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JULY 31–AUGUST 6, 2011 | Issue 07

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DEEP BLUE SEA



STUB IT OUT!

Ramadan is the perfect time to give up smoking. We look at the best and the most efficient ways to kick the habit



11 YEARS ON

The much-awaited sequel to acclaimed British comedy *East is East* hits cinema screens this week



OOH LA LA!

Full of culture, cuisine and colour, Paris is one of the most accessible European cities



Ramadan *kareem*

Month of charity and reflection
begins this week

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

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Dubai Metro.
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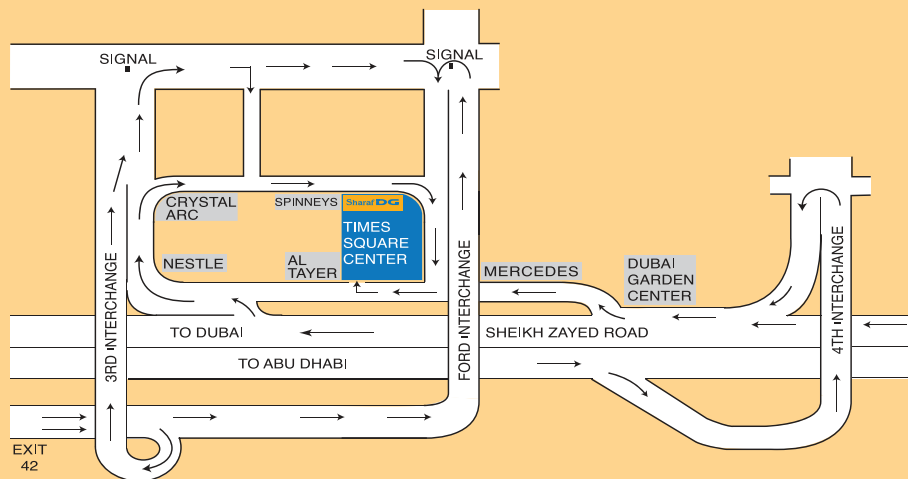
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Sharaf DG 4u

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Mirdif City Centre, Level 1 • Ibn Battuta Mall, Egypt Court • Union Coop, Mirdif

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Letters

Email: letters@readme.ae

I want to take this opportunity to say how much I adore riding on the Metro. I just love spending time in Metro stations. My husband even says I should find myself a job there, but I just don't know how can I apply for a position that will allow me to assist passengers with their queries and tickets. Please can you advise me on this.

Ektha Jiyas

Ed: We can help by passing your query on to the relevant people at Dubai Metro. Good luck in all your future endeavours.

Please may I make a request to the public: when travelling on the Metro, please always give priority to senior citizens, either when getting on or off the train, or by offering them your seat in the carriage. On many occasions, I have seen seniors made to stand because nobody is kind enough to stand up and vacate their seat. It is very important for people to help their elders.

Hajee Mohamed Masthan

Ed: We agree with you entirely. It is important for everyone to stand up for seniors if there are no seats free—it's simple, good manners.

I would love it if you could mention our art-clay silver workshops at Ductac, near to Mall of the Emirates Metro station.



PICTURE: HERBERT MADRIAGA

Art-clay silver is a really great product. In our workshops we use lumps of clay to create unique, pure silver jewellery. The clay is pliable and can be rolled, textured and cut into shape. It is made of pure silver powder and a non-toxic binder, and once dried completely, it is fired at a high enough temperature to burn the binder away resulting in pure fine silver. I am the only official art-clay senior instructor in Dubai and I offer three-hour workshops.

Lisle Skriker

Ed: Thanks for letting us know about this, and you might well hear from us over the coming weeks, asking to know more. Watch this space!

I must admit, I found myself laughing at some of your suggestions for stress relief. Walking backwards and singing under water just seem like tricks to make someone look foolish. How effective can they really be?

Shaf Rasul

Ed: Not all stress relief tactics are suited to everyone, but that doesn't necessarily mean they won't work. Much like screaming into a pillow may not work for everyone to relieve rage. Why not give it a go the next time you feel stressed? It can't hurt.

In your burning question of Issue 6, you asked if the Internet had a positive or negative effect on our brains and memory. Are there studies conducted that offer an answer, as I have two teenagers that spend an immense amount of time on the Internet and it is a bit of a concern?

Tanvi Goud

Ed: The research on this subject is still quite early, but recent studies have suggested that the brain is less likely to recall information if it can be found online. However, our brains now create room for more power of analysis. So, rather than regurgitating information, the brain can now examine the information methodically.

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 24-30, 2011 issue)

Which composer wrote 'The Water Music'?

Answer: George Frederic Handel

Winners of Wafi Restaurants' vouchers worth Dhs200 each are:

Elaine Galler, Leona Marcelina Dias

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

Answer: 'The Mask'

Winners of family portraits worth Dhs250 each from Digitally are:

Michael Dewan, Myriam Strigl

STATION-BY-STATION *guide*

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

ZABEEL PARK



Timings vary
Also at Al Mamzar, Al Barsha, Al Khawaneej and Al Safa parks

Why not keep fit and healthy while raising money for charity at the same time this Ramadan? Yalla Walk is a scheme where every step participants take will be converted into cash for the less fortunate. To learn more about Yalla Walk or to register, log onto yallawalk.com or call the municipality on 800900 from August 1.

DUBAI SUMMER SURPRISES

Final day July 31
Dubai Mall/Dubai Marina Mall

Sunday July 31 is your last chance to be in with a chance of winning big money or prizes when you spend Dh300 or more. Simply shop away to your heart's content, then head to the information desk to enter and you could be the lucky winner of Dh15,000, or perhaps even the grand prize of a Dh50,000 luxury holiday.



DAR EL-ILM SUMMER BREAK CHILDREN'S CLUB

July 31 until Aug 3, 9.30am - 12.30pm
Exhibition Hall 4, Dubai World Trade Centre

This week's theme is fruits and vegetables and activities include making faces with fruits and vegetables, learning about healthy eating, singing, games, storytelling, colouring, puzzles, and crafting. Ideal for children aged 4-6 years, the price for one week is Dh660. To book your child's place, call 04 331 0221.

SPECTRUM ON ONE

Until August 31, 6.30pm-1am
The Fairmont Dubai



Throughout Ramadan, both residents and visitors can enjoy an evening meal for half price when they choose the extensive à la carte menu at the fabulous Spectrum on One restaurant. With service opening at 6.30pm, this bargain offer will likely prove popular, so make sure you have a reservation by calling 04 311 8316.

RECONNECTING EAST & WEST EXHIBITION



9am-10pm Sat to Thurs,
2pm-10pm Fri
DUCTAC, Mall of the Emirates

Due to the overwhelming positive feedback received and public demand, the exhibition *Reconnecting East & West: Islamic Ornament in 19th-Century Works from the Dahesh Museum of Art and Syracuse University* at DUCTAC's Gallery of Light has been extended until August 10. Entry to the exhibition is free.

DISCOUNT AROMATHERAPY MASSAGE

Until August 26, 10am-10pm

NStyle spa, Dubai Marina Mall



Grab a 15-per cent discount on a 50-minute relaxing aromatherapy massage at NStyle—the perfect stress buster and a welcome break from the heat outdoors. Also, spend Dh300 at any of the NStyle salons and receive a Dh50 voucher to use on your next visit. Salon locations vary, including Dubai Marina Mall. To book, call 04 434 2616.

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 www.facebook.com/readmeae



MICHAEL FELIPE



SIMON KAZANJIAN

My Metro life

Karthik Mohan
Architecture professor, Karama



After a hard day at work, I was on the Metro when I saw something very emotional and inspiring. A young girl pushing her little sister in a pram got onto the train, however the doors closed before their mum had made it to the carriage. The doors closed leaving the mum standing on the platform frantic with worry. She was left behind, crying, but all of us inside the train stayed with the kids until the train reached the next station. By the time we arrived, security guards and staff were there to pick up the girls. I felt happy to witness the gentle and helpful hearts around to help the two children. I guess our world is not so weird and life really is beautiful.

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



WAQAS ALI



PRANESH EP



RAQUEL DOLOT

The burning question

Q With property rental prices dropping, are you tempted to move to a bigger/better home, or would you rather find somewhere that could save you money?

Facebook answers

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

What are your tips for losing calories?
decreasing oily foods and sweets. In the morning just 3 piece of bread with tea. afternoon little rice with salad. Night one chappathi. Its enough with one juice.

—Monish Kubanoor

What do you dare the intrepid Read. crew to do next?

right now is the time to bungee jump, paraglide, hike through the jungle or parachute out of an airplane, run through the Amazon rainforest or go on safari in Africa or climb Mount Everest. be a thrill-seeker xD

—Desiree Tojino

What would you do to promote your favourite good cause?

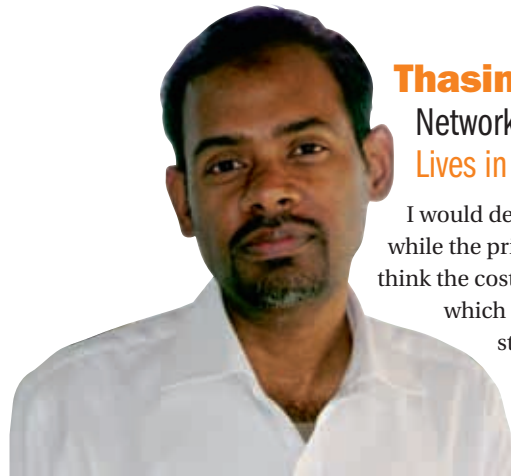
I think the next way 2 promote da cause cud b by c0nducting a group dance 2 spread dance!

—Pink Kool

Manoj Velyalan

Software developer
Lives in Sharjah

I would definitely prefer to save money rather than look for a better apartment. I don't really need any extra room so I wouldn't want to move, and I also think the property rental prices might start to go back up again soon.



Thasin Natheer

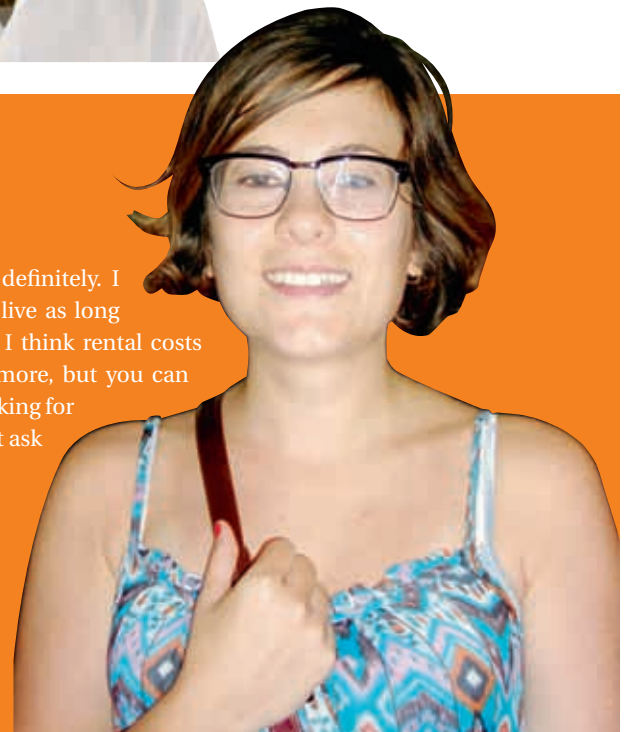
Network consultant
Lives in Sharjah

I would definitely like to get a bigger apartment while the prices are lower than they were before. I think the cost of renting might go down even more, which is good for many people as they are starting to be able to afford bigger and better places now.

Marie Succar

Designer
Lives in JLT

I would save the money, definitely. I don't really mind where I live as long as it has a pool and gym. I think rental costs might drop slightly even more, but you can always negotiate when looking for an apartment—if you don't ask you don't get.



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

Who wrote the opera Madama Butterfly?

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.

Preetpal Singh

Company director
Lives in Al Qusais

I am actually planning to move to a bigger apartment at the moment with my family, while the prices are still low. There was a time when we couldn't have even thought about a bigger apartment, so it's good for me. I think the prices might continue to go down for a while yet.



Charlotte Coulais

Designer
Lives in Media District

I have only just arrived in Dubai so I don't really know the property market too well, but at this moment in time I would definitely be looking to save money and live in a place that was good value for money.



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
Spotlight Academy at Ductac recently presented the city with the classic American musical, *West Side Story*. Readme.ae met up with Elisa Doughty (as Maria) and Julian Essex-Spurrier (as Riff), to find out how they felt about their roles and their impressions of Dubai. Read the interview online today.



MONDAY
Max Calderan is able to survive in the most extreme conditions. He has collected several world records for crossing deserts in minimal time by foot, travelling day and night without sleep in up to 56C heat. Readme.ae met Max to learn more about his latest challenge. Check out our video.



TUESDAY
In this week's issue of *Read.* we show you how easy it can be to switch disciplines and fall in love with coffee, replacing your dependancy on tea, but what are you leaving behind? Readme.ae takes a look at the different types of tea and their health benefits.



WEDNESDAY
The hottest month of the summer is upon us, and some of the more popular activities in Dubai can't be enjoyed until it ends. That's not to say you can't still be entertained. We give you the top 10 list of things to do in this city, loaded with exciting opportunities to feel alive.



THURSDAY
This week's gadgets' report brings you the latest games from the Sony PSP and Nintendo DS. Readme.ae pits the gaming-on-the-go devices against each other and breaks down the vital statistics to help you decide which handheld console is best suited to you.



FRIDAY
We have asked you a burning question on Facebook last week. But what does it all mean? We find the best responses and figure out what the most pressing matters have been in Dubai for the past week and bring you the most popular opinions.

Into the *blue*

Alexa Soar conquers her fears by taking a scuba diving crash course.

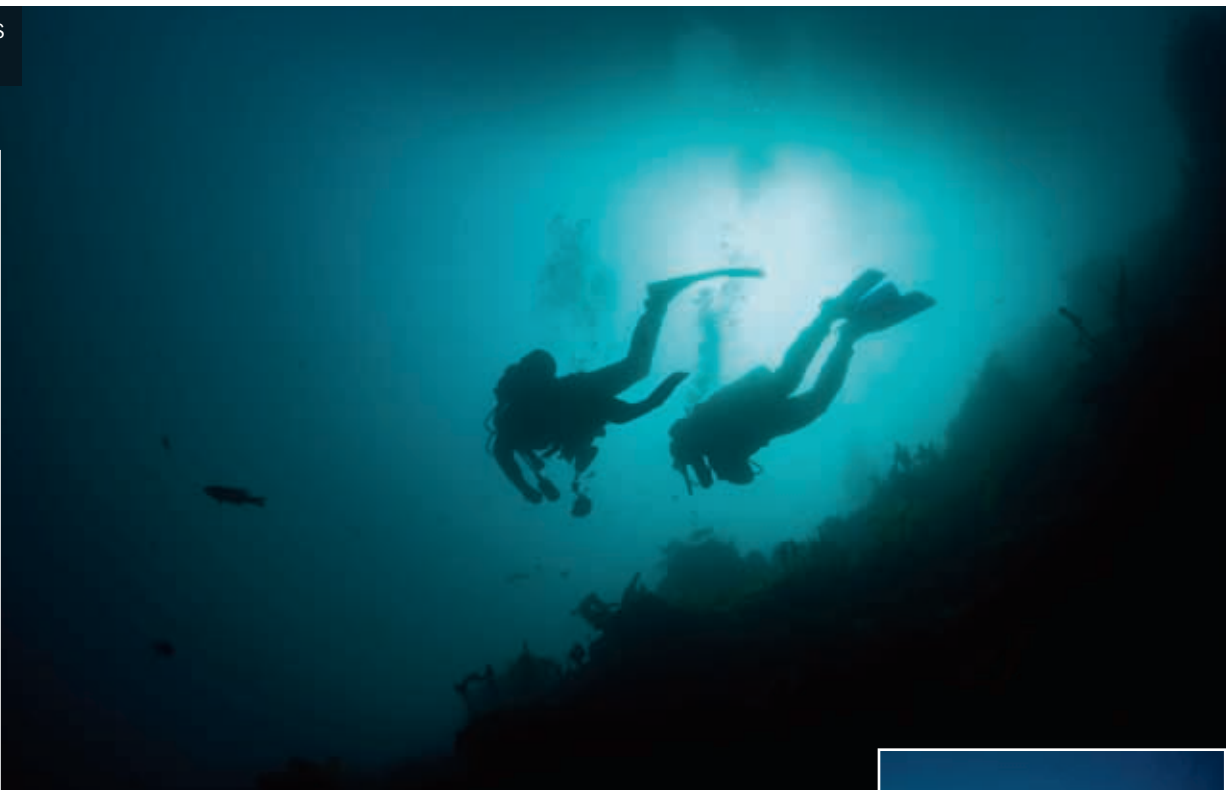
A photograph of two scuba divers underwater. The divers are silhouetted against a bright, hazy blue background. They are wearing full scuba gear, including tanks and fins. The diver in the foreground is slightly lower and further away than the one above. The water has a grainy, textured appearance.

For somebody who quite literally grew up at a sailing club, I do not particularly like the water. The idea of being underwater for an extended period of time did not sit well, so unsurprisingly, I had never had any strong desire to take up scuba diving. I mean, I could swim in a pool, sail on the sea and look at the fish in Dubai Mall.

However, when I was offered the chance to have an introduction to scuba diving at Al Boom Diving, I knew I had to say yes. I was curious to see the part of the sea that I had been missing out on.

Spread over two days, the “discovery” course begins with a pool session, which is followed the next day by a beach dive. Early in the morning, we were not thrown in at the deep end straight away, but rather were eased into it with a classroom session to take us through the basics. There was a lot more to scuba diving than I first realised, with much of the initial talks centering around safety protocol and how the pressure of the

BREATHING UNDERWATER TAKES SOME GETTING USED TO



water affects your body. The pool session was a great starting point as it was much less intimidating than the sea, and it made me feel comfortable. It sounds simple, but it takes time to relax into breathing from a tank without thinking about it.

