



SPICE OF LIFE
Lifting the lid on the age-old healing properties of food's sweet, spicy and pungent flavour bombs

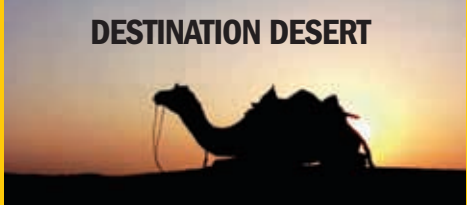


WHEN IN ROME
Now within easy reach of Dubai, the Eternal City's ancient sites and romantic charm demand a visit



LIVING COLOUR
This season, embrace the vivid hues and stand-out shades of colour blocking to make a loud, proud and unique fashion statement

DESTINATION DESERT





Juliana
Down

The only way is up

Health | Fitness | Film reviews | Entertainment | Event previews | Cars & gadgets | Homes

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Letters

Email: letters@readme.ae

In reference to your article, *Home safe Home*, (Issue 5, p30), I don't have home insurance as it's not mandatory in Dubai and I like to save money whenever I can. I thought Dubai was safe enough to not have to worry about it and I think CCTV and alarm systems are a bit over the top. Do you not feel excessive security is a bit paranoid?

Grishma Badam

Ed: It is always best to be prepared for the worst, so home insurance is always a good idea. You have no way of knowing what might happen to your house, by no fault of your own, while you are out. Even if nothing happens, you will still have peace of mind.

I like to think I'm something of an expert on certain things, and I've noticed you use different experts for columns each week. I'm currently studying Advanced Nutrition and Dietetics in Dubai. Do you accept reader input for your columns and if so, how do I go about having my expert opinion appear in your magazine?

Hassan Najeeb

Ed: Absolutely! We love to hear from readers and would like to include them wherever possible. Please contact us at editorial@readme.ae with your name, con-



BETTER SAFE THAN SORRY

tact details and a brief description of your area of expertise and we will get back you when we next tackle that topic.

I have family visiting me next week and I'm struggling for things to do with them in Dubai. I do like the idea of a dinner cruise on the Bateaux Dubai. Is there anything else you could suggest? I want my family to experience the thrill of the desert following on from a dinner cruise on the Creek.

Ryan Oliver

Ed: In an on-going effort, we strive to guide our readers towards experiencing as much of what Dubai has to offer as possible. Most recently, we sent one of our roving reporters to a capoeira class. You can read how she got on in this issue.

Being health conscious, I always try to put as much fresh fruit and vegetables into my daily diet as possible. At the same time, however, I do worry about where it all comes from, especially after the recent issues with e-coli in Europe. Can you shed some light?

Khanzada Mumtaz

Ed: About 85 per cent of Dubai's food is imported from more than 160 countries around the world, but the Food Control Department have recently implemented

new strategies for controlling imported goods. You can read more about this further into this issue.

Although I do like your station-by-station guide, I would prefer if all the events weren't so centralised. I live in Deira so would prefer to see something to do on that side of Dubai. Are there any events or activities going on across the Creek?

Mark Cuenca

Ed: We try to supply as wide a range of events and places as possible in our station-by-station guide for our readers, and if something is going on across the Creek, we will let you know. We are always interested in hearing of events going on, so contact us at editorial@readme.ae

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 17-23, 2011 issue)

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

Answer: Greece

Winners of Wafi Restaurants' vouchers worth Dhs200 each are:

Jennifer Johnson, Eric Paras

Which US city hosted the 1985 Live Aid concert?

Answer: Philadelphia

Winners of family portraits worth Dhs250 each from Digitally are:

Janice C. Eledia, Paola Boghossian

STATION-BY-STATION *guide*

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

INSIDE STARGATE, ZA'ABEEL PARK



**Every first & third Saturday
10am-3pm
(Ramadan timings TBA)**

Grab a bargain at Dubai's favourite second-hand market. Held indoors over the summer, Dubai Flea Market is a place to sell or buy second-hand goods and handicrafts. Browse the stalls for household items, furniture, textiles, electrical equipment, toys, books, DVDs, clothes, antiques and accessories. Dh5 for bargain hunters, Dh230 for sellers. Visit www.dubai-fleamarket.com for more information.

IQRAA

**July 26, 7.30pm-9.30pm
The Pavilion**

Iqraa is an Arabic book group that meets once a month at The Pavilion to discuss their thoughts on stimulating and exciting novels from various Arab authors. Throughout July they are inviting avid bookworms across Dubai to read the novel *Istasia* by Khairy Shalaby, then head along to the free book group for a discussion with like-minded bookworms.

ARABIC FOR BEGINNERS COURSE

**Times vary, July 24 until Aug 23
Arabic Language Centre**

Coinciding with the Holy month of Ramadan, the Arabic Language Centre (ALC) is offering intensive Arabic language courses for beginners. The 30-hour courses introduce both the script and the spoken language, ideal for complete beginners or those with a limited knowledge of the Arabic language. Call 04 331 5600 to book, or for more information visit www.arabiclanguagecentre.com

THE IVY



**Open daily, 12pm-3.30pm, 6pm-11pm
Jumeirah Emirates Towers**

Diners across Dubai are still undecided whether The Ivy will be as big a hit as its original London counterpart, so why not head down there to decide for yourself? While the food is not exactly what you would call cheap, the trademark British cuisine is well worth it, and the service is impeccable. To make a reservation, call 04 319 8767.

DUBAI AQUARIUM



**Open according to
mall timings
Dubai Mall**

The Dubai Aquarium and Underwater Zoo is one of those things that many residents of Dubai will walk past on a regular basis while shopping in the mall, but how many of you have actually been in? A great experience for kids and adults, you can't help but be amazed at the sheer size of the tank—never mind the beautiful and exotic breeds to be seen in the water.

FUN CITY

**Weekdays 10am-10pm, weekends 10am-12pm
Ibn Battuta Mall**



Let the little ones enjoy some fun and games in this supervised play centre, while you enjoy a quiet cup of coffee or a stroll around the stores. Fun City has two separate play areas—one for children from one to seven, and another for kids aged up to 14, so you can enjoy some relaxing "me-time", safe in the knowledge that they can play happily to their heart's content. For more information visit www.funcity.ae

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 at [Facebook.com/Readmeae](https://www.facebook.com/Readmeae)



JOSEPH EDWARD SANCHEZ



JUNNAR AUSTRIA



CLARKWIN CRUZ



DIANA PASIT



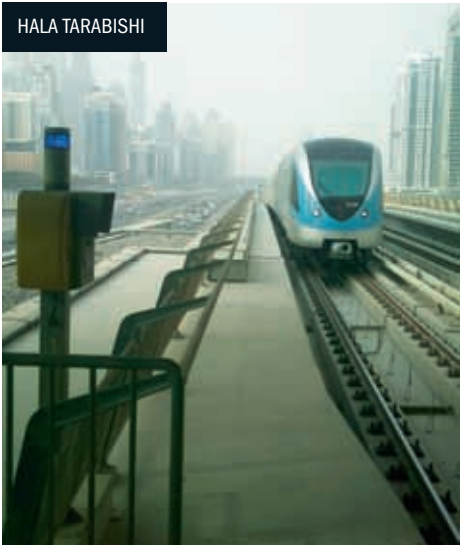
My Metro life
Peter Stavros
Construction manager

I was on the Metro for the first time—with no clue where I was going—when a passenger who could see that I was way out of my depth approached me. He helped me out with my orientation, showed me points on the map to aim for and basically made sure I wasn't going to be wandering the Metro stations confused for the day. Turns out he works in the same industry as me and his company are currently recruiting. I'll now be coming back to Dubai next month for a job interview, and it's all thanks to the fact he stopped to help me out.

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*.



JESHIN HUSSAIN



HALA TARABISHI



JOHN PAUL LIMJUICO

The burning question

Q Do you think the Internet has had a positive or negative effect on how we use our brains and memory?

The #readmeae hashtag



According to recent figures from the Dubai School of Government,

there are over 200,000 Twitter accounts in the UAE. Put yours to good use by commenting on any of the stories you see here in *Read*.

If you see something in these pages you feel you really have to talk about, use the hashtag #readmeae at the end of your message. It could be about anything from your thoughts on Juliana Down's charge up the local and international charts to how you have put Vaastu Shastra into practice in your home—your views matter.

Each week, our team will pick the best of the tweets and we will publish them here.

So go on and let Dubai know what you think about the issues of the week.

In the meantime, don't forget to follow us at @readmeae for our latest updates, and follow our Facebook page at www.facebook.com/Readmeae

Mohammad Rasul

Manager
Lives in The Greens

The Internet has perhaps had a negative effect on the way we use our brains. For example if I can't spell a word or something similar, I can just look it up online. Overall, though, I think the Internet has probably improved many people's general knowledge.



Elick Salvator

Concierge
Lives in Discovery Gardens

I believe the Internet has made things easy for most people. It seems that we are becoming used to just going online to find things out rather than using our own general knowledge.



Mahavir Singh

Accountant
Lives in Deira

I personally feel that the Internet has helped people to use their brains more often. They are able to search the web for information and check the facts about certain topics, while learning new things at the same time.



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

In which film did Jim Carrey play the bank clerk Stanley Ipkiss?

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.

Rabia Daud

Intern
Lives in Sharjah

I think people can get all the information they need now by going online—they don't have to use their brains. I think it is definitely a useful tool however, as in today's fast-moving world it allows people to do things quickly and save time.



Sarah Ferrer

Receptionist
Lives in Discovery Gardens

In my view, the Internet has generally been good for people's brain power and memory. It's so easy for most people now to go online and just search for facts and information if they want to know more about something.

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

We caught up with some of the band members of Juliana Down, Dubai's own supergroup, and were lucky enough to get an exclusive, acoustic performance of their hit, *Never Coming Home*. Check out the video online today.



MONDAY

In part two of our Juliana Down tribute, readme.ae talked to lead vocalist Dia Hassan and drummer James Sinclair to find out a little bit more about their music, and to learn of their plans for the future.



TUESDAY

We sent our roving reporter back out into the field—or, rather, the water. Alexa Soar tries her hand at scuba diving. See how she got on as we followed her into the deep blue sea with a video camera.



WEDNESDAY

"A hacker, a thinker, a curious and adept programmer." That's how 18-year-old Abdullah Khan describes himself on his Scapehouse profile. We met the co-founders to find out about the newest social network.



THURSDAY

Throughout the week, we will be asking our Facebook fans questions on a number of different topics. Readme.ae takes those answers, rolls them into one big tidy ball, and throws it back to you fully analysed. Find out what all the answers mean today.



FRIDAY

Big boy of American comedy Kevin James is back on the silver screen this week in *Zookeeper*. It may have been hammered in the States, but readme.ae will still be in the the cinema lobby with the video camera to find out what you thought. See the reaction online.



Following a strong showing by their latest album, *Empires*, **Juliana Down** have big plans.

Juliana Down would seem to be as much a part of the Dubai landscape as the Burj Al Arab or the Palm Jumeirah. Having been part of the music scene in various formations since 2002, the band is now standing on the brink of international stardom following the release of their second album, *Empires*, in April, shortly after they became the first band from the UAE to be signed to a major international record label thanks to a distribution deal with Sony Music Middle East. The album shot to

number three in the Virgin sales chart and was critically acclaimed, with the band's sound being compared to legendary bands such as Foo Fighters, Coldplay and U2 among others.

Made up of vocalist/guitarist Dia Hassan, guitarist Sari Ramadan, bassist Andrew Gibson, keys player Lionel Fernandes and drummer James Sinclair, Juliana Down have well and truly earned their stripes along the long-trodden path to becoming one of the UAE's most established bands.

Along with chart success, winning various awards and writing new material, Juliana Down have been busy gigging with some big



JULIANA DOWN



FRONTMAN DIA HASSAN IS KNOWN FOR HIS ENERGY

names of rock over the past year, including opening shows for Guns ‘n’ Roses and Maroon 5.

In a rare gap in their busy schedule, *Read.* managed to catch up with Dia Hassan and James Sinclair from the band to find out what they’ve been up to since the album’s release earlier this year.

“We had a real flurry of activity at the start of the year” says Sinclair. “We released the album in April and had lots of promotional stuff to do with that. Then we played a big show with Maroon 5 in April, did a tour of Lebanon in May, had another couple of gigs in

June, then for the last four weeks we’ve been concentrating on writing new material.”

That they are writing already is somewhat surprising, what with the recent release of *Empires*, but as Sinclair explains, “The music business is a business, and you’ve got to think about what you’re putting out there. But actually, when you’re sitting down writing a song, you’re not really thinking about whether it’s going to go on an album or whatever; you just enjoy the process.”

Hassan agrees, saying “we don’t write just because we’re musicians

“It’s taken us quite a while to find the balance, and to have a writing process that’s very simple and easy.”

and that’s what we do. We try to get inspired by what’s around us, and once we’re inspired, we don’t hold back. We don’t look for a reason to write, we just write when we can”.

So what did the fans think of the latest offering? Being the “difficult second album” *Empires* was generally well received, with many fans—and critics—suggesting that after the band’s string of line-up changes, perhaps they had finally found the winning formula with the current members and their sound.

Do they agree? Hassan certainly does: “The chemistry is definitely

there. It’s taken us quite a while to find the balance, and to have a writing process that’s very simple and easy. We’re good friends and we enjoy each other’s company so that’s the most important thing.”

While we could fill the magazine with the group’s history, as with all good bands what matters most is the music. As one of the UAE’s biggest bands, the guys have been an inspiration for up-and-coming musicians in Dubai and the surrounding region for years. While the music scene in Dubai is still finding its feet, the band say they believe in the importance of new groups coming forward and adding their own flavour to the scene.

“Never give up,” Hassan advises. “It takes a long time to emerge and create a brand or a name for yourself, but just don’t give up—if this is what you want, then keep working on it.” Sinclair adds: “Enjoy it for what it is. It doesn’t matter if you’re successful or if people buy your records or not, if you enjoy it, it means something to you, and if other people get a kick out of it, then brilliant.”

In accordance with their own advice, it appears that never giving up is turning out to be the best decision Juliana Down could have made. With some exciting shows scheduled across the region alongside international bands, and ambitions to try and break the American market, the future seems bright for these five guys.

Officially on their way to the top now, they are definitely not looking down.

Who’s hot ...

JENNIFER ANISTON

Cinema audiences in Dubai are still rolling in the aisles with laughter at Jen’s latest flick, *Horrible Bosses*, and the famously unlucky-in-love actress now has a reason of her own to smile thanks to the new man in her life—actor Justin Theroux.



KRISTEN WIIG

The *Bridesmaids* leading lady is receiving rave reviews across the world thanks to her hilarious portrayal of downtrodden Annie. There is no word yet on whether the stars of the movie will be hitting the Middle East as they promote the film, but fans of the film are keeping their fingers crossed.

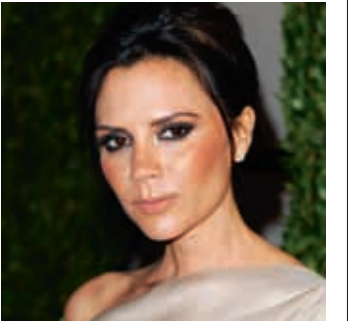


FABIO CANNAVARO

Former World Cup winner Fabio Cannavaro recently refused an offer from Juventus in order to stay at Al Ahli as technical advisor following his retirement. Cannavaro, 37, was contracted as a player for another season, and has decided to stay in a backroom role for the Dubai club.

VICTORIA BECKHAM

Posh Spice has been busy tweeting pictures of her beautiful new baby daughter—her fourth child with husband David Beckham. A long-time fan of Dubai and regular visitor to the emirate, Posh has spoken of her joy at finally having a girl after three boys, and has named the baby Harper Seven.



TOM CRUISE

Excitement continues to grow among cinemagoers with the release of new trailers for the pint-sized Cruise’s upcoming flick, *Mission Impossible: Ghost Protocol*. In heart-stopping scenes, the star—who turned 49 earlier this month—scales the outside of the Burj Khalifa in one of the first big-budget Hollywood films to be shot in Dubai.

Block *voting*

Clashing colours get thumbs up for summer.



Her

Bright colours are almost always in trend for the summer and this year colour blocking is big.

Don't be too precious with sticking to the traditional colour wheel combinations, but keep everything else simple and minimalist. Neon yellow, tangerine and pinks are hot but so are pastel coral, mustard yellow or cornflower blue.

There is a colour and look for everyone, so don't be afraid to break some of the erstwhile cardinal rules of fashion, such as teaming red and pink together—until now a no-no.

The look is kept casual and cool with loose fabrics, long skirts and loose trousers—each of which is perfect for summer.

The trend ties in with the 'Seventies boho look, and flared trousers are really great in neon, such as this tangerine pair (right) by Jill Sander. They also look smart with white, although we prefer a more matte fabric to the shiny material seen in Gucci's summer line, which looks a lot like recycled prom dresses.

High street shops are full of colour and Zara in particular has options for getting this look at home. Accessories are also colour blocking, with shoes and bags available in a wide range of hues.

Or if you are too nervous to be bright from head-to-toe, why not pair a lively coloured bag with a monochromed outfit and bright heels? Minimalist blocking is cool.



KIM KARDASHIAN IS A COLOUR FAN

Him

There is quite a preppy, athletic feel to colour blocking for men this season, especially when you introduce a bright blazer or sweater. While women have kept things minimalist, there is more room to accessorise for men with sweaters, ties, layering and belts. The whole look falls somewhere between Gossip Girl's Chuck Bass on holiday in the Hamptons and Wham! in their white suits and bright T-shirts.

