wear these underneath the abaya.

While I like to incorporate modern influences into my designs, I also try to include traditional elements. I believe that vintage never dies, so one of my favourite things to do is use antique or vintage materials, such as brocade from the 'Fifties or embroidery from the 'Sixties, while still maintaining modern ideas, such as detachable sleeves, shorter lengths, two-piece abayas and linen or cotton T-shirt type materials.

All our designs are one-offs, intended to make women feel special. I am a working mother who travels a lot, so I like to think of women when I'm designing, and create beautiful, versatile collections that can be worn time and time again.

Lamya
is founder of
the Queen of
Spades couture
line

BYTES & PIECES



JOE AKKAWI
TECH GURU
PAZ MARKETING

Get smarter with the phone

Let's face it, we love discounts. We also love free stuff and getting points we can somehow redeem. However, the current idea of a loyalty programme is stuck in the dark ages.

While everything moves to smartphones and tablets, you still find attendants at a restaurant offering you a form so they can send you a card next week by mail. Why the move to smartphones hasn't been established yet is beyond me.

I'm going to use a restaurant as an example. Imagine entering your favourite place, you check in on Foursquare and are greeted by your waiter. He knows what you've ordered

before, and recommends your usual dish or something the system thinks you would enjoy. Then the bill arrives and your

last check-in has upgraded you from silver to a gold customer, so they take 20 per cent off the bill. No paperwork, no headache, this isn't only a win for the consumer, but businesses that use this cleverly will gain access to valuable analytic data over their competitors.

While the lead and preparation time might be shorter, not everyone is tech savvy and you could face missing out on a chunk of consumers who don't particularly enjoy waving their Android or iPhone in your face. Unfortunately, the cards will remain there for a while as we see more shifts to smartphones, though I hope to see more proactive approaches from outlets to further embrace location technology for consumer benefits.

Follow Joe on
Twitter via
@JoeAkkawi

PICKING UP THE TAB

The gloves are off as **tablet** makers set their stalls to take on the mighty iPad.

Apple products have always been much sought after, regularly finding their way onto style-savvy consumers' wishlists. That is because, in terms of design and concept, Apple has set out to stay consistently one step ahead.

Take the iPad, for example. Other brands have previously attempted to break into the tablet market only to come up short; but now, Apple's two-year tablet monopoly is coming under threat.

With the launch of tablets operating the latest Android Honeycomb, such as Samsung Galaxy Tab (the 10.1-inch version having only recently been released in Dubai) and the Motorola Xoom, the iPad 2 has some serious con-



New Nokia gets twin touch

E6 device now features capacitive touchscreen alongside keypad.

SMARTPHONE

Nokia clearly believes BlackBerry has had its day with the launch of the E6 smartphone. The successor to the hugely popular E5, the new model combines a new operating system and touch screen to go alongside one of the best keypads in the business. Meanwhile, the old camera has been upgraded to 8 megapixels in a phone that has been designed to appeal to a growing generation of social media users.

What does continue from the previous generation, however, is excellent build quality and a good-looking chassis. But the new look now continues to the



attractive Symbian Anna software, which works with the capacitive display to let you control the action on screen as well as with the hard keys.

The phone comes with easy access to the OVI store, Nokia's home to a huge range of first- and third-party apps, and now it is possible to buy applications directly through an Etisalat account, rather than charging it to a credit card—the first time this is possible in the UAE.

But where the E6 is strongest is its ability to work visually and functionally with social media software. "The Middle East consumption of social media is growing meteorically, with well over

2 million Facebook accounts in the UAE alone," said Tom Farrell, Nokia's regional general manager. "On-the-go access and connectivity is increasingly important for today's smart phone user."

With this in mind, the Nokia E6 offers apps and widgets for easy access to social networks, while the new platform offers a host of usability improvements, including new icons, improved text input and faster Internet browsing.

But while it is predominantly social, the device also tackles BlackBerry head on with a number of business features, including enterprise-grade security with hardware accelerated encryption, and new e-mail features such as full meeting request support.

tenders. But why is this? The biggest differences between the iPad 2 and other tablets are not to do with the slight variations in technical specification—the iPad 2 is faster, slightly thinner and lighter, while the Xoom has higher resolution and better cameras. No, the biggest difference between the iPad 2 and the rest involves operating systems.

Simply put, the Honeycomb edition of Google's Android software—which powers the Galaxy Tab and the Xoom—gives the user more freedom than Apple's iOS system. Instead of being limited

82%
iPad's share of the tablet market in 2010; this is forecast to slide to an estimated 51% by 2012.

to static icons and apps on your home page, as you are on an iPad 2, Honeycomb's widgets allow a far greater amount of choice; you can place all the clocks, calendars and scores of other widgets how you want, where you want them.

Everything Android is customisable. Honeycomb tablets have fully integrated support for voice-based input—meaning you can command it effectively through the power of speech—and fully-fledged multitasking support, unlike Apple's "multi-tasking", which simply switches tasks with limited background processing.

Moreover, the iPad 2 is limited to Apple software, whereas Honeycomb allows you far more choice. For example, with an Android device, you can switch your default browser to Firefox or any other Internet browser, and also use Flash while browsing the web. When you plug your Honeycomb tablet into your computer, you aren't forced to use iTunes, and can treat it like a hard drive, dragging and dropping files as you please with no limitations. This also means you are not limited to syncing your tablet with just one computer as you are with Apple.

While the iPad has a larger selection of tablet-optimised apps available to it at the moment, it won't be long until they level out, with the Android market growing quickly. It is just a matter of time.

We asked *Read.* readers their preference. "I would prefer an Android tablet," said Harpreet Sur

through our Facebook page. "It is an open-source OS as opposed to iOS, hence customising it to my preferences is not an issue."

Nikita Des said that Android was "user-friendliness personified and a complete multi-tasker at its best. All in all, the iPad is an 'eye-candy' gadget that people love to own."

Tarran Turner, on the other hand, acknowledged the iPad 2. "Apple have got it right in the looks department," he said. "The iPad would win in terms of speed, smoothness and usability. In the end, it's down to what you want out of your tablet."

The TV commercial for the iPad 2 sums up what Apple is all about: in it, there is no geeky tech chat or mention of processing speed; Apple simply states, "Technology alone is not enough," and describes the iPad 2 as "magical" and "delightful".

Apple has mastered the art of making products simple to use, and for many this controlled uniformity will attract.

Apple focuses on the user interface, the overall experience and has made its products status symbols—owning one of its product is simply cool. However for users who want more choice and customisation potential, the Android Honeycomb tablets offer viable alternatives and are increasingly becoming stiff competition for Apple. Competition should always be welcomed—it is healthy and will drive innovation forward.



THE XOOM (ABOVE) IS ONE OF THE BIG IPAD CHALLENGERS IN THE UAE

Tech beat

GOOGLE+ IDENTITY

Google+ is already experiencing issues surrounding people's identities. To prevent anonymous online attacks, the site asks you to go by your real name, as people uphold a certain degree of credibility when their name and reputation are on the line. However with many people using names that are not on their birth certificates, and with five Lady Gagas already on Google+, we wonder how they aim to get around this grey area.



MACBOOK AIR RIVAL ON THE CARDS

HP chief executive Leo Apotheker's recent hints about his company releasing a new superlight laptop to rival the MacBook Air look like they might soon become fact. He has revealed that his company will soon deliver a range-wide refresh, and last week, the authoritative DigiTimes suggested that HP is expected to launch "two or more" ultrabooks, as they are being known. "Ultrabooks combine the performance of a laptop with tablet-like features and a thickness of less than 20mm," it reported.

NAME YOUR FRIENDS

Forgetful with names? Then don't be now that the Name Buddy app has been launched for iPhone. A memory-jogging app, it allows you to make notes after entering a first name into the database. There is a "where you met" section and even an area for adding children's names—great for parents who meet other adults through their children's friends.



FB VIRUS HITS VIDEO CALLING

Facebook has always had a problem with viruses, and the recent addition of the video calling feature has seen scammers quickly take advantage. The latest example pops up when you give a video chat lookalike app permission to access your data. Facebook apps do not need your permission, and that should be the first hint that this is a scam. It then spams your friends and leads them to a survey to earn money from the con. Make sure you follow the official instructions on how to set up your video chat.

THE LIFE COACH

SUSAN CASTLE



Control; don't be controlling

It doesn't matter where you stand in an organisation—even if that organisation is just your family—it is never too early, or for that matter too late, to start behaving like a leader.

In fact, in the workplace, the earlier you start exhibiting leadership qualities, the faster and more easily you will ascend the career ladder.

Here are a couple of things you can start doing immediately. First, set clear and definite goals and be able to explain them and the reasons for them to any member of your team. Tell every team member what your expectations are in terms of activities, results and outcomes, including deadlines and targets, and get their agreement at the start of a project.

Provide all the support necessary to achieve the goal and instruct every team member to use that support as soon as they need it, including training, mentoring and coaching where necessary. If a team member feels unable to come to you for support, you are not being a good leader.

Set out and agree with your team the "rules of play", including the consequences of failure and make sure those rules are enforced fairly.

A lot of leaders think knowledge is power and try to keep information to themselves. This is not leadership, this is playing power games and a sure sign of insecurity. A really great leader will allow and expect a free flow of information, both positive and negative. Trying to control information is SO last century!

Contact Susan on Twitter via @susanthecoach

Going back in time

The **Heritage Zone** at Modhesh World brings a taste of the past to modern Dubai.



MODHESH WORLD BOASTS A MAJLIS

SUMMER SURPRISES

Visitors at Modhesh World can enjoy the taste of local Emirati and Gulf culture at the heritage zone, where organisers have been highlighting the rich cultural past of the region. Located in the East Hall of Airport Expo Dubai, the zone allows visitors to explore Arabian heritage and catch a glimpse of the ever-fascinating past of the region.

From local delicacies and handicrafts to the art of henna painting and a *majlis*, the heritage zone offers plenty for people of all ages. Stalls in the zone offer visitors local sweets and delicious Emirati food such as *hareez*, while Omani *halwa* is also on sale. Others sell honey and natural oil made and produced in Yemen.

Traditional handicrafts including table and floor mats, baskets and hats are also on display, while stalls also sell handmade earthen products such as pots. A live demonstration of how these products are made has been drawing crowds to one corner of the heritage zone. Emirati women can also be seen weav-

“The zone allows visitors to explore Arabian heritage.”

ing baskets and mats from the bark of palm trees, as well as traditional clothing called *talli*, made out of kite thread.

Accessories such as pendants, earrings, and bracelets made from colorful precious stones are available for purchase at extremely reasonable prices.

To add to the authentic culture experience, a special *majlis* has been set up for the families where they can sit and enjoy the atmosphere, and where parents can watch their children play. Guests are served dates and *gahwa*—the famed local coffee. For women folk, henna artists decorate hands or feet with beautiful henna designs.



WHAT'S IN STORE FOR KIDS THIS WEEK

BEYBLADE IN THE ZONE

The battlefield has been set for Beyblade lovers at Modhesh World when 30 kids do battle for fabulous prizes. To enter into the competition, children must have a Newboy Beyblade passport and collect at least 50 stamps throughout the week. In each battle, two kids will compete against each other to collect the maximum number of stamps. Three winners will be selected every Friday and awarded prizes. The Beyblade Zone is located at the entrance to the East Hall at Airport Expo Dubai.

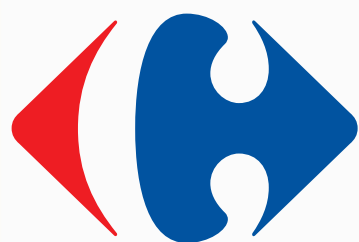
MERCATO MAGIC

The DSS Fantasia Fairytale Forest has transformed Mercato into a fantasy world as part of a musical extravaganza. It features popular fairytale characters such as Snow White and the Evil Witch, Little Red Riding Hood and the Wolf, and other magical creatures. At the end of the show, audiences are encouraged to meet the characters as part of the free live entertainment. The fairytale magic at Mercato runs daily at 4:30pm, 6:30pm, and 7:30pm.

GET IN CHARACTER

Character Land at Modhesh World, at the entrance of Central Hall of Airport Expo Dubai, hosts numerous activities to keep children entertained, such as dressing up as fairytale characters, art and craft, face painting, henna and much more. One of the most popular stations is Dress-up World and Photo Wall, where children get to dress up as their favourite Disney characters before having their pictures taken.

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The *hands-off* treatment

We examine **reiki**, an ancient, non-invasive treatment for a variety of of physical and mental conditions.

REIKI

In this age of science, it is hard to fathom a cure for injury or illness that involves nothing more than the gentle laying on of hands. Yet reiki, which involves nothing more physical than moving the hands over a patient's body, has been used to treat everything from back pain to depression without needles, medicines or machines.

Success stories abound. Melany Oliver, a Dubai-based holistic therapist and practitioner of reiki, stumbled across the practice by accident. "I was on my way to a yoga class and noticed a shop advertising various alternative therapies. The owner was offering free reiki sessions so I tried it out. I felt the change almost at once."

The change, which reiki practitioners describe as the alpha state, is felt at both a physical and emotional level. "My body began to vibrate and I felt a sense of calm wash over me," says Oliver, who then embarked on a series of reiki courses to become a teacher and practitioner. Since then she has absorbed numerous other holistic therapies and now uses a combination to treat her clients.

"Many holistic therapies are based around the release of energy. The word reiki means universal life force energy, which is all around us, like the air we breathe," she explains. During a treatment, the practitioner acts as a channel for the flow of this energy, helping it to move around the patient's body, releasing blockages and restoring the flow.

Hundreds of different obstacles can disrupt or stem this flow on a daily basis, which results in a host of ailments. Emotional or physical trauma, injuries, stress, toxins and negative thought patterns are just a few of the factors that Oliver says her work counteracts. "By moving the hands over the body, either on the skin or just above it, depending on the client's preference, reiki practitioners can restore the free flow of energy between the seven chakras, or energy points, around the body."

For some, the idea of such a non-invasive treatment, particularly the hands-off method, where the therapist moves the hands slowly over the body without any physical contact, is hard to grasp.

RESTORING THE BALANCE OF THE BODY'S CHAKRAS IS THE ULTIMATE GOAL OF REIKI



IT IS NOT NECESSARY TO TOUCH THE PATIENT



“After one session, he slept through the night for the first time in years.”

Until they try it, claims Oliver. "I had one client who had been on strong painkillers due to chronic lower back pain for years, and he decided to try reiki, despite his reservations, as a last resort. After one session, he slept through the night for the first time in years."

Another of her clients came in for depression. "She was on a lot of medication before she began reiki but with a course of daily sessions she was able to come off it all." According to Oliver, depression or long-term conditions require more regular and intensive work because the negative energy blockage becomes more ingrained over time.

For many clients, Oliver will use a range of holistic treatments, combining reiki with other therapies that involve energy release. "Ultimately, it's about restoring the balance of the chakras and this is done by enabling the free flow of energy around the body. Reiki is just one way of achieving this and works well with other holistic treatments to put a person's body and mind back on a healthy track."



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High-intensity exercises are the most efficient for hammering fat and calories; what's more, they continue to burn during and after your workout.

There are hundreds of different exercises you could do—I'm not going to list them all, but I'll give a round-up of the type of exercise you should be doing to burn fat in the fastest possible time.

Using free weights—or just your own body weight—whole body circuits provide one of the best fat-burning workouts and will work your arms, legs and core.

High-intensity training first became popular in the early 'Seventies

Do six different exercises per circuit, at high intensity for 30, 60 or 120 seconds, with 15 or 30 seconds' rest in

between. To start with, try combining squats, V-sits, T-push ups, multi-directional lunges, crunches and off-set push ups.

All core exercises can be combined into your own specific circuit: do what you like to do and what you can feel working.

My favourites are squats because you can vary the load, or include lunges and free weights. Your overall fat loss however will be down to your diet, which needs to be healthy. Combine this with intense, fat-burning exercises and you will lose fat quickly.