We learnt all about the BCD (buoyancy control device), which is a sophisticated life jacket that helps you descend or ascend in the water and maintain a constant level while you swim. We were taught a few exercises such as what to do if we lost our breathing regulator and how to empty a leaky mask underwater. It was all pretty simple

and before I knew it, I was breathing comfortably and swimming around.

The pool was fun, but the real test came the following morning when we all took part in a beach dive. While I was still a complete novice, my “buddy” was an instructor, who, reassuringly, was never more than an arm’s length away.

Walking into the sea from Jumeirah beach, we descended and swam out around some rocks, staying reasonably close to the shore. Despite what we are often told about the paucity of Dubai’s marine life, I was impressed by

“I was curious to see the part of the sea that I had been missing out on.”



DUBAI'S WATERS OFFER PLENTY OF SEALIFE FOR A NOVICE TO SEE

how much there was to see, from little fish that blended in with the sand, to giant cucumbers and bright blue fish straight out of *Finding Nemo*.

Being underwater is the closest you can get to experiencing zero gravity on Earth, and although it took some time for me to gain control of my flapping arms and legs, or to stop drifting away from my instructor, the feeling was unique.

It was peaceful and quiet, and all I could really hear was the whirring of my regulator as I breathed. It was a parallel universe, and for the 50 minutes that we were under, I barely thought about the world above. It was an escape and I enjoyed not having to think as I floated along.

I previously had the ridiculous belief that I could experience all the sea life I needed to from the comfort of an air conditioned mall, without the threat of getting bitten by a shark. But now I quite fancy diving into the same tank. Although I only came across a few big fish on my beach dive, I realised how little attention they pay to you, and there is something comforting about being able to see them, making them appear a lot less scary than I had expected.

Al Boom Diving offers courses for beginners to advanced divers at its PADI 5-Star Dive Centre on Al Wasl Road in Dubai, at Le Meridien Al Aqah Beach Resort in Fujairah, at the Jebel Ali Dubai Golf Resort and Spa, at the Golden Tulip Beach Resort Dibba, Oman and at the Dubai Aquarium & Underwater Zoo.

Who's hot

SISQO

The R&B superstar hit the Middle East last week for a packed gig at the Habtoor, where fans were treated to classics including his hit *Thong Song* from 2000. The singer proved that he shows no signs of slowing down, even over 10 years since topping the charts, and gave a superb, crowd-pleasing performance.



ADELE

The singer with the stunning voice has just been revealed as a nominee for the 2011 Mercury music prize, cementing her success as one of this decade's great female vocalists. Adele's latest album, *21*, proved a popular choice with music lovers across Dubai, who are keeping everything crossed in the hope she heads over sometime this year.

LEONARDO DICAPRIO

It was recently announced that the award-winning actor would be on the jury to decide on the winners of next year's Zayed Future Energy Prize. He will be joined by the likes of tennis champion Andre Agassi and wife of former British prime minister Tony Blair, Cherie. The top prize of the award is US\$1.5 million (Dh5.5m).



AL MURRAY

The pub landlord has announced that he will return to Dubai in September for another hilarious stand-up show, after proving a hit with punters who attended his last gig here in 2009. Tickets to the event at Souk Madinat Jumeirah will sell fast, particularly with Murray's popularity among Western expats.

JENNIFER LOPEZ

Despite her recent split with husband Marc Anthony, J.Lo celebrated her 42nd birthday in style last week, surrounded by her friends and family at a lavish dinner party. The Latina lovely is looking great for 42, no doubt thanks to her energetic stage shows such as the one Dubai crowds witnessed when she performed here in 2006.



Summer sandals

Treat your feet and beat the heat.

Her

SHOES FOR SUMMER

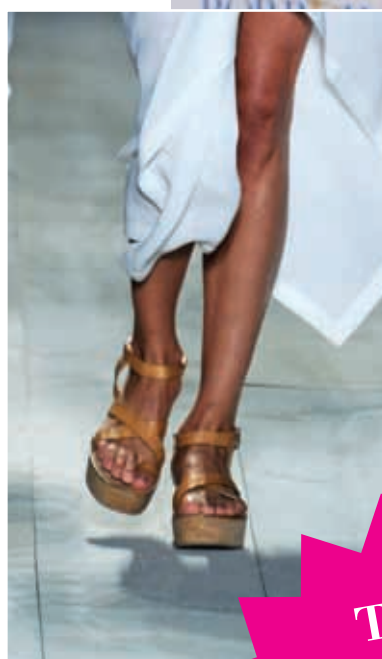
Summer may bring to mind barefoot walks on a balmy beach far away from home, but despite all our fantasies, we can't be on the sand all summer. And for the times when shoes are necessary, they give the perfect opportunity to have some fun with this season's fashions.

Exposing your feet has always been a summer trend and this year is no exception. If you can't be in a swimsuit, why not at least let your toes have some sun on the way to work? Cutouts and straps in sandals, heels and wedges are all the rage, just watch for dodgy tan lines and make sure you've given your toes a lick of bright nail polish. Wearing bright orange heels? Paint your nails blue, pink or green

and you are on trend with colour blocking too. Bi-winning!

One look that has been making serious waves this Spring/Summer season is the "flatform". Chanel, Marc Jacobs and Michael Kors have coveted a weird hybrid lovechild between flats and the platform. While catwalk versions have been quite extreme, there are more wallet-friendly versions in the malls just in time for summer. Love them or hate them, they still give us some extra height without killing our feet, and are far cooler than the kitten heel. Topshop has brought out several versions which have an espadrille feel, which are casual and comfortable enough to wear during the day.

Gladiators, flip flops, wedges and espadrilles will always be a summer staple and there is nothing wrong with recycling old shoes. Add some colour and you won't go wrong.



Top tip
Wedges are a great accompaniment for summer dresses, and can be worn either casually or formally.





Him

Men are always slightly more limited in their choice of shoes—heels aren't a possibility for a start... right?

Prada introduced the “flatform” trend this Spring/Summer with their “Brogue-Creepers”, a shoe that combines almost all trendy footwear, including the espadrille, sneaker, brogue and platform. The catwalk versions were extreme and shocking, and definitely not to everybody's taste, but the ready-to-wear ones are more subtle and definitely an interesting alternative to the classic brogue. The espadrille feeling adds a bit of summer flare and many men will also appreciate that extra little bit of height.

For those who believe the flip-flop to be the only essential summer footwear acceptable for men: think again. While sandals have always been popular in this region, for obvious reasons, the man sandal has been seen in many lines this season. While the “mandal” can be done horribly wrong, Michael Kors and Camper have some simple and comfortable versions. Mandals look great with chinos, shorts and khakis.



FASHION OPINION



CLAIRE STAPLEY
MUMSINHEELS.COM

Back-to-school kit for mums

There is still quite a bit of summer left for us to enjoy the time away before the onslaught of back-to-school season. But in the havoc of uniform buying, some mothers forget about their own “uniform” when dropping off the little angels at school. Mothers need a suitable wardrobe; comfortable, cool and stylish. There is no excuse for bad dressing just because it's early in the morning. And if I see another pair of Crocs on anyone over 10 I think I'll have to attack.

Some dos and don'ts to keep us mums high in the style stakes are: absolutely no gym kit unless you're going to the gym. No tracksuit bottoms with elasticated leg ends – you are not 15 years old. No leggings with a short top if size 14 or above—please think of the children. And last of all, I'll say it again: no Crocs.

Jeans are something you may have to splash out on, but you can't beat a pair of J-Brand or Paige jeans—I promise you'll thank me. A block-colour maxi dress is ideal, while a pair of mules will not only be comfortable but will add a bit of height to make you look like you've dropped a couple of kilos.

A pair of flat gladiator sandals beats dowdy flip-flops, while a pair of shorts with a cute vest top—or a flowing top if the midriff is not as toned as it used to be—always looks good. That little lot should get you by and ensure you'll be a yummy mummy at the school gate.

Follow Claire on
Twitter via
@mumsinheels



BYTES & PIECES



ALEXANDER MCNABB
DIRECTOR, SPOT ON! PR

On the Internet, everything is 'on the record'.

Two things are very true of the Internet. One is that it is a public place – particularly when it comes to social media. The other thing is that once you've put it out there, it can often be very hard indeed – in fact, impossible to take back.

I'm constantly amazed at how people don't factor these great truths into their thinking, but it's worth pausing to give it some thought. We have already seen lawsuits lodged not only in the UK and US but here in the UAE over Facebook posts. There was the recent case of a woman fined Dh3,000 for a disrespectful Facebook update regarding Ramadan and there

are other cases currently in Dubai Courts regarding content placed on Facebook. Similarly, Twitter is essentially

an activity carried out in public – and this is also very much the case with blogging, not just having your own blog, but what you comment on other peoples' is very much 'on the record'.

What does 'on the record' mean? It means you can be taken to court over content that is libellous or deemed illegal. It also means that mainstream media – like the chaps at *Read.* for instance – can pick up that content and use it. Would you want that comment you just posted splashed across a newspaper? Better not make it in the first place, then!

Adding to this is the fact that it's often almost impossible to take back what you've said. Once it's out there, for better or for worse, it's undo-able.

In a court of law, it is possible to use tweets as evidence

Taking *on the house*

Two students reckon they know what is wrong with social networking, and explain the answers to *Read.*

When we first heard of the concept of *Scapehouse*, we were a little skeptical; Dubai's homegrown answer to Facebook, developed in the bedrooms of Abdullah Khan, 18, and Ali Razzouk, 17, just sounded like another social network to add to the scores of them already out there.

But all they asked for was a chance to show off their hard work, and you know what they say about jumping to conclusions. So we visited them, and were well impressed by what we found.

"Scapehouse reflects our vision of how we think online discussions



KHAN SPENT THREE MONTHS LEARNING HOW TO WRITE CODE FOR SCAPEHOUSE



SCAPEHOUSE FOUNDERS ALI RAZZOUK (LEFT) AND ABDULLAH KHAN (RIGHT)



420

The number of users already signed on to Scapehouse.

should be done,” said Khan. “After using popular social media sites like Facebook, Twitter and YouTube for years, we’ve noticed a lot of shortcomings in the way they facilitate discussions between people in terms of privacy, structuring and readability. So we started Scapehouse to see how we could remedy that. We wanted to make discussions more fun on Scapehouse than anywhere else on the web.”

Currently just a hobby, the two students saw something that needed fixing and went for it, with Khan spending three months teaching himself how to write code. Taking this kind of initiative deserves credit in its own right, with few teenagers spending enough time off Facebook to make the next one.

The page’s innovative features include the ability to both follow

or befriend somebody, allowing for personal and public interaction. There is a dislike button, and what we found the most interesting was the “Living Room”. This area allows every member of the site to post a picture or text.

“Somebody could take a picture and upload it to the living room so that anybody in the world can come and see it,” said Razzouk. “The living room could be really powerful in times like these.”

With many people getting their world news from social networking sites, Scapehouse offers a platform that could bring people together without the need to follow or befriend somebody.

Give these boys a chance and take a look at www.scapehouse.com. At the time of writing, the site had 420 users but it is just a matter of time before the numbers grow.



Tech beat

ILLEGAL DOWNLOADS SITES COULD BE RED FLAGGED

The Performing Rights Society for Music wants search engines to differentiate between sites that offer downloads legally and ones that do so illegally. Legal downloads would get green tags, while links to illegal download sites would be red flagged. However, the plan is flawed as many people do realise they are downloading illegally and do so anyway.



GADGET AFTER-LIFE

MIT has tracked used computers and smart phones and produced a series of images of the gadgets' new owners and surroundings in locations such as Indonesia, South Asia, and Africa. The project, 'Backtalk', offers insight into society's relationship with electronic devices, and images from it will be shown from July 24 at the Museum of Modern Art in New York.

MOBILE PAYMENT DEVICES

Using mobile phones to pay for items is set to increase this year. The retail industry is a prime example of where mobile payment may be most successful. The mobile, retail, and financial industries have been rushing to incorporate near-field communication technology to make it possible, but the biggest challenge lays in tempting users away from the familiarity of cash and cards.



IPHONE REMOTE

The 'Voomote One' is not the first universal remote adapter for the iPhone but the app does have some convenient features, such as the ability to create custom layouts for different rooms and their various devices. The Voomote app is available for free in the app store, but the actual IR-blasting sleeve will be \$99 (Dh363).

COOL
FOR CATSDR RUBEN ARIAS DEL RIO
THE VETERINARY HOSPITAL

A good start in life

Kittens should start their first combined vaccines—namely flu and enteritis—at eight to nine weeks old, followed by a second booster vaccine three to four weeks later. These vaccines boost weak immune systems with antibodies that protect the body against deadly feline viruses.

The rabies vaccine is mandatory in Dubai and given to kittens from 12 weeks of age, then repeated yearly. Along with the rabies vaccination, Dubai Municipality requests you to register and microchip your kitten. This is done only once for life and recognised worldwide, after which your vet can guide you through the process of registering your kitten. This is renewed yearly—usually at the time the rabies booster vaccine is given—and doing this ensures the safety of your kitten. If your kitten goes missing, it can be traced and reunited with you via the registration and microchip numbers.

If you have an “outdoor” cat, it is recommended that you include a leukemia vaccine in the yearly booster vaccinations—feline leukemia is transmitted via direct contact with infected cats. Currently, Dubai does not have a high rate of feline leukemia cases, however these figures can change with the rapid import of cats from around the world.

Kittens should start their deworming treatment between 2-3 weeks of age, and your vet can advise you more on the different products available. By adhering to these steps, you can help ensure your kitten is healthy, happy and safe.

A World of opportunity

As the doors close on this year's **Modhesh World**, youngsters reflect on their work experiences.

THIS YEAR'S EVENT ATTRACTED
OVER 10,000 VISITORS

SUMMER SURPRISES

Over 80 young volunteers, working in shifts, together ensured that Modhesh World visitors left with a smile on their faces across this year's DSS. With visitor numbers peaking at over 10,000 over the weekends, the volunteers had a tough job but the youngsters were all too happy to play their part, according to Adil Musabeh, who managed the volunteers.

“We were extremely careful when we selected the volunteers as they are not only our representatives at Modhesh World but representatives of Dubai and Emirati hospitality,” he said. “We expected them to be calm and polite, and helpful to people. We have been fortunate to recruit talented youngsters and make the Modhesh World experience even better for visitors.”

Hafiz Abdul Hameed, an 18-year-old who had volunteered for the second time at Modhesh World, said: “I really like this place and would love to come back every year to work here. By working at Modhesh World and being helpful and friendly to people, I'm contributing to creating a good opinion about Dubai and

“I learned how to face challenges on a daily basis and find solutions straight away.”

the people here among visitors and tourists.”

Volunteers who have worked in Modhesh World say they have had a great learning experience and would recommend their friends to work there next year. For Shaikha Al Abaar, 18, her first year at Modhesh World saw her staff the information booths. She said: “A friend had told me it was a great place and I would have a lot of fun while working. Now I can confidently say that she was absolutely correct. My stint at

Modhesh World was an extremely valuable learning experience.”

Rashid Mohammed and Naji Ahmed worked as supervisors during their second consecutive year there, and loved the experience. Ahmed had a huge responsibility to shoulder—his role was to supervise the volunteers. “I look forward to working here every year because it is an experience that involves a lot of coordination and planning.”

Mohammed, on the other hand, had to take care of the crowds to make sure the venue functioned smoothly. “It was great working at Modhesh World. I learned how to face challenges on a daily basis and find solutions straight away. We also received great support from the management; they give us the freedom to make decisions and allowed us to do what it took to solve any problems.”

Nineteen-year-old Hiam Al Zarouny worked at Modhesh World in 2010 and returned this year. Working in the administrative department this year, she says she had had such a “fantastic time the previous year and learnt so much that I came back this year for a summer of fun and professional learning”.



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Colour your *life*

By Sharmela Cesbron

COLOUR MATCHING

When we go clothes shopping, we tend to choose similar colours. This is not always intentional, but our brains have been wired for so long in one direction of the colour spectrum we seem to automatically filter out anything else.

If I've recently read a fashion article, I'll generally just absorb the trends that fit my blinkered eyes: if nautical is in again, I read "navy blue": great! Nude is the new black? That's code name for beige in the fashion world: no problem!

In fact, this is a kind of colour-blindness; I clearly need help. That's where Janet Small comes in. She is the Dubai representative for House of Colour, a concept designed to throw your rose-tinted (or whatever your particular strain of the colour-blindness is) spectacles away for good.

I went to her private villa in the Arabian Ranches, which doubles up as her studio. She answered the door looking radiant in a bright printed maxi dress, makeup that brought out the warmth of her skin and the green of her eyes, with chestnut highlights in her hair. I

shuffled my drab self inside, my face bare as instructed. We went upstairs and sat on comfy sofas while she explained a little more.

"In their colour choices, women either go really neutral to blend in, and become too invisible, or they try to fit into the fashion trends. You have to resist the magazines," says Janet. Instead, she shows her customers how they fit into one of four categories: spring, autumn, summer or winter. After the colour analysis session, they are taught how to combine the colours in their palette when dressing for different occasions, how to apply the rules to make-up, how to accessorise with jewellery, bags, shoes and scarves, and then they are finally sent away with a colour chart (discreetly packaged as a black wallet) and a slim booklet containing all the vital knowledge they've just learnt.

Janet offers to show me how it is done. I sit in front of a mirror with the uncompromising light of day full on my face, dressed in white overalls with a white scarf covering my hair. I look pastily awful. But as Janet expertly flicks through a rail of colour swatches,

“When women realise they look good, they come away with their confidence soaring sky high.”



which she ties around my neck to assess my type, I start to see that while some make me look more sallow, others really do brighten my skin. I learn that I'm winter, meaning I need crisp, vibrant colours to make me look "clean". Coral (one of my favourites) is out, as it makes my cheeks fatter, but fuchsia is in, as it enhances my cheekbones. Powder blue ends up looking unwashed and faded; royal blue and navy are in (hurrah!) The grey T-shirt that I am wearing is actually okay, but with my denim jeans I really ought to wear red shoes, for example. "Not beige," says Janet, looking at my pumps disapprovingly. (Nude!)