We particularly like Prada's pastel-coloured suits. The tailoring is kept masculine to balance out the bright colours, and anyway, we know real men do wear pink... or orange... or both. If you are intimidated by all the colour, the trend looks great offset with shades of black, white or grey.

Jil Sander, Michael Bastian and Etro have all picked up on this style and we especially like Bastian's take on the look with rolled-up bright orange shorts and espadrilles, which makes for a great summer holiday look.

The beauty of colour blocking is its ease and simplicity. Really, anything does go here.

FASHION OPINION



TERESA KARPINSKA
WWW.CANDYANDCOOKIE.COM

Being a gypsy in two minds

Je suis une gypsette! Just like John F. Kennedy declared his love for everything German by saying "Ich bin ein Berliner", I am hereby making a statement: when it comes to lifestyle and more importantly, choices in fashion, I am a gypsette.

What is a gypsette you might ask? Think of a modern gypsy in a deluxe version—residing at lush ocean villas in the Maldives one day and hiking through Nepal shortly after.

A gypsette has the world as her playground, more than one port to call home, and in a slightly ambivalent manner, loves both opulence and simplicity. Now let's get to the crucial part: how does one dress like a gypsette? Think vintage mixed with high-end designer; silky harem pants originating from Bali living next door in the closet to a flawlessly cut YSL tuxedo blazer.

Furthermore, among the plethora of arm candy adorning your wrist, next to your Hermès enamel bangle, you'll find a macramé bracelet bought during a trip to an Indian ashram. Catch my drift?

Think delicate, high-quality lace, teamed up with biker boots. As a spokesperson for sophisticated yet understated elegance that mirrors the freedom of her spirit, the gypsette will team her sequin shorts with a pair of used-to-be-white Converse that have been to more than one music festival. I could go on, but I'm about to grab my Stella McCartney workout gear and head to a bikram yoga class, as any gypsette worth her title would do...

Search for Candy and Cookie on Facebook to follow Teresa

BYTES & PIECES



HUSSAM KHOURY
IKOO.COM

Online ads are coming of age

The most rapidly growing advertising medium in the GCC is online. Some say its massive growth was caused by the recession but I think there is much more to it than that.

The region's educated and innovative minds have helped breed a generation of "e-Gurus", who saw opportunity in a relatively untouched industry. This generation has launched some of the most familiar sites we now use every day.

Online advertising grew by a whopping 45 per cent last year and is expected to do the same in 2011. Analysts say the region's online spend will reach nearly \$170 million by the end of 2011 and exceed \$450 million by 2015. That's huge.

But is online advertising right for business? I often come across this question, and my answer is always a big YES. Online advertising, unlike TV, is extremely affordable and can easily be custom tailored to small- and medium-sized businesses' advertising budgets. With an effective message, you can focus on the age, sex and income your company requires to boost sales, registrations or foot traffic to your stores.

How do I know it's effective? Online media is extremely measurable. Take, for instance, \$1,500 spent on one of Ikoo's sites. We will be able to let you know how many people viewed the ad, how many clicked on it and how many people completed the contact form on your website. A radio ad could never do that.

Follow Hussam
on Twitter via
@hussamkhoury

Beware *of the phish*

We look at the rise in cyber attacks on social media and smartphones.

Internet security has always been—and unfortunately will continue to be—an issue for everyone, with spam and viruses evolving at the same rate as technology development. Spammers quite literally catch onto the latest trends and take advantage of the popular and the weak, with social networking sites and smartphones the latest to come under threat with the largest increase in attacks.

The huge user bases and growing popularity of sites such as YouTube, Twitter and Facebook are perhaps the main reasons that spammers are continually targeting this lucrative "business".



Sale site readies for launch

Online newcomer to exploit growing Dubai trend for group buying.

E-COMMERCE

There has been a notable rise in Dubai-based companies turning to the Internet as a platform for launching and running their businesses in recent months, and CraveNSnitch is the latest to join in. A group-buyer company, www.cravensnitch.com started business in March and expects to be fully launched this August, according to Georgio Khachan, the site's managing director.

"There is a saying in business: 'Go where the people are,'" says Khachan. "In 2011 and beyond, people are online and it is more convenient to serve them on the web and save them time and money through this medium.



"Millions of people use Facebook and Twitter every day, and it is wise to network and build your business presence to reach your customers."

CraveNSnitch offers a variety of goods and services at

discounted prices—the site's holding page claims savings of between 50 and 90 per cent—through the power of group buying. Khachan says the company works "on a win-win philosophy to provide both customers and

local businesses with an attractive deal." But with a number of existing auction and group-buying already established across the Middle East, this is competitive time to launch. Khachan says he recognises that this is the case, but believes that the new site will offer levels of value and service that will entice customers; meanwhile, he explains, his commercial partners will also stand to gain through an online model. "The old ways of advertising are becoming less effective and business owners are less willing to take risk up front," he says.

"With no financial obligations straight up, businesses can trust CraveNSnitch to work with them."



46%

The extent of the rise in malicious software attacks on smartphones in 2010.

Phishing has become a popular method among scammers, who use it to con users through legitimate email notification templates from social networking sites such as Facebook. These messages allege that the user has unread messages or pending invites; they provide a fake link, which in turn will direct users to a website purporting to be selling cheap enhancement drugs or replica products, and this in turn forces the download of malicious files to the user's computer.

These apps are designed to steal personal data, such as passwords, emails and text messages, and can even find out your location. On smartphones, viruses can also become costly, with apps used to run up SMS or phone charges through "Trojan-dialing" or "Trojan-texting" without your knowledge.

Largely targeting Android-

based smartphones—Apple's iOS platform and BlackBerry products have stronger security in place—crooks take advantage of software still in its infancy with many unfamiliar users.

"We have already witnessed multiple attacks that exploit weaknesses inherent to the Android platform," says Tamim Taufiq of global Internet security experts Symantec. "While sneak attacks through 'poisoned' apps and hidden malware may be obvious to the trained eye, new and unfamiliar users in particular are at high risk."

Awareness and diligence is needed to stay safe, whether on your smartphone or Facebook account. Simply being diligent about app permissions, suspicious SMSes and password protecting your mobile device will all help safeguard your smartphone.

Internet security brands such as Norton and McAfee are now offering security software to protect your phone against malware, spam and anti-theft software, and can remotely lock and wipe your phone when lost or stolen.

On your computer, Facebook is the social networking site with the highest percentage of attacks, and accordingly it offers a great deal of useful information on its site to help advise users. Most of it is common sense, such as thinking before you click on links, even if they are posted by your friends, never copying and pasting links into your web browser and keeping your Internet security and web browser software up to date.



Tech beat

INTERNET: EXTENSION OF MEMORY

A recent study suggests that the Internet is making it so simple to find answers that the way our memory works is changing. The brain is less likely to recall information if it knows it can be found elsewhere. Not necessarily a negative effect, a dependence on Google may indeed be an indication of an expansion of mental capability. Our brains now create room for more power of analysis, and have moved away from memory storage.



VITAMIN WATER OFFERING JUICE FOR YOUR CELLPHONES

A Vitamin Water promotional display at select bus stops in the USA has incorporated a three-port, battery-powered USB hub in an image of the bottled water. This allows waiting commuters to charge their device for free and is part of the "You're Up" campaign, which emphasises that the drink provides a quick boost on the go.

FIREFOX WORLD LOSES BROWSER GURU TO CHROME

Firefox has lost lead Firebug programmer John J. Barton to Google Chrome. The change reflects the shift of the browser market in which Firefox no longer holds such a dominant position. More dynamic browsers with animated elements and interactive user interfaces are on the rise.



APPLE'S LION BLURS LINE BETWEEN MOBILE AND COMPUTER

The latest version of Apple's operating software for its Mac computers, Lion, has just been released. This update blurs the line between software on mobile devices, such as the iPhone and iPad, with software on computers, with multi-touch gesturing, full-screen app display and access to the Mac App Store built directly into the software.

GOOD CAUSES

LOLA LOPEZ
VOLUNTEER IN DUBAI

Anybody can volunteer

Volunteer in Dubai is an organisation of like-minded people who want to do worthwhile things in their spare time. We are not a charity, we are simply an organisation that aims to bring together any charity or cause with Dubai residents eager to volunteer their time and give back to the community.

The idea began four years ago, when I wanted to become a volunteer myself but couldn't find a way of doing so. The organisation now includes 14,000 members—with 7,144 active at this moment in time—and so far already this year we have organised over 200 events. From typing Braille books for blind children to

handing out food and water at labour camps, providing companionship and transport for vulnerable people undergoing chemotherapy and

helping out at a "Funday Sunday" event for children with special needs, our opportunities are so varied.

It doesn't matter what nationality, gender or age you are, most events are open to those willing to help. Obviously, there are age restrictions on some events and parental permission is required for younger volunteers, but everyone is welcome, as proved by our youngest member, who is five years old and our oldest member who is 72. If you would like to become a volunteer, all you need to do is visit our website, register your details, then keep an eye on the events page. As long as you have a good spirit and a willingness to help, Volunteer in Dubai wants to hear from you.

For more information, visit volunteerindubai.com

Half-time success for DSS

Improving sales and increased footfall buys malls and stores this summer.



SUMMER SURPRISES

The first-half of this year's Dubai Summer Surprises has seen a dramatic rise in sales, attendance and promotions over the corresponding 2010 figures, according to mall operators.

Individual malls have been posting their results at this half-way stage, and with three more weeks of the summer shopping promotion, they are confident of even greater increases due to an inspected influx of visitors from the GCC over the coming weeks.

Mercato, for example, has seen a sales increase of 10 per cent since the start of DSS, compared to the same period last year.

Meanwhile, Al Ghurair Centre is expecting a significant increase in retail sales this summer, according to Joe Abi Khalil, the mall's marketing director. "DSS plays a vital role in the increase of sales and is effective in promot-

“This outcome reflects the success of our promotions.”

ing special offers in the mall. By combining DSS events, activities, special offers, and raffles, we are expecting a sales increase of 25 per cent.”

In terms of promotions, Bernice Boshoff, general manager of Festival Centre in Dubai Festival City, said: “We are delighted to announce that the total count of promotion coupons for the first half of DSS 2011 has increased by more than 100 per cent compared to the same period last year.

“This outcome reflects the success of our promotions and free calendar of kids events, and is obviously stimulated by the rise of inbound tourists.”

Gold has also witnessed an increase this summer. Buoyed by purchases made by travelling expats and local demand, gold and jewellery sales saw an increase of 20 per cent between June 22 and July 11 when compared to the same period last year.

ELSEWHERE AT SUMMER SURPRISES...

BEHIND HARRY POTTER

Continuing until the end of this month, Deira City Centre is playing host to a rare, behind-the-scenes photo display chronicling the journey of the of the *Harry Potter* film series.

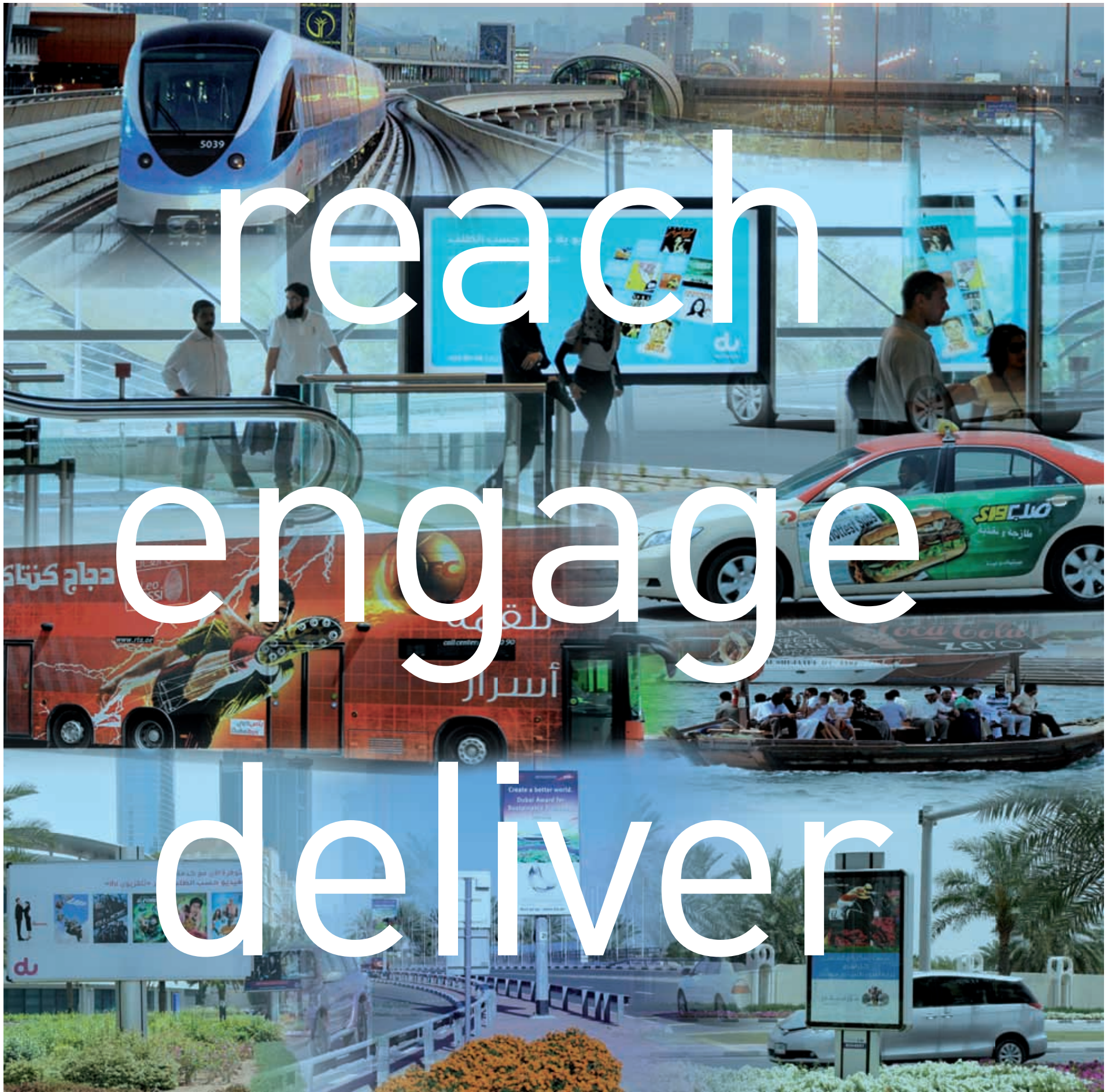
This display is located on Level 2, near the exit to Dubai Metro, and is open to the public every day during mall opening hours

MODHESH WORLD REGISTERS RECORD

Over 12,000 visitors thronged Modhesh World on Friday, July 15, marking the highest turnout ever since the venue opened in 2000. The record figure was attributed to the weekend and celebrations marking the fifteenth day of the Islamic month of *Sha'ban*, which is popularly known as *Hag el laila*.

BONUS SURPRISE AT DFC

Festival Centre has announced that it will draw a prize worth Dh50,000 at the end of DSS, along with a grand prize comprising two cars. Each extra spend of Dh500 in any Festival Centre store until July 31 will entitle shoppers to one bonus draw coupon in addition to the three draw coupons of Dh150 spend.



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Go with the flow

How to reach 'thoughtless awareness'.

MEDITATION

Some people enter a state of calm straight away while others have to work harder, struggling to empty their mind of the day's clutter. Meditation is not an exact science, but there are specific steps you can take to reach the ultimate state of thoughtless awareness, says Emily Cesbron, long-time practitioner and teacher of sahaja yoga meditation in Dubai.

The idea of being aware but thoughtless at the same time sounds almost impossible but the majority of people manage it on their first visit, she says. "It's not a trance. The idea is not to drop into a zombie-like state. It's about being completely in the present and not thinking about the past or the future. When you enter a meditative state, you are living entirely in the moment and going with the flow in the greatest possible sense."

The experience is physical as well as mental. "People will wonder what you are talking about, but then, suddenly, they will get it," says Cesbron, who teaches free sahaja yoga meditation classes in Al Barsha. For some of her stu-

Simple stress relief tactics that don't involve diet and exercise

1. Place the feet in cold water mixed with salt
2. Dab spearmint oil on the temples and neck
3. Stretch your hamstrings (they are one of the first muscle groups to store tension)
4. Walk backwards (it re-directs the focus)
5. Sing under water

dents, the physical signs that they are experiencing the meditative state will be the sensation of a cool breeze, tingling around the fingers, or dilated pupils; others just feel a slowing of the thoughts.

To get here, a person begins by sitting comfortably, turning the palms upwards and removing the shoes to allow the body's negative energy to drain into the earth. "It helps to close your eyes because the aim of the exercise is to focus

"It's not a trance. The idea is not to drop into a zombie-like state."

your attention inside. For the next 10 or 15 minutes, you place your hands on different areas of the body, directing your attention to each in turn," Cesbron explains.

Slowly, the energy that resides in us all begins to move around and up through the body, passing through certain subtle centres, known as chakras, on the way. According to the ancient beliefs on which sahaja yoga meditation is based, the body has seven chakras in total and these are connected by a system of channels known as nadis. While the nervous system and sensory organs interpret the outside, physical world, the chakras look after the spiritual, emotional self.