Your diet is tremendously important because no matter how much you continue to work out or how many exercises you do, if you eat foods high in fat and calories you will not lose fat.

Running in *extremes*



One for the fitness nuts, **heat training** can produce results as long as you do it right.

Heat running is becoming increasingly popular among extreme athletes. In less sun-soaked parts of the world, it is a sport pursued with intense devotion. California's Death Valley, the hottest place on Earth, for example, sees the annual Badwater/Whitney race, in which hundreds of competitors run and cycle through the searing heat.

But rather than running in heat for the sake of it, many athletes use heat training as a way to improve their games at regular temperatures. Tennis star Andy Murray famously used heat training to greatly improve his game, and several English Premier League football clubs have come to the UAE for summer training mixed with rest and recuperation. And the armed forces benefit similarly from heat training.

"Normal exercise in intense heat can really improve your fitness," said James Jackson, a former infantry soldier living in Dubai. "It makes you sweat out all the toxins in your blood, and it can train your body to better manage its water—if you keep yourself hydrated."

Jackson's point about staying hydrated is hugely important:

"Normal exercise in intense heat can really improve your fitness."

all of the literature on heat training places extreme emphasis on drinking plenty of water. The general consensus is that it is better to hydrate constantly in the hours leading up to exercise in heat, drinking small to medium amounts. And while training, doctors advise drinking about half a bottle of water every 20 minutes.

There is more advice as well, given the potential danger involved with heat training. Doc-

tors advise on wearing lightweight, light-coloured clothing, made from microfibre polyester fabrics. People training in heat are advised not to wear cotton, as the fabric holds water, slowing it from evaporating, making for heavy clothing. Sunscreen and sunglasses are also a must, as sunburn can seriously affect stamina levels.

Despite the intensity of heat-training, many experts are quick to point out that extreme cold training can be just as effective at boosting fitness. Aside from the lack of oxygen, cold is a big factor in the difficulty of high-altitude training.

"I'd say that running in extreme heat is easier than running in the extreme cold," said Jackson. "You can still take in the oxygen you need in the heat, and your muscles warm up quickly. I think I was fitter after the cold training than I was after the heat training."

It would appear, then, that any kind of extreme climate training can do wonders for boosting fitness. And once an athlete is acclimatised to the conditions, his or her abilities soar under normal circumstances.

However, unless Ski Dubai begins hosting fitness sessions, heat training will likely be a more popular choice among residents.

IT IS ESSENTIAL TO STAY HYDRATED IF YOU TRAIN IN DUBAI'S SUMMER HEAT



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From hotel stays to exclusive dinner invitations, one of our 5 daily prizes could be yours this week.

Just visit our Facebook page each morning for instructions on how to enter, and then be ready to join in the fun between 12 noon and 1pm in the afternoon.

Anybody can compete and win.

The Lunch Stories competition will take place on Facebook from Sunday to Thursday between 12 noon and 1pm. Full instructions will be given via our Facebook page in the morning prior to each contest. We will award one prize every day, and winners will be notified through Facebook.

facebook



Read.

Vox pop

What makes you stressed?

Sanjeev Parayil
Banker, Deira



Being away from my family makes me stressed. I also get stressed when I'm

hungry or eat food that is not up to the level of what I would expect. To deal with stress I distract myself by going for a walk or watching a movie.

Farrukh Khan
Property consultant, Silicon Oasis



Traffic and parking causes the most stress for me. When the roads are busy

and everyone is beeping and cutting into lanes it makes me feel stressed, so I try to avoid it by leaving the car behind and taking the Metro.

Phoebe Ubante
Communications assistant, Karama



I mostly get stressed when I'm travelling, especially if I have to travel for

long distances. I find that the best way to calm down is just to rest and unwind when I get home after the journey.

Shariekh Sheikh
Business developer, Bur Dubai



Like many other people in Dubai, I guess, the thing that usually stresses

me out most often is anything really to do with work.



Don't go short of water this summer

Fruit and vegetables are the perfect prevention for dehydration.

It might be cool in your air-conditioned office, but it's a different story outside. And even if you try your best to stay away from the heat of summer, it is still important to be sure that you are doing everything you can to stay hydrated.

But no matter how we shelter from the sun, life in Dubai means that we share environments that fluctuate between full-blast A/C and the high, humid temperatures outside. As a result, it is easy

for us to become confused as to what our bodies need to stay at the peak of performance in summer, according to Belinda Rennie, one of the UAE's top nutritionists, who is based in Dubai.

"Air conditioning reduces humidity, and so dries out the mucus membranes, affecting the throat, sinuses and skin," she says. "I always tell people to drink at least two litres of water per day, giving them a programme that includes two 500ml measures of water in the morning, and the same again in the afternoon. Of course over-consumption of caffeine doesn't help, as it dehydrates, as do car-

bonated drinks. Instead, herbal teas and fresh-pressed veg and fruit juices are good—with the emphasis on the vegetables. I don't recommend carton juices as they are often very high in sugar, which again is not very hydrating.

"One of the best places to drink is in the car: always have a bottle with you when you are driving. But you should never use a plastic container—when water sits in plastic too long, harmful chemicals can leach into it. Also, the quality of water is really essential. I urge people to install a filter in their homes for tap water. Forbes

“Fresh-pressed veg and fruit juices are good, with the emphasis on veg.”



water filters are good, and you can get them from Better Life at Mall of the Emirates. Another brand is Eva from Korea, and it is really wonderful because it filters water through a series of different rocks so that it picks up their minerals. We have one at home and have been doing tests, finding that it is definitely the ‘rocky’ one which tastes better too.

“You can help out your kidneys through what you eat as well as

drink. Having a fresh fruit and veg diet means you’re getting biological water which already has complex minerals in it, which are then more easily absorbed. To keep the kidneys balanced, parsley, tabouleh, celery, cucumber and leafy greens are really good, as are black beans, interestingly enough. Water-rich fruits are great too: watermelons, apples ... actually, most of them are. Just have less of the bananas and dried fruits.”



AND NOW TRY THESE CHINESE TIPS

- Moisture contained in vegetables is pure, clean, and nutritious. It is said the effect of eating 500g of vegetables is equal to drinking 450ml of high quality water.
- Cool tonic vegetables can clear the heat, excrete toxins and quench thirst. Eat more cucumber, tomato, watercress, celery, eggplant and lettuce.
- It is easy to catch intestinal diseases during the summer, so eating more garlic, onion and chives can help prevent this.
- Watermelons are rich in potassium salt. Don’t refrigerate a watermelon for more than three hours.
- Tomatoes can clear heat and expel miasma.
- Pears are viewed as “natural mineral water”, and the best fruit for skincare.
- Strawberries have the ability to relieve summer heat, ease bad temper and alleviate a fever.

One of the biggest problems seems to be the lack of minerals due to Dubai’s desert climate.

“I speak to a lot of people who don’t eat salt—they think it’s bad for you. But it actually helps to maintain minerals and hydrate us, as well as distribute nutrients around our body. So certain types of salt are great, for example Himalayan rock salt.”

She also highly recommends Schussler tissue salts. These are a range of supplements that cover the 12 tissue salts that every individual cell in our body needs to

function properly, and are taken to restore the natural balance of our system.

“In an environment like Dubai, we don’t get minerals from the soil or the water, which is de-salinated, and on top of that we lose them when we sweat.” In fact we lose seven grams of minerals every day, which we need to replace by what we eat and drink.

People often complain of lacklustre hair, and even hair loss, in Dubai, and this can also be put down to the quality of water and overall diet.

“A lack of minerals in the diet can affect the hair, which needs silica, iron and protein. The stressful lifestyle that many of us lead in Dubai is also a factor, as stress affects hormones, which affect hair.”

So what’s her best advice?

“It begins and ends with minerals really. Make sure your water comes from a good source and is filtered; avoid caffeinated and soda drinks, and eat healthy salt.”

Belinda Rennie is a nutritionist working in Dubai. Visit her website www.lifestyle-uae.com.

ON THE COUCH



XIMENA GUINGUIS, PSYCHODYNAMIC COUNSELLOR

Stay calm: don’t be left in a rage

We are constantly interacting with our world, evoking different levels of psychological, emotional and physical demands. Drivers are exposed to additional stress because of traffic, and this can have a number of physical and mental consequences, from tiredness to sleep disturbances.

Dr David Lewis, the psychologist who is credited with coining the phrase “road rage”, warned that stress from traffic congestion could raise blood pressure and lead to serious issues. Also, psychologically and emotionally, we may experience moodiness, anxiety, irritability and agitation.

Imagine driving to work in a relaxed and happy mood. Suddenly, a driver cuts you up, which immediately tenses you physically and creates anxiety, anger or rage. This changes your initial mood, and can impact on other activities for the rest of the day.

Commuting also means spending many hours in a car, which can be seen as life stress that we cannot change. Accepting this situation will help to deal with the experience in a more positive and constructive manner.

In addition, it is important to get enough sleep and relaxation. Try to plan ahead and manage your time in order to engage in enjoyable activities. Recognise when you are tired and do something about it, otherwise you will be more vulnerable to interpersonal conflicts, which makes life more difficult and less positive.

Since 1997, American psychologists have been working to certify road rage as a medical condition.

ASK THE EXPERT



JUMANA QAQISH
PHYSIOTHERAPIST
SYNERGY MEDICAL CENTRE

How do I get rid of my neck pain?

Almost two thirds of people will suffer from neck pain at one stage in their lives. There are many reasons for this, with the most common causes being an injury sustained in an accident or fall, degeneration of the disc or joints, compression of the nerve roots or simply incorrect posture.

A common symptom associated with neck pain is headaches, which can feel migraine-like and are usu-

ally situated at the back of the head or sometimes spread to one side of the face. Common tender points that can occur from neck pain are the back of the neck, on the top of the shoulder and above or between the shoulder blades.

Ruling out intervertebral discs or joints pathology, the cause of the pain would most likely be due to muscle imbalance, often caused by poor posture when sitting at a computer for long working hours. The muscles above the shoulder blade attached to the neck would be short and tight—which we call spasm—whereas the muscles

below the blade are overstretched and weak. Muscle imbalance, if left untreated, will eventually affect the integrity of the neck curve, causing gradual damage to internal joints and discs, leading to chronic pain.

After a thorough examination, a physiotherapist will provide tailored stretching, strengthening and motor control exercises for the deep muscles of the neck, as well as information on neck/shoulder posture and patient advice on ways to adjust the ergonomics of the working environment to avoid further damage.

The banquet *boat*



We drop in for a dinner cruise on the **Bateaux Dubai**, a pocket of Paris on the emirate's central waterway.

RESTAURANT

A little bit of the Seine on the Creek, by its name alone Bateaux Dubai clearly comes from a Parisian concept. But transferred to waters far warmer than those of Paris's watery artery, this dining restaurant looks at ease with its surroundings.

We jumped on the chance to try it for the first time last Friday armed with discount vouchers, which cut the standard price of Dh245 per person for an evening cruise, a four-course meal, welcome drink, and tea and coffee by half.

On our arrival at the Bateaux Dubai quay in front of the British Consulate, we were greeted by the boat's crew looking shipshape in crisp, white naval uniforms. Below a massive glass canopy, the 36-metre long vessel has space for 200 to dine indoors in what feels like an airy cabaret lounge complete with piano and entertainer. The majority of diners had booked in advance with only a couple of tables left.

We began the meal with starters of tandoori spiced kingfish and warm king prawns with artichoke, capers and tarragon pesto,

the portions large enough to be a main course each. The fish offered a good level of spice and was perfectly cooked, while the tangy accompaniment to the prawns was not overbearing, as could easily have been the case with such a combination of ingredients.

While our companion chose a land dish of Australian beef tenderloin, caramelised shallot and boulangère potato, we chose to continue the nautical theme for the meal with an entrée also from the sea, with coconut poached barramundi with sweet potato gratin and aromatic green curry.

“We were greeted by the boat’s crew looking shipshape in crisp, white naval uniforms.”



EVER-CHANGING VIEWS FORM THE HALLMARK OF THE BATEAUX

Cooked to perfection, the beef was tasty and high quality and complemented by rich sides in a portion that was just the right size. The fish, meanwhile, combined well with the green curry to create an unusual but memorable dish.

The dessert selection was quite plain in comparison, and our crème brûlée did not deviate from the time-honoured norm. Our companion's cheese selection, meanwhile, was good although

it was only accompanied by one slice of bread.

While the food was good, much of the novelty of dinner on a boat comes from the sailing, and the views from the water. This alone was worth the cost of the meal, as the boat sailed up the Creek to the Floating Bridge and back via Shindagha. With plenty of room outside to enjoy the views, it makes for a wonderful end to a good meal.

The American Granddaughter

by Inaam Kachachi

BOOK

Does the world need another fictional inquisition into the occupation of Iraq? When it is as poetic, emotive and delicately wrought as Inaam Kachachi's *The American Granddaughter*, then yes.

Recently translated into English, this thought-provoking novel relays the story of Zeina, a young American-Iraqi who returns to Iraq as a translator for the US occupation forces. Her earnest desire to learn more about the land and family she was forced to leave as a child leads Zeina on a voyage of self-discovery filled with anger, trauma and despair as she encounters the disapproval of her Iraqi grandmother.

Paris-based Kachachi's characterisations fall a little short when it comes to Americans but her portrayals of Baghdad and the people Zeina encounters there more than

make up for her slightly wooden US troops. What really makes this novel worth reading, however, is its depiction of dual nationality and of a woman caught between two shores, desperate to embrace the homeland of her youth but unable to fit in.

IF YOU LIKE THIS, TRY...

The Dark Side of Love
by Rafik Schami

A dead man hangs from the portal of St Paul's Chapel in Damascus. The roots of the case lie in a blood feud that reaches back to the twentieth century. Linked to it is a love story doomed to tragedy.

Gate Of The Sun
by Elias Khoury

Yunis, an aging Palestinian freedom fighter, lies in a coma in a refugee hospital outside Beirut. In an attempt to revive him, Dr Khaleel tells Yunis stories of their people's exile in Lebanon.



Rave On Buddy Holly

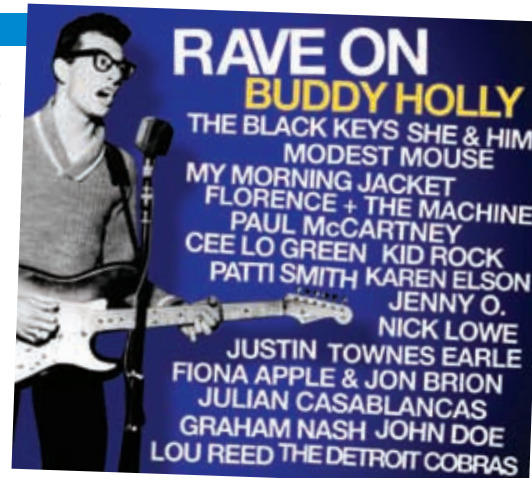
A moving tribute ★★★★★

ALBUM

Buddy Holly may have reeled out an impressive body of chart-topping, vintage tracks but for his many die-hard fans, the 'Fifties popstar tragically couldn't produce nearly enough in his short life. Now, with the release of the tribute album, *Rave On Buddy Holly*, there is finally a fresh way to enjoy the bespectacled star's work.

Boasting an all-star line-up, including Paul McCartney, Lou Reed, Florence and the Machine, Modest Mouse and Patti Smith, this is not the usual slavish, sloppy testament to a musical idol that so often characterises a tribute album.

McCartney gives *It's So Easy* his all, enthusiastically belting out the catchy track, while Smith and Reed pour a similar gusto into their re-



spective renditions

of *Words of Love* and *Peggy Sue*.

Except for a disappointingly imitative version of Holly's crooning love ditty, *Everyday*, from Fiona Apple and Jon Brion, almost every song on the album has brought something new to the original.

Most, however, still manage to retain the toe-tapping buoyancy that gave Buddy Holly his name and keeps his music alive 50 years after his death.