It sounds simple, but for many it is often a life-changing experience. "I had one girl who really

suited pink," says Janet. "She was put-out at first—she never wore the colour. But we talked through why she felt that way, and she became very emotional as it slowly all came out: how, ever since she was a child, it was her sister who always wore pink because she was seen as the "pretty" one, while she herself was always dressed in more tom-boyish clothes. She had been pigeon-holed as the 'smart one'."

The way we dress certainly goes more than skin-deep. Janet explains it in terms of pantomime characters. "If you look at these extreme characters, you can see the type of person you are, very broadly speaking. I, for example, am an all-out romantic, an extremely girly-girl: there's no point me trying to deny it! In a pantomime I would be the fairy god-mother, all glitz and glamour and sparkle, waving my magic wand and trying to help people. But someone else may be the queen. These are the news-reader types: classic, minimalist, beautifully-cut clothes, no bling."

Everyone can benefit from such wisdom. "I get all kinds: arguing mothers and daughters together; women starting out their career who I teach to dress for the job or promotion they want; women at the end of their career who don't know who they are any more after years of wearing suits; or women who've been very successful back home in their own right, but in Dubai have now become just an attachment of their husband and a stay-at-home-mum, with their esteem down on the floor." Janet says that figuring out your type doesn't confine you to a box; rather, it empowers you to acknowledge who you are underneath, and bring that side of yourself out into the open. "Seeing is believing," she concludes, "and when women realise they really do look good, they come away with their confidence soaring sky-high, a feeling which lasts them a lifetime."

Janet Small can be contacted on 04 366 3564

Living life through shades

We are surrounded by colours, each one filled with hidden attitudes, meanings and nuances.

PRACTICAL COLOUR

Chromotherapy is a practice that helps people use colour in a positive way, whether it be through the colour they paint their living room walls to the clothes they wear. Here is a guide to some of the most common colours:

RED—PHYSICAL

Very basic and powerful, hence its effectiveness in traffic lights the world over. Stimulating, red raises the pulse rate and can activate the “fight or flight” instinct. However, it can also be perceived as demanding and aggressive.

YELLOW—EMOTIONAL

Psychologically the strongest colour, the right yellow lifts our spirits—it is the colour of confidence and optimism. But beware! Too much, or the wrong tone, can cause self-esteem to plummet, giving rise to fear and anxiety.

ORANGE—HEALING

Orange focuses our minds on is-

ues of physical comfort and sensuality. Negatively, it can focus on the opposite: deprivation. Too much suggests frivolity and a lack of serious intellectual values.

BLUE—INTELLECTUAL

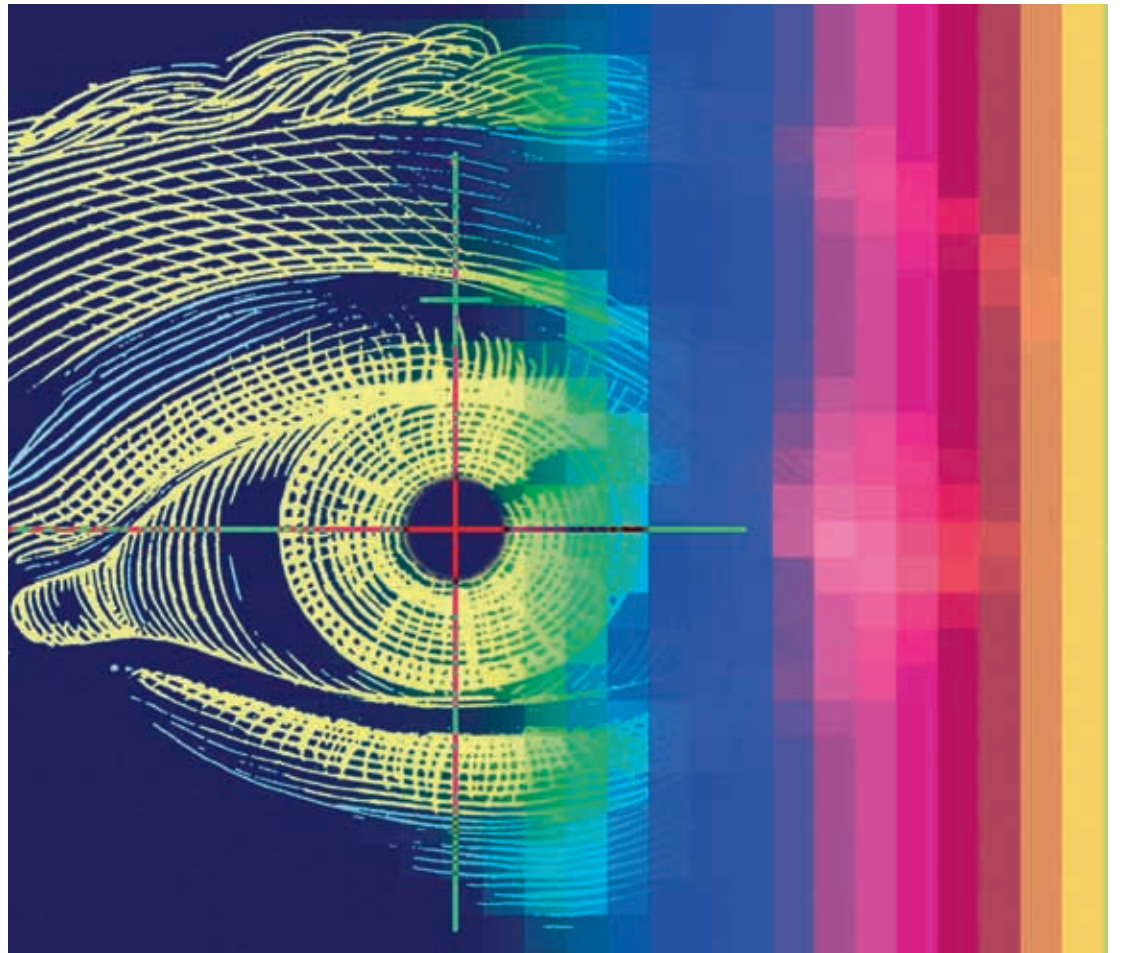
The colour of the mind, strong blues stimulate clear thought while lighter, soft blues calm the mind and aid concentration. It emphasises clear communication but can also be perceived as cold, unemotional and unfriendly.

VIOLET—SPIRITUAL

It takes awareness to a higher level of thought, and encourages deep contemplation. Violet has associations with royalty and usually communicates the finest possible quality. The wrong tone communicates cheap and nasty.

GREEN—BALANCE

Green is the colour of balance. A world with plenty of green indicates the presence of water, and little danger of famine, reassuring us on a primitive level. Negatively,



LIFE IS FULL OF COLOURS

“The right yellow lifts our spirits—the colour of optimism.”

green can indicate stagnation and, incorrectly used, be perceived as being too bland.

WHITE—PURITY

White signifies total reflection; thus it creates barriers, and is often a strain to look at. It is pure and uncompromising, clean, hygienic and sterile, although sterility can be seen as negative. Visually, white gives a heightened perception of space. A negative effect of white on warm colours is to make them look and feel garish.

ON THE COUCH



DEVIKA SINGH
PSYCHOLOGIST
DUBAI HERBAL &
TREATMENT CENTRE

Take control of fear and phobia

The difference between phobia and anxiety is often unclear. A phobia is an uncontrollable, persistent and excessive fear of something. A person with a phobia will either try to avoid the thing that triggers the fear, or attempt to confront it and experience high levels of anxiety and distress in the process. A less intense anxiety is fairly normal for many people at some times, but when this affects a person's ability to function, it will require treatment.

Phobias can develop over time or quite suddenly. They are usually caused by a genetic or biological predisposition combined with triggers from previous experiences, where the initial reaction to the feared stimulus can occur within a few seconds. Depending on the severity of the phobia it can lead to symptoms including intense feelings of panic, dread or horror; reactions that are automatic and uncontrollable; physiological symptoms including rapid heartbeat, shortness of breath and trembling; and an overwhelming desire to flee the situation.

In addition to seeking professional treatment, patients can help themselves by being aware of the triggers and reactions, then choosing a word or phrase to use at the onset of an episode or attack. This can be something like, "Even though this feeling is unbearable right now, I know this is typical for an attack and it will pass over as it always does. I just have to focus my attention on my breathing or on something else." This is a simple cognitive behavioural technique.

Hippopotomonstrosesquipedaliophobia — the fear of long words

Stamping *it out*

Beat the cravings this Ramadan by committing to give up smoking.

With much of the UAE's population fasting for Ramadan, smokers can make the most of the holy month by pledging to beat the weed. And with eating, drinking and smoking in public banned for non-Muslims before sunset, the holy month provides a perfect opportunity for everyone to kick the habit in the long-term.

As any smoker knows, quitting can be a daunting task, particularly with cigarettes available at almost every petrol station and convenience store in the emirate, for an extremely cheap price compared to other countries. But help is there for those who are willing to look for it, and there is a huge range of literature on hand to advise on the best ways to quit.

With many smokers, the physical nicotine addiction is only half of the problem, the other half being a psychological, habitual addiction. "A smoker may be able to quit for enough time to be completely cured of any physical addiction—a process which takes around two weeks—but the desire for a cigarette will still be there, out of habit," says Dr Sunil Kumar, a Dubai-based GP. "Therefore, in

order to really kick smoking, it is necessary to conquer both the psychological and physical cravings."

However, this is a tough assignment. According to BBC research, around half of smokers try to give up at least once a year; however, more than 95 per cent of these go back to smoking within that year. What is more worrying, though, is that only two per cent of quitters have managed to do it by simply going cold turkey.

"Tobacco users who get counselling, combined with medication and other support, have a much better chance of quitting and staying tobacco-free," says Dr Carolyn Clancy, who specialises in helping others to give up. "Nicotine products—gum, patch or lozenges—can help you resist the urge to smoke. Ask your doctor about other medicines that can help."

There are also alternative treatments to help smokers quit. One such treatment is hypnotherapy, which involves being hypnotised and then awoken as a non-smoker. Reviews of this treatment vary, with some claiming that it works perfectly and others claiming that they regressed after only a few weeks. And due to the expense of the treatment, it is best to do some research before committing to it.

"Tobacco users who get counselling have a much better chance of quitting and staying tobacco-free."

But even with medicinal help, a smoker will still notice the psychological cravings, as well as possible mood changes. Cravings after meals are common, as are cravings when around other smokers. After meals, it is best to go for either a stick of gum, a piece of fruit or a healthy dessert. And with friends who smoke, quitting will be easier if they know that they cannot smoke around you.

In terms of keeping the mind free of smoke when alone, there are a large number of tips available from doctors and online. It is very important to keep up vitamin C levels by eating plenty of fruit, while drinking water will ensure that headaches are kept to a minimum. Staying active by going for walks, and keeping hands busy by squeezing a ball or playing with stationery can also help with cravings.

Most importantly, though, the best way to quit is to have a plan and stick to it. Decide when to give up, then throw away every lighter, cigarette pack and ashtray you can find. The rest is simply a matter of perseverance.



Wall no barrier to fitness

Tom Paye moves one step closer to conquering Everest by trying climbing for the first time at Wafi City.

CLIMBING

"Left arm up to the blue. Left arm up to the blue! Okay, good. Now, put your right foot on the green, you can do it!"

I am halfway up the tough, 13.5-metre climbing wall at Wafi City's Pharaohs' Club, and my instructor, Dhyan Rai, is shouting at me from below, telling me where to go. The hand-hold he directs me to seems way too far to reach. My forearms are burning, and I am not sure how much longer I can hold on.

"Jump for it!" he shouts.

I make a huge lunge, groaning in pain as I do. But it is no good. My fingertips brush the hold just before I fall, and the next thing I know I am hanging limp from a harness, gently swinging about seven metres off the ground.

"I'll have to come back and try that one next week," I shout down to Rai, who gently releases the rope attached to my harness, bringing me safely down to the padded floor.

Rai, who has had experience trekking across the Himalayas, explains to me that I need to build my arm strength in order to make it to the top. Though he consoles me with the fact that I did well to get as far as I did, given I had already completed four or five runs up the wall opposite. Which had clearly taken its toll.

The indoor climbing centre at Wafi is the oldest in Dubai, and has enjoyed good business since it opened. As with most other such walls, there are dozens of climbing holds in different colours and shapes, strategically placed all the way up. They are arranged to create both easy and difficult routes up to the top, and the most experienced climbers can use just one colour of hold to reach it. There are two, 13.5-metre walls, one of which sports a nasty overhang near its summit.

Despite it being the oldest, though, Wafi's wall is not the tallest, and Rai explains that the Dubai World Trade Centre sports a 15-metre wall. A difference of 1.5 metres might not seem much on the ground, but up on the wall, it is like having to run another kilometre. Other walls in Dubai include the one at Mirdif City Centre's Playnation, and the one at the

Quay Health Club, both of which are shorter than the other two, but can be equally as demanding.

The best thing about climbing, though, is that there is no need to have any experience before turning up. Neither is there a need to bring along any specialised clothes or equipment, and from the outset it is clear that you are in safe hands. It also happens to be an exceptional work-out for the upper body; two days after my session, my arm and shoulder muscles were as stiff as a plank.

Wafi's climbing sessions cost Dh62 per hour, and the other walls are similarly priced, making indoor climbing a relatively cheap, fun way of getting some exercise. And I know that I will certainly be going back to conquer that wall.

"The best thing about climbing is that there is no need to have any experience."



To book climbing sessions, call:
Pharaohs' Club, Wafi City
- 04 324 0000
The Quay Health Club, Madinat Jumeirah - 04 366 6821
Playnation, Mirdif City Centre - 800 534 7873
Dorell Climbing, Dubai World Trade Centre - 04 659 8500





Master *of the roasts*

Coffee novice **Alexa Soar** learns that coffee is worth drinking.

CAFFEINE FIX

Fancy grabbing a cup of coffee? Normally, I'd say yes, but then I'd instinctively plump for some form of iced chocolate drink topped off with whipped cream and hundreds and thousands. Truth be told, I had never even had a cup of coffee—something I had hitherto regarded as hot, bitter and unnecessary.

However, it only took two hours and two cups at a roastery in Jebel Ali before I changed my mind. I have since realised that not only has my preference for sweet drinks been disastrous to my teeth, I have also been missing out on something pretty great.

"Roastmaster" Rosco was the reason for this life change. As the overseer of the entire roasting and blending process for Coffee Planet's Dubai roastery, he exudes a passion for the black stuff that is infectious. To do his job, he sources arabica beans directly from growers across the world and turns them into the coffee that you find at many petrol stations, cafes, airports and offices across the UAE.

Rosco started by explaining the process that coffee goes through

between the bush and the beaker. While it can be roasted into a wide range of flavours, not all tastes appeal to drinkers. Some can be sharp and aromatic while others are more bland and suit milk and sugar. There are even subtle differences in taste between the same kinds of beans grown just a few miles apart.

"The beans harvested from the same farm can vary yearly, depending on what kind of season the area has experienced, meaning it is necessary to sample each and every harvest," says Rosco.

The first cup he gave me—a plain brew—didn't appeal and was a little "bright", as Rosco explained, due to the fact it had only just been roasted—ideally the beans should be left to rest for a couple of days. But then I tried his latte, and my mind was permanently changed.

When I asked if the difference between "good" and "bad" coffee was all just a matter of taste, Rosco explained, "Even a novice drinker can tell the difference between high and low quality coffee, especially if sampled straight after each other."

For me, a rich coffee flavour blended with creamy milk to produce an almost chocolate taste is

“Even the novice drinker can tell the difference between good and bad coffee.”



how coffee should be. I have since tried instant and cappuccino, but it has become clear that it is the body that matters.

Coffee doesn't have as long a shelf life as we are often made out to believe and much of the coffee we drink is actually out of date. But with affordable grinders and cafetieres for fresh, home-made coffee, there really is no need to simply stick to the instant stuff or your Starbucks staple.

So, long gone are my preconceptions of coffee as nasty; now it is cool, tasty, sociable and healthy with a story behind each cup that is definitely worth knowing. It is comparable to when you learn the context and meaning behind a favourite painting and your appreciation grows beyond just the visual. I now not only enjoy the taste of coffee, and have found the right brew for me, I also respect coffee as more than just a caffeine fix.

Treading the Dubai boards

Internationally acclaimed American actress and singer **Elisa Doughty** has been playing the part of Maria in the Madinat Jumeirah's production of *West Side Story*. Here she takes some time out to answer our questions.

INTERVIEW

READ. Career highlights?

Singing Frasquita in *Carmen* at the packed, 70,000-seat Stade de France in Paris with the Orchestre de Radio France.

And then there was my debut in Paris as Pamina in *The Magic Flute* in a production that featured a circus—I made my entrance on a horse and walked through fire jugglers. I love performing opera in non-traditional contexts.

Who are your inspirations?

Growing up I was inspired by opera singers such as Kathleen Battle and Luciano Pavarotti, but now I'm most moved by singing actors who bring so much to each note that they could sing the phone book and I'd be captivated: Audra McDonald, Kristin Chenoweth, Caroline O'Connor and the jazz singer Kurt Elling.

Is this your first time to Dubai?

Yes, the first time! It's such an interesting mix of cultures—unlike

any place I've ever been before. I've found the people to be lovely and I appreciate feeling so safe everywhere I go. The architects and engineers here must be having the time of their lives! The food has been really good everywhere I've been.

I'm still hoping to see the fountain show and the Burj Khalifa so I'll just have to come back again.

What's your plan after Dubai?

I'm flying to the United States for my wedding!

What's next professionally?

I have a classical concert with two pianists for a festival in France—Dvorak, Barber, Ravel.

What's your favourite musical?

Les Misérables and *Jesus Christ Superstar*.

Last words to the people of Dubai?

Thank you for supporting the arts and please continue to do so. www.elisadoughty.com



SARAH MARTIN FOR ICANDFOREVER.COM

ELISA DOUGHTY

Before I Go to Sleep

By SJ Watson

BOOK

Before I Go to Sleep is an impressive debut novel. A psychological thriller, it takes the loss of memory as its haunting subject, and explores the acute vulnerability faced as a result. This is by no means an unfamiliar theme, which makes the book's skillful execution all the more admirable.