It takes between 10 and 15 minutes before most people begin to feel something. As your hands, and more importantly your attention, moves around your body, the different qualities of each chakra are awakened, allowing the free flow of kindalini energy, says Cesbron. "It is when this energy passes through the agnya chakra on the forehead, which is also known as the third eye, that people's pupils will dilate. When it passes through the seventh chakra on the top of the head they'll feel a cool breeze, tingling, or another reaction that will indicate their arrival at the state of thoughtless awareness."

Once here, the difficulty is to maintain it. Getting there is one thing but the ultimate aim is to retain this state in your everyday life.

"The procedure is designed so that anyone can do it at any time of the day, wherever they feel most comfortable. You don't necessarily need to continue with an instructor, it just takes practice."

Once you have learnt the best method for you to harness your attention, you can begin to teach yourself how to live in the moment, which can bring all sorts of benefits from stress relief and inner piece to medical solutions and improved health.

For more information or to book a class call 055 956 6479 or visit www.sahajayogauae.com

Tackling food contamination

Be safe on your weekly shop by making sure that fruit and vegetables will not damage your health.

FOOD

Food safety is at the top of everyone's agenda just now, especially after a recent outbreak of e-coli that caused the deaths of more than 50 people in Europe earlier this year alerted us to the fact that healthy eating is about much more than a balanced diet and plenty of greens.

In fact, lately greens and vegetables have been the cause of many of the problems. "If we look at all the major outbreaks across world in recent years, most of the food contamination problems have been linked to foods which we don't necessarily cook, like let-

tuce, tomatoes, spinach and now bean sprouts," says Bobby Krishna, senior food studies and surveys officer for the Food Control Department in Dubai.

Traditionally, processed meat and dairy products have been considered more of a threat, Krishna says. "Now the contamination problems have been arising from raw foods because we don't always kill off the live and potentially harmful organisms within them by cooking."

In Dubai, where at present around 85 per cent of the food is imported from more than 160 countries around the world, food safety officers have to be particu-

larly vigilant. Much of the emirate's grain, vegetables, meat and fruit comes in from abroad, and keeping track of all these sources is a huge job, says Krishna.

Since the e-coli outbreak, the Food Control Department has released a new report that will be used for drafting strategies to control imported food. The paper, which is now being distributed to food control authorities, companies and consulates, reveals the challenges Dubai must face to tackle food safety, including collaboration between federal and local authorities, protecting consumers from various contaminants and changes in consumer habits.

In 2010, the Food Control Department rejected around 430,000 tonnes of food, but these were not decisions that were taken lightly. "We have to be very careful when weighing up the threats. Simply imposing blanket bans on questionable sources can have a massive effect if, for example, a country relies on imports to Dubai," Krishna explains.

Part of the solution lies in proper communication and training. Last year the Dubai Municipality implemented a new policy, which required all food businesses, from bakeries to restaurants, to have a manager trained in food safety. By December 2011, the manager running the show in any food business must be trained in food management.

Not all of the responsibility, however, rests with food suppliers. "Everyone in the chain has to do their bit to make sure that food is safe, from farmer to government to consumer and food outlets. Consumers should pay attention to the food they buy and make sure it comes from a good supermarket with a reputable source.

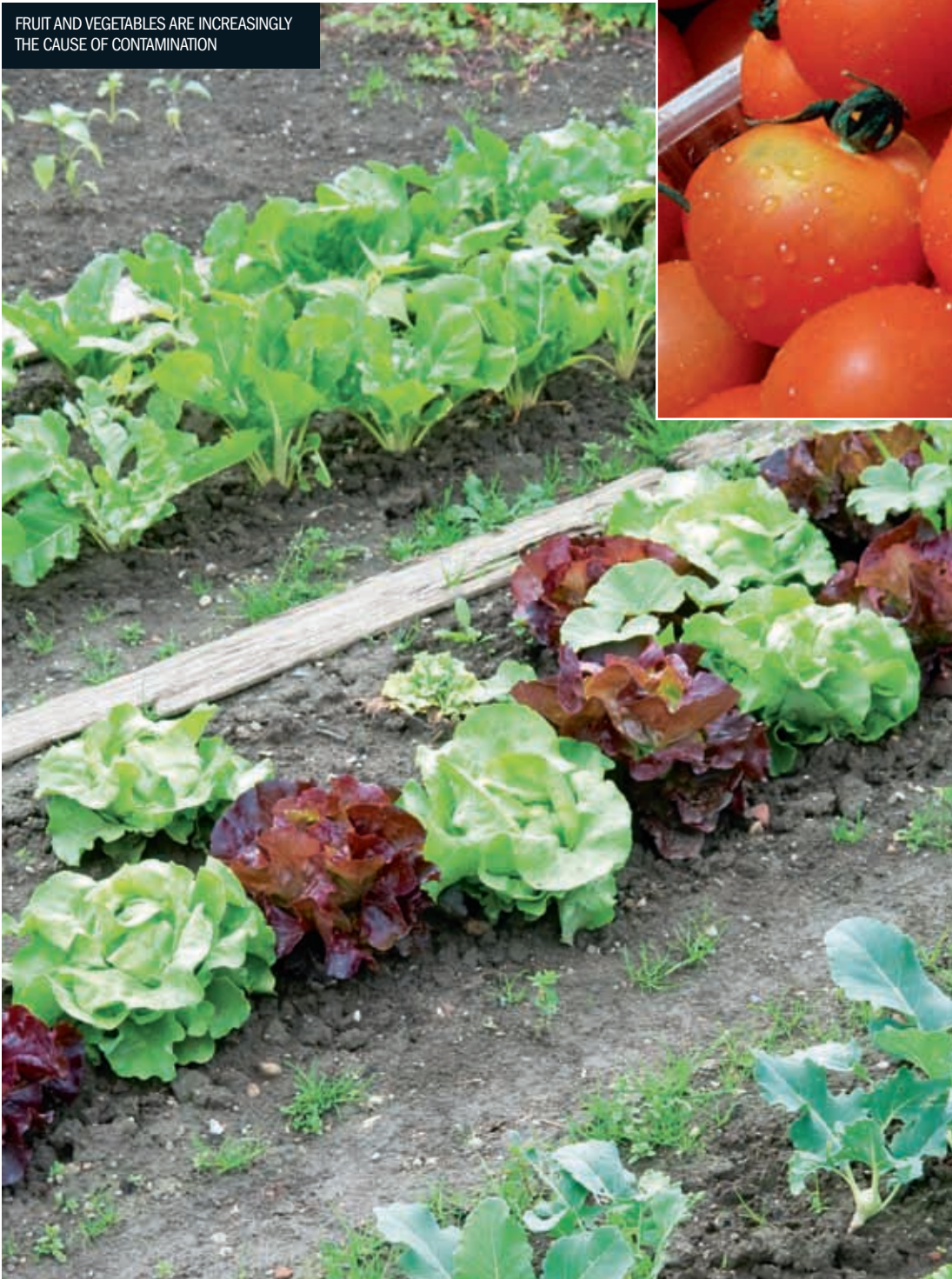
"Ask where their suppliers are from and wash raw food properly in disinfectant to kill any germs. Refrigerate all vegetables and wash your hands before handling food. Restaurants should take all reasonable measures to ensure that the food they serve customers is safe, from questioning their sources to sanitising and storing food properly," Krishna says.



“Most food contamination problems come from foods which we don't necessarily cook.”



FRUIT AND VEGETABLES ARE INCREASINGLY THE CAUSE OF CONTAMINATION





More than a *dance*



Lucy Torchia attends her first capoeira class to find out what is behind this 400-year-old martial art.

I must admit, when I was told that I would be attending a capoeira class for *Read*, I was slightly nervous. I haven't done any kind of martial arts since attending taekwondo classes for a couple of years at the age of around nine, and am not exactly renowned for being super-fit. But, I thought, if you never try you'll never know, as I headed down to The Contender Gym to meet Nina Stone—aka Professora Espoleta—from Capoeira Mestre Alabama and join in with one of her classes.

Many people are still under the impression that capoeira is a form of dance, however as Espoleta explained, "It is actually a martial art that was disguised in the form of dance during slavery, to hide what they were doing in front of the slave masters."

The class began with a warm-up, which put everyone through their paces. Different types of kicks were mixed with jogging, sit-ups, planks and stretches, by the end of which I think everyone in the class was well and truly warm, if not red hot. Following the warm-up, we were placed into pairs to work on the basic moves of capoeira. As a complete beginner, co-ordinating my arms and legs to execute the necessary

“Capoeira combines elements of music, movement, ritual, acrobatics and martial arts.”



steps was tricky at first, but with the encouragement of my partner and Espoleta I was soon in the flow, ducking and diving, kicking and spinning, tripping over my own feet at times, but that was all part of the fun. Nobody is there to laugh at you for making mistakes; all ages, genders, shapes and sizes are welcome to play. And 'play' is the key word; a person does not 'do' capoeira, they 'play' it. As Espoleta explained, "Because we have music and because it's not within a strict format, you're always moving from something to something else and it's always good fun."

Moving on through the class, it becomes clear that the fun side of learning the art holds as much importance as the physical element. After an hour of non-stop practice, Espoleta brought out a selection of traditional Brazilian instruments that signalled the start of the music segment. Gathered in a circle known as a "roda" the group maintained a rhythm while Espoleta sang call and response lines for everyone to join in with, and class members were invited to play against each other inside the roda. Though this may seem an unusual addition to a run-of-the-mill fitness class, it reinforced the message that capoeira is more than a way to keep fit; it is an entire way of thinking and an art form. After all, as Espoleta

says, "Capoeira is a 400-year-old art that combines elements of music, movement, ritual, acrobatics and martial arts."

At the end of the two-hour class, I felt exhausted yet invigorated. I had learnt some of the basic moves of capoeira, had a good workout, enjoyed the company of my classmates and had definitely used muscles that had lain dormant for years. As my class partner, Niel, told me, "I've been coming here for one month and its already changed my life. I've lost weight, I'm getting fit, and I'm learning new skills." So if you feel like playing and trying your hand at something totally different, why not give capoeira a go?

For class times and details visit www.capoeiradubai.com

FITNESS FOR REAL

ZIGGY DARWISH,
CERTIFIED FITNESS
INSTRUCTOR

Being given the boot

Boot camp is the name the military still uses to get fresh recruits ready for forces life. But a civilian boot camp is different—it's group fitness incorporating cross training and circuit training.

Being an ex-military man, bringing boot camps to Dubai in 2007 was the healthiest dose of fitness Dubai had ever seen. These days they are truly the fastest way to get fit and lose weight in no time. How is that, you ask?

Well, when you work out in a group, you usually don't want to be the last to finish or the weakest link, so you tend to move a whole lot faster compared to one-on-one personal training. Also, depending on the boot camp you choose, there are usually lots of awesome activities that you can be inspired by—for example, interval training, mixed martial arts, kettle bells, obstacle courses, weight training, kick boxing and a whole list of other options. The more physical movement and different exercises involved, the more fun you have, which means you are more likely to go back for more.

Most boot camps are conducted three times per week and can be much cheaper than personal training, plus you get to meet likeminded people and make new friends. All you have to do is try a few sessions to see what suits you before signing up for a month-long course. Have fun and don't be scared of the name "boot camp"—it's just group fitness at the end of the day.

Ziggy is a qualified Royal Australian Navy fitness instructor and certified trainer



Vox pop

Have you ever tried an alternative therapy?

Mukesh Muraleedhran
Interior designer, Barsha



I have never tried any alternative therapies, and am not sure whether

they would be the choice for me. I like to just stay healthy and relaxed by exercising and going to the gym.

Obaib Zia
Interior designer, Bur Dubai



I have never tried any kind of alternative therapy, but if I was to try one, it would

probably be a nice, relaxing massage. In India we use vegetable oils for massage, so I would like to see how they do it in Dubai.

Maria Chanco
Admin assistant, Al Rigga



I used to have shiatsu massage using aromatherapy, but in Dubai, I don't have

the time. I think it helped me to relieve stress and aches, and I believe the scented oils also have an effect.

Sima Tare
Accountant, Satwa



I like to go for facials, but have never tried any alternative therapies.

I would be interested in trying acupuncture though, just to see what it's all about.

Spicing up your health

We guide you through the complexities of using spice as a cure.

Flavour reflects the blend of taste and smell sensations evoked by a substance in the mouth. These sensations can be altered almost infinitely by altering the seasonings of food, something that is often done by the addition of spices.

Spices have a pungent aroma and are pleasant—each has an appetising and soothing taste uniquely of its own. Internally, spices provide provoke a change in the chemical nature of food, while externally, each distinctive aroma creates an atmosphere that excites the appetite.

Certain aromatic spices really bring sweet dishes to life while others work best for salty foods, lending character to such food and stimulating the taste buds.

In general, spices are revered in the ayurvedic tradition because of the therapeutic value they bring to a meal. There are almost no dishes in ayurvedic cooking that are not embellished with their aroma, fla-

vour and healing wisdom. Combining spices to offer the benefits of synergy and balance is integral to ayurvedic cooking.

Ayurveda deems diet to be a crucial aspect of wellbeing, with great importance placed on the choice of foods and their preparation.

Although getting the proper spice at the proper time is not all there is to do with ayurvedic medicine, eating properly will go a long way to help maintain a healthy balance.

A spice can be warming or cooling, which means it affects the balance of the digestive system. It can also have one of six tastes: sweet, sour, salty, pungent, bitter, and astringent.

To get the most from the spices you eat, buy the best quality spices available—organic when you can find them, and non-irradiated. Store your collection in clean, airtight jars in a cool, dark place and buy in small quantities so you can consume them in a few weeks while they are fresh.

“A spice can be warming or cooling, which means it affects the balance of the digestive system.”

A coffee-mill is helpful for dry-grinding small quantities of spices.

So, which spices to use, and for what purposes? Asha Rani, an ayurveda practitioner and colon hydrotherapist at the Dubai Herbal and Treatment Centre, has helped us compile this guide to the most common spices.

ANISEED

Being diuretic, aniseed clears urinary blockages and is a wormicide. It can aid indigestion, vomiting, abdominal pain and dry coughs. It can be mixed with foods or a few seeds can be taken after meals.

TURMERIC

Turmeric is hot and dry in nature, and is one of the basic ingredients in Indian masalas (spice mixtures) that are used for cooking vegetables and beans. The ‘curcumin’ present in turmeric protects the nervous system, so it is good to take every day



to avoid Alzheimer's disease. Turmeric purifies blood and subdues accumulated gases. It relieves pain and inflammation and kills worms. Other health benefits include the relief of skin diseases, itching and rashes, and it is also good for diabetes. Turmeric can be added to curries and soups and cooked vegetables. Like fenugreek, it can be used externally and internally, it can purify the skin and provide it with a natural glow and smoothness.

CORIANDER SEEDS

Coriander seeds are cooling, strengthening to the body and soothing to the heart. Drinking a solution made from coriander seeds soaked overnight can cure piles and neuralgia and stops blood in the stools. Coriander powder can be added to curries, soups and cooked vegetables to give a fine flavour to food.

CUMIN SEEDS

Cumin seeds are appetising and aromatic. They aid digestion, are beneficial for eyes and good for the heart. They cure fevers and tympanitis, and remove sour tastes in the mouth. They also remove impurities in the blood and cure worms and piles. For women, cumin increases milk production in the breasts and strengthens the



SPICES GIVE THE UNIQUE FLAVOUR TO MASALA DISHES

uterus. Cumin cures constipation, reduces mucus and increases virility. When mixed with vinegar, cumin seeds stop hiccups, and their powder can be rubbed on the gums to cure inflammation or toothache. A teaspoon of roasted cumin seed powder mixed with yogurt and taken with food cools the body in summer.

CLOVES

Cloves balance all the vital energies in the body, directly working on nervous system, conscious-

“Coriander seeds are cooling, strengthening to the body and soothing to the heart.”

ness and the veins. They are astringent, so therefore act as a stimulant, an appetiser, a rejuvenator and a digestive aid. They are also good for eyes and help ease asthma. Cloves increase the production of white blood corpuscles, thus increasing the body's resistance to diseases, infections and viruses. They stimulate the nervous system, and in paste form, cleanse cuts, bites, swelling and pains.

CINNAMON

Cinnamon taken as a spice in food stimulates the appetite and helps to discharge intestinal gases. For pregnant women, the use of cinnamon should be fairly minimal as it may cause a miscarriage if taken in excess. However, it is recommended after childbirth to stop bleeding and to purify the inside of the uterus. Cinnamon is a blood purifier, an aphrodisiac and an anodyne; the spice helps to control the action of the pancreas for insulin secretions. It cures skin rashes, burning sensations in the trachea, mouth odour and thirst.



ASK THE EXPERT



LEE JOHNSON
SPORTS THERAPIST
UPANDRUNNINGDUBAI.COM

What is tennis elbow?

The term tennis elbow refers to lateral elbow pain, commonly caused by excessive wrist extension; the name is misleading for many people as non-tennis players seem to suffer more. The medical term for the condition is lateral epicondylitis and the symptoms are usually presented with pain of the extensor muscle that radiates down into the forearm. Its severity ranges from really trivial pain to an almost

incapacitating pain that may keep the patient awake at night.

It is important to note whether the pain is produced on performing everyday activities, such as picking up a cup of tea, or comes on with repeated activities. Certain movements that involve the wrist extensors can also bring on pain; even a movement like shaking hands with someone can be painful.