9:41 AM

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DRIVE THE CHANGE

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MUSIC
BEAT

GEORGINA ENZER
WWW.METALITYUAE.COM

Dubai's meeting
point for metal

In June 2010, I noticed that none of the underground UAE rock and metal bands were getting any kind of decent coverage in the media, whether that was via radio stations, newspapers, blogs, websites or magazines. Therefore, my website was born as a way of getting those voices heard, and is now a place that any rock or metal band in the UAE and, more recently, the region, can access to get their stories and music out there.

Since setting up Metal-ity UAE, the idea has really caught on and several other blogs and websites have started finding ways to support local music, which has been great news for local bands. During my 12 months in the local music scene I have seen some amazing talent just begging to be heard. Young bands, particularly those under the age of 21,

have a very hard time getting gigs because of the age restrictions, and only the very lucky few get a chance to play.

Therefore, I would like to share a few of my favourite upcoming bands with *Read* readers who may not be aware of the underground local scene. This year, I will be keeping my eye on a few bands in particular, such as Midway, Coat of Arms, RiffRaff, Revolution Junkies, Osprey and Billy Bob's Blood Drenched Brew. Hopefully we can continue support the amazing talent that is right here in this country and this region, rather than focusing on what Beyoncé had for breakfast.

Follow our
Facebook page this
week for a look at
Metality's birthday
bash

Get Rid Of My Wife

When: July 22

Where: First Group Theatre, Madinat Jumeirah

THEATRE

Promising to be a "non-stop laughathon", *Get Rid Of My Wife* is premiering in Dubai after enjoying full-house shows in India and Hong Kong.

The slapstick comedy play in English features top Bollywood and TV celebrities, with director/actor Paritosh Painter, dubbed India's "king of situational comedy", at the helm of a ship that will have you rolling on waves of laughter.

Following the trials and tribulations of three friends, one blind, one deaf and one dumb, it is fun aimed at audiences of all ages.

The three friends live together and rack up a number of impressive debts. When a goon is hired to recover their outstanding bills, he soon realises they will never be able to make the repayments. So he has the idea of offering them a job instead: to kidnap the wife of a rich industrialist. And then the rollercoaster ride begins.

Obero Events is known for hosting premier theatre nights, such as the blockbusters *Dhoom Dubai* and *Dubai Rocks*, and has chosen well once again with

Painter's first offering on his return to theatre after his more recent stint in screenplay writing.

Find out if the hilarious trio succeed in their mission: book online at www.madinatheatre.com, or call the box office on 04 366 6546. Shows start at 6pm and 9.45pm.



West Side Story

When: July 19-23

Where: Centrepont Theatre, Barsha

MUSICAL

The acclaimed Broadway musical, *West Side Story*, is making its debut in Dubai with production company Spotlight Academy at Ductac, following their huge success last year with *Hairspray*.

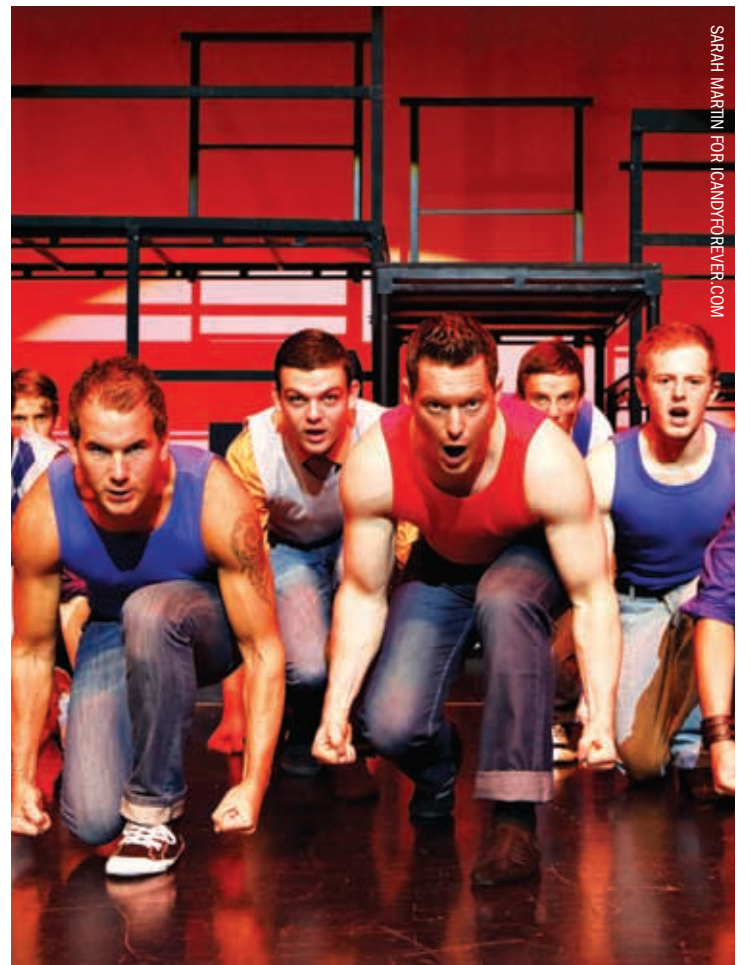
The Jets and the Sharks, two warring New York City teenage gangs, and star-crossed lovers Tony and Maria have crept into our lives even if we don't realise it, with songs like *I Like To Be In America* and *I Feel Pretty* part of our collective song lexicon (and the latter one wonderfully immortalised by Jack Nicholson and Adam Sandler in *Anger Management*—excuse the digression).

The white Jets gang is led by the charismatic Riff, and the Puerto Rican Sharks by Bernardo. When

Tony, a reformed member of the Jets and best friend of Riff, meets Maria, the sister of Bernardo, at a dance, events are set in motion that are destined to spiral into tragedy.

This adaptation of Shakespeare's *Romeo And Juliet* is now a classic in its own right, and with a fusion between Dubai's best local performers and the UK's leading West End stars, Ductac's production promises to deliver a thrilling musical show with spellbinding choreography that captures all of the magic and heartbreak of the original.

You can see one of the greatest love stories of all time at Centrepont Theatre from Tuesday July 19 until Saturday July 23, showing at 2.30pm and 7.30pm. Ductac's box office on 04 341 4777.



SARAH MARTIN FOR ICANDYFOREVER.COM

A celebration of the human form

When: Until July 28

Where: The Majlis Gallery

ART

"The child that came from the city of Hama, with its detached stony houses, narrow alleys, scent of jasmine and music from the water wheel, still lives within me," says Mohammed Dib Masri, who is currently exhibiting his latest collection at The Majlis Gallery.

"I still see the light and hues of my country, as they mutate through the seasons, defining time through colour, sound and taste."

Masri has proved popular whenever he has exhibited here, and this time his paintings offer a whimsical and decidedly romantic take on his fascination with the endless variety of human life. The human figures portray these subtleties and are infused with memories from his own upbringing, adding a delicate nostalgia to them.

This is an evocative exhibition, leaving the viewer thoughtful and quiet, while the nameless subjects act as reflections of the various emotions and relationships we hold within ourselves.



Camp Rock: The Musical



When: July 11–16

Where: First Group Theatre, Madinat Jumeirah

MUSICAL

The first night of *Camp Rock* was a packed-out, full-house affair. The audience was, unsurprisingly, made up mainly of parents and their excited offspring.

The music started the minute the curtains came up, and continued almost without stopping, as if the script were set entirely to music—only a few talking bits joined up the plot dots.

However, the story had all the right mix of ingredients: rivalry between two camps, a meeting between the two that leads to an ultimate showdown, with a spot of romance in between.

The male lead was Liam Doyle, who played Shane, the love interest of high-spirited and musically-gifted Mitchie. Doyle is already

a musical veteran, having been chosen to play Zac Efron's character, Troy Bolton, in the UK's *High School Musical 2*. His skill was matched by that of the other leads, in particular Mitchie and Tess, the spoilt "camp diva."

All good fun, and for kids of a certain age, it hit all the right notes in the way *Grease* has done before it. The music numbers had a few minor sound hiccups, albeit expected on a first night, while the high energy that went into the routines, and the excellent choreography, more than made up for these.

Most of the dances involved many of the young performers, and the stage was filled with a jiggling wave of smiling faces in bright-colours and denim: the kids in the audience were hooked from the word go.

Always the *bridesmaid...*

Critics have touted the latest Judd Apatow picture, *Bridesmaids*, as the female equivalent of *The Hangover*. They were right.

NEW RELEASE

After the recent run of male-dominated gross-out comedies, it was only a matter of time before someone decided to try the same formula, but with women. With films like *Old School*, *Superbad* and *The Hangover* creating a genre of their own, women in comedies lately seem to have taken the supporting roles and let the guys run wild.

Bridesmaids is about to change all that. Produced by the powerhouse of bad-taste comedy Judd Apatow—the guy behind *Knocked Up*—this is no average chick flick.

Star Kristen Wiig's first showbiz role was in *Joe Schmo*, a take on *Big Brother*, but with all the characters being actors except for one unsuspecting stooge who wasn't in on the joke.



The film focuses on a group of—you guessed it—bridesmaids, who are thrown together by a friend's upcoming nuptials. Lead character Annie (Kirsten Wiig) is unlucky in business, love and life in general; after her bakery company failed, she lost her boyfriend, her life savings, and now works in a jewellery store selling engagement rings. However when her lifelong friend Lillian asks her to be maid of honour at her wedding, Annie is forced to throw herself into the wedding preparations.

However, she is met with unexpected competition from Lillian's new friend, Helen, a stuck-up socialite who seems set on sabotaging Annie's maid of honour duties.

In keeping with the hit format of films such as *The Hangover*, the road to Lillian's wedding is littered with errors, bickering, mistakes



and mix-ups, and the comedy is piled on thick and fast as the big day draws near, with Annie and Helen's battle to be the best bridesmaid getting dirtier by the day.

While we are on the subject of dirt, don't expect the jokes in this film to be particularly clean. Some of the scenes are quite honestly grotesque, but given that fans of the genre know just what they are in for with an Apatow production, these are unsurprisingly the scenes that produce the biggest belly laughs from the audience.

A particularly memorable se-

“The road to Lillian's wedding is littered with errors, bickering, mistakes and mix-ups.”

quence involves the bridesmaids attending a Brazilian lunch before a dress fitting, only to be struck down with a case of food poisoning while trying on their gowns.

The movie is not just an extended toilet humour joke. The most commendable achievement of the team behind *Bridesmaids* has to be how accessible the film is for both genders. While at first glance the movie seems to be packaged as a girlie film, the majority of the jokes can be related to by both men and women due to the honest and genuine writing, and one of the most surprising factors is that—unlike many other films—the funniest parts of the movie have not been given away in the trailer. Obviously fans of the *Superbad*-style genre will know what to expect from this type of movie, and will not be disappointed by the fact there are hundreds of toe-curling crude moments and cringe-worthy situations. Though perhaps it is not a film to take your grandmother to.

Bridesmaids opens in cinemas July 21



FILM FACTS

● Melissa McCarthy, who plays Megan, and co-star Ben Falcone, Air Marshall Jon in the film, are actually husband and wife off screen.

● The cast originally spent two weeks improvising with each other on camera, some of which eventually made it into the movie.

● Maya Rudolph, who plays bride-to-be Lillian, is the daughter of the late singer Minnie Riperton, most widely remembered for her 1975 hit *Lovin' You*.

Bollywood news

ZNMD RIPE FOR RELEASE

One of the year's most hotly anticipated Bollywood flicks, *Zindagi Na Milegi Dobara*, is released in Dubai this week, with Katrina Kaif and Hrithik Roshan two of the stars of the ensemble cast. The film focuses on a group of best friends taking the road trip of a lifetime, with Land Rover having supplied a Discovery 4 model for the filming.

KHAN BECOMES TWITTER MILLIONAIRE

Bollywood superstar Shahrukh Khan has reached a milestone after the number of his followers on Twitter topped the one million mark this week, only a year and a half after he signed up to the micro-blogging site. He tweeted “Celebrating the million mark by watching *Bambi* with my daughter. Feeling the warmth... thanx all. Love u.”

KAPOOR AND KHAN STILL AN ITEM

Fed up with constant rumours surrounding her love life, Bollywood actress Kareena Kapoor has hit out at those who suspect a break-up between her and Saif Ali Khan, claiming that they are very much still a couple. Speaking at an event to launch a new range of laptops, the star said “There is nothing to clarify this. [[The rumours] are not true at all. We are together.”



SILVER SCREEN

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EXECUTIVE



The future of Harry Potter

This week has seen the UAE release of the concluding film in the Harry Potter franchise, and the scale of success in both fans and dollars is staggering. The total worldwide box office gross for the first seven movies stands at \$6.3 billion, and with the final episode expected to exceed \$1 billion, this takes Potter to the top of the franchise table. To put this into perspective, the entire US box office in 2010 was worth \$10 billion. It's quite something.

After success of this magnitude, what next for the stars? Likely destined to be forever known as Harry, Daniel Radcliffe will have a tough time shaking off the wizard's spell, however he was well received in *December Boys* and has completed shooting *The Woman In Black*.

Rupert Grint is regarded as the most talented of the three Potter leads. Since completing Potter, has been the most prolific with *Cherrybomb* and *Wild Target* already released, and four more projects lined up.

While the boys may well always be Harry and Ron to audiences, the star with the brightest future appears to be Emma Watson. She has quickly transformed from the young Hermione Granger into something of a style and fashion icon. She has two independent movies in production, *The Perks of Being a Wallflower* and *My Week with Marilyn*, and appears destined to reinvent herself as a credible and successful adult actor.

Follow Grant
on Twitter via
@dxbbluey

Reviews *in brief*

A quick look at last week’s biggest films.



Mr Popper’s Penguins ★★★★★
Jim Carrey, Carla Gugino, Madeline Carroll

Jim Carey stars as Tom Popper, a man who grew up having very little interaction with his father, and now has little interaction with his own children. One day his father sends him an unusual package: six penguins, to the delight of his children. This is a predictable family-friendly film, which will have the kids laughing, as well as the parents. While the film has received mixed reviews, if you are after a light-hearted comedy, this film delivers what it says on the box.

Bombay March 12 (Malayalam)
★★★★★

Mammootty, Roma, Shaari
Malayalam film *Bombay March 12* is scriptwriter Babu Janardhanan's debut directorial venture, with Mammootty starring in the lead role. The film looks at Mumbai in 1993 and the bomb blasts that rocked the city. Sameer (Mam-mootty), a sweeper who is always on the police radar whenever there is trouble because of his family connections, is the central character in this promising debut for Janardhanan.