Following an accident, 47-year-old Chrissie wakes up every morning believing herself to be in her twenties again. She has to re-learn the details of her life through a diary she has been advised to keep by her neurologist, only to lose it from her memory 24 hours later.

It is how she so painstakingly records the trivial minutiae of everyday suburban life that makes the frustration and terror of the protagonist felt so keenly by the reader.

Our discovery that Ben, Chrissie's husband of 20 years, is less



than trustworthy mirrors Chrissie's growing realisation of the same truth, and as the repetition of 24 hours is played over and over again, it spirals ever faster with the unravelling of crucial evidence which ultimately brings the novel to its bloody climax.

IF YOU LIKE THIS, TRY...

Turn of Mind by Alice LaPlante
Dr Jennifer White is a retired orthopaedic surgeon with dementia. When her best friend is killed, she becomes the prime suspect, and must battle with her fast-deteriorating mind to discover the truth. A chilling novel on the frailty of the human mind.

What Alice Forgot by Liane Moriarty

Alice Love is knocked out in the gym, and 10 years of her life also disappear at the same time. She thinks she is a happily married 29-year-old expecting her first child, when in fact she discovers she is thirty-nine with three children, in the middle of an acrimonious divorce. Where did it all go wrong? Cue a voyage of self-discovery.

Incubus - If not now, when?

Epic Records ★★★★★

ALBUM

Listening to Incubus's sixth studio album, it is hard to tell that this is the same band that gained worldwide acclaim for their heavy guitar riffs and powerful, hard-rock choruses. Traditional fans might well be disappointed with the new offering, which contains nothing like hits such as *Pardon Me*.

This is no bad thing, though, as no band can go on making the same kinds of songs forever. Upon the new album's release, Incubus frontman Brandon Boyd said, "By about three songs into the writing process, I think we began to understand that we were unearthing something new." And it shows in the finished product. Instead of the band's traditional fan base, these songs will more likely appeal to fans of Coldplay or U2.

Which is one reason why the album has attracted a generally



lukewarm response. However, the power of tracks such as *Switchblade* or *Isadore* cannot be denied. And the orchestral lines in *Thieves* come as a staunch reminder of the raw musical talent that the band possess.

Even the filler tracks in between deserve attention, being well-crafted and interesting. All in all, *If not now, when?* is a fine effort, and Incubus can rest assured that they will pick up new fans to replace any old ones they might have lost.

GET INVOLVED



RASHA OMER
WWW.TRIPLEW.ME

Calling all young filmmakers!

TripleW.me has teamed up with Nokia to bring two new film competitions to would-be film-makers in the UAE.

The first competition, "Connect Me!", calls on amateur and budding film-makers to submit a 2-minute original film or video based on the unimaginable—a life without mobile phones. The second, shorter format competition, "Staying Connected", takes its inspiration from the ad world of Don Draper and *Mad Men*, the hit television series, and is aimed at the more casual film enthusiast.

Anyone with an interest in filmmaking is invited to submit original entries to Makshoof film, TripleW.me's film-making talent platform. Entries to both competitions are open for six weeks, before the public vote for their favourites and a final jury helps to select the two

overall winners and recipients of the Nokia E6 award.

TripleW.me's platform inspires the creation of not only home-

grown film talent, but also talent in music and photography. The site provides a fresh, innovative and regional alternative to the mainstream mass market scene.

Creative individuals in the Middle East have not had a dedicated regional content platform to share their opinions and showcase their talent to the world. A year old and growing fast, TripleW.me is filling that gap and giving alternative creative talent in the region, particularly young people, a voice and also the opportunity to be noticed and find success.

To find out more, visit www.triplew.me/ Nokia

Expressions in calligraphy

When: August 1–31

Where: Artspace Gallery

PREVIEW

For the month of August, the contemporary gallery Artspace is holding an exclusive exhibition dedicated to Middle Eastern art. It will showcase four leading artists, with the focus placed on calligraphy in its modern guise.

Omar El-Nagdi was born in Cairo in 1931, and made his mark in establishing an Egyptian identity in modern art through a career spanning several decades. A philosopher as well as an artist, his work has strong symbolist qualities, and is able to communicate a mixture of humanist and mystic sensibilities. His latest works use contemporary calligraphy in repeating sequential rhythms of Arabic letters in black and white and gold leaf.

Meanwhile, Alaa Ismail, origi-

nally from Iraq, has studied various artistic disciplines and developed a deep love of the Arabic word form, which he translates through painting and the use of expressive and bold textural strokes. His resulting calligraphic works are in a colourful and layered contemporary style.

Kamal Boullata was born in Je-



rusalem, and hours spent as boy sketching the calligraphic engravings on the Dome of the Rock still resonates in his work today. Much of this focuses on ideas of division in the Palestinian identity, and are accordingly abstract.

And Hussein Madi presents a unique body of work which marries influences from modern art-

ists, such as Picasso, to the principles of divine harmony that inform the abstract designs of Islamic art. The combination of meticulousness and sensuality in Madi's work, along with his experiments in colour and form, results in a joyful viewing experience.

Visit www.artspace-dubai.com or call 04 323 0820.

A loud silence

When: Until August 2

Where: Aspen Café, Kempinski hotel

REVIEW

Flow is a lyrical art exhibition by popular Lebanese artist Georges Bassil. His work is presented by Vindemia.art, the new contemporary wing of Vindemia Antique Gallery, and is in collaboration with the Kempinski hotel at Mall of the Emirates, where it is showing at the Aspen Café.

Bassil's paintings are portraits of timid individuals, who are endowed with a powerful presence. This is due to their complete exposure to the public eye. In their quiet, abject stances lies a challenge to the viewer: regarding them as a casual observer exposes one's indifference, making the viewer aware of his own curiosity and leading him to demand more.

Inspired by the voices of singers such as Billie Holiday, Maria Callas and Umm Kalthoum, Bassil's quiet, moody subjects have the

ability to capture the attention without shouting about it; rather they reel you in with their seeming passivity.

Bassil, currently residing in Jordan, was born in Beirut in 1965, and is a self-educated artist, painter and creator of jewels. In 1999 he received the bronze medal and a diploma of honour at the third Biennial of Plastic Art of Lattaquieh-Syria.

He has exhibited in Montreal, Monaco, Paris, Nice and London. His paintings are often described as captivating, and their depiction of intimate encounters are made the more striking by his use of eyes, which he truly shows to be the window to the soul. Through them he is able to convey softness and happiness, or equally pain and sorrow.

For more information visit www.vindemia-inc.com or call 04 427 0219.





Ramadan Kareem

EMSAKIAH - HIJRI 1432

Dubai Prayer Timings

Hijri	Day	Date	Emsaak (Suhoor end)	Fajr	Shurook	Duhr	Asr	Maghrib (Iftar)	Isha
1	Monday	1 August	4:16	4:26	5:46	12:30	3:56	7:07	8:37
2	Tuesday	2 August	4:16	4:26	5:46	12:30	3:56	7:06	8:36
3	Wednesday	3 August	4:16	4:26	5:46	12:30	3:56	7:05	8:35
4	Thursday	4 August	4:17	4:27	5:47	12:30	3:57	7:05	8:35
5	Friday	5 August	4:17	4:27	5:47	12:29	3:57	7:04	8:34
6	Saturday	6 August	4:18	4:28	5:48	12:29	3:57	7:03	8:33
7	Sunday	7 August	4:18	4:28	5:48	12:29	3:58	7:03	8:33
8	Monday	8 August	4:19	4:29	5:49	12:29	3:58	7:02	8:32
9	Tuesday	9 August	4:19	4:29	5:49	12:29	3:58	7:02	8:32
10	Wednesday	10 August	4:20	4:30	5:50	12:29	3:58	7:01	8:31
11	Thursday	11 August	4:20	4:30	5:50	12:29	3:58	7:00	8:30
12	Friday	12 August	4:21	4:31	5:51	12:29	3:58	6:59	8:29
13	Saturday	13 August	4:21	4:31	5:51	12:29	3:58	6:58	8:28
14	Sunday	14 August	4:22	4:32	5:52	12:28	3:58	6:56	8:26
15	Monday	15 August	4:23	4:33	5:53	12:28	3:58	6:56	8:26
16	Tuesday	16 August	4:23	4:33	5:53	12:27	3:58	6:55	8:25
17	Wednesday	17 August	4:24	4:34	5:54	12:27	3:58	6:54	8:24
18	Thursday	18 August	4:24	4:34	5:54	12:27	3:58	6:53	8:23
19	Friday	19 August	4:25	4:35	5:55	12:27	3:58	6:52	8:22
20	Saturday	20 August	4:25	4:35	5:55	12:27	3:58	6:51	8:21
21	Sunday	21 August	4:26	4:36	5:56	12:26	3:58	6:50	8:20
22	Monday	22 August	4:26	4:36	5:56	12:26	3:57	6:49	8:19
23	Tuesday	23 August	4:27	4:37	5:57	12:26	3:57	6:48	8:18
24	Wednesday	24 August	4:27	4:37	5:57	12:25	3:56	6:47	8:17
25	Thursday	25 August	4:28	4:38	5:58	12:25	3:56	6:46	8:16
26	Friday	26 August	4:28	4:38	5:58	12:25	3:55	6:45	8:15
27	Saturday	27 August	4:28	4:38	5:58	12:24	3:54	6:44	8:14
28	Sunday	28 August	4:29	4:39	5:59	12:24	3:54	6:43	8:13
29	Monday	29 August	4:29	4:39	5:59	12:24	3:54	6:42	8:12
30*	Tuesday	30 August	4:29	4:39	5:59	12:24	3:53	6:41	8:11

*Based on the assumption that the moon is not sighted on the 29th day of Ramadan
Time difference between emirates: **Abu Dhabi:** +4 minutes **RAK:** -4 minutes **Fujairah:** -6 minutes

Ramadan to *remember*

As Muslims celebrate the holy month of Ramadan, there is still much to do and achieve across Dubai.

With the holy month of Ramadan upon us, Muslims across the world are gearing up for a lunar month of patience, humility and spirituality by way of fasting and prayer. And though the summer months are among the hardest in which to fast, the climate at this time of year encapsulates the roots of Ramadan, which comes from the Arabic words for intense heat and scarce rations. However, more importantly, the holy month is the one in which the first verses of the Qur'an were delivered to the Prophet Mohammed (PBUH), making it one of the Islamic calendar's most important events.

The principles behind Ramadan are clear to see each year. Muslims are encouraged to re-

RAMADAN DOS AND DON'TS

- It is illegal to eat, drink or smoke in public during daylight hours (including in your car). According to the law, a fine of up to Dh2,500 or a two-month jail sentence can be issued to those who break it.
- Children below the age of seven are permitted to eat in public during the day, but it would be sensible to be discreet about it.
- It is polite to dress more conservatively during Ramadan—shoulders and legs should be covered.
- Live and loud music is banned in public, as well as dancing, and car stereos should be turned down—loud music, especially rock or similar music, is seen as disrespectful.

sist all temptations while fasting, creating pure thoughts and therefore pure actions. Fasting also encourages self-discipline, as well as empathy for those who are less fortu-

nate. It is no surprise, then, that in the Muslim world, Ramadan is also a time of great generosity and charity, or *zakat*.

This can be seen across the world. In some countries, people can be found on the streets giving out free dates and water, while in others, entire eateries, known as *mawa'ed rahman*, are set up by wealthy families to host iftar dinners for those in need.

In Dubai, many charities make their biggest pushes during the holy month. One particularly active organisation is the not-for-profit Adopt A Camp, which provides food and aid to labourers during Ramadan, working with the Dubai Chamber of Commerce.

"Ramadan is a time for reflection and doing what we can to help those less fortunate than

ourselves," charity founder Saher Shaikh said. "We perform these collections every year and they have proven to be successful. Hopefully, they will be again this time."

The charity hopes to give out 3,000 care packages this year, distributing them to workers in Jebel Ali and Dubai Investment Park. The packs will contain high-energy food, water, toothbrushes and bed sheets, as well as a number of other essentials such as pillows and socks.

Dubai-based companies are also keen to show their charitable sides during Ramadan. Telecommunications firm Du will this year provide 80,000 ready-to-go iftar meals for the less fortunate, topping its donations of 70,000 meals last year. On top of this, the company is also offering its customers the chance to get involved, by either donating money



via SMS, or else signing on as volunteers to help distribute the meals.

“Ramadan is a gift to Muslims, where good deeds are rewarded by Allah more than at any other time in the year, and we want to bring a bit of joy to the less fortunate in the UAE,” said Hala Badri, executive vice-president of branding and communications at Du. “And by opening the donation channels to our customers, we’re hoping to encourage a sense of unity while offering the opportunity to perform a charitable deed.”

With the earnest giving spirit of Ramadan always high on the agenda, though, it also important to remember that there is much to be celebrated in the holy month. For example, Jasapara Sports is gearing up for the second edition of its popular Ramadan Ten10 cricket tournament at Za’abeel Park, which will this year feature day-night matches from August 1. The short version of the game features just 10 overs per innings, and automatic retirement for any batsmen who scores more than 30 runs.

There is more cricket this Ramadan with the Danube Ramadan T20 Cup, which runs for 14 days at the Dubai International Cricket Stadium from August 5. This is a much bigger competi-

“ Ramadan is a gift to Muslims, where good deeds are rewarded by Allah.”

tion, which will feature 12 of the top local teams battling it out for a total prize fund of Dh30,000. There will be two matches daily, commencing at 8pm and 11pm.

“We want this to be a fun event,” said Adel Sajan, director of Danube. “We want everyone who is participating to collaborate and make it a successful event.”

Of course, Dubai Police will carry on the decades-old tradition of firing cannons to announce iftar every evening, with two cannons in Deira, one in Karama and one at Safa Park. And, as is always the case, scores of different iftar servings will be on offer at various hotels over the course of the month.

And with so much going on this month, the heat will not be the only thing to make this Ramadan one to remember.



IFTAR TIMINGS DUBAI			
MON	1	1/8/2011	7:07
TUE	2	2/8/2011	7:06
WED	3	3/8/2011	7:05
THU	4	4/8/2011	7:05
FRI	5	5/8/2011	7:04
SAT	6	6/8/2011	7:03
SUN	7	7/8/2011	7:03
MON	8	8/8/2011	7:02
TUE	9	9/8/2011	7:02
WED	10	10/8/2011	7:01
THU	11	11/8/2011	7:00
FRI	12	12/8/2011	6:59
SAT	13	13/8/2011	6:58
SUN	14	14/8/2011	6:56
MON	15	15/8/2011	6:56
TUE	16	16/8/2011	6:55
WED	17	17/8/2011	6:54
THU	18	18/8/2011	6:53
FRI	19	19/8/2011	6:52
SAT	20	20/8/2011	6:51
SUN	21	21/8/2011	6:50
MON	22	22/8/2011	6:49
TUE	23	23/8/2011	6:48
WED	24	24/8/2011	6:47
THU	25	25/8/2011	6:46
FRI	26	26/8/2011	6:45
SAT	27	27/8/2011	6:44
SUN	28	28/8/2011	6:43
MON	29	29/8/2011	6:42
SUN	30*	30/8/2011	6:41

*Based on the assumption that the moon is not sighted on the 29th day of Ramadan

Where to break your fast

The emirate is packed full of great iftar venues, and this is *Read's* pick of the bunch.



Baker and Spice, Souk Al Bahar (04 427 9856)

Dh90 for mezze

Main courses priced individually

8pm-11pm

Baker and Spice offers a specially designed à la carte menu, which boasts dishes such as red onions stuffed with hummus, and roast cauliflower with raw tahini. There is also an option to take food away or order a whole roast lamb, stuffed with oriental rice and nuts and served with tomato sauce and fresh yoghurt to enjoy at home for Dh2,000 (serves 10).

well as an international buffet, stuffed with the traditional favourites such as freshly squeezed juices, hummus, ouzi and chicken mouloukia. An alternative 'Wok In' offers a range of Asian dishes as well as freshly prepared Sushi.

The Sheikh Mohammed Centre for Cultural Understanding (04 353 6666)

Dh135 per person, children under 12 free of charge

August 5-August 29, booking essential
The Sheikh Mohammed Centre for Cultural Understanding offers an iftar with a culturally informative slant. Traditional dishes accompany an iftar that is aimed to promote understanding between residents and Emiratis so questions are encouraged. Guests are taken on a tour of the Bastikiya mosque after the meal.



The Fairmont Dubai (04 311 8316)

Iftar Dh185 per person

From sunset to 8pm

An authentic iftar in an exclusive penthouse, The Fairmont offers a range of buffet offerings showcas-

ing traditional Arabic cuisine and speciality Ramadan beverages. Freshly roasted Arabic coffee will be available alongside a variety of flavoured shishas, all with a fantastic view of the Dubai skyline.

Asateer (04 426 0800)

Dh165 per person, children under 12 Dh80, children under 3 free

The Ramadan tent at Atlantis is set up on the beach, where guests can enjoy a game of backgammon, listen to a live oud player, or leave the kids to make the most of the TVs and Play-Stations. The traditional buffet offers plenty of choice, including some slightly unusual additions such as the bouzat haleed station, where you can watch ice cream being made by hand.

Mövenpick Hotel Deira (04 444 0111)

Dh115 per person, children under 12

Dh60, children under 7 free

20 per cent discount for groups of ten or more during the first week of Ramadan.

The hotel's signature restaurant, Jigsaw, hosts iftar and sohour as

Ibn Battuta Gate Hotel (04 444 5613)

Dh140 per person.

Group rates available for 100 people or more.

Ibn Battuta Gate Hotel celebrates its first Ramadan this year at Al Bahou, with live cooking stations and a large selection of traditional dishes of mixed grills, cheeses and lamb ouzi. Moroccan-themed decor and majlis tents to relax in complement a traditional iftar experience.



THE MOVENPICK DEIRA



IBN BATTUTA GATE HOTEL

Jumeirah Rotana (04 345 5888)

Dh129 per person

Special rate of Dh99 per person for groups of 10 or more

At the Jumeirah Rotana, guests can enjoy a splendid array of dishes this Ramadan from mysterious oriental savouries to succulent dates and refreshing coffee.