No single treatment has proven to be totally effective for tennis elbow, therefore a combination of different treatments will result in resolution of the symptoms in nearly all cases. Commonly used

treatments include soft tissue therapy, electrotherapeutic interventions, manual therapy, stretching, taping, corticosteroid injection and acupuncture. To prevent getting tennis elbow in the first place, or further recurrences, it is important not to rush into doing too much too soon when performing a physical activity or playing sport. My suggestion would always be to do your chosen activities slowly and gradually, therefore conditioning the muscles used, which will allow you to push on harder within your sport.

EYE CANDY



DR BERTRAM MEYER
LASER EYE CARE & RESEARCH

Laser surgery is safe and simple

In the early 'Nineties, I performed one of the first Lasik operations in Germany, and since then I have carried out over 20,000 more. These days it is safe, simple and quick, being comprised of three steps: the preliminary investigation, the laser treatment, and a thorough follow up procedure.

Once the preliminary analysis has been carried out, we inform you of what could be achieved, and we always give you time to go away and think about your decision.

The operation itself is a quick and relatively pain-free procedure. A local anaesthetic eye drop is administered so the procedure causes no pain, then the eye area is disinfected and placed under a sterile cover. A small device holds the eyelid open, to prevent involuntary movements.

Then a precision laser removes a very thin layer of the cornea, which is folded to one side so the laser can model the cornea precisely. As a patient, you can hear the laser at work, but will feel nothing. The corneal flap is then folded back and after a few minutes, it will hold itself firmly in position again.

After a brief recovery period, our laser specialist checks the results of the operation before allowing the patient to return home. You won't need a bandage or dressing, only to wear protective glasses for about two days; a post-operation check-up is carried out the next day, then after one week, one month, three months, six months, and finally after a year.

Lasik can correct myopia, hyperopia and astigmatism

Desert *driving*

It might be hot outside, but aircon and a cooling sunset make summer safaris a tempting proposition.



DESERT SAFARI

As **summer well** and truly closes in across Dubai, many people's minds start to drift towards all the exciting outdoor activities to look forward to come in the cooler months. One activity that remains a stalwart of the Dubai experience is the good old-fashioned desert safari.

While excursions into the desert appeal to the majority of tourists visiting our region, many locals and expats have also been known to enjoy a spot of dune-bashing, whether in their own 4x4s or as part of an organised tour. For those who are not equipped to venture out alone, nearly all of Dubai's tour operators offer desert safaris, and with prices starting from around the Dh150 mark, taking a trip out on the sand provides a low-cost, super-fun way to spend an evening.

The action kicks off 45 minutes out of town, where the cars gather to have

their tyres deflated in preparation for the bumpy ride ahead. After a brief photo opportunity it's back into the car for some serious off road action, where the various tour operators follow in convoy across the desert, driving up and down dunes at angles you wouldn't believe. Just when you feel as though your stomach can't take much more, it's time for another photo stop, perfectly timed with the gorgeous desert sunset.

The evening is rounded off at the desert camp, where arrays of activities are available for intrepid desert explorers. Quad biking usually proves to be a big hit—although most companies will charge an

“Why not get out and try a summer desert safari now while you still can?”



additional fee of Dh100 for this—which along with camel rides, henna tattooing, sand-boarding, sheesha smoking and a traditional dance show provides a full programme of entertainment.

A great experience for adults, children, tourists and residents; rather than putting it off until the cooler months why not get out and try a summer desert safari now while you still can? After all, a little bit of sweat never hurt anyone...

While there are dozens of tour operators offering desert safaris in Dubai, a few of our favourites are:

www.arabiahorizons.com
www.norhtours.net
www.arabian-adventures.com
www.happylinkers.com

The Cypress Tree

By Kamin Mohammadi

BOOK

Kamin Mohammadi fled Iran at the age of nine during the Revolution. Settling into a new life in Britain, she concentrated on fitting in; be it at her boarding school, London nightclubs or working on magazines in Soho.

But she couldn't let go of the memories from her childhood; of innocent days full of family gatherings, sprawling gardens and a culture of warmth, grace and poetry. Seventeen years after leaving, she returned to her homeland, and *The Cypress Tree* is her funny, moving and acutely observed account.

Through the rediscovery of her extended family, she tells the story of the country. Her colourful anecdotes provide details of Iran's recent social and political history: of the revolution and the bloody war that followed, the tentative steps towards political and social freedom when it ended, and the tight-

ening of control again today. The success of the book lies in an extraordinary family which provides the backdrop to such events, and helps us feel the same love for Mohammadi's country as she does.

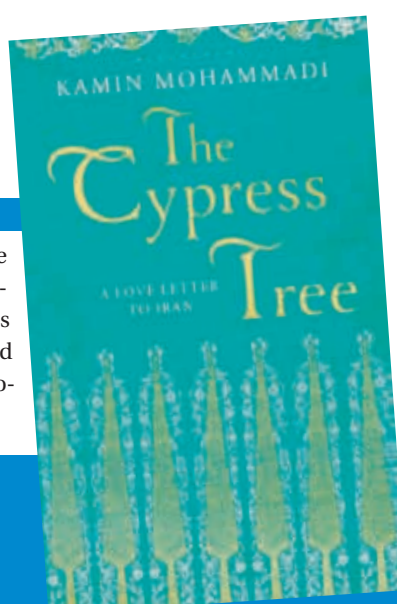
IF YOU LIKE THIS, TRY...

Farangi Girl: A Memoir of My Mother, Parties with Princes and Growing Up in Iran
By Ashley Dartnell

A vivid and gripping memoir of the author's journey into adulthood, starting with an expat's privileged life in Tehran during the 60s, then unraveling into a tale of bankruptcies, lovers and lies, with a daughter's relationship with her glamorous and passionate mother at the heart of it.

Censoring an Iranian Love Story
By Shahriar Mandanipour

Set in contemporary Iran, this is essentially a charming love story between Sara and Dara, who communicate secret messages in code via a book that has been outlawed. Witty, playful and surprisingly cheeky, this is a welcome addition to Iran's rich story-telling heritage.



Little Dragon – Ritual Union

Peacefrog ★★★★★

ALBUM

The third album from Swedish band Little Dragon is an indefinable electro-soul-funk-pop hybrid, but it's just this that makes its slightly schizophrenic, often intoxicating, sound instantly recognisable. Japanese-Swedish singer Yukimi Nagano somehow gets around

the patchwork quality of the varying songs with a voice that can range from impassioned to ethereal, and makes use of her now-trademark vocal distortions, with effortless R&B inflections sliding in between.

Their fans include Gorillaz, Raphael Saadiq and Erykah Badu.

The eponymous album opener, *Ritual Union*, sets the tone with its deep dub bass line, tingling guitar chords and synth flourishes; the other tracks follow in a tumbling

exploration of chill-dance-minimalist-80s pop, and succeed in having an allure that keeps you listening to the end. Other highlights are the metallic electro-pop *Shuffle a Dream* and the languid, slightly lonely *Summertearz* which catches you with its compelling instrumentation.

Resist the urge to try to pigeon-hole this Gothenburg four-piece into a genre; their richly-textured, stylish sound has been honed over 15 years, and it's here to stay.



iPad 9:41 AM

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DRIVE THE CHANGE 

MUSIC
BEATMONIQUE HEBRARD
VOCAL COACHYour voice is
an instrument

The first thing I want to do when I wake up in the morning is put on some music and sing. My entire day is filled with music and song because it's inside me. If this is what you feel too, then you are a born singer.

If you're always singing along to your favourite songs, or brave enough to get up and perform at karaoke, you may find singing lessons an enjoyable pastime. If you play an instrument then even better, as this will help you understand music more clearly. Your voice is an instrument itself and you need to learn how to use to its full capacity. The only way to do this is to find a singing teacher and go to lessons, where you will learn singing techniques, such as using the diaphragm, vocal techniques, how to warm up your head, throat and chest voice.

Once you have found your voice, by listening to all different genres of music you will discover what style of music your voice suits, whether that's classical, pop, R&B or rock. Anybody of any age can learn how to sing—boys and girls, men and women—although a child only starts using his or her singing voice properly from around 10 years old. Singing is a powerful instrument because you learn how to express yourself through song. You have the freedom to express your feelings and emotions through your performance, and it's a wonderful release when this happens. You are fortunate enough to express your talent and emotion through a creative force, your voice.

Find out more at
moniquehebrard.com

Ripping the mask off

When: July 29

Where: First Group Theatre, Madinat Jumeirah

THEATRE

Broken Wings, a play in English, uses the most exciting and advanced technology to expose the pitfalls of our reliance on the electronic world today.

It features the legendary Shabana Azmi, who plays Manjula Sharma, a not-so-successful Hindi short-story writer. When she suddenly becomes wealthy and internationally famous by writing a best-seller in English, the play becomes a psychological thriller, as Manjula is haunted by the question of whether, in opting for a global audience, she has betrayed her own language and identity.

Audiences will see Shabana speaking to Shabana as, without warning, it's her own "image" that decides to play confessor, psychologist and inquisitor.

Director Alyque Padamsee explains further: "We live today in a double world. Who we project ourselves to be... and who we really are. Electronic images whirl around us in a dervish dance. And if we are in the celebrity circuit, we become one of the dervishes."



SHABANA AZMI

"Girish Karnad has written a masterpiece about self delusion and phantom images. Two sisters locked in mortal combat. Who will emerge triumphant?"

For tickets, call the Souq Madinat Box Office on 04 366 6546.

Performances start at 7pm and 9.45pm.



Kids get creative

When: Until July 27

Where: The Jamjar

ART

For those who don't yet know about it, the jamjar is a huge art studio and gallery that is based in the depths of Al Quoz and dedicated to the community.

According to its management, it is Dubai's window into the arts for anyone who wants to get in touch with their creative side, and this summer the focus is on kids.

Throughout July, children aged from five to 12 years can be kept busy through a series of creative arts workshops. This week it is all about mono-printing and collage; next week will be a culmination of everything learned so far, with a mixed media approach to add surface texture and different dimensions to their work.

Young children are still at an age to be freely expressive in their creativity, and The Jamjar harnesses this important stage by nurturing their confidence and skills.

At the end of the programme the young charges come away with their own varied portfolio of artwork, encompassing different styles and techniques, and the experience of having been in a fun environment.

The classes take place on Monday, Tuesday and Wednesday, from 10am-12 noon for five- to seven-year-olds, and 2-4pm for eight- to 12-year-olds. A weekly booking costs Dh170 per child.

To find out more, get in touch with The Jamjar, 04 341 7303, or visit the studio's web site at www.thejamjardubai.com

Celebrating summer with the XVA

When: Until September 19

Where: XVA Gallery, DIFC

ART

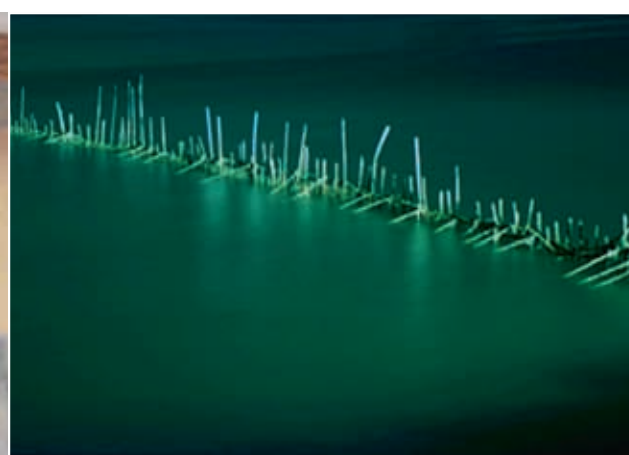
The XVA Gallery takes its name from the mathematical symbol for position, velocity and acceleration, and with its recent move from Bastakiya, Dubai's old quarter, to the super-slick space of the DIFC, it seemed appropri-

ate to name their current exhibition after the dynamic qualities it stands for.

The "Position, Velocity and Acceleration" group exhibition encapsulates summer, the season which is the muse for the seven artists whose work is being



MANTELLO'S SEA SERPENT IS ONE OF THE HIGHLIGHTS OF THE EXHIBITION



in fact it is often mistaken for the work of a woman. He is inspired by the desert and its lack of colour, which he compensates for by profusely injecting this vital element into his art. *Oil for Food* is the perfect example of his almost

shown. They have for some time been stalwart contributors to the art gallery: Nelda Gilliam, Sami Al Karim, Suzanne Kanatsiz, Behrang Samadzadegan and Carolin Kropff, Loredana Mantello and Hussein Almohasen.

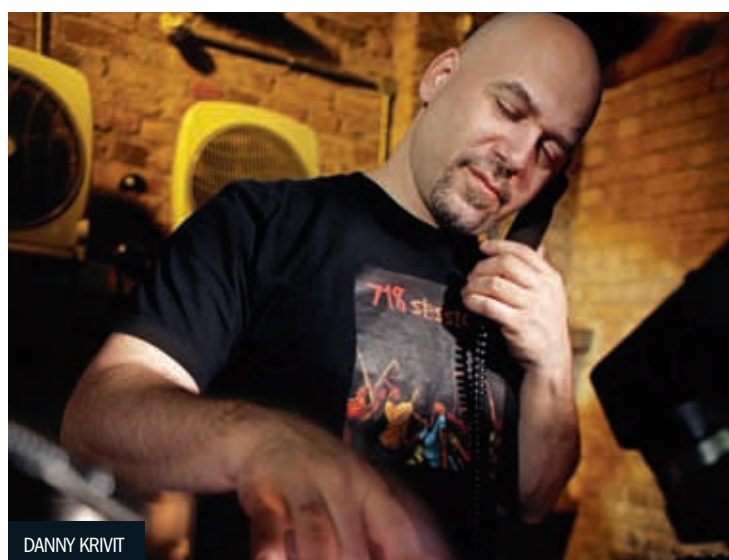
Mantello's bewitching *Sea Serpent* is a photograph from an installation series she did in Bahrian called *Aqua*, and a noteworthy highlight. So too is Almohasen's vibrant *In the...* series, bringing with it a touch of the exotic. The artist is from Saudi Arabia, and his work is notably different from other artists for its brightness;

pop-art style.

The XVA was one of the three founding art galleries in Dubai, and continues to draw a discerning crowd of art aficionados. Its success and ongoing metamorphosis is a reflection of the wider art scene in Dubai, with the number of galleries mushrooming in the seven years since the XVA opened—there now being over 20 in the city.

The XVA's latest exhibition, just as it mirrors the gallery's name, is encompassed in this same reflection of success, and is a sure sign of good things still to come.

Ultra Raisani presents Danny Krivit



DANNY KRIVIT

When: July 14

Where: Sanctuary Nightclub, Atlantis

DANCE

The legendary NYC DJ headlined for Ultra Raisani's season closing party. With his producer/editor/mixer credits included on well over 200 records, Danny Krivit is a worldwide phenomenon. Highlights have included being set on the professional DJ path by none other than James Brown back in the early 'Seventies, and more recently playing to Japanese audiences of 21,000 people and per-

forming alongside his now-wife, Japanese pop icon AK, as well as touring all over Europe and North and South America.

The Grammy Award winning DJ and producer has been a pioneer in dance music for 40 years, and is clearly still reaching new explosive heights: the "King of the re-edit" and dance-floor master



hit the decks at Sanctuary last Thursday with his famous electro beats, in what turned out to be one of the nightclub's most high-octane nights of the season.



Zookeeper

Kevin James's latest family comedy falls flat.



NEW RELEASE

Griffin Keyes is the cheerful but lonely zookeeper who is having trouble in the love department. When his marriage proposal to the beautiful but materialistic Stephanie goes wrong, he turns to the animals in his care for comfort; at least they can't talk back, right? Wrong.

It turns out that the animals can talk, and his furry friends decide to break their code of not speaking to humans when they realise kind-hearted

Keyes might actually quit his job for something more glamorous, in the hope of boosting his

appeal to the ladies. There follows a ploy to win Stephanie back by using all the tricks of the mating trade from the animal kingdom. Cue such made-for-laughs moments as Keyes relieving himself in a fancy restaurant's potted plant to mark his territory, or a dance that turns into a competitive mating ritual at a wedding.

A night out with Bernie the Gorilla dressed in a suit for dinner and dancing is just about pulled off, thanks to the hairy "man" being able to speak.

Unfortunately such gags somehow fall completely flat. In fact, despite having all the key ingredients—a lovable hero, slapstick comedy, real talking animals for goodness sake!—it just isn't funny.

Kevin James as Griffin Keyes is missing something that would make his character a believable

The budget for *Zookeeper* amounted to around \$80 million, similar to the amount expected for next year's *Spiderman* summer blockbuster. With so much financial risk, who would ever want to be a producer?

DID YOU KNOW?

- Five writers were involved in the script, including Kevin James himself: perhaps a case of too many cooks.
- Tai, who plays the elephant, also had a starring role in *Water For Elephants*.
- Mollie the Giraffe is played by the late Tweet, who also starred alongside Jim Carrey in *Ace Ventura: Pet Detective*.
- Kevin James on shampooing a wolf: "That was kind of scary for me."
- Rosario Dawson, who is actually allergic to animals, on accusations of animals being mistreated during the making of the film: "These animals were ridiculously well-treated and loved and fed, and so beloved; it's wonderful."

“It turns out that the animals can talk.”

babe-magnet, not only for the shallow Stephanie, but for Rosario Dawson's character as Keyes' supportive fellow zookeeper, Kate. She offers Keyes the chance of happiness, being the person who knows him better than anyone else, and is (miraculously) willing

to be more than just a friend, if only he would open his eyes.