Zindagi Na Milegi Dobara (Hindi)
Hrithik Roshan, Farhan Akhtar, Abhay Deol

What makes *ZNMD* such a highly anticipated release is the presence of such a strong star cast. Directed by Zoya Akhtar and produced by Ritesh Sidhwani and Farhan Akhtar, *Zindagi Na Milegi Dobara* is one of those films that seems destined to rake in viewers in the millions. The storyline revolves around a road trip and demonstrates a strong bond of friendship among the young characters. This movie promises great music, drama, romance and, of course, the cast, but will all that be enough? Let us know what you think – email letters@readme.ae

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Harry Potter 7 (3D) - 11:40, 14:20, 17:00, 19:40, 22:20, 01:00
Harry Potter 7 (2D) - 10:40, 13:20, 16:00, 18:40, 21:20, 12:00
Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (2D) - 09:30, 12:30, 15:30, 18:30, 21:30, 00:30
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 00:00
From Prada to Nada - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Larry Crowne - 10:15, 12:30, 14:45, 17:00, 19:10, 21:25, 23:40
Honey 2 - 11:00, 13:10, 15:20, 17:20, 19:35, 21:45, 23:55
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:50
Hanna - 20:00, 22:00, 00:00
Zindagi Na Milegi Tobar - 10:30, 13:30, 16:30, 19:30, 22:30
Delhi Belly - 10:00, 12:30, 15:00, 17:30
Murder 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

GRAND MEGAPLEX - IBN BATTUTA

Harry Potter 7 (3D) - 10:30, 13:10, 15:50, 18:30, 21:10, 23:50 **IMAX** - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Harry Potter 7 (2D) - 11:30, 12:30, 14:10, 15:10, 16:50, 17:50, 19:30, 20:30, 22:10, 23:10, 00:50
Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (2D) - 21:30, 12:30, 15:30, 18:30, 21:30, 00:30

Cars 2 (2D) - 11:00, 13:20, 15:40, 18:00, 20:20, 22:40, 00:50
From Prada to Nada - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Kung Fu Panda 2 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
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Fast Five - 10:50, 21:00, 15:10, 17:20
Bombay March 12 - 10:30, 13:30, 16:30, 19:30, 22:30
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
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22 Bullets - 21:00, 23:00
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
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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 - 19:30, 21:40, 23:50
GRAND CINEMAS - FESTIVAL CITY
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Transformers 3 (3D) - 11:00, 13:00, 15:00
Transformers 3 (2D) - 09:30, 12:30,



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

TIMES ARE CORRECT AT THE TIME OF GOING TO PRESS; HOWEVER, PLEASE NOTE THAT THEATRES CAN CHANGE TIMES WITHOUT NOTICE

15:30, 18:30, 21:30, 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

From Prada to Nada - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Larry Crowne - 13:10, 17:30, 21:50

Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:50

Honey 2 - 11:00, 15:20, 19:40, 00:00

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Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

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The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Murder 2 - 11:00, 13:30, 16:00

Delhi Belly - 18:30, 21:00, 23:30

Salt and Pepper - 10:30, 13:30, 16:30, 19:30, 22:30

Zindagi Na Milegi Tobara - 10:30, 11:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30

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Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Larry Crowne - 10:15, 12:30, 14:45, 17:00, 19:10, 21:25, 23:40

Zindagi Na Milegi Tobara - 10:30, 13:30, 16:30, 19:30, 22:30

Honey 2 - 11:00, 13:10, 15:20, 17:20, 19:35, 21:45, 23:55

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

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From Prada to Nada - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Larry Crowne - 15:10, 19:30, 23:50

Horrible Bosses - 13:10, 17:30, 21:50

Honey 2 - 10:50, 13:00, 17:20, 21:40

Zindagi Na Milegi Tobara - 10:30, 13:30, 16:30, 19:30, 22:30

HARRY POTTER



VOX CINEMAS - DEIRA CITY CENTRE

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Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30

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From Prada to Nada - 10:45, 13:15, 15:45, 18:15, 20:45, 00:15

The Stranger - 18:15, 20:15, 22:15, 00:15

Delhi Belly - 11:30, 16:30, 21:30

Zindagi Na Milegi Tobara - 10:00, 12:00, 14:00, 16:00, 20:00, 22:00, 00:00

Kung Fu Panda 2 - 10:00

The Wiggles - 09:30

Murder 2 - 13:45, 18:45, 23:45

Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 11:30

Hanna - 12:45, 17:15, 21:45

Horrible Bosses - 10:30, 15:00, 19:30, 00:00

VOX CINEMAS - MOE

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IMAX - 09:30, 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

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From Prada to Nada - 10:45, 13:15, 15:45, 18:15, 20:45, 00:15

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The Wiggles - 09:30

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Harry Potter 7 (3D) - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

IMAX - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15

Harry Potter 7 (2D) - 10:15, 11:15, 11:30, 13:00, 14:00, 14:15, 15:45, 16:45, 17:00, 18:30, 19:30, 19:45, 21:15, 10:15, 10:30, 23:15, 00:00

Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30

Cars 2 (2D) - 09:15, 11:45, 14:15, 16:45

From Prada to Nada - 19:30, 21:30, 23:45

The Wiggles - 09:30

Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 11:30

Hanna - 01:00

Zindagi Na Milegi Tobara - 10:30, 13:45, 17:00, 20:15, 23:30

REEL CINEMAS - DUBAI MALL

Harry Potter 7 (3D) - 12:00, 13:00, 14:00, 14:40, 15:40, 16:40, 17:20, 18:20, 19:20, 20:00, 21:00, 22:00, 22:40, 23:40, 00:40, 01:20

Harry Potter 7 (2D) - 10:00, 10:50, 11:40, 12:30, 13:00, 13:30, 14:20, 14:30, 15:10, 16:00,16:10, 17:00, 17:30, 17:50, 18:50, 19:00, 19:40, 20:30, 21:30, 22:00, 22:20, 23:10, 23:30, 00:10, 01:00

Transformers 3 (3D) - 18:20, 21:20, 00:20

Transformers 3 (2D) - 12:30, 15:35, 18:40, 21:45, 00:15

Cars 2 (3D) - 11:00, 13:40, 16:00

Cars 2 (2D) - 14:30, 17:00, 19:30, 22:00, 00:30

Horrible Bosses - 11:40, 13:50, 15:00,

16:00, 18:00, 18:10, 20:20, 21:00, 10:30, 00:05, 00:40

The Stranger - 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

From Prada to Nada - 11:10, 14:10, 16:30, 18:50, 21:10, 23:30

Hanna - 11:00, 13:20, 14:00, 15:40, 17:00, 18:00, 20:00, 20:20, 22:40, 23:00, 01:00

Mr Popper's Penguins - 11:05, 13:10, 15:15, 17:20, 19:25, 21:30, 23:35

Larry Crowne - 14:00, 16:10, 18:20, 20:30, 22:40, 00:15

Monte Carlo - 15:45, 20:15, 22:30

22 Bullets - 15:15, 20:05, 00:45

Honey 2 - 13:10, 17:40, 22:25

Bad Teacher - 13:30, 18:00, 00:45

Zindagi Na Milegi Tobara - 14:50, 17:55, 21:00, 00:05

MUSIC AND NIGHTLIFE

July 17 - **Suavemente Sundays**, Bartini, Habtoor Grand Hotel

July 18 - **Rock and Metal night**, Submarine, Bur Dubai

July 22 - **Stay With Me**, Armani Privé, Burj Khalifa

COMEDY AND THE ARTS

July 19-23 - **West Side Story**, Centrepoint Theatre, Mall of the Emirates

July 22 - **Get Rid of my Wife**, The First Group Theatre

Until July 31 - **Of Blind Men and Elephants**, The Empty Quarter

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

We asked cinemagoers what they thought after watching Harry Potter 7.

Grishma Goud

Deira

10.5/10



I thought Harry Potter was outstanding. It was amazing and it blew my mind. It had the best ending it could possibly have had and I hope that there will be a continuation, as I feel sad that it's over.

Faisal Ali

Visitor

8/10



I really liked the movie and thought it was good that the film made sense even if you haven't read the books. I do think it's definitely going to be the last Harry Potter film though.

Tanvi Gupte

Bur Dubai

7/10



To be honest, I expected a lot more action really and thought it was slightly disappointing. Having said that, I would definitely like to see them make another Harry Potter movie, though.

Home *safe* home

Insurance is always a good policy, but what cover do you need and how much does it protect?

You close the door, drop your briefcase, sit down and relax. There is nothing quite as comforting as knowing you're safe and sound in the company of loved ones. That is what home means.

But how well protected are you really? Do you know what you might be liable for, where your responsibilities lie as a tenant, or as an owner. What is the difference between living in an apartment and a villa? Actually, quite a lot, but not in the way you might expect.

We spoke to Samuel Thakkar, managing director of Earnest Insurance Brokers, in search of some expert answers.

First question, is home insurance mandatory? The answer may surprise you. There is no general legal requirement to have home insurance cover on what is technically known as an "individual dwelling unit" in Dubai, though since the passing of the Strata Laws in 2009, there is a mandatory requirement for insurance to be in place for all buildings with multiple occupants or owners, such as tower blocks and condominiums. This insurance is the responsibility of the owner of the property, and in the case of rented apartments, that is where it remains. However, if those apartments are sold to multiple owners, the responsibility for providing that cover passes to a legally established owners' association, usually on hand-over of the first unit. This protects the fabric of the building and provides owners with liability cover for all common areas.

However, what is inside the front door of your home is your own responsibility. If it is rented, there will usually be a standard obligation in your tenancy agreement to return the property to its owner "in the original condition". This means that any loss or dam-

age to the property, if inadvertently caused by you, or by someone else, is your responsibility. Broken fixtures and fittings would not be a problem, but what if your apartment catches fire and the smoke damages the one next door? You could be liable to pay for their repairs too. And the same is true in reverse, if your apartment is damaged by someone else, unless they are insured, you could find yourself landed with a big bill.

What happens about people you employ? If you have a maid under your sponsorship, or provided by an agency, you are still responsible for their health and safety. If they have an accident in your property, you might be faced with a substantial medical bill.

The answer to all of these dilemmas is to have appropriate insurance cover. There are basically two categories of policy—Owner's Liability, and Occupant's Liability—and the one you need depends on your individual situation. You may be an owner but not the occupier (you rent the property to someone else), an occupant but not the owner (you rent the property from someone who owns it) or you may be an owner and also the occupier (you live in the property you own).

To get the right policy, the best way is to talk to a professionally qualified insurance adviser, usually through the offices of a well established broker. As Sam Thakkar says, there are two major providers of home insurance cover, AXA Insurance and Royal and Sun Alliance (RSA), who compete for busi-

“What is inside the front door of your home is your responsibility.”

ness but provide largely the same range of cover. The choice between these two, or more specialist providers, comes down to your individual circumstances, and whether you want to include items of special interest or unusual value, such as paintings or antiques.

Here, the advice is more specific. Most policies are subject to a “Single Article Limit”, usually set between Dh5,000 and Dh10,000, above which all high-value items should be listed on the insurance proposal. What this means is that big-ticket items, such as large-screen televisions or expensive electronics, need to be listed accurately, ideally with model numbers and proof of purchase receipt. Things are more complicated in respect to jewellery, paintings

LOCK IT UP!

Any time you move into a new residence, it's worth changing the main locks and keys. If you're the new owner, it's up to you how far you go with internal doors and access, and if you are a tenant, you will need permission from your landlord (or get him to make the change for you). The reason is simple, you just don't know the history of your residence. Maids, gardeners, maintenance companies, watchmen, cleaners—there many different people with keys and access to your new property that you know nothing about. The simplest and safest way to ensure peace of mind is to install a brand new set of locks and keys that you control— that way, you know who has access to your home.

Another useful suggestion is to lock the internal doors of any room you are not using regularly or at night. That way, even if an intruder gains access to your property, they will be confined to a single room and denied access to any other part of your home. Always remember to lock external doors, sliding doors, windows and gates at night.

and antiques, and they should be photographed and valued, either with a jeweller's valuation certificate or purchase invoice. Again, proof of ownership is important. If such items are properly described, should they be lost, damaged or stolen then the policyholder can expect a “new replacement value” for the goods.

As always, the most important thing is to get professional advice. Any good broker will help you assess the extent of your liabilities, advise on an right level of cover and provide a competitive premium. Then all you have to do is close the front door, kick off your shoes and relax, safe in the knowledge that you are protected and insured against the unexpected.

WATCH IT!

CCTV systems have been getting cheaper, easier to install and more effective every year, and with the arrival of digital technology you can now install access and monitoring systems around your home for a fraction of what they used to cost. It's even possible to monitor the results from a remote location over the internet, and it's a great way to keep an eye on your property when you are travelling.

Mehar Nimkhedkar of IP Technologies can provide expert advice.



YOU CAN EVEN MONITOR YOUR CCTV FEED VIA THE INTERNET

GET ALARMED!

A smoke detector and alarm is essential safety equipment for every home, whether you live in a studio, apartment or villa. Prompt warning of a problem will allow you to deal with it more easily, or escape before you incur serious injury.

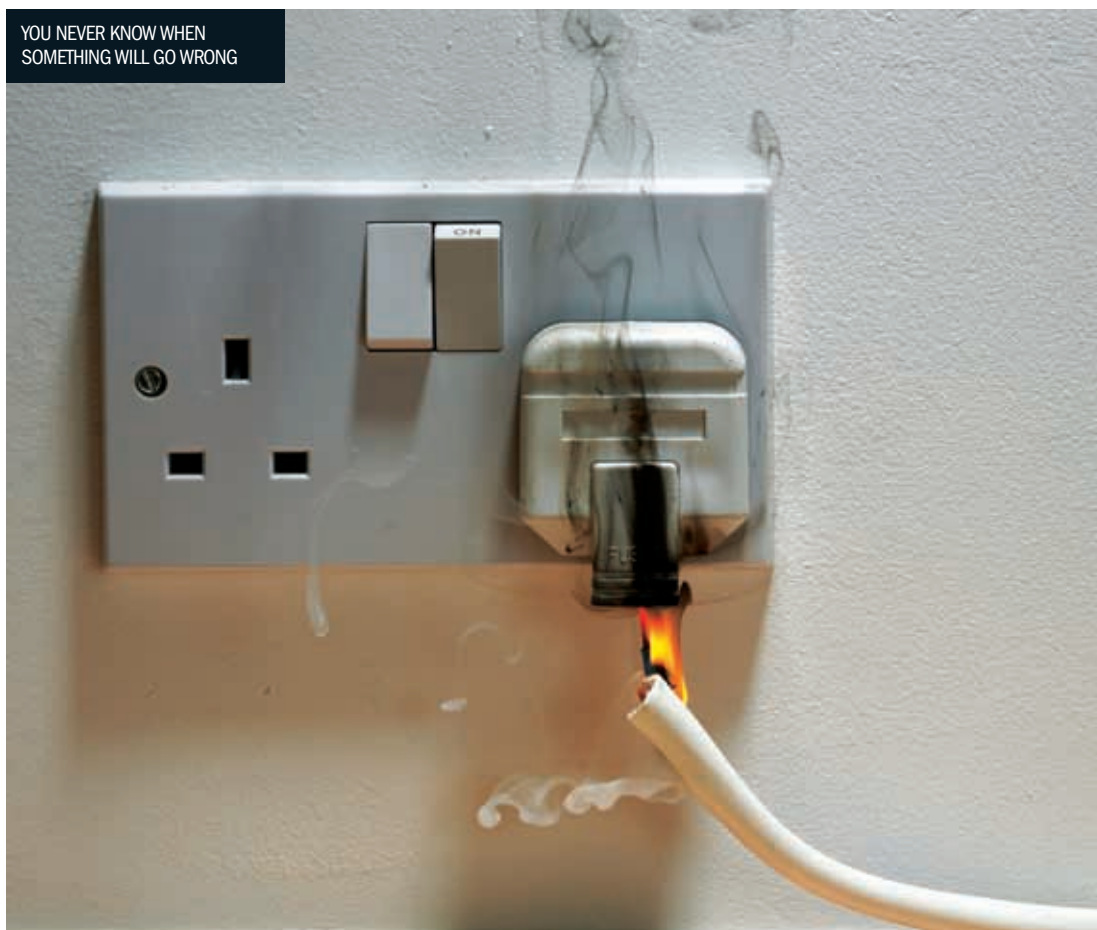
There are two kinds of detectors: photoelectric and ionization. The photoelectric kind uses a beam of light which if blocked by smoke sets off an alarm. The ionisation detector gives air an electric charge that stays constant unless a fire begins consuming oxygen from the air, which sets off the alarm.

Smoke detectors are invaluable in safeguarding your family as well as your home.

You should check them regularly to make sure they are in good working condition, otherwise they may not protect you in the event of a fire. Make sure the alarm is loud enough to wake up a heavy sleeper so you can respond before the situation gets out of hand.

Most good hardware stores and building supply companies in Dubai will be able to supply smoke alarms that you can fit yourself, or contact a professional electrician for advice and assistance.

YOU NEVER KNOW WHEN SOMETHING WILL GO WRONG



That's not a *Hyundai*!

Forget your preconceptions, the **2012 Hyundai Sonata** has come a long way since the days of shiny plastic.

ROAD TEST



No really, it is a Hyundai. Promise you. Sure, it's not a tin box, the interior's not plasticky and there's some style to it, but it is still a Hyundai. Okay then, suit yourself.