What does Ramadan *mean to you?*

Q Muslim or not, Dubai's residents all make something special out of the holy month, so *Read.* found out exactly what it could be.

Eunice Delallata
Graphic designer
Lives in Bur Dubai

I am from Mexico so Ramadan is a whole new experience for me. I think Ramadan shows how deep religion and culture is for people in this region, and makes non-Muslims think about how important religion is for some people.



Jehan Wickramasinghe
Banker
Lives in Al Nahda

I think there is a different feeling throughout Ramadan. People are making sacrifices and doing things that are hard, but they are happy about doing this. After the fast, people always gather to eat together which I think definitely builds the family spirit.

Tania Gupta
Researcher
Lives in Sharjah

I am not Muslim so I don't observe the practice of Ramadan myself, but as a resident of this region I think it is a good way of observing other cultural traditions. It seems like a good time for families to be together, with people leaving work early and the children being off school.



Abu Hani
Former Teacher
Lives in Al Aweer

Ramadan is very important for Muslims as it is a month of worship, prayers and helping the poor. Many families will gather during Ramadan to have breakfast together, some will even pitch tents in the road to have breakfast, so I think it also brings the family together.



Mohsin Rasheed
Restaurant worker
Lives in Media City

I am Muslim so I will of course be observing Ramadan. I think it is good for all Muslims to take prayer five times a day, and I think the fasting period is good for your health. I am alone in Dubai, but back home I would be spending time with my family for Ramadan.



Reviews *in brief*

A quick look at the week’s biggest films.



Attack the Block (2011) ★★★★★

Nick Frost, Jodie Whittaker, Luke Treadaway

Dubbed *The War of the Worlds* with hoodies, *Attack the Block* follows a gang of tough inner-city kids who try to defend their turf against an invasion of savage alien creatures, turning a southern council estate into an extraterrestrial warzone. From the producers of *Shaun of the Dead* and *Hot Fuzz*, this film has received strong reviews across the board. While stuffed with textbook sci-fi horror sequences, action, and black comedy, the real cleverness of the film’s conception is the unforgiving council estate setting that is immediately distinctive. An identifiably British film with all the action and excitement of a Hollywood blockbuster.



Hoodwinked Too! Hood vs Evil (2011) ★★★★★

Glenn Close, Hayden Panettiere, Cheech Marin

An adaption to the traditional story of Little Red Riding Hood, *Hoodwinked Too!* is the follow up to the popular 2005 original. Our heroine, Red, has to cut short her training with a mysterious covert group called the Sisters of the Hood after a wicked witch abducts two children, Hansel and Gretel. Granny, the ever-clueless Wolf and other favourites return for this sequel. The hyperactive and sneaky characters do appeal to children, but adults may have a hard time enjoying this movie.



Vengeance (2009) ★★★★★

Johnny Hallyday, Sylvie Testud, Anthony Wong Chau-Sang

A French chef swears revenge after a violent attack on his daughter’s family in Hong Kong, during which her husband and two children are murdered. To help him find the killers, he hires three local hit-men working for the mafia. *Vengeance* marks the last chapter of Jonnie To’s Gunman trilogy (*The Mission*, 2001; *Exiled*, 2006) and with largely positive reviews, this Hong-Kong—France production is an action-packed thriller that both newcomers and longtime admirers should appreciate.

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
The Stranger - 20:15, 22:15, 00:15
Zindagi Na Milegi Dobara - 11:00, 14:00, 17:00, 20:00, 23:00
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Zookeeper - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:45
Arthur 3: The War of the Two Worlds - 10:15, 12:15, 14:15, 16:15, 18:15
Singham - 10:30, 13:30, 16:30, 19:30, 22:30
Vengeance - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:55
Kung Fu Master - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Hoodwinked 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Attack The Block - 10:50, 13:00, 15:10, 17:20, 19:30, 21:35, 23:50
Sphinx - 11:10, 13:20, 15:30, 17:40, 19:50, 21:55, 00:10

GRAND MEGAPLEX - IBN BATTUTA

Harry Potter 7 (3D) - 10:40, 13:20, 18:40, 21:20
Harry Potter 7 (2D) - 10:35, 11:35, 13:15, 14:15, 15:55, 16:55, 18:35, 19:35, 21:15, 22:15, 23:55, 00:55
Transformers 3 (3D) - 15:50, 00:00
Transformers 3 - 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
Kung Fu Panda 2 - 10:50, 13:00, 15:10, 17:20
Zindagi Na Milegi Dobara - 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, 21:25, 23:55
Zookeeper - 10:40, 12:50, 15:00, 17:10, 19:20, 19:30, 23:45
Arthur 3: The War of the Two Worlds - 10:15, 12:30, 14:45, 17:00, 19:15, 21:25, 23:45
12 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Singham - 10:30, 13:30, 16:30, 19:30, 22:30
Salt and Pepper - 11:30, 14:30, 17:30, 20:30, 23:30
Vengeance - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:55
Sphynx - 11:10, 13:20, 15:30, 17:40, 19:50, 21:55, 00:10
Attack the Block - 10:50, 13:00, 15:10, 17:20, 19:30, 21:35, 23:50
West is West - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

GRAND CINEMAS - FESTIVAL CITY

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 *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

Horrible Bosses - 20:15, 22:15, 00:15
Zindagi Na Milegi Dobara - 11:00, 17:00, 23:00
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Arthur 3: The War of the Two Worlds - 10:15, 12:15, 14:15, 16:15, 18:15
Zookeeper - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:45
Vengeance - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:55
Sphynx - 11:10, 13:20, 15:30, 17:40, 19:50, 21:55, 00:10
Kung Fu Master - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Hoodwinked 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Attack the Block - 10:50, 13:00, 15:10, 17:20, 19:30, 21:35, 23:50
Singham - 14:00, 20:00

GRAND CINECITY - AL GHURAIR

Harry Potter 7 (2D) - 10:35, 13:15, 15:55, 18:35, 21:15, 23:55
Salt and Pepper - 10:30, 13:30, 16:30, 19:30, 22:30
Vengeance - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:55
Kung Fu Master - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Hoodwinked 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
12 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Zindagi Na Milegi Dobara - 11:00, 14:00, 17:00, 20:00, 23:00
Singham - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND METROPLEX - METROPOLITAN

Harry Potter 7 (2D) - 10:35, 13:15, 15:55, 18:35, 21:15, 23:55
Zindagi Na Milegi Dobara - 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, 21:25, 23:55
The Stranger - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
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

GRAND MERCATO

Harry Potter 7 (2D) - 10:35, 13:15, 15:55, 18:35, 21:15, 23:55
Zindagi Na Milegi Dobara - 11:00, 14:00, 17:00, 20:00, 23:00
Bridesmaids - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Zookeeper - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:45
Vengeance - 10:30, 12:45, 15:00, 17:15, 19:30, 21:40, 23:55
Kung Fu Master - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

ZOOKEEPER



Hoodwinked 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

VOX CINEMAS - DEIRA CITY CENTRE

Harry Potter 7 (3D) - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15
Harry Potter 7 (2D) - 11:00, 13:45, 16:30, 19:15, 22:00
Transformers 3 (3D) - 15:00, 18:00, 21:00, 00:00
The Stranger - 12:45
Zindagi Na Milegi Dobara - 10:30, 13:45, 17:00, 20:15, 22:30
The Wiggles - 11:00, 13:00
Mr Popper's Penguins - 09:45, 11:45, 13:45, 15:45
Bridesmaids - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45
West is West - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Attack the Block - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Vengeance - 10:30, 15:15, 19:45, 00:15
Horrible Boses - 13:00, 17:30, 22:00
Hoodwinked 2 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30
Kung Fu Master - 20:30, 22:30, 00:30
Zookeeper - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Stranger - 00:45
Singham - 17:45, 20:45, 23:45

VOX CINEMAS - MOE

Harry Potter 7 (3D) - 10:15, 13:00, 13:30, 15:45, 16:15, 18:30
Harry Potter 7 (2D) - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15
Transformers 3 (3D) - 11:15, 14:30, 17:30, 20:30, 23:30, 00:00
Cars 2 (2D) - 09:45, 12:15, 14:45
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mr Popper's Penguins - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30. 11:30
The Wiggles - 09:30, 10:30, 12:30

Zindagi Na Milegi Dobara - 17:15, 20:30, 23:45
Bridesmaids - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45
Hoodwinked 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
Pirates 4: On Stranger Tides - 00:00
Kung Fu Master - 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
The Hangover 2 - 19:15, 21:30, 23:45
Attack the Block - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Giselle - Ballet (3D) - 10:30, 19:15, 21:30
Zookeeper - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Arthur 3: The War of the Two Worlds - 10:15, 12:30, 14:45, 17:00

VOX CINEMAS - MIRDIF CITY CENTRE

Harry Potter 7 (3D) - 11:30, 14:15, 17:00, 19:45, 22:30
Harry Potter 7 (2D) - 11:00, 13:45, 16:30, 19:15
Transformers 3 (3D) - 21:30, 00:30
Hoodwinked 2 (3D) - 10:15, 12:18, 14:15, 16:15, 17:30, 18:15, 19:30
Kung Fu Master - 11:30, 13:30, 15:30, 20:15, 22:15, 00:15
Attack the Block - 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cars 2 - 09:30, 12:00, 14:30
The Wiggles - 09:30
Horrible Bosses - 11:30, 15:45, 20:00, 00:15
Mr Popper's Penguins - 09:30, 13:45, 18:00, 22:15
Zindagi Na Milegi Dobara - 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 - 09:30, 11:45

REEL CINEMAS - DUBAI MALL

Harry Potter 7 (3D) - 13:40, 16:20, 19:00, 21:40, 00:20
Harry Potter 7 (2D) - 11:50, 14:30, 15:30, 17:10, 18:30, 19:50, 21:30, 22:30, 00:30, 01:00
Transformers 3 (3D) - 15:00, 18:00, 21:00, 00:05
Transformers 3 (2D) - 12:00, 16:55, 21:55
Cars 2 (2D) - 11:25, 16:20
Horrible Bosses - 13:45, 17:55, 20:05, 22:05, 00:10
Attack the Block - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Hoodwinked 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
West is West - 12:50, 15:10, 17:30, 19:50, 22:10, 00:25
Kung Fu Master - 11:00, 13:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:05
Mooz-Lum - 14:15, 16:30, 18:45, 21:00, 23:30
Vengeance - 15:20, 17:40, 20:00, 22:20, 00:40
The Stranger - 14:55, 19:55, 00:50
Hanna - 13:50, 18:45, 21:15, 23:45
Mr Popper's Penguins - 11:20, 15:45, 20:00, 00:25
Larry Crowne - 16:10, 20:25
Monte Carlo - 13:25, 17:50, 22:05
Bad Teacher - 11:45, 15:55
Zindagi Na Milegi Dobara - 13:50, 19:20
Bridesmaids - 13:45, 15:00, 16:20, 17:40, 19:00, 20:30, 21:50, 23:10, 00:35
Zookeeper - 14:20, 16:30, 19:00, 22:00, 00:10
The Conspirator - 13:30, 16:00, 19:30, 22:00, 00:30
Singham - 16:50, 22:20, 00:50
12 - 14:05, 18:20, 22:35, 00:40

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Dean Hayter

Creative executive, Jumeirah



I have just seen the final *Harry Potter* movie for the second time. I think it is an amazing film, I particularly liked how all the previous *Har-ry Potter* films seem to come together in this final movie.

Christopher Owusu

Sales manager, Bur Dubai



I just took my nieces to watch *Mr Popper's Penguins*. It was quite enjoyable and my nieces both seemed to really like it, especially the penguins. Jim Carrey is funny, but his char-acters are getting boring.

Carina Mayhew

Receptionist, Tecom



My sister and I just went to watch *Bridesmaids*, which was so funny we had tears rolling down our cheeks. Some bits were quite gross so I wouldn't want to take my mum to watch it, but it was really enjoyable.



Om Puri
Despite initially making a name for himself in India, the lead actor has also appeared in a number of distinguished Western films. He has even received an honorary OBE for his accomplishments.

A heartwarming plot makes up for this sequel's comedic shortfalls.

NEW RELEASE

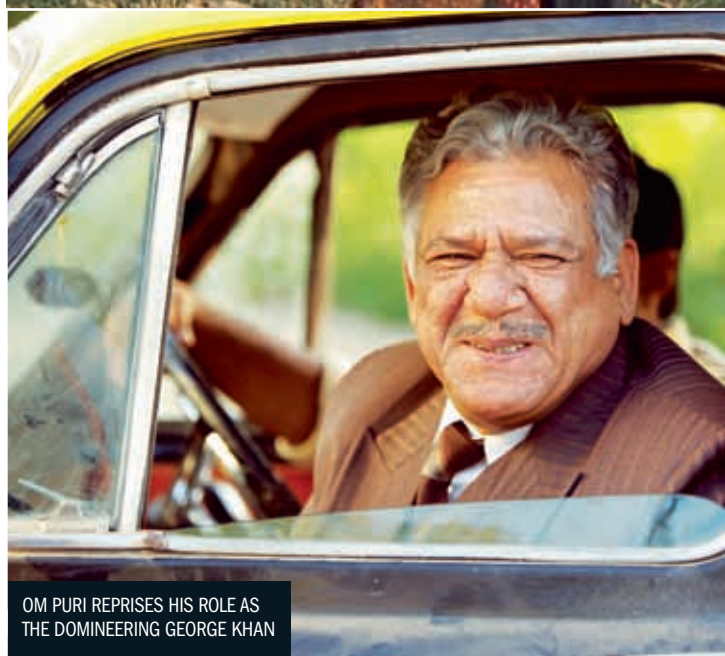
Eleven years after the film *East is East* lit up cinema screens with its gritty and touching portrayal of a Pakistani family living in 1970s Great Britain, the sequel—imaginatively titled *West is West*—hit Dubai's cinemas this week. Unfortunately, it has perhaps come around 10 years too late. While the original film was a breakthrough comedy that touched on underlying messages such as family values, racial acceptance and the struggle between Pakistani children being bought up in a Western environment, the sequel has unfortunately lost the majority of factors which made the first film such a success.

Beginning where *East is East* left off, chip-shop owner Jahan-

gir (George) Khan—played by screen legend Om Puri—is a broken man after losing the respect of his elder sons when he attempted to arrange marriages for them both. Worried that his youngest son Sajid—played by newcomer Aqib Khan—will soon head the same way, he decides to take him to Pakistan where he can learn a more culturally traditional way of life, against the wishes of his English wife, Ella, played by Linda Bassett.

When Jahangir reaches his village in Pakistan, he finds his first wife, who he left behind 30 years ago. Basheera—Ila Arun—is now a broken old woman. He also finds out that in the same way his sons from his second marriage have no respect for him, neither





OM PURI REPRISSES HIS ROLE AS THE DOMINEERING GEORGE KHAN

DID YOU KNOW?

- *West is West*'s soundtrack was composed by acclaimed musical trio Shankar-Ehsaan-Loy.
- Producer Leslie Udwin originally believed that a trilogy could be made out of the film's Khan family.
- *East is East* remains to this day one of the most financially successful independent British films.
- Most of *West is West*'s funding came from wealthy fans of the original film.
- When filming in India, the film's producers used local labour, many of whom had never shot a movie before. According to Udwin, much of the crew had to "learn from their mistakes" over the months-long shooting period.

do his daughters from his marriage to Basheera.

Distraught by the realisation that perhaps he has not been the perfect father after all, Jahangir entrusts the care and guidance of young Sajid into the hands of a *pir*—an elder mentor. While Jahangir deals with his own issues, his youngest son has a journey of his own to take, becoming entwined in a few other minor plot lines that are basically the crux of this entire film.

Those who have seen the first film will more than likely agree that the script's earthy and recognisable comedy was one of the things that made it so appealing. The jokes were plenty but not too obvious, while the humour in *East is East* was drawn more from the characters' quirks and attitudes, which balanced out the emotionally touching content perfectly.

In *West is West*, however, the comedy has almost been sacrificed for the sake of the storyline, which, although it proves itself to

be a heartwarming tale, lacks the originality and genre individuality of the first movie.

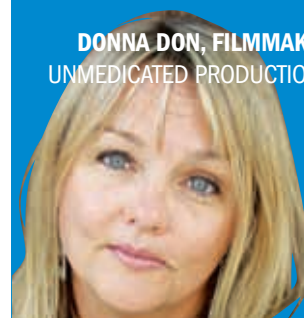
It is not all bad however, and *West is West* does have its high points. Visually, the cinematography is casually striking, with the backdrop of industrial Salford in Northern England providing a stark contrast to Pakistan, while the Bollywood songs included on the soundtrack are a pleasure to hear.

Although the script lacks some of the wit and warmth that made the first film such a stand-out original, the story is nonetheless a touching one, and the acting is consistently top-notch, more or less making up for the film's shortcomings.

“The comedy has almost been sacrificed for the story.”

SILVER SCREEN

DONNA DON, FILMMAKER
UNMEDICATED PRODUCTIONS



Girls on film

It's one of the mysteries of life that even though women make up just over half of the population, you would certainly not know this from watching films. How many films have a female lead? Well this week at the movies you may be pleasantly surprised to find a few more films showing at the moment with female leads—or at least playing stronger characters and not just acting as foils for the men folk.

Currently showing at a theatre near you, you can see *Hanna*, a film about a sweet-looking little girl assassin, *Bad Teacher* with Cameron Diaz behaving convincingly badly, *From Prada to Nada*—maybe not my cup of tea but at least the girls are in the leads—and finally *Bridesmaids*, which is getting rave reviews and which I can't wait to see for myself to find out if it lives up to the hype.

Okay, so many of these films may not be award winning but it's a nice change to see women on the big screen who are not just props for the main man. How many times are the female characters just someone's mother, sister or girlfriend, or only there to provide some eye candy? And let's not forget Jennifer Aniston in *Horrible Bosses*, where it looks like she convincingly leaves Rachel from *Friends* behind. She may not be in the lead but from the look of the previews she ups the entertainment value.

Could the lack of stories with female leads be related with the fact that less than 10 per cent of directors are women?

Less than 19 per cent of screenwriters are women.