His character is so guileless as to be irritating, an everyman that is so bland no one can relate to him, and whose misadventures garner more cringes than laughs.

One of the film's glaring errors is that it strays from its target audience's interests. Evidently a kid-dies' movie, there's not enough of the talking animals to go around, and too much of the love plot instead. Not only that, but the animals themselves aren't the most charismatic. Yes, they may boast some big-star names as the voiceovers (Sylvester Stallone as Joe the Lion, Cher as Janet the Lioness, and Adam Sandler as Donald the Monkey), but that's more for the benefit of the adults watching, as are many of the jokes, which some parents may find inappropriate.

The use of real animals with CGI-assisted facial expressions has also gained some criticism, with animal activists appalled at hearing that Tweet, a giraffe, suddenly collapsed and died during *Zookeeper's* production.

This is certainly no *Night at the Museum*, although this seems to be the magic formula the producers (who include Adam Sandler) were aiming for. There are worse films out there, but that's no excuse to go and see this poorly-scripted offering. You may get a few chuckles, but laugh-out-loud moments are scarce. If you want a welcome respite from hard-core, action-packed blockbusters, on the other hand, with a somnolent effect for hyper children, this could be the one for you.

Out in theatres now.



SILVER SCREEN



Film fans are spoilt for choice

Gone are the days when all you had to do was decide what movie to see, what cinema to go to and what time it was on. Now you are spoilt for choice with an array of films being released in Digital-3D, alongside the traditional 35mm (2D) format. Throw in the IMAX factor and you realise that there is so much choice it's almost confusing.

Let me try and explain the differences. Traditionally, movies were screened by playing a continuous reel of 35mm film. Then along came digital and everything changed. Digital movies are available in 2D and 3D and the films come packaged onto a large portable hard disk, which is copied onto the server that sits alongside a digital projector. Think of it like a video file on your computer you would play at home, but the resolution and quality is far superior. Throw in the 3D factor and you have quite a different experience, where special glasses are required.

IMAX is a little different as the films are shot on specific cameras with four times the resolution, and generally IMAX screens give you the wrap around feel due to their size. Customers are still divided about the 3D experience and often choose the traditional 35mm format in order to give their eyes—and wallet—a rest. As for me, I love animated films and horror movies in 3D as it brings them to life, although I am undecided on some Hollywood blockbusters, which I often prefer to watch in 2D.

Transformers: DOTM collected 60 per cent of its revenues from 3D

Bollywood news

KATRINA'S BIRTHDAY LUNCH WITH SALMAN

Katrina Kaif celebrated her birthday on July 15 with a dinner at a classy Chinese restaurant, attended by the likes of Boney Kapoor's son Arjun, Ayan Mukerjee from *Wake up Sid* and Salman Khan's younger sister Alvira Agnihotri. She then nipped over to Salman Khan's home the next day for an indulgent, non-calorie counting lunch of kheema-pav, rajma-chawal and many other delicious dishes the Khan household is famed for.

AJAY, SALMAN AND SANJAY IN ACTION FLICK

Ajay Devgn, Salman Khan and Sanjay Dutt are planning an



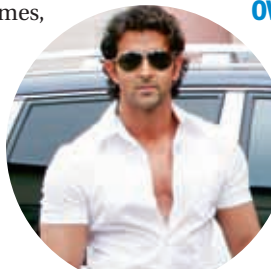
action-packed flick, which they will also co-produce. The all-out action film will feature each of them in a deadly combat sequence. The tight-knit friends have been spotted together a couple of times, and the rumours are that the ideas behind their next venture unfolded during these get-togethers.

TWITTER FANS CHOOSE TITLE

After listening to advice from fans on Twitter, filmmaker Mahesh Bhatt has zeroed in on *Blood Money* as the title for his next project: "BLOOD MONEY is the title for our Kunal Khemu

and Amrita Puri film which is directed by a brilliant new director Vishal Mahadkar," Bhatt tweeted last Monday.

ZNMA NUMBER ONE OVERSEAS



The success of *Zindagi Na Milegi Dobara* (starring Hrithik Roshan, Farhan Akhtar, Abhay Deol, Katrina Kaif and Kalki Koechlin) has extended to audiences beyond

India, as it raked in an impressive Rs. 52.50 crores worldwide in its opening weekend, making it the highest grossing Hindi film of 2011 in the overseas markets.

Reviews *in brief*

A quick look at the week’s biggest films.



The Conspirator ★★★★★

James McAvoy, Robin Wright, Justin Long

The Conspirator follows the trial of Mary Surrat, played by Robin Wright, who is charged as a co-conspirator in the assassination trial of Abraham Lincoln. James McAvoy plays Frederick Aiken, a young and reluctant lawyer assigned with the task of defending Surrat and saving her life. Unlike many Hollywood adaptations of historic events, *The Conspirator* does not over-dramatise the events or create false storylines. With strong reviews across the board, this movie is a great combination of drama and history. It is sure to please history buffs as well as entertain.



Singam ★★★★★

Suriya, Anushka Shetty, Prakash Raj

Set in the small town of Nellore, the film follows Durai Singam, a kind-hearted inspector, who falls in love with city girl Kavya (Anushka). Just as everything seems to be going well, Mayil Vaaganam (Prakash Raj) enters to provide the second-half of the movie with a change of pace. Commercially successful, this film has the right mix of action, romance and fun. Acting, singing, cinematography and story line are all strong. It does surprisingly well at holding the viewers attention and entertaining throughout.



Arthur 3: The War of the Two Worlds ★★★★★

Selena Gomez, Freddie Highmore, Stacy Ferguson

Following straight on from the previous two *Arthur* films, a fantasy series written and directed by Luc Besson, this installment sees Arthur battle with the evil Mal-tazard, who has begun evolving with humans and is now 7ft tall. Arthur must regain his usual size to fight him off, and the plot revolves around this feat. Reviews have been mixed, but generally lean towards the negative. Selena Gomez, Jimmy Fallon and Iggy Pop lend their voices; aimed at younger audiences, the film has generally been seen as an improvement on the first two installments.

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Harry Potter 7 (3D) - 10:35, 13:15, 15:55, 18:35, 21:15, 23:55
Harry Potter 7 (2D) - 11:35, 14:15, 16:55, 19:35, 22:15, 00:55
Transformers 3 (2D) - 11:30, 14:30, 17:30, 20:30, 23:30
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:40
Zindagi Na Milegi Tobar - 11:00, 14:00, 17:00, 20:00, 23:00
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Zookeeper (3D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Arthur 3: The War of the Two Worlds - 10:15, 12:30, 14:45, 17:00, 19:15, 21:25, 23:45
Singham - 10:30, 13:30, 16:30, 19:30, 22:30
The Conspirator - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
12 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

GRAND MEGAPLEX - IBN BATTUTA

Harry Potter 7 (3D) - 10:35, 13:15, 15:55, 18:35, 21:15, 23:55
IMAX - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Harry Potter 7 (2D) - 11:35, 14:15, 16:55, 19:35, 22:15, 00:55
Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (2D) - 9:30, 12:30, 15:30,

18:30, 21:30, 00:30
Cars 2 (2D) - 10:40, 12:50, 15:00, 17:10,
From Prada to Nada - 19:20, 21:30, 23:40
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Kung Fu Panda 2 - 10:50, 13:00, 15:10, 17:20
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Zindagi Na Milegi Tobar - 11:00, 14:00, 17:00, 20:00, 23:00
Mr Popper's Penguins - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Larry Crowne - 19:30, 21:40, 11:50
Horrible Bosses - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
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12 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Singham - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Forever and a Day - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Conspirator - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Salt and Pepper - 11:30, 14:30, 17:30, 20:30, 23:30

GRAND CINEMAS - FESTIVAL CITY
Harry Potter 7 (3D) - 10:35, 12:35, 13:15, 15:55, 18:35, 21:15, 23:55
Harry Potter 7 (2D) - 11:35, 14:15, 16:55, 19:35, 22:15, 00:55



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

SCHEDULE CORRECT AT TIME OF GOING TO PRESS; HOWEVER, PLEASE NOTE THAT THEATRES CAN CHANGE SCHEDULES WITHOUT NOTICE

Transformers 3 (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Horrible Bosses - 11:00, 15:20, 19:40, 00:00
Zindagi Na Milegi Tobara - 10:30, 13:30, 16:30, 19:30, 22:30
Mr Popper's Penguins - 13:10, 17:30, 21:50
Bridesmaids - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
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Zookeeper - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Conspirator - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Singham - 10:30, 13:30, 16:30, 19:30, 22:30
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Salt and Pepper - 10:30, 13:30, 16:30, 19:30, 22:30
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From Prada to Nada - 13:00, 17:20, 21:40
Singham - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND METROPLEX - METROPOLITAN

Harry Potter 7 (2D) - 11:35, 14:15, 16:55, 19:35, 22:15, 00:55
Transformers 3 (2D) - 11:30, 14:30, 17:30, 20:30, 23:30
Zindagi Na Milegi Tobara - 11:00, 14:00, 17:00, 20:00, 23:00
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Singham- 10:30, 13:30, 16:30, 19:30, 22:30
From Prada to Nada - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

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Harry Potter 7 (2D) - 11:35, 14:15, 16:55, 19:35, 22:15, 00:55
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Singham - 10:30, 13:30, 16:30, 19:30, 22:30

VOX CINEMAS - DEIRA CITY CENTRE

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Harry Potter 7 (2D) - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45
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Cars 2 (2D) - 10:30, 13:00
The Stranger - 10:15, 14:15, 18:15, 22:15
Delhi Belly - 21:30, 23:45
Zindagi Na Milegi Tobara - 11:30, 14:45, 18:00, 20:00, 22:00, 00:00
Kung Fu Panda 2 - 9:30
The Wiggles - 10:45, 12:45
Mr Popper's Penguins - 09:45, 11:45, 13:45, 15:45, 17:45
Bridesmaids - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45
Zookeeper - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
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VOX CINEMAS - MOE

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Harry Potter 7 (2D) - 9:45, 12:30, 15:15, 18:00, 20:45, 23:30
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Harry Potter 7 (3D) - 9:30, 12:15, 15:00, 17:45, 20:30, 23:15
IMAX - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15
Harry Potter 7 (2D) - 11:00, 11:15, 13:45, 14:00, 16:30, 19:15, 22:00
Transformers 3 (3D) - 14:45, 17:45, 20:45, 23:45
Cars 2 (2D) - 09:30, 12:00, 14:30
The Wiggles - 10:45, 12:45
Horrible Bosses - 22:00, 00:15
Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Hanna - 00:45
Zindagi Na Milegi Tobara - 17:00, 20:15, 23:30
Bridesmaids - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45
Zookeeper - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

Arthur 3: The War of the Two Worlds - 10:45, 13:00, 15:15, 17:30, 19:45

REEL CINEMAS - DUBAI MALL

Harry Potter 7 (3D) - 11:00, 13:00, 13:40, 15:40, 16:20, 18:20, 19:00, 21:00, 21:40, 23:40, 00:20
Harry Potter 7 (2D) - 10:40, 11:30, 13:20, 14:00, 14:10, 15:30, 16:00, 16:50, 17:00, 18:30, 18:40, 19:30, 20:00, 21:20, 21:30, 22:10, 23:30, 00:05, 00:30, 00:50
Transformers 3 (3D) - 18:00, 21:00, 00:05
Transformers 3 (2D) - 18:40, 21:40, 00:40
Cars 2 (2D) - 10:30, 13:00, 15:30, 17:50, 20:30, 22:40, 00:50
Horrible Bosses - 14:00, 16:10, 18:20, 20:30, 22:40, 00:50
The Stranger - 13:40, 15:45, 20:20, 22:20, 00:20
From Prada to Nada - 13:00, 15:20 20:00, 00:40
Hanna - 13:05, 17:35, 20:00, 22:25, 00:50
Mr Popper's Penguins - 20:50, 22:50, 00:50
Larry Crowne - 14:00, 18:20, 22:40
Monte Carlo - 17:40, 22:20
22 Bullets - 10:50, 15:20
Bad Teacher - 16:10, 20:30, 00:50
Zindagi Na Milegi Tobara - 11:00, 15:10
Bridesmaids - 13:20, 14:50, 15:55, 17:25, 17:40, 19:10, 20:15, 21:45, 22:55, 00:25
Zookeeper - 10:45, 11:50, 13:00, 14:10, 14:20, 15:20, 16:30, 17:40, 18:15, 19:00, 20:00, 21:10, 22:00, 22:20, 23:30, 00:10, 00:40
Arthur 3: The War of the Two Worlds - 10:30, 12:30, 14:35, 16:40, 18:45
The Conspirator - 11:00, 13:30, 16:00, 19:30, 22:00, 00:30
Singham - 13:30, 16:15, 19:00, 21:45, 00:30
12 - 13:10, 18:15, 20:20, 22:25, 00:30

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

We asked cinemagoers what they thought after a night at the movies.

Richie Bardsley
Chef, Tecom



7/10

I've just seen *Horrible Bosses* and I thought it was a pretty good movie. There were quite a few funny bits in the film, and it was good to see Jennifer Aniston playing a different type of role to normal.

Shraddha Ramesh
Student, Bur Dubai



9/10

I've just seen *Harry Potter*. I thought it was good, and definitely did justice to the books. I'm a huge fan of and I think they did well to put the film together in a short time and I'm proud to have seen it.

Feng Bao
Musician, Jumeirah



7/10

I watched *The Conspirator* and thought it was pretty interesting. I didn't know what it was about before coming to see it, so was pleasantly surprised that I enjoyed it. The story was interesting and there was some good acting in there.



A place for *everything*

And everything in its place. The Indian science of placement and orientation is **Vaastu Shastra**. We explore the practical applications behind the philosophy.

It was Captain Sunil Saraf, managing director of Tanjay Real Estate, who first introduced us to the concept of Vaastu, and Vaastu-compliant properties. He invited us to meet his long-time consultant and friend, Omprakash Moondra, to find out more about this most ancient Indian science of architecture of man-made structures. And so we found ourselves sitting in an office, staring puzzled at a pile of bricks in the corner of the room. Only later was their purpose explained.*

Apparently, the word “vaastu” comes from Sanskrit and means “dwelling”, though the science behind it covers all buildings, commercial premises, offices, factories and so on. Vaastu encompasses the physical, psychological and spiritual order of the built environment, in alignment with cosmic energies. It is particularly concerned with energy flow, reasoning that wherever these are

handed down by ancient architects through word of mouth or handwritten monographs. Originally, this was a science of building temples, though it was later applied to royal palaces, and then progressively applied to humbler dwellings to the point where today it is reckoned that almost 90 per cent of properties in India incorporate some aspect of the principles into their design and construction.

The fundamental premise of Vaastu rests on the assumption that the earth is a living organism, and that energy flows through and connects every part of it. Energy becomes form, and form becomes energy – the two are connected. There are believed to be five elements—Earth, Fire, Water, Air and Sky. These forces act with or against each other to create harmony and disharmony.

Vaastu Shastra says that if the structure of your house is so designed that the positive forces override the negative ones, there is a beneficial release of bio-energy, which helps you and your family members to live a happy and healthy life. A positive cosmic field prevails in a Vaastu-compliant home, where the atmosphere is congenial for a smooth and happy living.

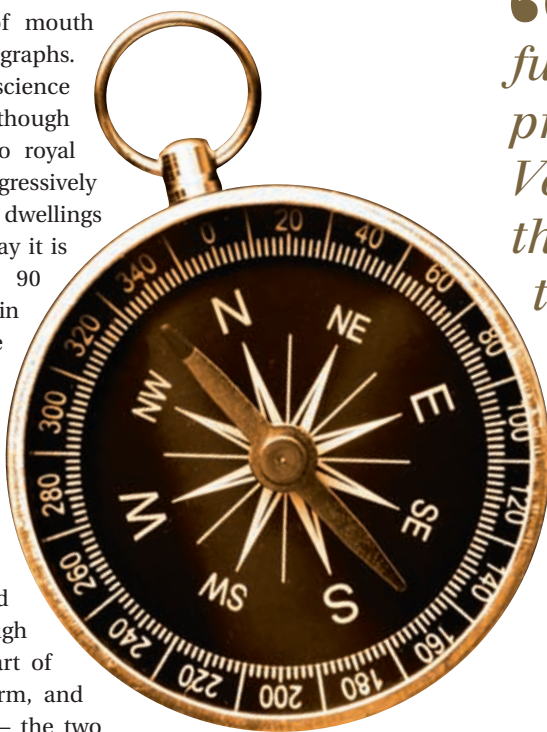
Conversely, a home that is not compliant will enable negative energy to overcome the positive,

leading to all sorts of adverse consequences.

Here's how it works: in Vaastu, the north and east are most important, being the source of beneficial energy. The sun's rays, which help our bodies produce vitamin D, are vital for the sustenance of life on earth.

Early morning sunlight from the east emits more light and less heat; doors and windows to the east allow the sun's ultraviolet light into the house, bringing their benefits to the residents. In the afternoon the sun moves to the west and tends to produce more infra red, and so Vaastu suggests

“The fundamental premise of Vaastu rests on the assumption that the earth is a living organism.”



HOW TO SET OUT A VAASTU-COMPLIANT HOME



First, select a symmetrical plot of land, preferably square, or rectangular if necessary, aligned on the cardinal points of the compass.