That's the sort of conversation you will have with your neighbours when you rock up in a Hyundai Sonata. Not the oldest of carmakers, the Korean brand has gone a phenomenal distance in the fortysomething years since its cars first appeared on the market, and the Sonata is testament to this: it blasts all preconceptions out of the water.

The year 2006 was a watershed for the Sonata. Before then, the whole package was a bit on the iffy side, with suspect quality, dodgy designs and plenty of shiny plastic. But since that date, things have gone uphill at a rate of knots.

Which leads us to the 2012 edition. The Sonata is now known for its quality and is a real competitor within the popular family market. Build standards have improved, design has gone through the roof with a style philosophy the company calls Fluidic Sculpture, and above all else, it has a jumped umpteen points up the desirability index.

Why? Just look at it. In the mid-size segment, which has

“The Sonata is now known for its quality and is a real competitor within the popular family market.”



HER VIEW

A woman's take on our car of the week

I've been driving a Honda Accord for the last 18 months, after having decided to buy it because it had a more distinctive design than many of its competitors. But now I've driven the Sonata for a weekend, I feel I have found a car that really does stand out from the others. Wrapped in a seriously bright red, it's the sort of car that people notice. My friends talked about it; colleagues spotted it. Even though it is in effect just another four-door saloon, it is quite imposing to look at. Inside, it has all the comfort and space my family needs, and it's easy to drive. It is also good for the purse strings as it is cheap to maintain and Hyundai is known for lengthy warranties, which currently run at seven years unlimited mileage.

Two thumbs up for the Sonata.

traditionally been conservative terrain, the fluid lines and complementary contours stand out as a sporty-looking car with no little class. A Hyundai with class! It's true.

The doors now shut with a thunk and the joints and gaps are narrower than ever before, outside and in. You get a new-found aura of stability and mass with the Sonata that, while certainly not near the quality of the premium manufacturers, can more than hold its own against its competitors.

The interior, too, has been vastly improved, with a new dash and higher-quality materials—even if they aren't quite as striking as the outside shape of the Sonata. Adding to an already well-stocked cabin, two notable additions feature on the equipment list—a standard auxiliary audio jack and an optional touchscreen navigation system. Beyond this, the cabin is spacious, comfortable and on the larger side of its segment.

Power from the efficient 2.4-litre, four-cylinder engine is competitive at 176bhp—there is also a smaller, 2.0-litre variant rated at 163bhp—and gets the job done while still returning good fuel economy figures. However, even with paddle-shift gears, there is still nothing of the sporty promise in its sure-footed practicality. The chassis is just what you need for SZR cruising and is nothing if not



comfortable and poised. Corners continue to be comfortable, and the suspension suppresses speed bumps adeptly, but don't sign a cheque for the Dh94,000 asking price (Dh70,000 for the 2.0-litre) if you want something with highly responsive steering and a sense of attitude.

But this is not what you would buy a Sonata for. The mid-size segment is a funny place; as mentioned earlier; designwise, few boundaries tend to be pushed, but still it has a massive market. Indeed, Toyota touts its Camry as the biggest-selling car in the United States for 13 out of the last 14 years.

Mid-size cars must be functional, comfortable and reliable because this is the domain of families without money to burn. They demand safety and value for money and are not so bothered about a showy piece in the garage. Cars that occupy this ground must be Jacks of all trades, something the Sonata is adept at. Hyundai has grown up.

SPECS
Engine: 2.4-litre, four cylinder
Power: 176bhp at 6,000rpm
Torque: 169lb-ft at 4,000rpm
Economy: 8.11 l/100km
0-100km/h: 9.5sec

“Corners continue to be comfortable and the suspension suppresses speed bumps adeptly.”



Latest Kinect for Xbox 360 games



Dance Central

Dance Central is a dance video game that features and tracks full-body dance moves. As it is for the Xbox Kinect, it is completely free from any controller, and every routine features fun choreography and authentic dances to master alongside a killer soundtrack of pop, hip-hop and R&B artists. Take it step by step with Break It Down, jump right in and bust a move in Perform It! or challenge a friend in Dance Battle. You won't just learn new dance moves, you'll own the dance floor.

Kinect Sports

Turn your living room into a world-class stadium, bowling alley, soccer pitch or track-and-field arena. With **Kinect Sports** you're not only the star player, you are the controller—through the magic of Kinect for Xbox 360. See a ball? Kick it. Spike it. Bump it. Even give it a little topspin. The first full-body, controller-free sports game that lets you physically compete with friends over Xbox LIVE, **Kinect Sports** feels exceedingly real as you set, bump and spike your way to victory.



Kinect games cost Dh199 ERP and are available from electronics/gaming stores across the UAE

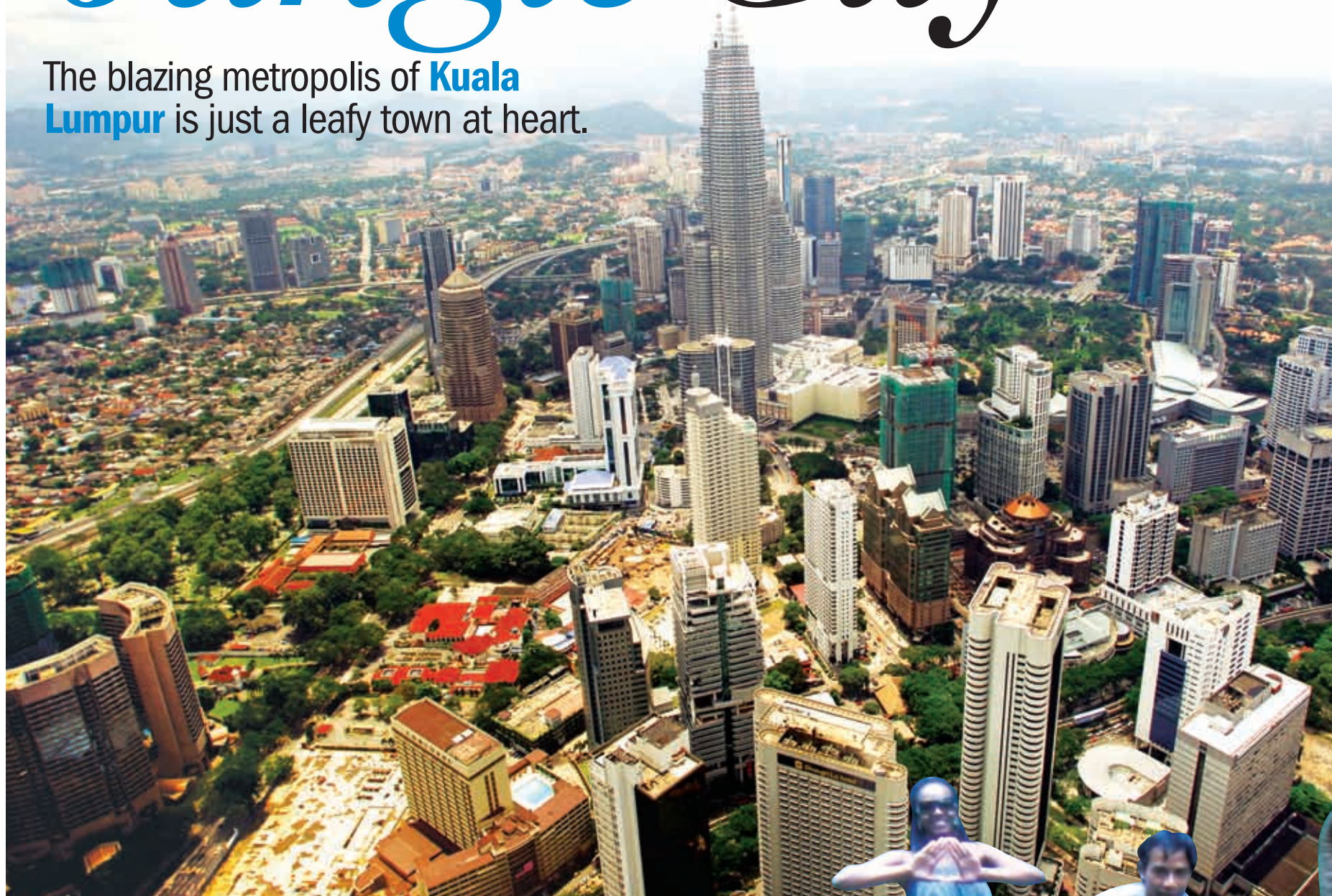


Your Shape: Fitness Evolved

Unlike other games, **Your Shape's** proprietary Player Projection technology puts your body into the game for what its makers call “the ultimate fitness experience”. Choose a personal trainer to help you meet your specific fitness goals, take a yoga or martial arts class, or play fun, family-friendly gym activities. As you exercise, you will receive specific feedback on your every move, thanks to the game's real-time precise tracking system.

The *Jungle City*

The blazing metropolis of **Kuala Lumpur** is just a leafy town at heart.



The tallest skyscrapers in Southeast Asia tower over historic temples and mosques in the cosmopolitan capital of Malaysia. People from all over the world rub shoulders in its state-of-the-art shopping malls and rowdy market places while streetside stalls offer steaming local dishes outside Michelin-starred restaurants.

Kuala Lumpur, or KL to veterans, started out as a humble tin-mining town but the 21st century metropolis of today is a far cry from those humble beginnings. Now, it's a haven for shoppers, a hub for businesses and a tourist honeypot, with plenty of luxury hotels, culinary attractions and sights to see.

Among the most popular of

these are the Petronas Towers.

The tallest buildings in the world until 2004, these magnificent structures retain the accolade of being the highest twin buildings. They afford an all-encompassing view of the city that takes in high-rise towers, leafy parks and bustling urban landscape.

However, as the Petronas Towers are the highlight of the city's skyline, it is the nearby KL Tower that offers the best view. The revolving restaurant at the top, Seri Angkasa, serves up delectable dishes before a postcard panorama of this vibrant city.

Down below, busy streets hum with people going about their daily business. Shoppers head towards Bukit Bintang, where some

Getting there

Emirates operates between three and four direct flights each day to KL; Malaysia Airlines operates five flights per week direct to the city. Most Arab nationals do not require a visa to enter Malaysia; South Asian nationals do require visas.



TOP PICKS

- **Hotel:** The Royale Bintang combines cheerful decoration with excellent service and a relaxing, palm-shaded pool area.
- **Restaurant:** Little Penang Café offers affordable set meals that include a selection of the tasty Nonya dishes that this state is famous for.
- **Day trip from KL:** Just an hour and a half from the city is the Elephant Orphanage Sanctuary, where tourists can feed, bathe and ride the elephants.

of the city's largest malls, like Pavilion and Berjaya Times Square, are located. Another favourite is the KLCC mall right below the Petronas Towers, where the big international brands compete with more elusive boutiques in a six-floor retail heaven.

Those seeking a more authentically Malaysian shopping scene go to Chow Kit Market, where tightly jammed stalls thrust everything from clothes, toys and stationery to live fish, noodles and spices

before passersby. In the surrounding streets are also plenty of shops that specialise in made-to-order songkok, the traditional Malay fez.

To get a real taste of local culture, wander along Jin Alor in the evening. Around 5 pm, the street transforms into a long open-air restaurant as people put out chairs and tables beside the road and place a heady range of Malay-Chinese dishes before diners. For something a little fancier, head to Bintang Walk—KL's upscale dining

PETRONAS TOWERS



and entertainment hub. The city also offers a feast of culture for active tourists. At the Batu Caves, tourists can climb 272 steps to see the colourful Hindu paintings inside, while Merdeka Square in the colonial district features a dramatic array of gothic towers and onion domes, set against a backdrop of skyscrapers.

Despite all this, Kuala Lumpur has managed to escape the enclosed, manic atmosphere of most modern metropolises. It may be bustling but it is still possible to tell that this was once jungle.

A short drive outside the city takes you back into the heart of the rainforest, where skyscrapers are replaced by towering palms, and the noise of the traffic and street hawkers is replaced by the gentle lumbering of elephants and the strange cries of tropical birds. The vestiges of this in Kuala Lumpur can still be sensed; it may be short on trees and wild animals but the exotic flavour of the jungle remains.

Vox pop

What is your preferred mode of transport?

Gaelle Nkuipou

IT administrator, Discovery Gardens



It would have to be a car. I like the idea of having a personal mode of

transport and being independent while travelling. I would choose a Land Cruiser because I like big cars.

Kanchan Punjabi

Business assistant, Bur Dubai



I would prefer to travel by boat. Most people travel by aeroplane

or car, so a boat would make a nice, relaxing change. Specifically, I would most like to travel by boat up the Nile.

Lucas Zierl

Waiter, Palm Jumeirah



For long distances, I would go by aeroplane, but for Dubai, I would use

the Metro. I like how planes allow you to see the world, but I don't like the risk of something going wrong.

Muhammad Idrees

Business analyst, visitor



I think the best way to travel is by aeroplane. It's less time consuming

so it lets you do more with the time you have at the destination. If I was going to a nearby island or a beach, it would be nice to go on a boat trip.

Life without television is just the ticket



THE COZY ROOMS DO NOT HAVE TV OR TELEPHONE

STAYCATION

The XVA Art Hotel is a little gem of Dubai. It is one of the few guest houses in a city full of skyscrapers and "world's tallest", and is found in a restored traditional majlis-style building in Bastakiya, the oldest part of Dubai.

The area itself has an interesting story of survival: it was scheduled to be knocked down in 1989, but a tour taken by Britain's Prince Charles around the historic quarter that same year led to his commenting on what a tragedy such demolition would be. Accordingly the plans were reversed, and Bastakiya has now been renovated.

A little nosing around the area reveals its Persian architectural heritage, little alleyways inter-

persed with courtyards, a skyline of wind towers and a smattering of art galleries and craft shops. Among these is the popular Majlis Gallery, although one of the best used to be the XVA itself.

This gallery has now moved to DIFC, but the hotel nonetheless remains an attraction in its own right. Its cafe offers a delicious selection of mainly vegetarian food, and its fresh mint lemonade is recommended as the best thirst-quencher on a humid summer's day. It even counts Gordon Ramsey as a guest—he once named it his favourite café in Dubai. You can sit in their airy and surprisingly cool courtyard, or in an air-conditioned room on the side.

The bedrooms are charmingly on the rustic side and feature artwork for sale. Each one is individually decorated to a particular theme, with six of the rooms designed by well-known artists and designers of the region. The hotel even boasts (yes, boasts!) of having no television or telephones inside. The best rooms are on the terrace roof, where outside you can laze in swinging chairs, looking at the view across Bastakiya over a canopy of leafy tree tops. The perfect antidote to the new city's slick malls, or Bur Dubai's bustling mayhem.



Stay fit this summer at Dubai Sports World

Exercise in comfort at the DWTC with Dubai's first summer venue for sportsmen and women.



DUBAI SPORTS WORLD

It may be the hottest time of the year, but July and August are seeing a burst of athletic activity in Dubai as the UAE's largest indoor multi-sports event gets underway. The first ever Dubai Sports World, which kicked off earlier this month, caters for all ages, abilities and interests, from under-10s' football matches to adult table-tennis tournaments.

The Dubai World Trade Centre Arena and Sheikh Saeed exhibition halls 1, 2 and 3 have been transformed into a massive indoor sports centre with basketball courts, football pitches and gaming zones. There are even sand pitches so that volleyball and beach football enthusiasts can hone their skills and compete in the comfort of the AC.

"The aim of this event is to ensure that people have high-quality indoor sports facilities during the summer so that they can maintain their fitness and practise their skills when it's too hot

to exercise outdoors. You don't necessarily have to participate in one of the tournaments or academy courses; you can just grab 10 friends and come down for a game of football or shoot some hoops on the basketball courts," says head of Dubai Sports World, Ray Tinston.

The team behind the event have deliberately avoided going down the generic summer camp route, Tinston says. "It's a live environment and not all the activities are pre-arranged. People can come here for a jog or rent a pitch and hold their own game so long as the area they want to use is free."

It is the place to be for aspiring sportsmen and women this summer. Local sports stars will be on hand to scout future talents and provide professional training for young players in a broad range of athletic disciplines. These include, football, rugby, basketball, beach volleyball and beach football, futsal and table tennis.