Bollywood news

KHAN PLANS TRILOGY

The Salman Khan film *Chillar Party*, which was released earlier this month, opened to rave reviews from both critics and audiences, which could perhaps be the reason why Khan has revealed details on how he is keen to make not one but two sequels to the film. The star was quoted as saying, “*Chillar Party* opened so well that we have decided to make two sequels to the film,” which he will be co-producing with UTV.



SINGHAM SOARS AT BOX OFFICE

The long-awaited summer hit *Singham*—which was released across 2,000 screens worldwide on July 22—is the second-highest grossing film this year. The film made a total of Rs47.70 crores on its opening weekend, with Rs44.2 crores coming from India and Rs3.5 crores from overseas.



DR DAVAR

Indian contemporary dance choreographer Shiamak Davar has been presented with an honorary doctorate from Middlesex University, London.

Davar (left) was the first Indian to bring contemporary jazz and Western dance to thousands of people in India through his school SDIPA, and is best known for his choreography in *Dil To Pagal*.

Bring on the battle

★★★★★ Peugeot's move into the mid-size market might be brave, but the 508 has much in its favour.

CAR TEST

Peugeot is a name split by geography. If you are from or have spent time in the Levant, you will know the brand like a comfortable blanket. Travel south to the GCC states and the name almost disappears. For years, both Peugeot and rival Citroën have struggled to gain a firm foothold on the shores of the Gulf.

However, more recently, the carmaker has managed to make a small dent in the German- and American-led Gulf markets with its range of small cars and sporty convertibles, but the big-car segment has thus far eluded them. Nevertheless, Peugeot is keen to change that with its new 508 mid-sized saloon.

For an opening shot at the opposition, it is a good start. A great exterior and a comfortable, clean interior combine to make what is clearly a good package.

However, the design may be cutting edge, but it is someone else's edge. The car shares design cues with Jaguar, BMW and Audi, which is no bad thing, as Peugeot has chosen wisely: it looks modern, quite sporty and very European. The car is actually very attractive for what is a standard mid-range saloon.

There is also a station wagon version, which we would argue looks better than the saloon, but GCC buyers will not be getting that model. Station wagons have never sold well in the region, so there is good sense behind that decision.

“For an opening shot at the opposition, it is a good start.”

Under the hood you get a poky, 1.6-litre turbocharged engine, which is certainly willing, albeit a little small for Dubai's roads. Given room it will keep up with the opposition thanks to the forced induction.

The auto gearbox is, however, rather odd. It is called a piloted manual, which operates like an auto, but is actually a manual. All

very confusing, and, to be honest, we found it a little sloppy to drive. Apparently, the system allows better fuel consumption, so Peugeot is keen to push the technology. The manual is better and allows you to keep the revs up on the small engine, but most Dubai buyers will opt for the lazy alternative.

As with most French cars, the



508 has excellent handling and manoeuvres well on all road surfaces. It also hides its weight and is easy to drive. The brakes are excellent and do not struggle to bring the car to halt when needed.

Inside, you get a neat, clean interior that feels very Audi, as it folds around you. You also get all the toys people expect from cars

Specs

Engine: 1.6-litre, four-cylinder, turbocharged
Power: 120bhp at 6,000rpm
Torque: 118lb-ft at 4,250rpm
Top Speed: 203km/h
0-100km/h: 11.6sec
Price: TBC



QUIRKY FRENCH STYLE STANDS OUT WITH THE 508





“French cars always have a bit of fun built in.”

as they climb the model ladder. For example, there is a heads-up display and on-board navigation with easy-to-read controls.

What also seems to have gone from the 508 is the poor build quality that used to plague Peugeots of old. The new car is very well built and feels solid to drive. With no rattles, clunks and shakes, you could be—dare we say it—driving a German car.

So Peugeot have a good car to take on the Gulf with, but the opposition is not going to just roll over and give them the market very easily. The 508 arrives here in September and is up against cars such as the Mondeo, Passat and Malibu, so it is not going to be an easy battle.

One thing that all three of those cars lack is flair, and French cars always have a bit of fun built in. The 508 is a nice place to hang out and anyone who has sampled Peugeots before may be tempted to give this car a try.

The big question is not if the 508 is any good, because it is actually rather nice; what is important to gauge is if there is a market for any medium-sized four-door saloons beyond the German, Japanese and American staples.

Time will tell, but for Peugeot this is as good a weapon as any to bring to the fight.

HER VIEW

A woman’s take on our car of the week

To be honest I’ve never thought about buying a bigger Peugeot. I used to have a 206CC and loved it, especially with the folding roof for the winter, so I wouldn’t have a problem putting one of these on the driveway.

The car certainly looks nice and the big bulge in the bonnet should keep the guys happy. It’s also really comfortable, especially if you are part of a big family and need the extra space the little hatchback cars don’t give you.

The engine is a little small, but seems to be capable. I don’t think people would notice if you didn’t tell them.

Games on the go

Metal Gear Solid: Peace Walker

Sony PSP

The newest, and biggest, game in the popular Metal Gear superspy series comes exclusively to Sony’s smallest console, the PSP, instantly gaining rave reviews. Though Peace Walker’s story mode is worth around 17 hours of gameplay, there are over 100 Extra Ops as well as an army-building mode and dozens of extra features, making it almost impossible to put down. And, being set in the 1970s, before the original game, it provides plenty of backstory juice for dedicated fans.



Sony PSP

Ace Combat: Joint Assault

The Ace Combat series is one of the longest-running aerial combat franchises in existence, and has become synonymous with thrilling action, beautiful graphics and functional physics. And the new title, Joint Assault, scores highly on all three counts. What is more, this title features excellent co-operative play over Wi-Fi, and the larger variety of planes available over the course of the game makes completing the levels extremely rewarding.

Pokémon Mystery Dungeon: Explorers of Time

Nintendo DS

Most people have lost count of the number of Pokémon titles out there, but this does not stop each one from being worth a look. The latest offering puts a spin on things by letting players become a Pokémon, roaming a world untouched by humans, battling it out with other monsters or else hunting down evil ones. The online play is particularly good on this title.



Nintendo DS

Captain America: Super Solider

Having smashed box office records in the United States, the Captain America game is also notching up pretty impressive reviews. Though the graphics on the DS do leave something to be desired, the free-flowing, combo-based combat action is sure to entertain for hours, as will the storyline, which offers snippets of the movie as well as insights into the original comic book story.



City of *lights*

One of the most accessible European cities, there is no reason why **Paris** should break the bank.

Ah Paris. Just the name conjures up so many stereotypes, starry eyes and love stories. Walking along the banks of the Seine, visiting street-front cafes and wandering the endless corridors of the Louvre. Paris is a kaleidoscope of contradictions and colour.

But for the uninitiated, Paris is in reality just like any other major capital city: difficult to navigate, daunting and often frustrating.

If you do not have two weeks to cover everything, the easiest way to deal with a city the size of Paris is to select a small area and get right under the skin.

One area that will be familiar to the well travelled and the well read is the Champs-Élysées. At the very heart of the city, the main section of the six-lane artery runs from the world famous Eiffel Tower up to the Arc De Triomphe.

Although the road continues in both directions, this part is easily navigated and can be walked with a leisurely stroll to give you a snapshot of Paris as a tourist destination. What you will hardly see is any Parisians, as almost everyone is from somewhere else in the world, keen to sample some French culture and heritage.

The street has some of the world's best shopping, a wealth of attractions and a multitude of street performers keen to extract your euros. On that note, watch your valuables. As with all big cities, pickpockets can be a problem.

A trip to Paris would not be complete without a visit to the summit of the iconic Eiffel Tower. But many people do not realise you can also visit the top of the Arc De Triomphe as well for a great view down the centre of the famous street.

Despite being the very centre of the bustling city, hotels just off the Champs-Élysées can be picked up for a reasonable price. Add to that

“Paris is a kaleidoscope of contradictions and colour.”

a number of direct flights from Dubai and you have an easy-to-reach destination that does not have to break the bank.

A small hotel room will still cost you, but surf the standard travel sites for deals if staying more than one or two nights.

Due to fierce competition

between the hotels you will struggle to find bad accommodation. Try to get breakfast included and avoid the large chain hotels, as they charge far more for no immediately obvious reason.

Any of the small street-front restau-



PARIS PICKS

- Central Paris is home to more than 2 million people and is one of the most populated metropolitan areas in Europe.
- Visit the Louvre museum for a glimpse of the world-famous Mona Lisa painting by Leonardo Di Vinci.
- A trip to the top of the Eiffel Tower is well worth the 14 euros (around Dh70) entrance fee. More than 200 million people have ascended the tower since it opened in 1889.
- Venture away from the Champs-Élysées to find other great sites, including Notre Dame, the Moulin Rouge and the Tuileries Gardens.



rants away from the main drag will serve a meal and a drink for between Dh150 and 200. Anyone used to eating out in Dubai will not notice much of a difference to their pockets.

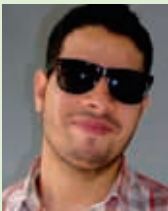
Sitting in one of the cafés on the Champs-Élysées is fantastic for people watching, but will cost you for the privilege. The staff also tend to be extremely rude in what appears to be an amusing attempt to live up to a stereotype. Wander back one street and this vanishes, along with the steep bills.

So what is billed as the world's most romantic city can be yours if you follow a few simple rules and keep it simple. Your reward will be culture, shopping and an ambience that seems to seep from the buildings themselves. Paris may let you go, but it will never leave your heart.

Vox pop

Sun or snow?

Mahmoud Kamal
Business development executive, JLT



In this weather I would prefer to go somewhere with snow, or

even just with a cooler climate than Dubai—maybe London. I would switch off my mobile phone and just enjoy being away from business and from the heat.

Emily Ramos
Guest service associate, Bur Dubai



I would like to go somewhere with plenty of sun like Thailand

or somewhere else in Asia. It would be nice to relax, and I love being around nature as well as by the beach.

Mohammed Mukreen
Public transport driver, Bur Dubai



I think it would be quite good to go on holiday to somewhere with snow,

because I think there are more things that you can enjoy in that climate, like skiing and making a snowman.

Cheesa Devera
Cleaner, Al Barsha



Of all places I could visit, I would definitely prefer to go

on holiday to a place with sunshine, because there are many things to do on a sunny holiday like sunbathing or swimming. I would most like to go back to the Philippines, especially to Boracay.

The old road to Hatta - a hidden gem



MOTORCYCLISTS OFTEN TAKE ADVANTAGE OF THE SMOOTH, QUIET ROAD

DAY TRIP

Most motorists in the UAE already know the main Hatta road, but the older one—the one that goes through the mountains—is a true hidden gem. Although it might have changed a fair bit over the years, it still remains one of the best roads for Dubai-based drivers to experience the sheer joy of tar-

mac; with quiet, bendy roads and constantly changing scenery, it is by far the most attractive way to get to Hatta and back. These days, there is almost no use for the old Hatta road, other than to link a small number of settlements to the main trunk. Hamlets like these are where old Emirati life still lives strong; the romance of the Bedouin meeting the practicality of simple village

lifestyle. Here, nothing happens very quickly, with none of the frenetic pace of Dubai. Instead, with dusty roads, few pick-up trucks and high, whitewashed compound walls, life is easy and the few faces you see as you travel through are adorned with smiles. TO FIND THE ROAD: From Dubai, get onto the E44 Hatta Road and continue un-

til the large roundabout in the centre of Madam; take the exit signposted E55. Bear right at the junction for the E102, towards Wadi Al Helo and Kalba. Take the turn-off at Munary. When you reach the tiny village of Al Huwailat, turn right at the roundabout and head towards Hatta, Dubai and Oman. You will arrive in Hatta at the Hatta Fort Hotel roundabout. Enjoy.

AL MASAOOD (LEFT)
AND KANE (RIGHT)

Sticking to the podium

Having completed just two races, Emirati driver **Humaid Al Masaood** is taking the American Le Mans Series by storm.

MOTORSPORT

Emirati racing star Humaid Al Masaood got off to a stellar start in the American Le Mans Series (ALMS), having gained podium finishes at his first two races alongside teammate Steven Kane. Al Masaood's team, Oryx Racing, have always been quietly confident in their abilities, but they have astounded ALMS regu-

lars, who have found themselves blown off the track by the new entrants. Last week, Al Masaood and Kane repeated their third-placed debut result with a second consecutive top-three finish at the Mobil 1 Grand Prix of Mosport in Canada.

It is certainly no mean feat to enter such a vaunted series and come out on the podium straight off the bat—twice. Granted, Kane

“I hope that I can inspire future driving champions by continuing to impress.”

is an experienced British driver, and Al Masaood is well-known as a blistering Arab racer, but the results are nonetheless extremely impressive. What is more, the pair are competing at the highest level of ALMS, in the LMP1 class, which features cars at the pinnacle of sports prototype racing. They are now joint fourth in the series' standings.

“To finish third on what is widely recognised as one of the fastest tracks is a great achievement,” said Al Masaood. “I have stated before that our goal was to come to the series and do a good job and continue to improve—two podium finishes prove that.”

The Mosport Grand Prix is Canada's biggest sportscar race, so a podium finish for Oryx Racing has allowed them to really make their mark on the sport. Towards the end of the race, the team was forced to make two un-

expected pit stops, putting them in sixth place, but they made a blistering comeback over the final laps, allowing them to finish third.

The result has helped gain the UAE more prominence in the international motorsport community; Al Masaood is the first Emirati to compete in top-level international sportscar racing.

“I am extremely proud to be able to represent my country in the ALMS,” he said. “The UAE continues to grow as a sporting nation and I hope I can inspire future driving champions by continuing to impress throughout this tough sportscar racing series.”

Oryx Racing's car, a Mazda Lola Coupé, should stand Al Masaood in good stead for the remaining six rounds of the series. With over 500bhp and 400lb-ft of torque, it can accelerate from 0-100 km/h in 3.2 seconds and go on to a top speed of 320 km/h. It is also run with the help of Dyson Racing, which is one of the biggest teams in ALMS.

The next race in the series takes place on August 6 at the Mid-Ohio Sports Course, where Al Masaood and Kane will hope to secure Oryx Racing's position as a dominant force this season. And, with any luck, the pair will manage to pick up another podium result.



**Win a
Wafi Restaurants
voucher worth
Dh200**

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

What is the main vegetable ingredient in the dish Borsht?

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.





MOVING STORIES

Relocating to a new home can be one of the most stressful things you ever do. We try to help out.

MOVING

“Most people probably know that moving house is one of the most stressful processes you can ever go through,” says Marie O’Neill, business development and account manager of Executive Expatriate Relocations, one of a dozen or more such companies in this city alone. “Moving to a new house can be bad enough,” she says, “so imagine the things people go through when they move to a completely new country. That’s why EER was set up”.

Relocation specialists come in a variety of sizes and types. Originally, removal companies mostly attempted to provide a basic service. Larger companies that regularly moved their executives around the world often had a dedicated relocation department, or at least let the HR team try to take care of things. Even real estate agents found themselves helping out with all the things a newly arrived expat had to deal with, like utilities connections and TV services.

It was in response to this situation that EER was established, in 2005. Traditionally, real estate agents and relocators would make money by sharing commissions, a practice that could create a conflict of interest. To avoid this today, you should choose a

relocation specialist that charges a fee according to the scope of work, as that ensures independent and properly impartial advice, and opens up a wider range of potential homes, schools and locations for your consideration.

Relocation services are often provided and paid for by a new employer on behalf of the recruit they are bringing in to the country, though whether this is for all employees or restricted to those of a certain level depends on the company doing the hiring. However, there is nothing to stop an individual engaging the services of a relocation specialist, especially if you are moving between jobs within the country, relocating from one emirate to another, or even simply moving house. Having someone take care of all the admin, paperwork and general hassle can be a huge help for a busy family.

So, what should you expect from a relocation specialist? O’Neill suggests experience in the region, in-depth knowledge of local regulations and procedures, and a very good understanding of the schools and locations for living. Time spent in understanding a client’s needs, and creating a proper brief, ensures a much swifter process and avoids the pitfall of wasting time looking at unsuitable homes and locations.



SOME THINGS ARE HARD TO PUT IN A BOX

MOVING FIDO

Moving the smallest member of the household can often seem like the biggest challenge, but with the right help it is possible to ensure that pets are brought safely into the country, or repatriated with the same smooth and trouble-free ease.

One specialist in such matters is Linda Tedd, a pet relocation expert with many years’ experience in dealing with family pets and domestic animals of all shapes and sizes. She says the rules are strict, but if you follow them precisely, the import and export

of pets can be done smoothly and swiftly, with the minimum amount of distress for all involved.

For more information, go to her Pet Express Dubai Facebook page.

PRECIOUS METAL

Often, the next most important member of the family has petrol in its veins.

Importing and exporting cars to and from Dubai is relatively straightforward. Mark Powell of Saluki Motorsport gave us the rundown.

“First, you must have your paperwork in order. For example,

O’Neill explains that she typically offers four services for the benefit of clients. The first is an “orientation day”, whereby the consultant will help you become familiar with the city; then follows two days of home search, looking at different villas pre-booked for inspection; and the third would be a school search day, again with pre-booked appointments based on previous information about curricula, grades and so on.

Last but by no means least: the paperwork. Your relocation specialist should undertake all of the necessary contract negotiations, registrations and connections on your behalf, so that you simply have to sign the lease and unlock the front door. If you have furniture arriving, expect it to be cleared through customs and delivered straight to you. Pets too can be cleared, imported and escorted to your new home.

Your relocation company’s administration services department will also take care of essential things such as driving licence, E-gate card and Emirates national ID, in case your new HR department does not.

Settling in to a new job and a new country is never easy, but having an experienced relocation specialist working for you can make a tremendous difference to the inevitable challenges that arise along the way.

As O’Neill says, her company sees itself very much as “a friend on the ground”, offering the invaluable assistance you really need to get your bearings in a strange, new city. As one of her clients recently wrote, “My relocation consultant could not do enough for us; it seemed to me and it really felt like having a friend helping you out. I’m almost sorry the process is over now as it became an enjoyable experience!”