- North (Source of female energy)
- Northeast (Source of health and prosperity)
- Southeast (Source of health)
- South (Source of wealth and happiness)
- Southwest (Source of character, behaviour, cause of longevity and death)
- West (Source of name, fame, prosperity)
- Northwest (Source of business, friendship, enmity)

NORTH

Your home should be open and receptive to magnetic energy and the sun's early light, so north and east are preferred for windows and doors. Boundary walls should be low, and water features are a good thing to have to attract positive energy. The northeast corner is associated with the element Water.

EAST

Open to welcome the sun, and the best place for terraces and balconies.

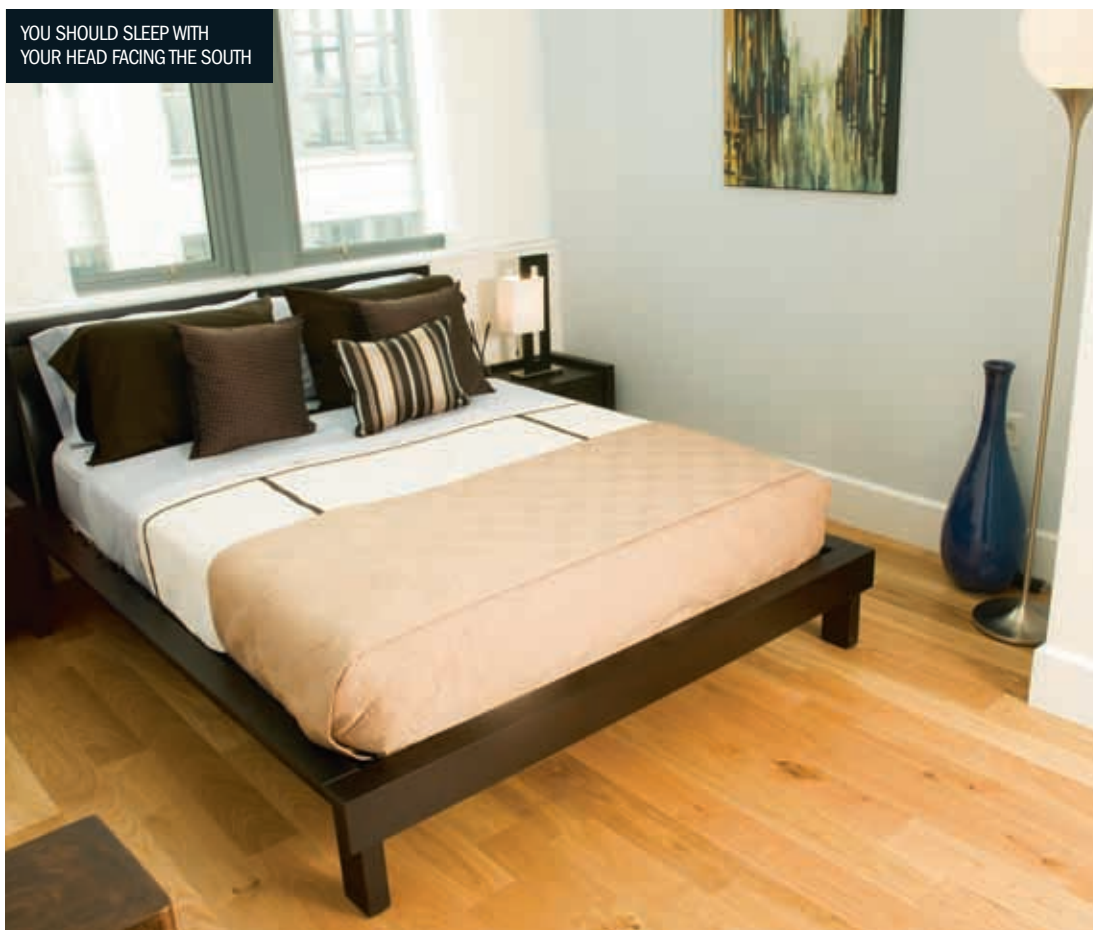
SOUTH

Higher, stronger walls and smaller windows. Kitchen in the southeast (Fire) corner, bedrooms south and west. Keep furniture and heavy household items against the south and west walls for stability.

WEST

If you have a home office, sit with your back to the south west so you face north or east—northeast is best for meditation and study.

YOU SHOULD SLEEP WITH YOUR HEAD FACING THE SOUTH



out of balance, there exists the opportunity for stagnation and negativity; but when flowing freely and in harmony, the occupants of a dwelling will enjoy health, prosperity and happiness in all aspects of their life.

The Indian belief is that to achieve peace, happiness, health and wealth you should observe the guidelines of vaastu while building a dwelling. It tells us how to avoid diseases, depression and disasters by living in structures that allow the presence of a positive cosmic energy field.

It is thought that the principles of vaastu developed between 6000 BC and 3000 BC, and was

A Mini, only it's bigger

★★★★★ The latest addition to the Mini stable might only be a hot hatch, but it's still big compared to the original.

CAR TEST

The Mini has been getting progressively bigger since it first appeared in 1959. Back then, Sir Alec Issigonis's magical design provided a miracle in accommodation for four passengers within a body of just 3 metres, but today's Countryman, the latest model in the long Mini history, measures in

at a whole metre longer. If, as they say, an inch is as good as a mile, the Countryman would be the length of a motorway in comparison to the original car. But now the name Mini developed from being a very good car into a major

Specs

Engine: 1.6-litre, four-cylinder, turbocharged
Power: 181bhp at 5,500rpm
Torque: 191lb-ft at 1,700rpm
Top speed: 209km/h
0-100km/h: 7.9sec
Price: Dh160,000

THE COUNTRYMAN BOASTS A LARGER VERSION OF THE CLASSIC MINI COCKPIT



with 19-inch rims. Variations on the Mini's well-recognised curves also add to the impression of size, and for those who have yet to see one in the flesh, the dimensions will come as quite a surprise.

We tested the Cooper S All4 edition, with a 1.6-litre, turbocharged engine that is good for 181bhp and produces 191lb-ft of torque—the same as can be had on all Cooper S models in the Mini range.

The All4 is an optional all-wheel-drive system, with an electronic differential that sends half of the engine's power output to the rear wheels in low grip situations and 100 per cent when it senses excessively sporty driving.

Carrying 250kg more weight than the standard Mini, the turbocharger doesn't pack as much punch. Also, Mini's famed chassis and ability to suck down on the road is hindered by a longer wheelbase and higher centre of gravity. But still, this is a model designed for a different purpose.

Inside, there is much more room than Mini owners would be used to, with four individual seats and

lifestyle brand, Mini has enjoyed the luxury of adding further models to its range since the 2008 launch of the Clubman estate.

The third in the line, the Countryman, which came onto the world market last year, is pitched against the top editions of the Ford Focus and Volkswagen Golf, among others. Not only is it significantly bigger than the base Cooper, it also looks more significant, with much higher flanks and bonnet and the option of wheels

HER VIEW

A woman's take on our car of the week

For me, Minis are small cars with a shape that has lived on for over 50 years. However, the size of the Countryman and its proportions makes it quite difficult for me to get to grips with it. Yes, I appreciate the extra interior space, which is useful if you regularly need to fit adults in the back. And yes, I know it appeals to a different market segment to the original, but I haven't yet become a fan of what the designers have done to accommodate this space. Maybe I know the brand too well, and it just needs to take some time to get used to it. Other than this, I have no complaints, and the quirky retro feel is there in floods. It is also a premium car, and the materials, fit and finish go a long way to justify the price tag.



“If an inch is as good as a mile, the Countryman would the length of a motorway.”



a novel centre console that you can use to clip Mini-branded cup-holders, ashtrays and sunglasses cases to. Sitting in the driver's seat, the dash is very familiar with a Mini steering wheel, behind which there is a rev counter, while the speedo is the classic round affair between driver and passenger and houses the infotainment interface. What is very different, though, is the view ahead and behind. Because of the diminutive nature of the original Mini, you can't see much car beyond the windscreen

wipers, but with the Countryman, there is plenty of bonnet ahead. Likewise the view from the rear-view mirror shows a lengthy cabin before the back window. Again, this length would surprise a Mini driver. We have always viewed the Mini as the smallest, cheapest luxury car, and based on the cabin, the Countryman follows suit with its smaller sibling. Bright and cheerful, with attractive colours and fine textures to the plastic surfaces, the interior is full of Mini ellipses and retro design cues. The seats are snug—maybe a little too much so for the fuller figure—and sporty and give a great driving position. The rear, too, offers significant space and the overall packaging is excellent. Our test model seemed to have every design option in the book, with bespoke, low-profile tyres, body stripes and metal-effect wing mirrors. However, while we are a fan of these on the smaller Minis, they appeared a little over the top for the more sizeable models—bling for bling's sake. But even without the fancy cladding, the Countryman stands out from the crowd and will appeal massively to the young, upwardly mobile crowd. It may be much bigger, but it is a Mini after all.

Physics games for smartphones



Angry Birds

The most popular physics game by far, over 12 million copies of Angry Birds have been downloaded from Apple's App Store since its release in late 2009—plenty more Androids have followed too. In the game, players are required to launch wingless birds from a slingshot, with the aim of destroying animals stationed on or within various structures. Working out which part of the structures to dive-bomb is the name of the game. Seriously addictive stuff.

Cut the Rope

The main objective of this game is to get a piece of candy into the mouth of a cartoon monster called Om Nom. The candy hangs from ropes which the player has to cut with a swipe of their finger—sounds simple, but some levels need superhuman brain power to work out which rope to cut. Players must also pick up stars on each level by touching them with the candy. This is a relatively new app so expect more to come through quite quickly.



All the apps mentioned are available to download on your iPhone or Android device



Blast Monkeys

The aim of this newcomer is simple. Fire the monkey from a cannon and try to get it into a circle which is located somewhere in the level. But because of obstacles, gravity and funky screen gadgets, you need to plot your route well in advance. Players can complete a level by hitting the goal, but to become a true Blast Monkeys master you will need to also collect the various bananas—as a monkey would naturally do—scattered around the screen. Graphics-wise, it is a long way behind the super-accomplished Angry Birds, but time is on its side and the game is sure to pick up a big following in no time.

Rome's *everlasting charm*



THE MAJESTIC COLOSSEUM

Known as the Eternal City, **Rome** has been admired by visitors for centuries, and still enchants today.

One of the best places to view Italy's capital is from Pincio Terrace, atop the garden park of the same name: there the city reveals itself before you in such magnificent splendour it takes your breath away. St Peter's dome and numerous spires of the ancient capital rise above the slight haze that sometimes veils the city, a haze that glows pink at dusk and strengthens the vague impression that you may just have stepped back in time.

Another park lies adjacent to Pincio: the larger, heart-shaped Villa Borghese. Its paths are lined by trees that dapple the sunlight filtering through and provide soothing shade, and make the walk to the impressive Galleria Borghese a delightfully relaxing experience. This museum holds a marvellous selection from Renais-

sance masters: Reuben, Titian, Raphael, Caravaggio and Bernini.

Yet the true wonder of Rome is that there's no need to even step into a gallery or museum, of which there are countless, because the city itself is a living monument to history.

Every street, every narrow, cobble-stoned alleyway, tells a story and leads into another. The centuries-old piazzas dotted all over the place offer a welcome chance to stop and enjoy a refreshing Spremuta d'Arancia, while listening to the gurgle of one of the many beautiful fountains that Rome is famous for.

Eating is a joyful experience in Rome, and must be indulged. Even the simplest meal with the most basic ingredients provides a mouth-watering repast because everything is so very fresh. The individual flavours are allowed to speak for themselves: fragrant basil, tomatoes slowly ripened by the sun, juicy balls of mozzarella,

perfectly al dente pasta, the thinnest pizza base that somehow melts on your tongue. This is not fine dining, but it is definitely food for the soul.

Armed with a gelato, you may want to venture out for some more sightseeing. There are some that it is almost a duty to see. Visiting the magnificent Colosseum can be an intense experience, with the atmosphere of battles fought long ago still palpable. Michelangelo's frescoes in the Sistine Chapel are for many a highlight, the painting itself being a thing of beauty and the sheer scope of his vision



TREVI FOUNTAIN

TOP PICKS

- Il Convivio — tucked away in a tiny nondescript vicolo north of Piazza Navona, this restaurant owned by the three Troiani brothers is preceded by its reputation for exquisite Italian dining.
- Dei Gladiatori — set in the heart of Rome, this elegant hotel has an unbeatable terrace view of the Colosseum, a stunning sight when lit up at night.
- MAXXI museum — for those tired of history, this ultra-modern museum has dedicated itself to 21st-century art, and houses oversized trumpets by Anish Kapoor, multimedia pieces by William Kentridge, and dramatic rooms full of oversized paintings and architecture dioramas.

awe-inspiring. The Spanish Steps, the Pantheon, Circo Massimo: the list goes on.

A classically Italian style evening can be spent going to Teatro dell’Opera, Rome’s leading opera house, with its plush red and gilt interiors having seen such star performances from the likes of Maria Callas, and stellar productions like the premiere of Puccini’s Tosca.

To round off the evening, Antico

Caffè della Place is a honey pot for beautiful people, and a great place to show off your glad-rags while enjoying a drink in its enchanting setting in the tiny baroque piazza, Santa Maria della Place.

The magic of Rome never fades. Everyone who visits has their own favourite thing to do, place to see and restaurant to eat at; the only advice worth listening to is to experience and decide for yourself which is best.

“Every street, every narrow alleyway, tells a story and leads into another.”



TOURISTS AND ROMANS FLOCK TO THE SPANISH STEPS



Experience Musandam’s peninsula



The Golden Tulip Resort hotels offer an exciting getaway for anyone in Dubai wanting to experience something different. The Dibba Resort branch faces stunning views of the Indian Ocean, and being a mere 45 minute drive away, it’s within easy distance for a weekend break. There’s also the added bonus of having no need for a visa, despite it being in Oman; just bring some form of ID.

The Golden Tulip Khasab Resort is slightly further, being a two hour drive away from UAE (other alternatives would be to catch the ferry from Muscat, or fly directly to Khasab’s airport), but the added time is well worth spent. The only hotel in Khasab, like Dibba Resort, it is located directly on the beach, albeit perched on a rock-face, which gives an unparalleled view of the Musandam shoreline. There’s something truly beau-

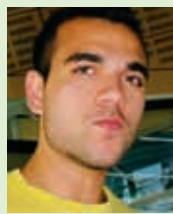
tiful about this particular stretch of coastline. The scenery is dramatic, with winding roads hugging the shore, against a backdrop of reddish-hued cliffs. The stark splendour of this otherworldly country only serves to heighten the fantastic blue of the sea.

Khasab and Dibba are famed for diving, conveniently organised by the diving centres at the resorts, giving you a chance to explore the rich marine life along coral reefs. A leisurely cruise on a traditional wooden dhow offers the chance to snorkel, with the guarantee of seeing dolphins; the experience of having them play and jump alongside in the dhow’s surf is unforgettable. Both Dibba and Khasab Resorts offer trekking through the mountains and wadis, or safaris in a 4x4 for those of a less energetic bent. Both provide an opportunity to explore the interior landscape of this spectacularly rugged country; truly a world away from the bustle and noise of the UAE’s modern city life. Summer rates start at Dh300 in Dibba Resort, and Dh444 in Khasab Resort; both include breakfast for two.

Vox pop

What would you do in Dubai with only Dh100?

Usman Khawaja
Student, Tecom



I would probably just go out for some food with a group of friends or

with my brother. There’s not a lot you can do with Dh100 other than use it to get some food and a drink.

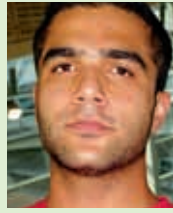
Arlene Japitana
Customer service coordinator, Bur Dubai



I think if I only had Dh100 I would go out for dinner with my husband,

then if there was any change left we would probably just go to watch a movie.

Arslan Khawaja
Visitor, Tecom



If I only had Dh100 to spend on a day out I would probably head down

to JBR, have a walk around, then stop in a restaurant along the walk to spend my Dh100 on some lunch.

Jennifer Tellis
DA co-ordinator, Bur Dubai



I would like to go shopping but I think it would be quite tough for me with

just Dh100 to spend. Instead, I might just choose to spend all of it on something nice like a relaxing facial, just so I can treat myself.

Cycling's *back!*

After years in the doldrums, integrity has returned to the Tour de France.



**Win a
Wafi Restaurants
voucher worth
Dh200**

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

**Which composer wrote
'The Water Music'?**

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.

CYCLING

By the time you read this, the winner of the 2011 Tour de France will likely have been announced. But what stands out the most is not an individual, but how much cleaner and more honest this year's event has been.

In recent years, the world's most gruelling road race has continually faced scandals involving performance-enhancing drugs used both by individuals and institutionally by teams, and for many years beforehand, the practice of doping was an open secret among the peloton. But now it seems that the race, first run in 1903, has turned the corner.

"It is nice for all the 'clean' athletes to get away from this bad image and to be respected for their performance," says Wolfgang Hohmann, aka Wolfi, owner

of Wolfi's Bike Shop and one of Dubai's leading cycling enthusiasts.

The Tour de France is an astonishing feat but one amateur cyclists can still relate to. Wolfi explains: "You can use the same equipment as the pro riders and compare your timings and efforts." Wolfi has climbed some of the same mountains as those on the Tour and, "while the performance output may differ, the same level of input and determination is needed to complete the task".