However, you don't necessar-

"You can grab 10 friends and come down for a game of football or just shoot some hoops."



Answer the following question and win a memorable family portrait voucher worth Dh250 from Digitally.

Which US city hosted the 1985 Live Aid concert?

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.

ily need to be a sports buff to take part. Spectators can while away the time between matches in the leisure zone, which features pool tables, trampolines and simulators. For extreme-sports enthusiasts there is a rock climbing wall and Euro-bungee, while fitness fans can work out in the gym or participate in boot camp classes at the indoor beach area.

These facilities are state of the art, says the DWTC's CEO, Helal Almarri. "This is a benchmark event for the local sporting community that will provide a wonderful and unique environment for families and communities to come together and participate in a marathon of indoor sports."

Organised by DWTC, Dubai Sports Council (DSC) and Dubai Events and Promotion Establishment (DEPE), with sponsorship from the RTA and DTCM, the event has been timed to fit in with the festival season in the emirate. "The summer months are tradi-

tionally associated with a festival atmosphere in Dubai and Dubai Sports World is the ideal athletic complement to Dubai Summer Surprises," says Laila Suhail, CEO of DEPE.

Set to become an annual event, Dubai Sports World will also perform a central role in boosting the Emirate's reputation as a major sporting destination. "It will play a key part in supporting the growth of sports in the UAE as well as giving Emiratis the chance to compete on a global playing field," explains Ahmed Sa'ad Al Sharif, secretary general of DSC.

The action will be non-stop throughout July and August. Dubai Sports World runs seven days a week and is just two minutes' walk from the Trade Centre Metro station so, as Tinston says, "There is absolutely no excuse for Dubai's sportsmen and women to lose their fitness over the summer months."



Dubai to host FootVolley World Cup

October will see the world's best teams compete for glory in emirate.

FOOTVOLLEY

Dubai is rapidly becoming a premier destination for international beach and water sports events and this October, the Emirate will once again be among the world's sporting headlines when it hosts the Middle East's first ever FootVolley World Cup at The Walk, JBR.

Inspired by the success of previous world sport events held in Dubai, officials from the International Federation of FootVolley in Brazil decided to stage the event here.

Dubai's beaches, many of which are well-equipped for physical activity of

all kinds, makes the city an obvious choice for an event like this, said the secretary general of Dubai Sports Council, Dr Ahmad Al Sharif. "We hope that by hosting the World Cup here, the popularity of FootVolley will continue to grow in the UAE."

The organising committee chief, Amer Ali, cited Dubai's global status as a sports hub in the region as another reason for its selection. He said that since hosting several major international events, including the FIFA Beach Soccer World Cup in 2009 and the Fina World Swimming Championships last year, the emirate has earned a place in

the international sporting spotlight. Thirty-two teams from 27 countries are expected to compete in the event, which will take place from October 27 to 29. Two UAE teams will play against competitors from across the Americas, Europe and Asia.

The rules of the game are similar to beach volleyball but in FootVolley, players may not use their hands. It is currently one of

the world's fastest growing sports and has started to gain a following among Dubai's beach athletes.

"The UAE is the first Arab country to have played FootVolley internationally and we have high hopes for our teams in a competition played on their home sand," said Elsayed Ahmed from the UAE FootVolley Association, which is involved in organising the event.



SPORTS FIXTURES



BOXING

16th WBO cruiserweight title Marco Huck v Hugo Hernan Garay
23rd IBF light welterweight title Amir Khan v Zab Judah
23rd WBA World super featherweight title Jorge Solis v TBA

CYCLING

Until 24th Tour de France

EQUESTRIANISM

17th FEI Nation's Cup

GOLF

17th The Open Championship, Final round
21st-24th Asian Tour: Brunei Open

MOTOR RACING

17th FIA GT1 World Championship round 7 Paul Ricard, France
17th FIA World Touring Car Championship, rounds 13 & 14 Donington Park, England
17th NASCAR New Hampshire Motor Speedway
22nd GP2 Series qualifying Nurburgring, Germany
22nd F1 German Grand Prix qualifying Nurburgring, Germany

TENNIS

17th ATP Swedish Open Bastad, Sweden
17th ATP Mercedes Cup Stuttgart, Germany
17th Fed Cup World Group II Play-off tie Japan v Argentina
18th-24th ATP German Open Hamburg, Germany
18th-24th ATP Atlanta Atlanta, USA
18th-24th WTA Baku Cup Baku, Azerbaijan

FOOTBALL

17th Women's World Cup final

CRICKET

21st First Test Match England v India, Lord's

Dubai taxi revenues soar



MATTAR AL TAYER

Mattar Al Tayer, chairman of the board and executive director of the RTA, has revealed that the gross revenue of Dubai Taxi Corporation (DTC) soared to over Dh864 million in 2010, compared to just under Dh800 million the previous year. He also stated the DTC had spent a total of just under Dh600 million last year compared with Dh545 million in 2009.

Net profits were also announced, having increased from Dh103.6 million in 2009 to Dh114.7 million in 2010, recording an 11-per cent increase after the deduction of the franchise fees paid by DTC to the Public Transport Agency against the use of number plates amounting to Dh153 million. This indicated that the DTC's operating efficiency has

also increased from 92 per cent to 93 per cent in 2010, whereas the number of productive kilometers increased by 6 per cent when compared with 2009 figures.

Al Tayer said he was delighted with the results of the DTC's operational indicators, which showed that the number of taxi journeys in 2010 totalled 82.3 million trips, with 164.7 million passengers transported over the year; the number of daily fares was in the order of 225,500, with around 451,000 passengers served every day.

"In the context of the RTA's plan for upgrading the level of services rendered to DTC customers, we pioneered a number of initiatives and programmes while improving the operating efficiency of the fleet," he said at the announce-

ment. "These measures include resetting the timing of maintenance to suit peak times and focusing on carrying out maintenance and repairs at the DTC's workshop—the percentage of such repairs was as high as 75 per cent in 2010.

"DTC also launched several motivational initiatives for drivers, including a performance system, for which Dh2 million was set aside for prizes. We also initiated the Distinguished Cab Driver Award, stepped up our surveillance control on taxis, and launched the Awselni service to run a shuttle service between the DTC office and drivers' accommodation under a contract with a company that deployed three buses to run the service."

Agreement leads to closer ties

The **Licencing Agency** of the RTA recently signed an agreement with Sharjah Municipality that will enable the Dubai body to levy fines issued by Sharjah Municipality on Dubai-registered vehicles. Details will be transmitted electronically to the agency by the municipality.

Ahmed Hashim Bahrozian, the Licencing Agency's CEO, and Riyadh Abdullah bin Alayyan, deputy director general of Sharjah Municipality, signed the agreement.

"The RTA is always keen to broaden and boost its products and electronic solutions in keep-

ing with its drive to provide best-in-class services to the public, and in line with the strategies of Dubai e-Government," said Bahrozian.

"In response to the wishes of Sharjah Municipality, we have signed this agreement in order to aid the collection of fines issued in Sharjah on offending vehicles licensed by the RTA. We pay tribute to the sincere attention shown by the officials of Sharjah Municipality to take this step, which we hope will be the starting point of broader cooperation between our two parties."



BAHROZIAN AND BIN ALAYYAN SIGN THE AGREEMENT



هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY

RTA



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

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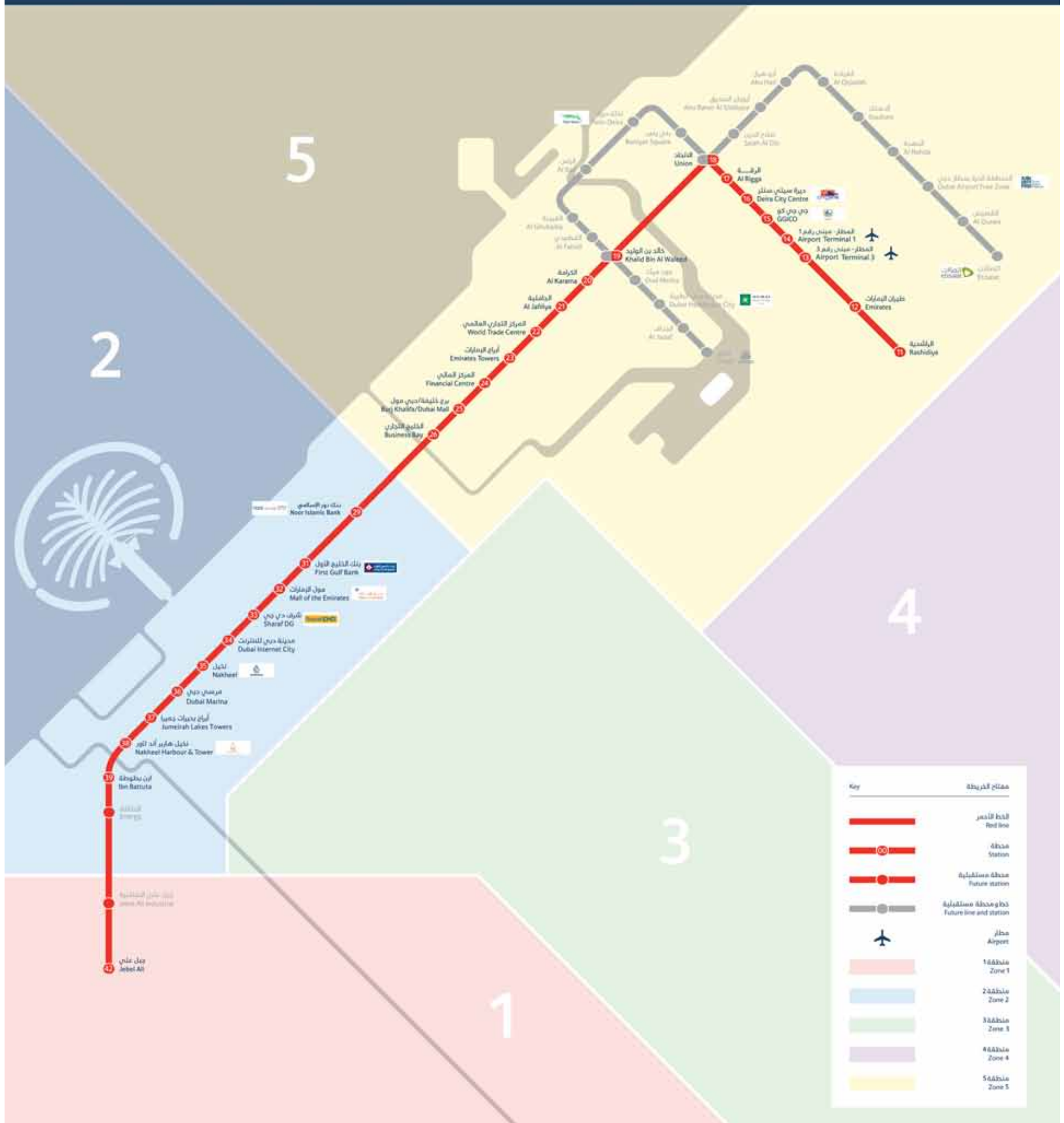
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Dubai Metro



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



Dubai Metro



Tyre-related fatalities continue to drop

The RTA has called on motorists—particularly those traveling long distances—to carry out continuous tyre inspections to ensure their safety.

Engineer Hussain Al Banna, director of traffic at the Traffic and Roads Agency of the RTA, called on motorists not to ignore the condition of their tyres before setting off. He also cautioned them against buying or fitting used tyres, stating that tyre-related accidents were in most cases fatal, especially when coupled with high speed, since the driver could lose control resulting in the vehicle overturning violently. He also called on motorists to check the condition and air pressure of their spare tyres.

The Traffic Department recently concluded a tyre safety campaign that was launched in coordination with Michelin in June this year. As part of this effort, the Traffic Awareness Section hosted a campaign that included free tyre tests, as well as the distribution of educational leaflets and tyre discount vouchers across RTA customer service centres throughout Dubai.

“The first quarter of this year has witnessed five traffic accidents triggered by tyre explosions,” said Al Banna. “Fortunately these accidents did not result in fatalities, whereas last year, the same number of accidents resulted in one fatality.”

He highlighted that the drop in

such fatalities was part of a trend that has seen deaths from blow-outs reduced from seven cases in 2009 to five cases in 2010.

“In July and September 2010, about 31 per cent of accidents

were attributed to tyre explosions, a type of accident that soars over the summer season because of higher numbers of passengers travelling by road,” said Al Banna.

“Over the last few years we have launched tyre safety campaigns during the pre-travel period, and we have had considerable success in educating passengers on the importance of tyre safety.”



THE RTA'S SAFETY CAMPAIGN ENDED SUCCESSFULLY



Dubai Police delegation visits RTA's Public Transport Agency

A delegation from Dubai Police General HQ, headed by Major General Engineer Mohammad Saif Al Zaffein, director of Dubai Police's Traffic Department, recently visited the Public Transport Agency of the RTA, where it was received by Dr Khalid Mohammed Al Zahid, its acting CEO, and Adel Shakri, director of transportation systems at the Agency.

Al Zahid accompanied Al Zaffein in a tour to the Booking and Despatch and Operations Control centres, where Adel Shakri, director of transportation systems at the Agency, gave a detailed explanation about the systems and mechanisms in place to accommodate taxi bookings.

He also briefed the delegation about the business procedures of the Operations Control Centre.

“We are pleased that the delegation has visited so that we can exchange opinions in the public interest, and improve the joint business affairs between the RTA and General Department of Traffic in Dubai,” said Al Zahid afterwards. “The RTA is always keen on improving relations with its partners, particularly the General HQ of Dubai Police as we share common interests with our services to road users and commuters, traffic awareness campaigns, and cooperation towards implementing the best safety standards and curbing traffic accidents.”

Public Transport Agency outlines sustainability roadmap

In line with its responsibility to the community, the Public Transport Agency of the RTA is embarking on a number of environmental sustainability initiatives, the aim being to establish frameworks and policies for the implementation of several programmes that will help preserve natural resources, minimise emissions and manage wastes.

Essa Abdulrahman Al Dosari, the agency's CEO, stated that these initiatives came in three parts. The first concerns environmental management and mobil-

ity programmes; the second axis relates to reducing air emissions from buses, while the third involves the rationalisation of fuel consumption and the preservation of natural resources.

He said that the initiatives targeting power consumption and preservation of natural resources were included in all stages of design, operation, maintenance, waste management and recycling.

“The first axis involves drawing up general structures and modernising management systems adopted by the Public Transport

Agency to preserve natural resources and protect the environment against pollution from public transport,” said Al Dosari.

“The second axis includes the efforts made to curb pollutant gaseous emissions resulting from public buses and abras that include sulfur oxides, nitrogen oxides, hydrocarbons and carbon monoxide.

“The second axis includes the replacement of the public bus fleet with vehicles that are compatible with the European specifications, while we have also

designed, equipped and are operating seven traditional-powered abras to use low sulfur diesel.

“The third axis relates to power consumption-saving initiatives and maintaining the natural resources in the design, operation, and maintenance stages as well as the means of waste disposal and recycling.”