Dubai Metro (Working hours during Ramadan 2011)	Stations	Working hours	Days
	All Metro Stations	5:50am–12.00am	Saturday-Wednesday
		5:50am–1.00am	Thursday
		1.00pm–1.00am	Friday

Al Tayer: 51% drop in cost of congestion

Mattar Al Tayer, chairman of the board and executive director of the RTA, revealed that the cost of time wasted annually in Dubai due to traffic congestion has dropped from Dh4.9 billion in 2005 to Dh2.4 billion last year.

This is largely due to projects and improvements carried out by the RTA, comprising roads, bridges and tunnels, as well as mass transit networks including Dubai Metro, public buses and marine transportation.

“Projects constructed by the RTA also contributed to boosting the competitiveness of Dubai, developing the economy, appreciating the value of land and properties, and improving the environment and safety levels, among other positive effects,” said Al Tayer.

“Road projects completed by the RTA in the past resulted in a

29-per cent increase in the total length of the roads network, a 195-per cent increase in the number of bridges constructed, a 57-per cent increase in the number of tunnels constructed, and an increase in the number of lanes crossing Dubai Creek from 19 in 2005 to 48 right now,” he added.

“If the situation was left to continue as it was before the establishment of the RTA, and the construction of various roads and transport projects, the value of time and fuel wasted on traffic congestion would have jumped from about Dh8 billion in 2006 to more Dh13 billion this year.”

“Total savings made over the past five years are as high as Dh35.7 billion, meaning an improvement by a massive 51 per cent,” he said.



LARGE ROAD PROJECTS IN DUBAI HAVE HELPED TO EASE TRAFFIC CONGESTION

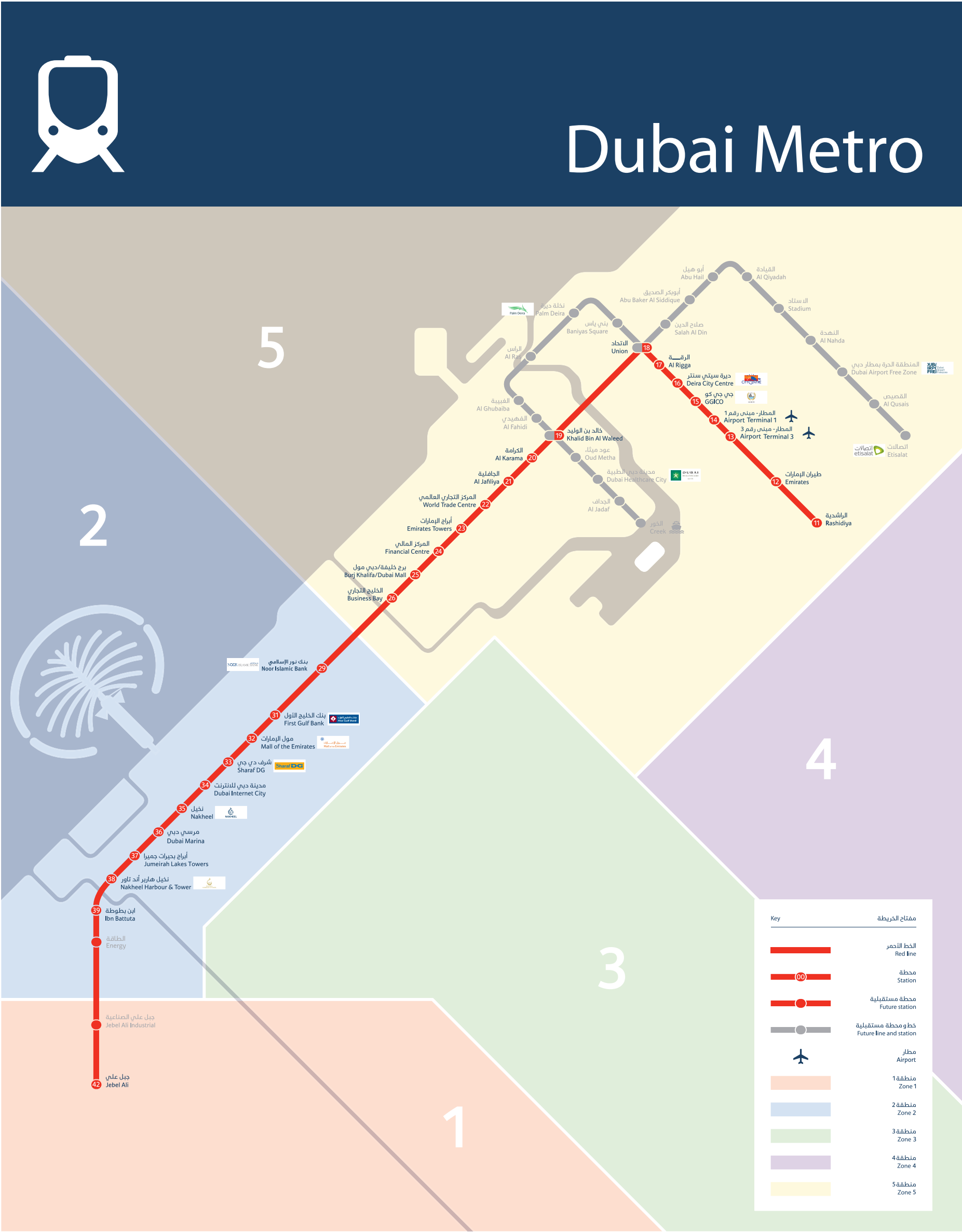


RTA
ROADS & TRANSPORT AUTHORITY



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Just call 800 90 90 or visit rta.ae. You can also email us on ask@rta.ae or visit our groups on Facebook/YouTube.



RTA outlines key Green Line stations



ADNAN AL HAMMADI, CEO
OF RTA RAIL AGENCY



The RTA has reaffirmed that the Dubai Metro's Green Line is intended to expand public transport's reach to all residential, trading and business districts, as well as other cultural, sports and health facilities. As such, the line plays a distinctive role in convincing commuters to use the Metro instead of private vehicles.

This will help to ease congestion on the roads of Dubai.

"The line starts off at the Etisalat Station, which is situated in Al Qusais at Al Nahda Street and sits in an area of high population density," said Adnan Al Hammadi, CEO of RTA Rail Agency. "It is therefore poised to be a point of attraction to the public, particularly those coming from Sharjah and other neighbouring emirates."

"The Green Line passes through successive stations and vital locations, namely Dubai Airport Free Zone, Al Nahdah and the Stadium Station, which serves highly populated areas and commercial and sports complexes such as the Al Ahli Club."

"Al Ras Station is considered

among the key and vital stations on the Green Line as it is near the old business centre of Dubai and can therefore be popular to visitors and tourists. It sits in an area featuring wholesale and retail selling outlets such as the Old Gold Souk, and the historical buildings such as Al Ahmadiya School, which was the first school built in the emirate," he added.

"The Green Line in general is expected to witness considerable public turnout from various community segments, including tourists and visitors of the emirate. It spans key old and modern districts of the emirate, rendering it a point of attraction which entices commuters to use the Metro," Al Hammadi concluded.

Dubai Award for Sustainable Transport enters fourth year

Since it was launched by the RTA in 2008, the Dubai Award for Sustainable Transport (DAST) has notably expanded and improved, thanks largely to the efforts made by the members of the organising committee in implementing effective strategies and standards. And it can be safely said that the objectives and goals for which the award was launched are much closer to being achieved.

To realise these goals, it was necessary to attract partners and participants to compete in various categories of the award. These span government, semi-government and private organisations, regardless of their size and scope. The participants do not need to

specialise in mass public transport, but can be part of any of the vital sectors which form the basis of the economy.

"Sustainability is a broad concept that can be applied to various sectors, including the mass transit sector," said Dr Khalid Mohammed Al Zahid, chairperson of DAST organising committee. "It is therefore incumbent on us to invite all sectors and entities targeted by the award to support the RTA's efforts to cope with the challenges of sustainable transport by contributing creative and constructive concepts."

"The underlying objective of inviting government and semi-government entities, as well as



DR AL ZAHID SPEAKING ON
SUSTAINABLE TRANSPORT

private firms, across the UAE is for them to forge strategic partnerships with the RTA.

"Having the targeted entities throughout the UAE involved in DAST awards helps lay the foundation for sustainable transport concepts—not only within the

Dubai emirate but also through the whole UAE. This will undoubtedly boost the development drive of the nation and offer better living prospects for the UAE populace, comprising citizens, residents, visitors and tourists," he added.

Al Zahid called on all government and quasi-government entities, private businesses, academics and researchers to actively participate in the fourth edition of the award this year. Registration for the competition can be done online at <http://www.rta.ae/dast>.



YUSEF AL ALI, DIRECTOR OF
DTC FLEET OPERATIONS

Dubai Taxis relaunches its second tyre safety drive

The Dubai Taxi Corporation (DTC) recently re-launched its "Your Safety" campaign for the second year running, continuing efforts to educate cabbies on how to check their tyres before driving. The campaign is being run in cooperation with Al Dobowi Tyre Company.

"This initiative comes in the context of the DTC's drive to maintain the safety of taxicab customers to the highest global safety standards," said Yousef Al Ali, director of DTC Fleet Operations. "Cabbies are being edu-

cated on how to check tyres, and the distinguished drivers receive instant rewards at the inspection site in a bid to reward and honour their compliance with the safety standards and procedures. This will prompt other drivers to check their tyres' conditions and air pressures regularly," he added.

Al Ali also highlighted the fact that tyres can be directly affected by the road conditions.

"Awareness programmes have got to be introduced to educate drivers on the crucial importance of tyres. For this purpose, DTC has

"Awareness programmes have got to be introduced to educate drivers on the importance of tyres."

developed educative and training programs for drivers on how to handle emergency matters during driving, and to carry out preventative tyre checks before starting off," he said.

Al Ali thanked Al Dobowi Tyre Company for sponsoring the campaign for a second year, highlighting its contribution to educating cabbies.

"This echoes the DTC's endeavours to provide security and safety, in keeping with the vision of providing safe and smooth transport for all," he said.

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 Rotana
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
Trade 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/Tourway 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

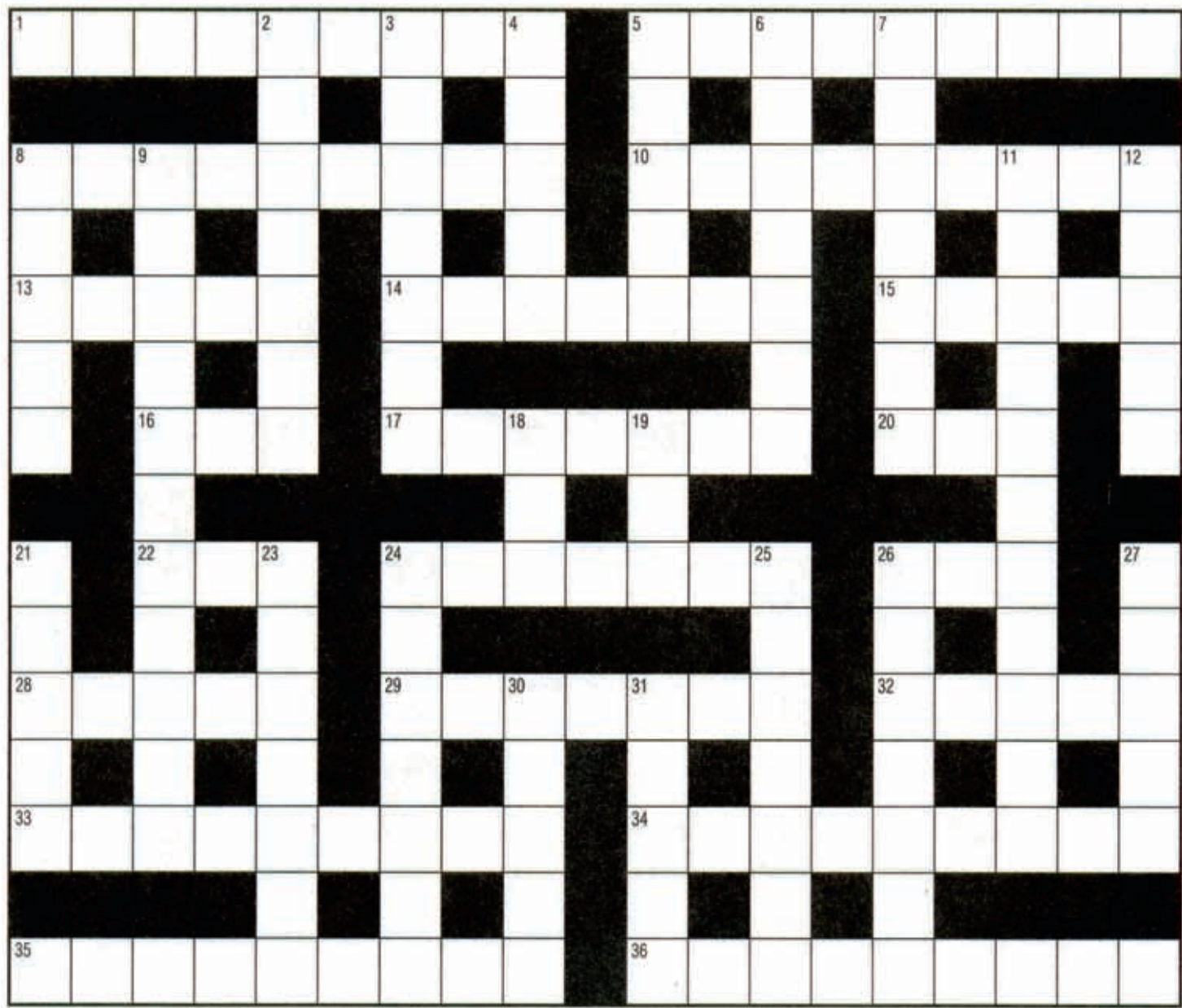
Rashidiya
Al Baraa Kindergarten
Safiya Al Qureshiya School
Public Library
Al Rashidiya Health Centre
Rashidiya Bus Stations
Dubai Police
Rashidiya Shopping Centre
Bin Souga Centre
DEWA
Dubai Airport Expo
Dubai Metro Park & Ride

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			Rashidiya Bound			Rashidiya Bound			Rashidiya Bound		
Jebel Ali	First Train	Last Train	Jebel Ali	First Train	Last Train	Jebel Ali	First Train	Last Train	Jebel Ali	First Train	Last Train
Ibn Battuta	5:50	22:04	Ibn Battuta	5:50	23:04	Ibn Battuta	13:00	23:00	Ibn Battuta	5:52	22:08
Nakheel Harbour & Tower	5:57	22:11	Nakheel Harbour & Tower	5:57	23:11	Nakheel Harbour & Tower	13:07	23:07	Nakheel Harbour & Tower	5:59	22:15
Jumeirah Lake Towers	6:00	22:14	Jumeirah Lake Towers	6:00	23:14	Jumeirah Lake Towers	13:10	23:10	Jumeirah Lake Towers	6:02	22:18
Dubai Marina	6:03	22:16	Dubai Marina	6:03	23:16	Dubai Marina	13:12	23:12	Dubai Marina	6:04	22:20
Nakheel	6:04	22:18	Nakheel	6:04	23:18	Nakheel	13:14	23:14	Dubai Marina	6:06	22:22
Dubai Internet City	6:06	22:20	Nakheel	6:06	23:20	Nakheel	13:16	23:16	Nakheel	6:08	22:24
Sharaf DG	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
Mall of the Emirates	6:12	22:26	Sharaf DG	6:12	23:26	Sharaf DG	13:22	23:22	Sharaf DG	6:14	22:30
First Gulf Bank	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
Noor Islamic Bank	6:16	Every 6 minutes morning peak	First Gulf Bank	6:16	23:30	First Gulf Bank	13:26	23:26	First Gulf Bank	6:18	22:34
Business Bay	6:19	Every 5 minutes evening peak	Noor Islamic Bank	6:19	23:33	Noor Islamic Bank	13:29	23:29	Noor Islamic Bank	6:21	Every 8 minutes
Burj Khalifa / Dubai Mall	6:24	Every 8 minutes off peak	Business Bay	6:24	23:38	Business Bay	13:34	23:34	Business Bay	6:26	22:42
Financial Centre	6:26		Burj Khalifa / Dubai Mall	6:26	23:40	Burj Khalifa / Dubai Mall	13:36	23:36	Burj Khalifa / Dubai Mall	6:28	22:44
Emirates Towers	6:29		Financial Centre	6:29	23:43	Financial Centre	13:39	23:39	Financial Centre	6:31	22:47
World Trade Centre	6:30		Emirates Towers	6:30	23:44	Emirates Towers	13:40	23:40	Emirates Towers	6:32	22:48
Al Jafliya	6:32		World Trade Centre	6:32	23:46	World Trade Centre	13:42	23:42	World Trade Centre	6:34	22:50
Al Karama	6:34		Al Jafliya	6:34	23:48	Al Jafliya	13:44	23:44	Al Jafliya	6:36	22:52
Al Karama	6:36		Al Karama	6:36	23:50	Al Karama	13:46	23:46	Al Karama	6:38	22:54
Khalid Bin Al Waleed	6:39		Khalid Bin Al Waleed	6:39	23:53	Khalid Bin Al Waleed	13:49	23:49	Khalid Bin Al Waleed	6:41	22:57
Union	6:41		Union	6:41	23:55	Union	13:51	23:51	Union	6:43	22:59
Al Rigga	6:44		Al Rigga	6:44	23:58	Al Rigga	13:54	23:54	Al Rigga	6:46	23:02
Deira City Centre	6:46		Deira City Centre	6:46	00:00	Deira City Centre	13:56	23:56	Deira City Centre	6:48	23:04
GGICO	6:48		GGICO	6:48	00:02	GGICO	13:58	23:58	GGICO	6:50	23:06
Airport Terminal 1	6:50		Airport Terminal 1	6:50	00:04	Airport Terminal 1	14:00	00:00	Airport Terminal 1	6:52	23:08
Airport Terminal 3	6:53		Airport Terminal 3	6:53	00:06	Airport Terminal 3	14:02	00:02	Airport Terminal 3	6:54	23:10
Emirates	6:54		Emirates	6:54	00:08	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			Jebel Ali Bound			Jebel Ali Bound			Jebel Ali Bound		
Rashidiya	First Train	Last Train	Rashidiya	First Train	Last Train	Rashidiya	First Train	Last Train	Rashidiya	First Train	Last Train
Emirates	6:02	22:06	Rashidiya	6:02	23:06	Rashidiya	13:00	23:00	Rashidiya	6:00	22:08
Airport Terminal 3	6:05	22:09	Emirates	6:05	23:09	Emirates	13:03	23:03	Emirates	6:03	22:11
Airport Terminal 1	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
GGICO	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
Deira City Centre	6:11	22:15	GGICO	6:11	23:15	GGICO	13:09	23:09	GGICO	6:09	22:17
Al Rigga	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
Union	6:16	22:20	Al Rigga	6:16	23:20	Al Rigga	13:14	23:14	Al Rigga	6:14	22:22
Khalid Bin Al Waleed	6:18	22:22	Union	6:18	23:22	Union	13:16	23:16	Union	6:16	22:24
Al Karama	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 Jafliya	6:23	22:26	Al Karama	6:23	23:26	Al Karama	13:20	23:20	Al Karama	6:20	22:28
World Trade Centre	6:25	22:29	Al Jafliya	6:25	23:29	Al Jafliya	13:23	23:23	Al Jafliya	6:23	22:31
Emirates Towers	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
Financial Centre	6:28	22:32	Emirates Towers	6:28	23:32	Emirates Towers	13:26	23:26	Emirates Towers	6:26	22:34
Burj Khalifa / Dubai Mall	6:30	22:34	Financial Centre	6:30	23:34	Financial Centre	13:28	23:28	Financial Centre	6:28	22:36
Business Bay	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
Noor Islamic Bank	6:34	22:38	Business Bay	6:34	23:38	Business Bay	13:32	23:32	Business Bay	6:32	22:40
First Gulf 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
Mall of the Emirates	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
Sharaf DG	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
Dubai Internet City	6:47	22:51	Sharaf DG	6:47	23:51	Sharaf DG	13:45	23:45	Sharaf DG	6:45	22:53
Nakheel	6:50	22:54	Dubai Internet City	6:50	23:54	Dubai Internet City	13:48	23:48	Dubai Internet City	6:48	22:56
Nakheel	6:52	22:56	Nakheel	6:52	23:56	Nakheel	13:50	23:50	Nakheel	6:50	22:58
Dubai Marina	6:54	22:58	Dubai Marina	6:54	23:58	Dubai Marina	13:52	23:52	Dubai Marina	6:52	23:00
Jumeirah Lake Towers	6:56	23:00	Jumeirah Lake Towers	6:56	00:00	Jumeirah Lake Towers	13:54	23:54	Jumeirah Lake Towers	6:54	23:02
Nakheel Harbour & Tower	6:59	23:03	Nakheel Harbour & Tower	6:59	00:03	Nakheel Harbour & Tower	13:57	23:57	Nakheel Harbour & Tower	6:57	23:05
Ibn Battuta	7:01	23:05	Ibn Battuta	7:01	00:05	Ibn Battuta	13:59	23:59	Ibn Battuta	6:59	23:07
Jebel Ali (Arr.)	7:04	23:14	Jebel Ali (Arr.)	7:04	00:14	Jebel Ali (Arr.)	14:08	00:08	Jebel Ali (Arr.)	7:08	23:16