The summer weather in France is ideal for cycling, but Dubai's heat over the hot summer months is no excuse to not be inspired by the Tour de France and hit the roads. Dubai Roadriders still ride three days each week over the summer, with training days on Sunday and Tuesday evenings, and a longer ride on Friday

"In recent years, the world's most gruelling road race has continually faced scandals."

morning, starting at 5.30am for more experienced cyclists.

One Dubai cyclist, Robert Diehl, wakes up at 5am to go for a two-hour bike ride before work. “I get up at 5am and start riding. At this time of the morning, there is no heat or humidity. In fact, the weather is awesome.”

Diehl has suffered from knee problems in the past and finds cycling to be one of the few sports that does not put the pressure of body weight onto the knees. What’s more, he says that cycling is not only great for body fitness, it also has benefits for the mind. “Cycling clears my mind when I have a lot on it; there’s no thinking, just doing,” he explains.

He advises beginners to start easy and not to worry about how many kilometres they do. It is important to ride at a comfortable pace for a set amount of time.

There are many locations around Dubai offering safe alternatives to the road for riders, such as Dubai Autodrome or Mushrif

Park, a safe place to take the family for a recreational ride.

And for those who would like to go off-road, www.hot-cog.com, Dubai’s Mountain Bike Club, is a useful resource but bear in mind that it is not a beginners’ club.

Wolfi stresses caution while riding over the summer months. “The weather is hot, but the movement of the bike allows you to feel a cooling breeze—we recommend going earlier or later in the day to avoid the red-hot period. Take it easy, don’t ride alone and drink plenty of water.” However, he says it is much easier to ride a bike over the Dubai summer than it is during the winter months in his native Germany.

“While we can’t all be Lance Armstrong or ride 140km on a Friday morning, anyone can get on their bike and go for an evening or morning ride!” he adds.

Call Wolfi’s Bike Shop on 04 339 4453 to confirm details or learn more about cycling in Dubai.



SPORTS FIXTURES



- Jul 24** - FOOTBALL- Copa America, final - Uruguay v Paraguay.
- Jul 29-31** - ATHLETICS - Birmingham - Aviva World Trials and UK Championships.
- Jul 24-25** - CRICKET - First Test, Lord’s - England v India.
- Jul 29-Aug 2** - CRICKET - Second Test, Trent Bridge - England v India.
- Jul 31** - MOTOR RACING - Budapest- Hungarian Grand Prix.
- Jul 24** - RUGBY LEAGUE - NRL - Rabbitohs v Warriors.
- Jul 23-24** - RUGBY LEAGUE - Challenge Cup quarter-finals.
- Jul 24** - RUGBY LEAGUE - NRL - Panthers v Sea Eagles.
- Jul 24** - MOTORCYCLING - United States MotoGP.
- Jul 24** - MOTORCYCLING - Under 21 World Championship-Final 1.
- Jul 24** - MOTOR RACING - Formula 1 German Grand Prix.
- Jul 28-31** - GOLF - Irish Open, Killarney Golf & Fishing Club.

Countdown to Maradona’s arrival

Not long now until the pint-sized Argentinian football hero touches down to begin coaching Al Wasl FC.

FOOTVOLLEY

There is just over a week to go before former World Cup winning captain Diego Maradona arrives in Dubai, and Al Wasl FC will be expecting their new manager to bring success back to the club.

The South American superstar brings with him a great amount of publicity that can only boost match attendances and lift the profile of not only the club, but also the UAE Pro-League.

Maradona who amassed 91 caps for his country, scoring 34 goals in the process, comes to 2006-07 Pro-League champions Al Wasl, fresh from a two-year-stint

as Argentina’s national coach, during which he led the team to the World Cup quarter-finals.

His knowledge of the South American game will be invaluable to his new team as the UAE league’s quota of South Americans continues to grow, with the recent announcement of Al Ahli’s Brazilian and Chilean signings.

Al Wasl will open their 2011-12 season at their home ground, Zabeel Stadium, against Al Sharjah SC on October 15. Maradona will be hoping to get his new team off to a winning start and maybe even improve on the 74 per cent success rate he enjoyed as a national coach.



READY FOR DUBAI

Passenger numbers rise to 180m



MATTAR AL TAYER

The number of passengers using Dubai's public transport system is continuing to grow, with figures released last week showing that a total of 180.5 million trips were made over the first six months of this year.

Mattar Al Tayer, chairman of the board and executive director of the RTA, announced the latest figures and added that this number was likely to increase considerably once the Green line of Dubai Metro has opened in September,



bringing with it a sizeable increase in potential Metro passengers.

"In keeping with RTA's strategic plan to boost integration between different forms of public transport, the authority has made strenuous efforts to make mass transit the first choice for commuters," said Al Tayer in his address.

"This policy is aligned with the Dubai Infrastructure Strategic Plan, which sets out to deliver the core of the RTA, which is to reduce the number of private vehicles on the road.

"In line with this, the number of passengers who use public transport has increased from 6 per cent in 2009 to 11 per cent so far this

year, and is on course to reach our target of 30 per cent in 2020," he said. Over the last six months, Dubai Metro has shuttled 28,986,110 passengers, with

March recording the highest number for a month-long period with just over 5 million passengers. Al Ittihad and Khalid bin Al Waleed stations served the lion's share

of Metro users, followed by Deira City Centre, Mall of the Emirates and Al Rigga stations.

"Taxis operating in Dubai have made over 45 million trips, carrying over 90 passengers in the last six months. Dubai Taxi alone made around 18 million journeys and carried twice that number in fares.

"Franchise companies, such as National Taxi, Cars Taxi, Metro Taxi and Arabia Taxi, made over 27 million journey, and carried a combined total of nearly 55 million passengers.

"The number of public bus commuters in the first half of 2011 hit 54 million, while marine transport, comprising abras, water buses and water taxis, shuttled over 7 million passengers.

"The huge investment by Dubai Government in upgrading the transport system infrastructure has proved both successful and effective for passengers and for Dubai," remarked Al Tayer during his address.



RTA visits Dubai Autism Centre

A team from the Rail Maintenance Department of the Rail Agency of the RTA recently visited Dubai Autism Centre as part of the authority's community-orientated initiatives aimed at boosting contact with other Dubai organisations.

The purpose of the visit was aimed at lending support to help improve the quality of services delivered to autistic children.

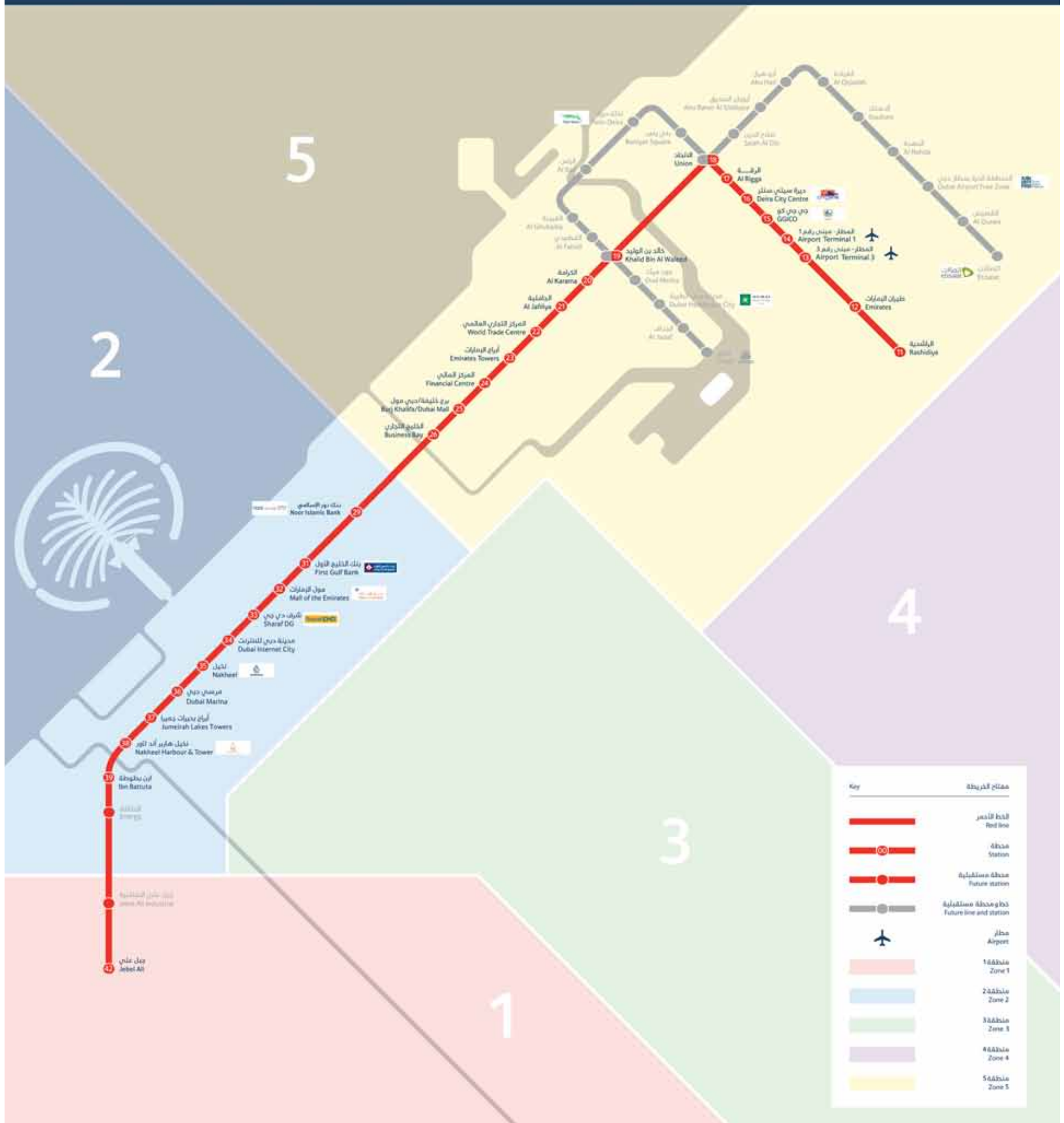
"This initiative comes from our desire to establish effective communication channels with bodies concerned with community issues," said Ali Abdul Qadir, di-

rector of rail Maintenance. "My department is extremely keen to support the efforts of the Dubai Autism Centre by raising funds that they can use. The centre is in dire need of continuous support from all sections of the community," he added.

The visit was also planned to raise public awareness of autism by capturing the attention of the public and demonstrating the huge role the centre plays in helping autistic children gain greater self-confidence through interaction with staff.



Dubai Metro



Leadership through principles



Richard Bowker, CEO of the Ittihad Rail project delivered a speech at a gathering of the Mohammed bin Rashid Centre for Leadership Development (MBRCLD) and hosted by the RTA. During the event, Bowker, who has over two decades of experience in the rail industry, spoke about his experience and the challenges he encountered in various projects in the UK as well as those he faces



in his capacity as one of the leaders of the Ittihad Rail project in the UAE.

Bowker said: "Leadership is based on eight principles that must be reflected in the behaviour of the leader towards his or her subordinates. A leader must be visible, accessible, supportive, able to forecast the future, fair and transparent, a role model, concerned with his team's development and able to send simple, understandable and effective messages to his team and the community."

"Leadership has hundreds of definitions, and as a concept varies from one environment to another, taking into account cultures and social structure. From

my own point of view, I think the leader must be patient and not rush to achieve results because laying the basis of any project, be it small or large, requires a sufficient amount of time to bring about concrete results," he added.

The director of RTA Human Resources and Development, Kawther Kazim, said, "The Qiyadi program has made huge achievements since it was launched in coordination with the MBRCLD. We are always seeking to host personalities with sound practical expertise in various business sectors in order to benefit from their experience in upgrading our business conduct as well as the decision-making process at RTA senior leadership level."

Excellent turnout for RTA chess tourney

The RTA's sports team recently organised a chess championship in coordination with the Dubai Chess Club. The tournament attracted 20 male and female participants across a range of RTA-affiliated agencies.

The championship was inaugurated by Yousef Al Rida, CEO of the RTA's Corporate Administrative Support Services Sector in the presence of a large number of employees, as well as sports enthusiasts who flocked to support their colleagues.

The championship concluded

to crown Al Tayeb Al Muqaddami of the Rail Projects Construction Department of the Rail Agency as winner, while Abdullah Jasim of the Traffic Department of the Traffic and Roads Agency ended as the runner-up.

Al Rida praised the performance of the players who had demonstrated strong mental concentration and the passion to participate.

"Practising a sport like chess strengthens individuals' intellectual faculties and encourages their minds to innovate as the player is forced to confront situations

where he or she seeks to beat the opponent. This creates a competitive intellectual atmosphere that prompts both parties to concentrate, take the initiative, and decide on the appropriate action," said Al Rida.

"The RTA is committed to staging sports, cultural, social and recreational events with a view to creating a fun atmosphere for employees that enriches their lives away from daily office routines. Moreover, these activities offer employees a good opportunity to showcase personal skills."



Figures show Nol card usage is on a steep rise

The number of transactions through the RTA's Nol system is on the rise, with the card now used for a wide range of purposes from public transport to parking. Currently, the total number of daily transactions has exceeded the 1 million mark, according to the CEO of Corporate Technical Support Services at the RTA, Abdullah Al Madani.

"More than 1 million different transactions are recorded on a daily basis by various types of Nol cards; this means that the number of public transport users, especially those who use the Metro, is constantly going up and the culture of using public transport systems in Dubai is spread-

ing among various segments of the community," he said.

"Within just 16 days of the date that Dubai Metro opened, passenger numbers had already broken the 1 million barrier. However, this has come as no surprise given the vital importance of the project, which brought in a quantum shift in the public transport sector in the region."

The Nol Silver card is the top seller, with sales records showing that around 3,000 cards are being sold daily; the total number of Nol cards of all categories sold from the launch of the Metro service until the end of April this year has exceeded 3 million cards.

Getting around on the Metro

Stations and Nearest Landmarks

1

2

5



Jebel Ali
Jebel Ali Free Zone Gate number 3

Jebel Ali Industrial
Jebel Ali Free Zone Gate number 4

Energy
Jebel Ali Free Zone Gate numbers 1, 2 & 3

Ibn Battuta
Ibn Battuta Mall
The Gardens
Jebel Ali Primary School
Jebel Ali Village

Nakheel Harbour & Tower
Metro Park & Ride

Jumeirah Lakes Towers
Dubai Marina Mall
Indigo Tower

Dubai Marina
The Address Hotel
Grosvenor House
Dubai Marina/The Walk at 100

Nakheel
Emirates Golf Club
Emsat Business Park
Regent International School
American University in Dubai
Dubai Media City

Dubai Internet City
Knowledge Village
Business Centre Towers

Dubai Internet City
DMC Boutique Offices
Wellcare Clinic
Dubai College
Grand Millennium Hotel

Sharaf DG
Wellington International School
Dubai National School

Mall of the Emirates
Mall of the Emirates
Dubai Police Academy
Kempinski Hotel
Pullman Hotel
Dubai American Academy

First Gulf Bank
Emirates International School
Princess Haya Bint Al Hussein Cultural & Islamic Centre
Gold & Diamond Park
Bur Dubai Traffic Department

Noor Islamic Bank
NMC Family Clinic
Umm Seqlim Girls School
The Veterinary Hospital
Davis Centre

Business Bay
Australian Consulate
Safa Park
Jumeirah English Speaking School
Emirates English Speaking School
DNATA Travel Centre
Metropolitan Hotel
Metropolis Cinema

Burj Khalifa/Dubai Mall
Maraya Centre
Safeway
DEWA
Burj Dubai Business Hub
Dubai Mall
Souk Al Bahar
Old Town
The Address Hotel
Murooj Rotana Hotel

Financial Centre
Four Points By Sheraton Hotel
Towers Business
Union Co-operative Society
Shangri-La Hotel
Al Bada Health Centre
Dusit Thani Hotel
Emaar

Emirates Towers
Holiday Centre
Crown Plaza Hotel
The Gate
Emirates Towers Hotel

World Trade Centre
Hade Centre
Fairmont Hotel
Monarch Hotel
Spanish Embassy (Commercial Office)
French Consulate
Italian Consulate
Japanese Consulate
Swiss Consulate
American Consulate
Dubai International Conference & Exhibition Centre

Rail Hotel
Novotel Hotel

Al Jafliya
Immigration Department
Bur Dubai Police Station
Trade Centre Roundabout
Zayed Park
Emaar

Al Karama
Qatar Embassy
China Embassy
Al Atlas Centre
Karama Centre
Lulu Centre
Department of Health & Medical Services

Khalid Bin Al Waleed
Burjuman Mall
Four Points Sheraton Hotel
Saudi Arabia Embassy
Libya Embassy
India Embassy
Oman Embassy
Sudan Embassy
Yemen Embassy
Egypt Embassy
Lebanon Embassy
Pakistan Embassy
Jordan Embassy
United Kingdom Embassy
British Council
Department of Health
Canada Embassy
Netherlands Embassy

Union
Al Uthair City Mall
Maksum Hospital
Raddison Blu Hotel Deira
Russian Consulate
Danish Consulate
Economic Department
Etisalat
Dubai Municipality
National Bank of Dubai Headquarters
Dubai Chamber of Commerce & Industry
Fish Roundabout

Al Rigga
Holiday Inn Hotel
Beef Mall
Hamraia Centre
Coral Deira Hotel
Taj Palace Hotel