It was noted that trial of the CNG abras was progressing well, and that the Agency was launching an initiative to collect paper, plastics and fluorescent lighting units for recycling



ESSA ABDULRAHMAN AL DOSARI

Getting around on the Metro

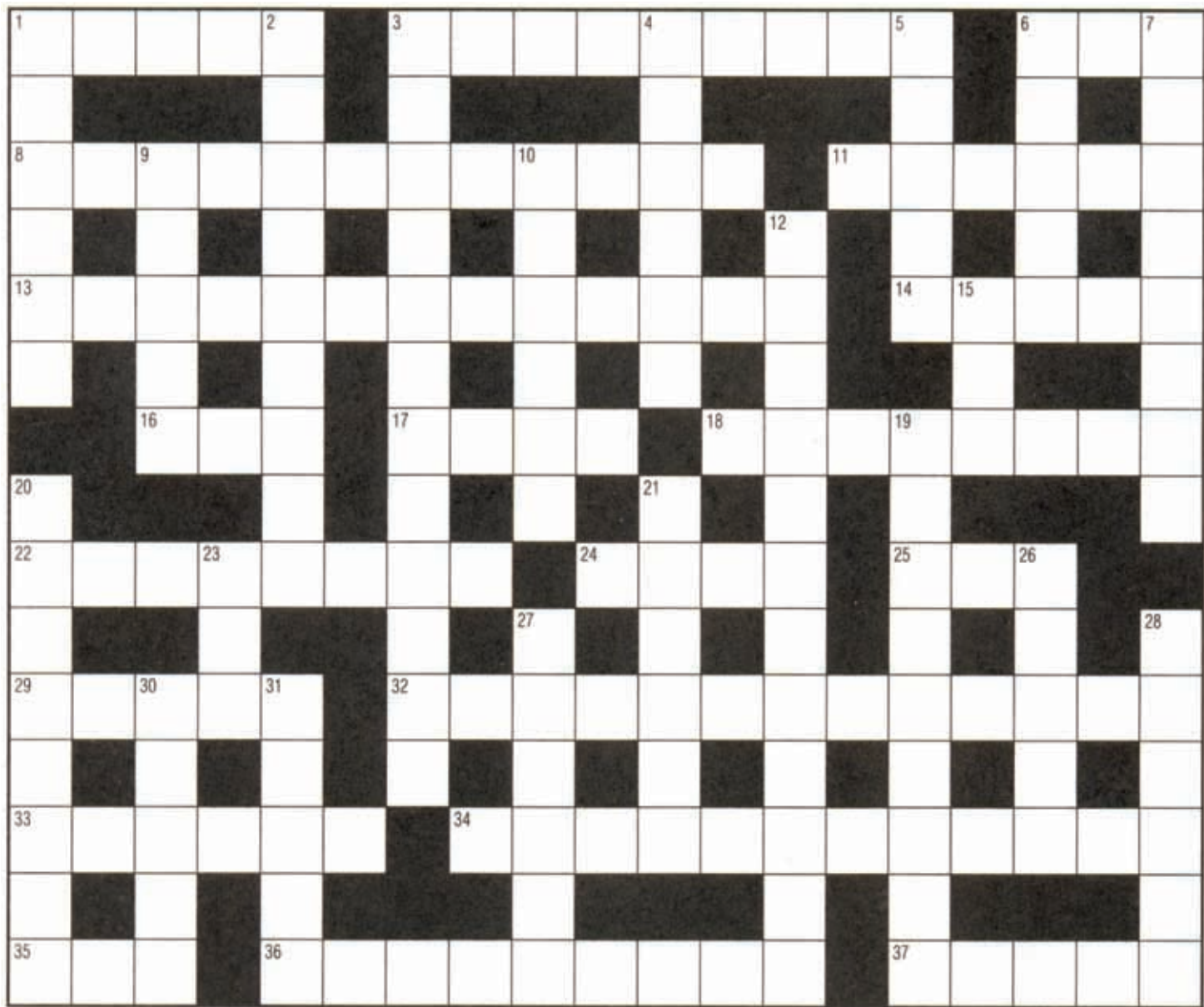


Weekday (Sunday to Wednesday) Timetable – 05:50H to 23:00H			Thursday Timetable – 05:50H to 00:00H			Friday Timetable – 13:00H to 00:00H			Saturday Timetable – 05:50H to 23:00H		
Rashidiya Bound	First Train	Last Train	Rashidiya Bound	First Train	Last Train	Rashidiya Bound	First Train	Last Train	Rashidiya Bound	First Train	Last Train
Jebel Ali	5:50	22:04	Jebel Ali	5:50	23:04	Jebel Ali	13:00	23:00	Jebel Ali	5:52	22:08
Ibn Battuta	5:57	22:11	Ibn Battuta	5:57	23:11	Ibn Battuta	13:07	23:07	Ibn Battuta	5:59	22:15
Nakheel Harbour & Tower	6:00	22:14	Nakheel Harbour & Tower	6:00	23:14	Nakheel Harbour & Tower	13:10	23:10	Nakheel Harbour & Tower	6:02	22:18
Jumeirah Lake Towers	6:03	22:16	Jumeirah Lake Towers	6:03	23:16	Jumeirah Lake Towers	13:12	23:12	Jumeirah Lake Towers	6:04	22:20
Dubai Marina	6:04	22:18	Dubai Marina	6:04	23:18	Dubai Marina	13:14	23:14	Dubai Marina	6:06	22:22
Nakheel	6:06	22:20	Nakheel	6:06	23:20	Nakheel	13:16	23:16	Nakheel	6:08	22:24
Dubai Internet City	6:09	22:23	Dubai Internet City	6:09	23:23	Dubai Internet City	13:19	23:19	Dubai Internet City	6:11	22:27
Sharaf DG	6:12	22:26	Sharaf DG	6:12	23:26	Sharaf DG	13:22	23:22	Sharaf DG	6:14	22:30
Mall of the Emirates	6:14	22:28	Mall of the Emirates	6:14	23:28	Mall of the Emirates	13:24	23:24	Mall of the Emirates	6:16	22:32
First Gulf Bank	6:16	Every 6 minutes morning peak	First Gulf Bank	6:16	Every 6 minutes morning peak	First Gulf Bank	13:26	23:26	First Gulf Bank	6:18	22:34
Noor Islamic Bank	6:19	Every 5 minutes evening peak	Noor Islamic Bank	6:19	Every 5 minutes evening peak	Noor Islamic Bank	13:29	Every 8 minutes	Noor Islamic Bank	6:21	Every 8 minutes
Business Bay	6:24	Every 5 minutes evening peak	Business Bay	6:24	Every 5 minutes evening peak	Business Bay	13:34	23:34	Business Bay	6:26	22:42
Burj Khalifa / Dubai Mall	6:26	Every 5 minutes evening peak	Burj Khalifa / Dubai Mall	6:26	Every 5 minutes evening peak	Burj Khalifa / Dubai Mall	13:36	23:36	Burj Khalifa / Dubai Mall	6:28	22:44
Financial Centre	6:29	Every 8 minutes off peak	Financial Centre	6:29	Every 8 minutes off peak	Financial Centre	13:39	23:39	Financial Centre	6:31	22:47
Emirates Towers	6:30	Every 8 minutes off peak	Emirates Towers	6:30	Every 8 minutes off peak	Emirates Towers	13:40	23:40	Emirates Towers	6:32	22:48
World Trade Centre	6:32	Every 8 minutes off peak	World Trade Centre	6:32	Every 8 minutes off peak	World Trade Centre	13:42	23:42	World Trade Centre	6:34	22:50
Al Jafliya	6:34	Every 8 minutes off peak	Al Jafliya	6:34	Every 8 minutes off peak	Al Jafliya	13:44	23:44	Al Jafliya	6:36	22:52
Al Karama	6:36	Every 8 minutes off peak	Al Karama	6:36	Every 8 minutes off peak	Al Karama	13:46	23:46	Al Karama	6:38	22:54
Khalid Bin Al Waleed	6:39	Every 8 minutes off peak	Khalid Bin Al Waleed	6:39	Every 8 minutes off peak	Khalid Bin Al Waleed	13:49	23:49	Khalid Bin Al Waleed	6:41	22:57
Union	6:41	Every 8 minutes off peak	Union	6:41	Every 8 minutes off peak	Union	13:51	23:51	Union	6:43	22:59
Al Rigga	6:44	Every 8 minutes off peak	Al Rigga	6:44	Every 8 minutes off peak	Al Rigga	13:54	23:54	Al Rigga	6:46	23:02
Deira City Centre	6:46	Every 8 minutes off peak	Deira City Centre	6:46	Every 8 minutes off peak	Deira City Centre	13:56	23:56	Deira City Centre	6:48	23:04
GGICO	6:48	Every 8 minutes off peak	GGICO	6:48	Every 8 minutes off peak	GGICO	13:58	23:58	GGICO	6:50	23:06
Airport Terminal 1	6:50	Every 8 minutes off peak	Airport Terminal 1	6:50	Every 8 minutes off peak	Airport Terminal 1	14:00	00:00	Airport Terminal 1	6:52	23:08
Airport Terminal 3	6:53	Every 8 minutes off peak	Airport Terminal 3	6:53	Every 8 minutes off peak	Airport Terminal 3	14:02	00:02	Airport Terminal 3	6:54	23:10
Emirates	6:54	Every 8 minutes off peak	Emirates	6:54	Every 8 minutes off peak	Emirates	14:04	00:04	Emirates	6:56	23:12
Rashidiya (Arr.)	6:58	Every 8 minutes off peak	Rashidiya (Arr.)	6:58	Every 8 minutes off peak	Rashidiya (Arr.)	14:08	00:08	Rashidiya (Arr.)	7:00	23:16

Jebel Ali Bound	First Train	Last Train	Jebel Ali Bound	First Train	Last Train	Jebel Ali Bound	First Train	Last Train	Jebel Ali Bound	First Train	Last Train
Rashidiya	6:02	22:06	Rashidiya	6:02	23:06	Rashidiya	13:00	23:00	Rashidiya	6:00	22:08
Emirates	6:05	22:09	Emirates	6:05	23:09	Emirates	13:03	23:03	Emirates	6:03	22:11
Airport Terminal 3	6:07	22:11	Airport Terminal 3	6:07	23:11	Airport Terminal 3	13:05	23:05	Airport Terminal 3	6:05	22:13
Airport Terminal 1	6:09	22:13	Airport Terminal 1	6:09	23:13	Airport Terminal 1	13:07	23:07	Airport Terminal 1	6:07	22:15
GGICO	6:11	22:15	GGICO	6:11	23:15	GGICO	13:09	23:09	GGICO	6:09	22:17
Deira City Centre	6:13	22:17	Deira City Centre	6:13	23:17	Deira City Centre	13:11	23:11	Deira City Centre	6:11	22:19
Al Rigga	6:16	22:20	Al Rigga	6:16	23:20	Al Rigga	13:14	23:14	Al Rigga	6:14	22:22
Union	6:18	22:22	Union	6:18	23:22	Union	13:16	23:16	Union	6:16	22:24
Khalid Bin Al Waleed	6:20	22:24	Khalid Bin Al Waleed	6:20	23:24	Khalid Bin Al Waleed	13:18	23:18	Khalid Bin Al Waleed	6:18	22:26
Al Karama	6:23	22:26	Al Karama	6:23	23:26	Al Karama	13:20	23:20	Al Karama	6:20	22:28
Al Jafliya	6:25	22:29	Al Jafliya	6:25	23:29	Al Jafliya	13:23	23:23	Al Jafliya	6:23	22:31
World Trade Centre	6:27	22:31	World Trade Centre	6:27	23:31	World Trade Centre	13:25	23:25	World Trade Centre	6:25	22:33
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First Gulf Bank	6:43	22:47	First Gulf Bank	6:43	23:47	First Gulf Bank	13:41	23:41	First Gulf Bank	6:41	22:49
Mall of the Emirates	6:45	22:49	Mall of the Emirates	6:45	23:49	Mall of the Emirates	13:43	23:43	Mall of the Emirates	6:43	22:51
Sharaf DG	6:47	22:51	Sharaf DG	6:47	23:51	Sharaf DG	13:45	23:45	Sharaf DG	6:45	22:53
Dubai Internet City	6:50	22:54	Dubai Internet City	6:50	23:54	Dubai Internet City	13:48	23:48	Dubai Internet City	6:48	22:56
Nakheel	6:52	22:56	Nakheel	6:52	23:56	Nakheel	13:50	23:50	Nakheel	6:50	22:58
Dubai Marina	6:54	22:58	Dubai Marina	6:54	23:58	Dubai Marina	13:52	23:52	Dubai Marina	6:52	23:00
Jumeirah Lake Towers	6:56	23:00	Jumeirah Lake Towers	6:56	00:00	Jumeirah Lake Towers	13:54	23:54	Jumeirah Lake Towers	6:54	23:02
Nakheel Harbour & Tower	6:59	23:03	Nakheel Harbour & Tower	6:59	00:03	Nakheel Harbour & Tower	13:57	23:57	Nakheel Harbour & Tower	6:57	23:05
Ibn Battuta	7:01	23:05	Ibn Battuta	7:01	00:05	Ibn Battuta	13:59	23:59	Ibn Battuta	6:59	23:07
Jebel Ali (Arr.)	7:04	23:14	Jebel Ali (Arr.)	7:04	00:14	Jebel Ali (Arr.)	14:08	00:08	Jebel Ali (Arr.)	7:08	23:16

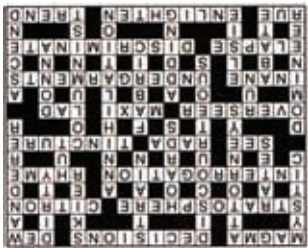
Taking your *time*

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



- Across**
- 1. Lava (5) 3. Verdicts (9) 6. Tiny drops of condensation (3) 8. Upper atmosphere (12) 11. Asian fruit tree (6) 13. Intense questioning (13) 14. Form of verse (5) 16. Glimpse (3) 17. Famous acting academy (4) 18. Slight tinge of colour (8) 22. Supervisor (8) 24. Long skirt (4) 25. Boy (3) 29. Mindless (5) 32. Clothes worn next to the skin (13) 33. Slip by (6) 34. Treat one differently (12) 35. Regret (3) 36. Instruct (9) 37. General drift (5)
- Down**
- 1. Hidden, symbolic (6) 2. Lawyers (American) (9) 3. Bad-mannered or impolite (12) 4. Wrench (6) 5. Snow sportsman (5) 6. Unclean (5) 7. Nomad (8) 9. Forerunner of council tax (5) 10. Secret stashes (6) 12. Utter ruin (12) 15. Small wooden building (3) 19. Journalist who writes a regular article (9) 20. Try to control others (8) 21. Denim, eg (6) 23. Move swiftly (3) 26. Singer, ...Summer (5) 27. Tallying (6) 28. Climb up (6) 30. Diminish (5) 31. TV role of Pat Phoenix (5)

Answers



Tasty Thai green *curry*

Speedy, spicy and scrumptious, this curry provides the perfect meal.