Deira City Centre
Deira City Centre Shopping Mall
Sofitel Hotel
Bilal Rotana Hotel
Clock Tower Roundabout
DNATA

GGICO
Cargo Village
Le Meridien/Tower Hotel
Millennium Airport Hotel
Wellcare Hospital
Aviation College
Dubai Creek Golf & Yacht Club
Park Hyatt Hotel

Airport Terminal 1
Airport Terminal 1
Le Meridien Hotel
Al Bustan Rotana Hotel

Airport Terminal 3
Airport Terminal 3

Emirates
Dubai Municipality Umm Ramool Offices
Dubai Municipality Transport Garage
Dubai Municipality Store
Emirates Airline Headquarters
BTA Headquarters

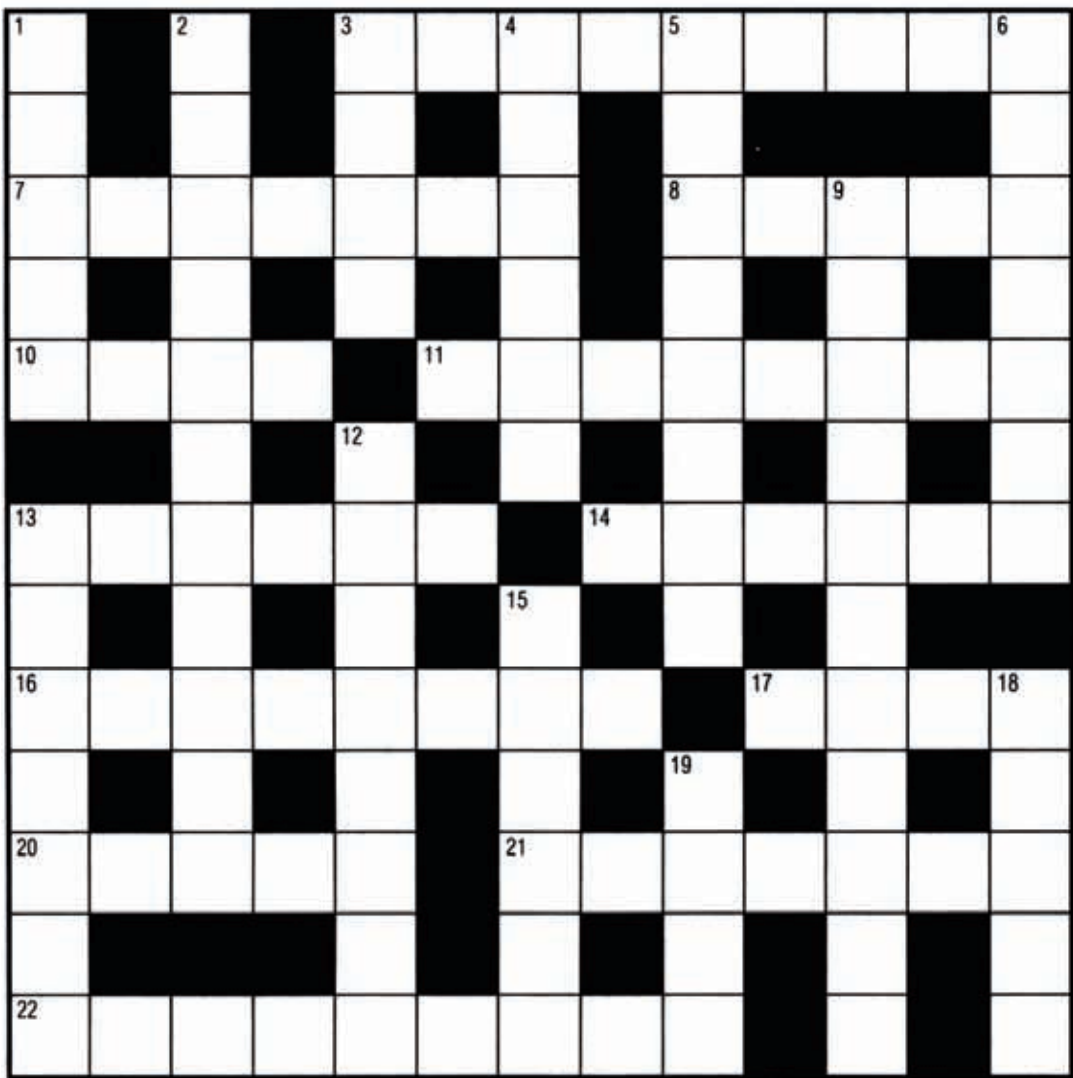
Rashidiya
Al Baraa Kindergarten
Safiya Al Qureshiya School
Public Library
Al Rashidiya Health Centre
Rashidiya Bus Stations
Dubai Police
Rashidiya Shopping Centre
Bin Souga Centre
DEWA
Dubai Airport Expo
Dubai Metro Park & Ride

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	Every 8 minutes	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	23:29	Noor Islamic Bank	6:21	Every 8 minutes
Business Bay	6:24	Every 8 minutes off peak	Business Bay	6:24	Every 8 minutes off peak	Business Bay	13:34	23:34	Business Bay	6:26	22:42
Burj Khalifa / Dubai Mall	6:26		Burj Khalifa / Dubai Mall	6:26		Burj Khalifa / Dubai Mall	13:36	23:36	Burj Khalifa / Dubai Mall	6:28	22:44
Financial Centre	6:29		Financial Centre	6:29		Financial Centre	13:39	23:39	Financial Centre	6:31	22:47
Emirates Towers	6:30		Emirates Towers	6:30		Emirates Towers	13:40	23:40	Emirates Towers	6:32	22:48
World Trade Centre	6:32		World Trade Centre	6:32		World Trade Centre	13:42	23:42	World Trade Centre	6:34	22:50
Al Jafliya	6:34		Al Jafliya	6:34		Al Jafliya	13:44	23:44	Al Jafliya	6:36	22:52
Al Karama	6:36		Al Karama	6:36		Al Karama	13:46	23:46	Al Karama	6:38	22:54
Khalid Bin Al Waleed	6:39		Khalid Bin Al Waleed	6:39		Khalid Bin Al Waleed	13:49	23:49	Khalid Bin Al Waleed	6:41	22:57
Union	6:41		Union	6:41		Union	13:51	23:51	Union	6:43	22:59
Al Rigga	6:44		Al Rigga	6:44		Al Rigga	13:54	23:54	Al Rigga	6:46	23:02
Deira City Centre	6:46		Deira City Centre	6:46		Deira City Centre	13:56	23:56	Deira City Centre	6:48	23:04
GGICO	6:48		GGICO	6:48		GGICO	13:58	23:58	GGICO	6:50	23:06
Airport Terminal 1	6:50		Airport Terminal 1	6:50		Airport Terminal 1	14:00	00:00	Airport Terminal 1	6:52	23:08
Airport Terminal 3	6:53		Airport Terminal 3	6:53		Airport Terminal 3	14:02	00:02	Airport Terminal 3	6:54	23:10
Emirates	6:54		Emirates	6:54		Emirates	14:04	00:04	Emirates	6:56	23:12
Rashidiya (Arr.)	6:58		Rashidiya (Arr.)	6:58	00:12	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
Emirates Towers	6:28	22:32	Emirates Towers	6:28	23:32	Emirates Towers	13:26	23:26	Emirates Towers	6:26	22:34
Financial Centre	6:30	22:34	Financial Centre	6:30	23:34	Financial Centre	13:28	23:28	Financial Centre	6:28	22:36
Burj Khalifa / Dubai Mall	6:32	22:36	Burj Khalifa / Dubai Mall	6:32	23:36	Burj Khalifa / Dubai Mall	13:30	23:30	Burj Khalifa / Dubai Mall	6:30	22:38
Business Bay	6:34	22:38	Business Bay	6:34	23:38	Business Bay	13:32	23:32	Business Bay	6:32	22:40
Noor Islamic Bank	6:39	22:43	Noor Islamic Bank	6:39	23:43	Noor Islamic Bank	13:37	23:37	Noor Islamic Bank	6:37	22:45
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**

 - 3. Minor alteration (9)
 - 7. Put back (7)
 - 8. Waterproof boot (5)
 - 10. Welsh emblem (4)
 - 11. Scatter (8)
 - 13. One who touts for business (eg at a show) (6)
 - 14. Small lump of gold (6)
 - 16. Lift (8)
 - 17. Hit with the palm (4)
 - 20. Reddish dye (5)
 - 21. Type of plug (7)
 - 22. Faint-hearted (9)
- Down**

 - 1. The Great Barrier Reef is comprised of this (5)
 - 2. Causes to lose confidence (11)
 - 3. Go berserk, run ... (4)
 - 4. Wise female advisor (6)
 - 5. Heavy rain (8)
 - 6. Worry greatly (7)
 - 9. Frees from controls (11)
 - 12. Arrested felon (8)
 - 13. 70s disco group (3,4)
 - 15. Set in position (6)
 - 18. Pucker (the lips) (5)
 - 19. Exclamations of surprise (4)

Answers



Grilled Chicken *Tacos*

Read. reader Manju Asarpota sent us this recipe. Bon appetit.



RECIPE

- Ingredients**
- 2 chicken breasts
 - 1/2 cup sour cream
 - 3 tbsp mayonnaise
 - 1/2tsp mustard paste (optional)
 - 3 tbsp butter, melted
 - 2 large garlic cloves, minced
 - Dash of celery salt
 - 8 6-inch corn tortillas
 - 2-3 cups shredded cabbage
 - Bottled tomato salsa
 - 1 lime

1. Heat grill to medium-high. In a small bowl, whisk together the sour cream, mayonnaise, and

mustard paste (optional). Set aside.
2. Take the chicken breast in a small bowl and then combine the butter, celery salt and garlic.
3. Brush the chicken with the garlic butter and celery salt.
4. Place the chicken breasts on grill. Cook for about 4-5 minutes on each side and remove the chicken from grill.



5. Grill the tortillas for 30 seconds on each side.
6. Slice the piping hot grilled chicken breast into strips and then divide it evenly among the tortillas. Top with the cabbage, sour cream sauce, tomato salsa, and a squeezed lime. Serve and enjoy.



Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

I am new to Dubai and finding it difficult to make new friends here. How can I make friends and join the sort of groups I enjoy, such as volleyball and swimming clubs?

Making new friends is always one of the hardest aspects of starting fresh in a new city. The best advice for making friends is to just get out there, get involved in groups and activities. You seem sporty, so you should investigate Duplays, a web site that connects you with your favourite sports in Dubai and it's free to register. Visit www.dubai.duplays.com for more details and be prepared for your social life to be set alight.

My eyes get really dry when I'm at work. What can I do to prevent this?

If you work in front of a com-

puter, then combined with the unavoidable air conditioning in Dubai offices your eyes can quickly become dry throughout the day. Rest your eyes from the screen and air conditioning by closing them for a minute or two a few times a day, and maybe invest in some moisturising eye drops.

I recently moved to Dubai and already feel homesick. How can I prevent this feeling?

Unfortunately, homesickness is



an unavoidable part of living in another country from the one you call home. Keeping a few mementos that make you smile around the house may help, such as photographs or cards, and tools such as email and Skype make it easier than ever to stay in touch now so make sure you use them regularly.

My boss has asked me to come up with new ways to expand the business, but I'm completely out of ideas. It seems as though there's a brick wall stopping me from coming up with anything. Maybe it's time to go back to the drawing board—literally. Stick up a big sheet of paper on the wall at home and whenever anything comes into your head—no matter how insignificant it may seem—write it down. Perhaps even ask someone else you live with to add their thoughts into the mix. As your brainstorm grows on paper, it will inspire other ideas and avenues for you to explore.

Who's that?

Answer

Turn to page 44



Sudoku 1

		8			4			
2	1			8			6	
				6	1		4	
						3	5	7
	5	6		7		1	2	
7	9	2						
	2		1	3				
	6			2			7	3
			5			2		

Sudoku 1 answer

9	8	3	5	4	7	2	1	6
1	6	5	8	2	9	4	7	3
4	2	7	1	3	6	5	9	8
7	9	2	3	1	5	6	8	4
3	5	6	4	7	8	1	2	9
8	4	1	6	9	2	3	5	7
2	1	3	9	7	6	1	8	4
2	1	4	9	8	3	7	6	5
7	8	2	5	4	9	3	1	6

Sudoku 2

		9		7		4		3
			9				6	
	1	4	2				8	
				2		6		
		5	1		8	3		
		1		3				
	8				2	9	7	
	2				4			
1		7		6		8		

Sudoku 2 answer

5	9	8	7	1	4	2	3	
8	7	2	9	4	3	1	6	5
3	1	4	2	5	6	7	8	9

Bricklayer

[illegible]

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

Bricklayer answers

H	U	G	H	U	G	H	U	G	H
M	A	Y	O	R	M	A	Y	O	R
B	I	Z	M	O	B	I	Z	M	O
N	I	C	E	S	N	I	C	E	S
L	A	L	A	L	A	L	A	L	A
A	U	T	O	B	A	N	H	O	I
O	I	L	O	I	L	O	I	L	O
T	R	I	T	R	I	T	R	I	T
T	A	L	C	T	A	L	C	T	A
L	O	V	E	L	L	O	V	E	L
U	U	U	U	U	U	U	U	U	U
S	P	U	D	S	P	U	D	S	P
S	L	A	S	T	I	C	K	S	L
E	E	E	E	E	E	E	E	E	E
A	V	O	W	A	V	O	W	A	V
F	A	C	T	I	C	S	F	A	C

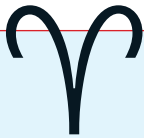
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What's in your *stars*?

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



ARIES
(MAR 21 - APR 20)

You may find a conflict occurring between yourself and a person in authority, such as a boss or elder family member. While you may feel they are trying to belittle your ideas, the wisdom they share may prove useful at a time when you least expect it.



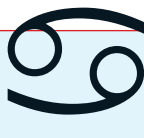
TAURUS
(APR 21 - MAY 21)

You may be feeling restless, so maybe now the time is right to get active and keep yourself busy. However, make sure you don't take on too many new challenges all at the same time, as this could leave you feeling worn out and resentful of your new lifestyle.



GEMINI
(MAY 22 - JUN 21)

A scheme you have been involved with could go from strength to strength, as long as you make sure everyone knows his or her exact responsibilities. A formal agreement may feel like an unnecessary precaution, but it could prove very useful for future reference.



CANCER
(JUN 22 - JUL 23)

This week, you may find that a sudden alteration in your working role or routine could impact on a personal relationship. The other person may not fully understand the situation and there could be some friction over your attempts to keep several people happy.



LEO
(JUL 24 - AUG 23)

Any pressures or strains that you thought you had overcome in the past could catch up with you this week. You may feel as though it's time to ditch some of the more arduous responsibilities and focus on freedom and adventure, but listen to a loved one's advice.



VIRGO
(AUG 24 - SEP 23)

You usually share your plans, but there is one project you are keen to keep private at the moment due to the huge changes it would bring. All signs seem to be pointing towards the fact that to gain what you really want, you may have to give something else up in its place.



LIBRA
(SEP 24 - OCT 23)

Your friends and family may be starting to complain that they can't remember the last time they spent time with you. Ambition and drive are good qualities, but make sure you balance them with your own personal needs and those of loved ones.



SCORPIO
(OCT 24 - NOV 22)

Once you have made your decision on something you don't easily budge. This week, however, you could encounter someone who is as equally strong-willed as you are. By combining your ideas and opinions you could come up with something that you know will be great.



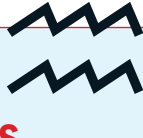
SAGITTARIUS
(NOV 23 - DEC 21)

This week you may find yourself dreaming of far away travel. You worry that your ties and responsibilities at home may prevent you going too far, but if you discuss your plans freely and openly with your loved ones, you may well be surprised by their support.



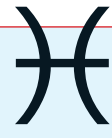
CAPRICORN
(DEC 22 - JAN 20)

Someone may need to wrest the initiative in the workplace this week and this is where your leadership qualities could quite possibly come to the fore. Where you might previously have felt unsure about this previously, this is your time to step up to the plate and shine.



AQUARIUS
(JAN 21 - FEB 19)

You may have felt as though you've been working all hours of the day recently, but thanks to your forward thinking and the hard work you have put in to your endeavours, the weight starts to lift this week and you can begin to enjoy some 'me' time once again.



PISCES
(FEB 20 - MAR 20)

As a Pisces you are more aware than most others of the importance of following your heart. This week, however, you may need to balance this urge with logical and genuine advice that you have received from a well-regarded family member before making your final decision.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 th	25 th	26 th	27 th	28 th	29 th	30 th
						
Sunny High 41C Low 33C Humidity 26%	Sunny High 40C Low 35C Humidity 27%	Sunny High 41C Low 32C Humidity 33%	Sunny High 39C Low 32C Humidity 36%	Sunny High 39C Low 34C Humidity 37%	Sunny High 40C Low 33C Humidity 36%	Sunny High 39C Low 33C Humidity 41%

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10:00am - 12:00am

Star Atrium - The Dubai Mall

Sheila & Abaya Fashion

July 27 - 29, 2011

7:30pm - 9:30pm

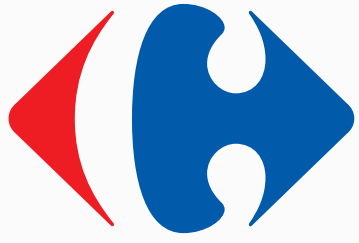
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