Serves
4



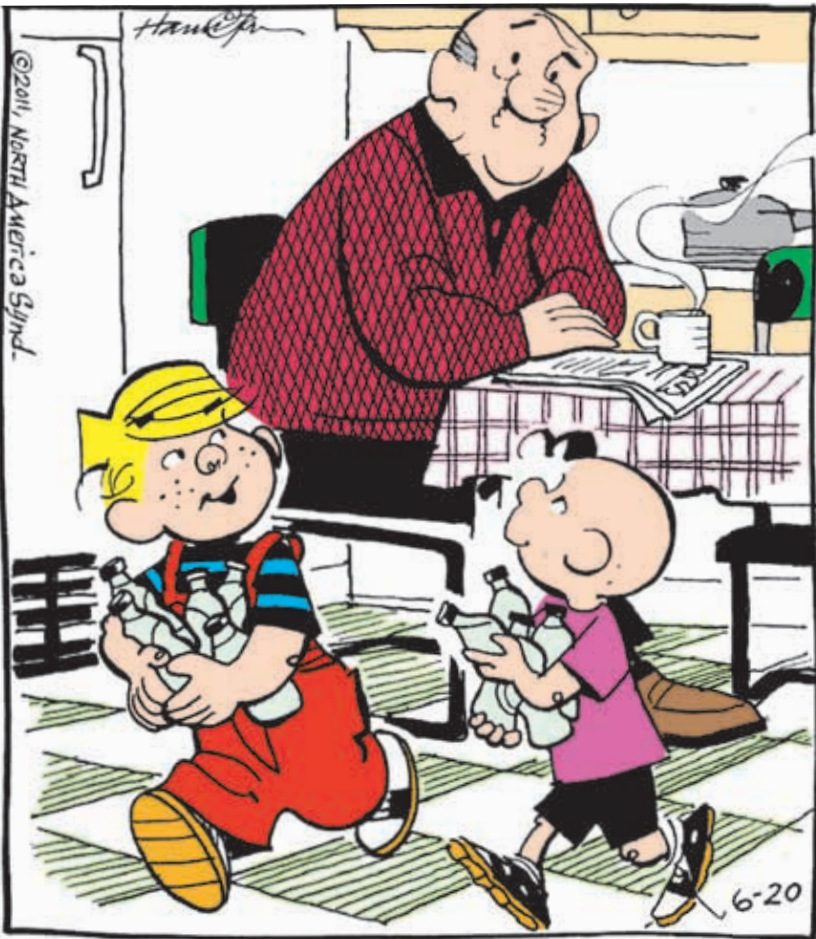
- RECIPE**
- Ingredients**
- 1tbsp vegetable oil
 - 2tbsp Thai green curry paste
 - 1tbsp soft brown sugar
 - 1-2 thick stalks lemongrass
 - 750g skinless, boneless chicken, cut into chunks
 - 2 cups jasmine rice
 - 6-8 kaffir lime leaves, torn into pieces (or grated zest of 1 lime)
 - 400ml coconut milk
 - Good shake of Thai fish sauce or light soy sauce
 - Small handful of coriander, roughly chopped
 - ½-1 fresh lime (juice only)

Heat the oil in a wok or large frying pan. Add the green curry paste and sugar and cook over a fairly high heat for about one minute, then add the lemongrass and stir well. Reduce the heat slightly and stir in the chicken pieces

and lime leaves (or zest). Add the coconut milk, fish (or soy) sauce and bring to a simmer, cooking for 25-30 minutes until thickened slightly. Meanwhile, cook the rice according to the packet instructions. Stir in the coriander and lime juice. Taste for seasoning, adding more fish sauce or soy sauce if needed. The curry is now best left to sit for a few minutes to thicken before eating. Serve over a good helping of jasmine rice.



Dennis the Menace



"WE'RE USING YOUR BOTTLED WATER FOR YOUR PLANTS."

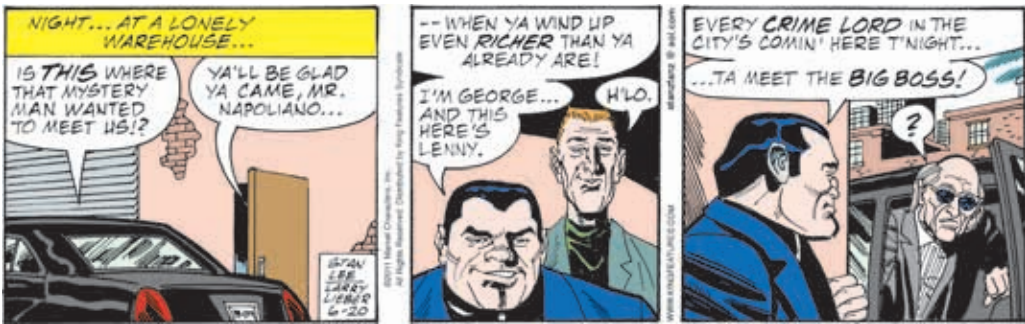
Henry



Ollie and Quentin



Spiderman



Here to help

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

I find myself eating fast food almost every day, even though I know it is bad for me. Is it possible to get addicted to fast food?

While there are some reports suggesting it is possible to be addicted to fast food, due to the high fat, salt and sugar content, it is more likely that you are addicted to the routine and convenience of eating fast food, rather than the taste. The high salt content actually suppresses your sense of taste and after eating good homemade food you will notice the difference. If that doesn't work, why not watch the movie, *Super Size Me*?



I have been asked to lead a new project at work and don't feel capable, and am scared to mess it up. What should I do?

Feeling a little bit intimidated by a new project is normal but it is also part of the challenge. Believe in yourself and think of how proud you will feel when

you accomplish the task. If you need help, don't be afraid to ask for some, but do trust your own judgment. You would not have been chosen if you weren't capable.

My husband and I are constantly on the move. I'm exhausted and it's hard to make friends or settle. How can I tell him that I've had enough of the nomad life?

You can't expect your husband to know how you're feeling unless you tell him. Perhaps he is feeling the same way. Show him the benefits of settling in one place and explain that it will be hard to start a family if you stay on the move. If he seems hesitant then suggest a compromise. Perhaps he could just extend his posting by a few years, giving you the chance to build a life here and relax for a while.

Who's that?

Answer

Turn to page 44



Arrow-word

Quick crossword

Travel by horse

Asian palm Italian poet

Expurgates

Whistle of disapproval

Leaning Tower of ...

Vigour, go

Red felt hats

Aquatic grass

Chinese mammal

Fast sailing ship

Confiscate

Mass meetings

Circus swing

German man's name

Well-known opera by Puccini

German district

Colour of danger

Besides

... Zsa Gabor, actress

Trinitro-toluene (1,1,1)

Lord

End

Roman general

Prefix meaning 'against'

Illicit romance

Vase for ashes

Doing wrong

Type of poem

Occurring before

Shakespeare tragedy

Absence of sound

Atom bomb requisite

Made of baked clay

National park in Peru

Opening passage

Dressing, ketchup

Star sign, 'The Ram'

Stephen ... Irish actor

Shift

Public exhibition

Middle-Eastern sweet

Land area

Golf hole starting point

Respect, esteem

Mountain

Crooner, ... King Cole

German 'T'

French city

US sculptor, Maya ...

German 'T'

Uneven, ...-sided

Educational discourse

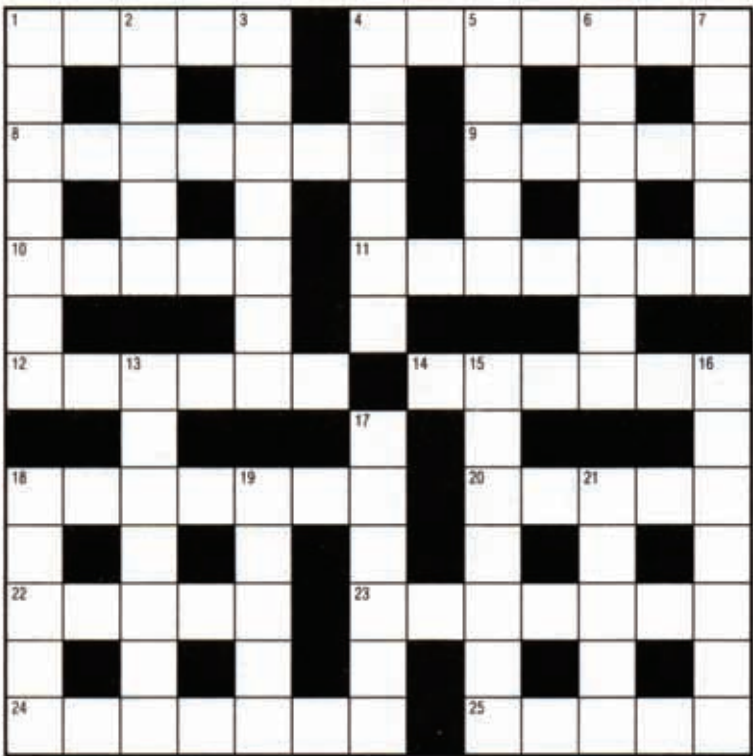
Suggest

Male humans

Arrow-word answers



Quick crossword answers



- Across
- Down
1. Combine (5) 4. Know beforehand (7) 8. Animal with a black ringed tail (7) 9. Edible crustacean, larger than a shrimp (5) 10. Music hall (5) 11. Horizon (7) 12. Existing thing (6) 14. Celtic language (6) 18. Run about playfully (7) 20. Abundant (5) 22. Currency unit of India (5) 23. Suffer in heat (7) 24. Playhouse (7) 25. Hot (5)
1. Modern price tag (7) 2. Spanish city with over 1000 shoe factories (5) 3. Thing on which to wipe shoes (7) 4. Of the best quality (6) 5. Answer (5) 6. Breed of dog, cocker ... (7) 7. ...Wise, comedian (5) 13. Tread under foot (7) 15. Flowering shrubs (7) 16. Undoubtedly (7) 17. 'Robinson...', novel (6) 18. Walk with a swagger (5) 19. Fold (5) 21. Prefix meaning 'father' (5)

Bricklayer

T O R E I A P T T

R D S H A R E N

R E A E A I N M

I N L I N O T

S S S E W E T O M

S T R R E G W E M A

M N E L O R A L

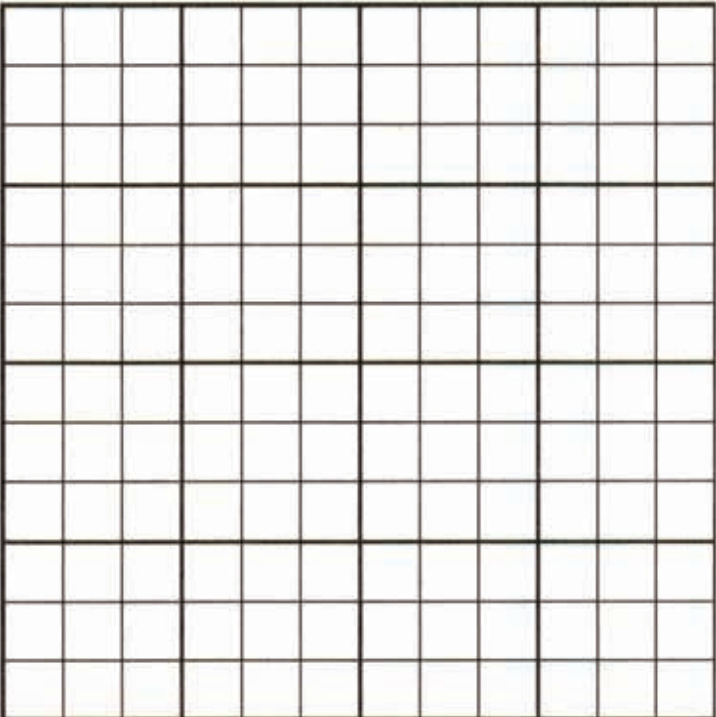
E A L E O R P A U

G O U T N I T C I N

T U N O H E N

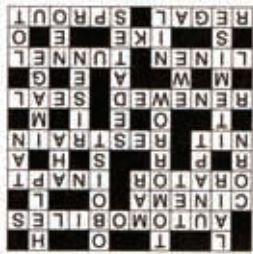
E O B I L E S I K

S P R O L A L



Re-arrange the 3x3 blocks into the blank grid to create a crossword type grid.

Bricklayer answers



Classified Services

AUTO

Toyota Fortuner 2008. 2.7. Silver. 75000km. Mint condition, new tires, one owner. For Dhs70,000. Call: 0509196523

FORD FOCUS SPORT EDITION 2.0L 16v rotatable lights, alloy wheels, lady driven, service history, in excellent condition, brand new tyres worth Dh1,800. Call or SMS 050-8790672.

Mitsubishi Pajero 3.8, 2009, Pearl White, Fully Loaded SUV in Immaculate Condition, Extended warranty till 2015 or 100000KMS whichever comes first. For information please call: 055-3004269.

RANGE ROVER VOGUE 2003 MODEL, 4.4L, V8 engine, black colour with grey leather seats, Gulf specifications. Full options with sunroof, navigation, GPS system, cruise control, electric seats, all power etc., electronic traction control, dynamic stability control, hill descent, emergency brake assist, etc. Please call: 050-1915708

FORD F-159 RAPTOR 6.2 in showroom condition. Car has got a light bar and LED lights, in-bed air compressor and fuel storage, black colour, GCC specifications, bought from Al Tayer Motors, Dubai, under warranty till 2012. The price is at Dhs215,000. Please call 050 4547704.

KIA Soul 2010 model. Female owner driven for 9,500km. Full option which includes (ABS, USB, and AUX). Cruise control Bluetooth, it is in mint condition free of accident (imported from the USA). It also incorporates air condition; the price is negotiable, please contact 0507693441.

Mercedes E 320 AMG, fully automatic in excellent condition. The mechanical performance of the car is well maintained. Price is negotiable. Serious buyers can call 050 3249524.

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 nego-

tiations 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.

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Safe Special Services of Goa, India, offer a range of specialist services including, villa and apartment rental, motorbike hire and rental agency and maintenance services for those with property in Goa. Please email: info@safespecialservices.com or call +919960803461 or visit www.safespecialservices.com for further information. Personal and professional service guaranteed with cost-effective prices. Well experienced in handling the needs of international travelers to Goa as well as residents of Goa.

PlayStation 3 (PS3) wanted in very good condition, sparingly used and preferably with original warranty. Please contact by the end of this week. 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.

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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)

Be wary of someone who tells you too often about how much they admire you, or how much money they are going to make for you. While their comments may seem genuine and exciting at first, they may well have a hidden agenda that could cause trouble.



TAURUS

(APR 21 - MAY 21)

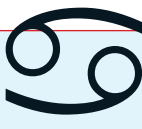
A conversation at the start of the week gives you optimism about a new opportunity at work, though this is definitely a period to be more careful with money. It's also a good time to take responsibility for some more "grown up" issues that you may usually avoid.



GEMINI

(MAY 22 - JUN 21)

This week could see you starting a number of new things, but not necessarily finishing them. Take it one step at a time and stay focused on one idea or project. A message from an old face makes you smile; could they be trying to show how much they still care?



CANCER

(JUN 22 - JUL 23)

You feel energised this week and can begin to show drive where your hopes and ambitions are concerned. There may be someone in the family or a close friend who needs your support, even though you might want to concentrate on your own needs.



LEO

(JUL 24 - AUG 23)

You may have been feeling that people have been quite dismissive to your ideas recently. This week, however, you may be part of a conversation when someone accepts what you say and encourages you, so allow them into your thoughts—these may prove helpful.



VIRGO

(AUG 24 - SEP 23)

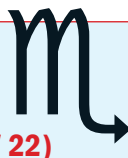
You might come to the realisation that you should be distancing yourself socially from certain individuals. It is not that they have done something wrong, but you may just feel you need some space and time to collect your thoughts and regain a sense of control over things.



LIBRA

(SEP 24 - OCT 23)

This could prove to be the perfect time for planning any part of your life that you want to develop or open up. If you have been considering higher education or vocational courses, now could be an excellent starting point for you to pursue your ideas further.



SCORPIO

(OCT 24 - NOV 22)

You are beginning to find yourself intrigued and fascinated by a certain person's energy and ideas. But you should be wary of putting them on a pedestal, however, as this may cause you to miss an opportunity to gain some invaluable wisdom from an old friend.



SAGITTARIUS

(NOV 23 - DEC 21)

You may find yourself being more forthright with friends, but if someone stands up to your opinion, the challenge this provides could actually bring you closer. You could find a squabble with a family member over money finally gets sorted out amicably.



CAPRICORN

(DEC 22 - JAN 20)

Be aware of your own motives when it comes to an argument with someone you hold close. Are you fighting for hidden reasons? Luckily, the influence of Jupiter may bring a new friend or opportunity into your life, which will provide an exciting new chapter.



AQUARIUS

(JAN 21 - FEB 19)

If you are planning a holiday with a partner or good friend, you will find that aspects of your trip might well need revising. You will feel as though a weight has been lifted, as after months of frustration with a work colleague, a breakthrough is finally possible.



PISCES

(FEB 20 - MAR 20)

Your friendly nature and quick wit could see your popularity increasing rapidly this week, so much so in fact that you may find yourself accidentally letting an old friend down. Make sure you make an effort to keep them in the loop to avoid a painful argument.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 th	18 th	19 th	20 th	21 th	22 nd	23 rd
						
Sunny High 40C Low 34C Humidity 29%	Sunny High 40C Low 33C Humidity 31%	Sunny High 38C Low 33C Humidity 41%	Sunny High 38C Low 32C Humidity 47%	Sunny High 38C Low 33C Humidity 45%	Sunny High 39C Low 33C Humidity 42%	Sunny High 38C Low 32C Humidity 42%

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