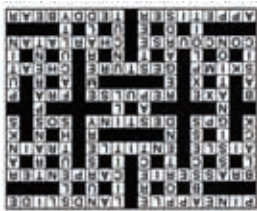
Taking your time

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



- Across**
- 1. Tropical fruit (9)
 - 5. Overwhelming election victory (9)
 - 8. Small, cheap restaurant (9)
 - 10. Woodworker (9)
 - 13. Passage between rows of seats (5)
 - 14. Authorise (7)
 - 15. Instruct (5)
 - 16. In-car navigation system (1,1,1)
 - 17. Preordained eventuality (7)
 - 20. Distress signal (1,1,1)
 - 22. Chopper (3)
 - 24. Drive back (7)
 - 26. ...Lippo Lippi, Browning poem (3)
 - 28. Be thrifty (5)
 - 29. Sign, signal (7)
 - 32. Deceive (5)
 - 33. Large open space, as in an airport (9)
 - 34. One posing as a doctor (9)
 - 35. Pre-meal drink (9)
 - 36. Woolly toy (5,4)
- Down**
- 2. Infected tissue (7)
 - 3. Foreshadow (7)
 - 4. Upright (5)
 - 5. Legal (5)
 - 6. Room for young plants (7)
 - 7. Detectives (7)
 - 8. Colour of the night sky (5)
 - 9. Arrangement to meet (11)
 - 11. See-through (11)
 - 12. Private soldiers (5)
 - 18. Weaken (3)
 - 19. Sick (3)
 - 21. Fundamental (5)
 - 23. Utilise (7)
 - 24. Looks at carefully (7)
 - 25. Green beryl (7)
 - 26. University department (7)
 - 27. Vladimir..., Prime Minister of Russia (5)
 - 30. Guide (5)
 - 31. Uncensored (5)

Answers



Chocolate chip superstar *shortbread*

While the kids are off school, keep them busy with this oh-so-simple recipe for delicious chocolatey shortbread biscuits.



RECIPE

- Ingredients**
- 125g butter
 - 55g caster sugar
 - 180g plain flour
 - 150g chocolate chips
 - Star shaped cookie cutter
 - Icing/decorations (optional)

Preheat the oven to 190C/375F/ gas mark 5.

Beat the butter and the sugar together in a large mixing bowl with a wooden spoon until smooth.

Stir in the flour slowly, adding a little at a time until you get

a smooth, soft dough. Empty the mixture out onto a clean work surface and gently roll out until the dough is approximately 1cm thick.

Use the cookie cutter to cut out the shapes. Place

Makes approx 15-20 biscuits

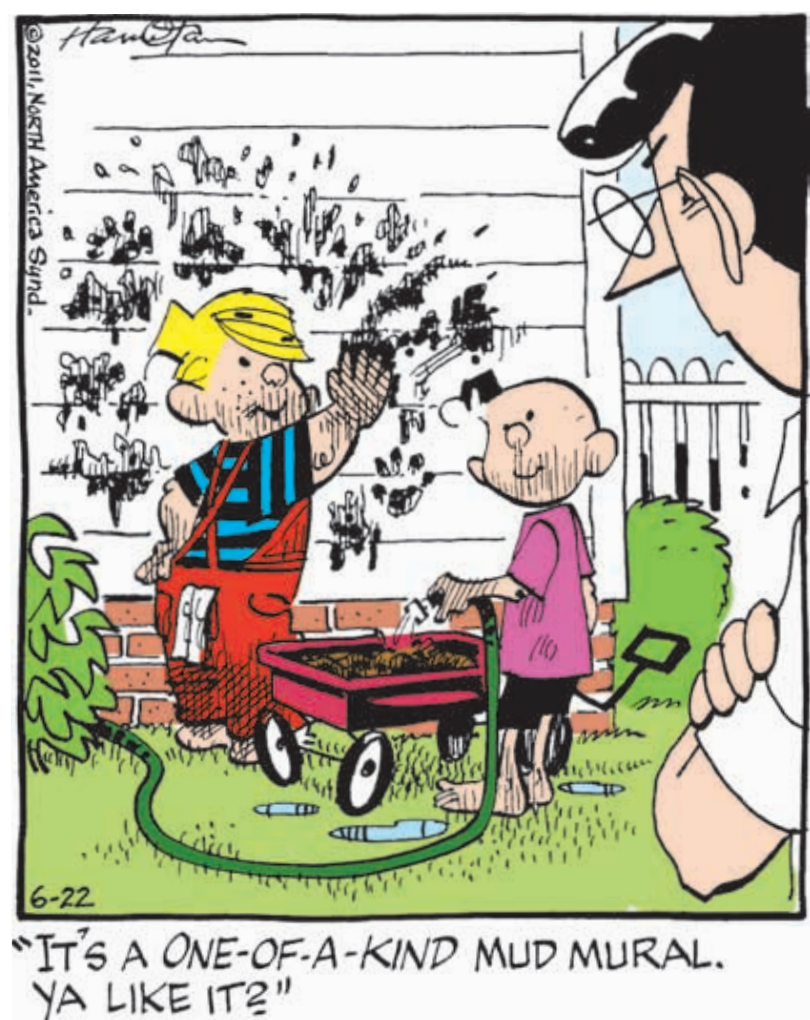


the shapes onto a baking tray, then chill in the fridge for 20 minutes.

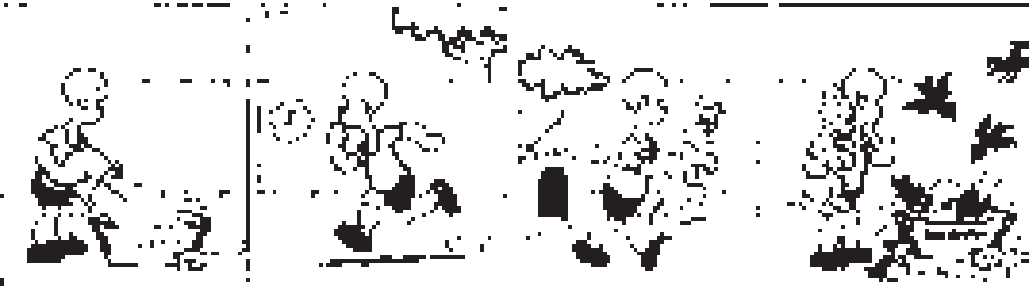
Remove from the fridge and bake for 15-20 minutes, or until the biscuits are golden brown.

Leave to cool on a wire rack, then decorate with icing and cake decorations—if there is time to do this before gobbling them all up, that is.

Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

My lips always seem to be chapped and sore, is there anything I can do to prevent this?

When living in a climate like ours, it is important to remember how exposed certain parts of your body can be to the sun. Many people forget about protecting the lips, so make sure you are using a good lip balm with a high SPF to prevent sun damage and further chapping to the sensitive skin on the lips.

My team at work always like to go out on the weekends, but they never invite me. I am relatively new to the company, should I say something?

If you have just joined the company, it is likely that they are not deliberately leaving you out—they perhaps just have not judged whether you would

like to join them yet. Perhaps you could bring up in conversation how you have no plans this weekend and it is more than likely they will suggest you join them. Do not take it personally just yet.

My neighbour is doing some DIY at the moment. I don't



mind during the day because I'm out at work, but he drills and bangs until late at night and it's driving me mad.

Then you must tell him—otherwise it will continue until he finishes his project. Perhaps your neighbour does not realise how loud the sound is on your side of the wall, or that you are being aggravated by his noise. If he is working long after dark then it is not very fair, so if you just politely bring it up there should not be an issue in resolving this.

My husband works full time, and during term-time my children are at school, so I get bored in the house all day on my own. I don't want a job but I want something to occupy my day.

Perhaps joining a club or social group would help. There are hundreds across Dubai—a quick search online will give you all the details. You could always volunteer with an organisation such as Volunteer in Dubai (www.volunteerindubai.com).

Who's that?

Answer

Turn to page 44



Sudoku 1

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

Sudoku 2

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

Sudoku 1 answers

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

Sudoku 2 answers

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

Code-word answers

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

Cross Choice answers

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

Code-word

Code-words are like crosswords but without clues. Each letter of the alphabet has been replaced by a number. This number represents the same letter throughout the puzzle.

1	20	9	22	23	16	4		26	6	17	26	9	23	10	16
26		18		10		9		26		1		18			20
4	9	26	18	6		23	24	9	18	26	15	26	16	20	25
9		20		14		10		16		13		21		10	7
26	23	1	25	11	18	26	10	23	4		15	26	1	3	23
18		3				1		6		15		15		23	23
		25	1	9	5	20	6		22	26	12	26	22	4	
21		12		1		25		18		17				16	14
25	11	26	19	14	23		3	23	7	23	16	26	16	20	25
12		10		23		11		3		4		1		7	18
20	10	16	23	18	18	20	7	23	10	16		7	1	26	2
4				16		11		1		20		25		16	4
5	25	10	23	12	6	23	13			9	25	10	8	23	4

X B Z F G H I J K L M N O P Q R S U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
					D			C				
14	15	16	17	18	19	20	21	22	23	24	25	26
		T						E				A

Cross Choice

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

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

Who's that answer - Colin Farrell

Classified Services

AUTO

Toyota Fortuner 2008 – 2.7 Silver/75000km, mint condition, new tires, one owner. For 70,000 AED / Call 0509196523.

Honda Accord Coupe - Type R - Fully Loaded - Alloy Wheels. Well maintained with new tires / 4x4 / Call 0503871680.

BMW 530 2006 model/Single owner/ GPS system / Grey Color, Dark interior/ 87,000kms / Original Price AED 215,000.00/Call 04324 4616.

Mercedes Benz. E 320/ powerful AMG/ fully automatic / well maintained / driven for 156,000 Km/ price - negotiable / Call 050 3249524.

BMW 650i 2009 Model/Convertible/ single owner / well maintained/ five yrs warranty/ interior mahogany color / Call 043244616.

Ford Escape 3.0L V6/ Excellent Condition/ Original 4WD, 100% Original Paint, Cruise Control/ GCC Specification/ New tires/ Call 0508634407.

Toyota Prado 2003 Model /excellent condition / amplifier, Bluetooth, iPod, Rear Camera with Parking sensor / Call 0506957385.

Range Rover Vogue 2003 model, 4.4L, V8 engine, leather seats/ full options/ navigation, GPS, cruise control, emergency brake / Call 0501915708.

Porsche Boxster S model 2006/GCC specifications, red exterior, black leather seats, CD changer, cruise control, / for AED89000/ Call 0503656453.

Jeep Cherokee, 2006 model/ excellent condition /free of accidents/ low on maintenance /negotiable price/ Call 0566832253.

JOBS

Fulltime/Live in Housemaid/good at cooking Indian meals/babysitting/required urgently for Indian family in-JLT/ Call 0505080551.

Pakistani (Male) seeks fulltime job masters in economics& international Relations/ 5 yrs of Admin experience/ Call 0554025488.

Graduate Indian (Female) seeks Part/ fulltime job in Logistics/ administration/ 6+ years UAE experience/valid D/ Licence/ email bindhu24@gmail.com.

Customer Service Executive (Male) seeks job in Customer support/5 yrs experience/ ready for interviews/ Call 0561260196.

Accountant, B.Com seeks job / 14 yrs experience/ Language English, Tamil, Hindi - Free Zone company only/ Call 0558864656.

B.com Graduate seeks job in Customer Service, back office operations Jobs/ 3 yrs experience/email manuel123@rediffmail.com.

IT/administration professional /looking for job/ 6+ yrs experience/ skilled in hardware, MS office, website management, IT infrastructure / Call 0552079509.

Accountant/MBA degree-seeks job in Finance/ 3+ yrs experience in balance sheet/ purchase invoices / Call 0551554867.

IT/Network Engineer, CCNA certified seeks suitable job /Age - 22, good knowledge in computer applications/ Call 0503903435.

Senior Graphic Designer seeks job / 20 yrs experience, skilled in Print & New Media / Call 0557612721.

Software Developer/3 yrs experience in Microsoft / skilled in all software programs and online websites/ Call 0552416508.

IT Technical Support Executive/ 3 yrs. experience/ skilled in software support & installations / Call 056-7600538.

Web graphic designer/ 6 yrs experience / freelancer/ design, maintain, develop websites and magazine ads / Call 0501271929.

IT Professional seeks job / 12 yrs experience /maintain IT infrastructure/ERP coordination/ system administrator/ web marketing/ Call 0502456868.

HR/Admin Assistant French (male) seeks job / bilingual (English/French) / administrative experience/ can join immediately/ Call 0505276695.

Indian (female) seeks job / in office, secretarial realm/ 8 yrs experience/ excellent computer knowledge / fast typing/ Call 0556805355.

Freelance female writer /available at anytime/ for more info/ Call 0505250476.

Massage therapist seeks part time job/ for more info/ Call 0556910247.

MBA holder seeks job/ 7 yrs experience /good knowledge in finance, auditing/ skilled in accounting software / Call 0556260365.

Male seeks job in IT / 7 yrs experience/ familiar with desktop networking/ PC maintenance, troubleshooting / Call 0558132610.

Pakistani (male) seeks job in IT/ 1 yr experience as assistant/familiar in com-

puter, accounting software, ms office, Peachtree, Tally/ Call +923123827253.

Indian (male) seeks job in IT Management / 10 yrs experience in the Middle East , India / skilled in IT department operations/ Call 0558385506.

ITEMS

LG washing machine combo silver color/ 7 kg washer / dryer/ original price 2499 AED /model WD-14336ADK/ excellent condition/ Call 0503469404.

Whirlpool ceramic cooker/ steel body/ extremely safe /fan included/ selling it for 1000 AED/ free delivery / Call 0555833758.

Samsung Refrigerator /silver color/ 512 liter /top mounted freezer/ height- 1770 mm/ width- 670 mm/ Call 0558307539.

Samsung Diamond Drum /washing machine for sale/ Model WF8590NXG/ reliable brand/ collection at Dubai Marina from 24th July/ Call 0553558742.

LG Vacuum cleaner /unused, original pack-V-CP742ND/Serious buyers Call between 4 to 8pm. Call 0553354657.

Afron split A/c for sale at 1200 AED / used for eight months only/ remote included/ serious buyers Call between 4 to 9 pm. Call 0553354657.

LG stainless steel dishwasher for sale/ excellent and clean condition/ free delivery / Call 0559784219.

Mitsubishi fridge/Samsung washing machine for sale/ 6.5 kg/ 5 burner cooking range, used at home / Call 0507819054.

Scholtes Ceramic Electric Cooker for sale/ excellent condition /4 burners (2 double)/ digital timer/ double glass door/ Call 0505573230.

Moulinex Vitae for sale/ with juicer/ stainless filter, double safety system, transparent lid/ easy to clean /fuse protected/ Call 0501137976.

SERVICES

International city specialist in renting & selling properties/list your properties with us for quick response/ Call 0502952581.

Personal loan and credit card for 5k salary/ fast and easy application/auto loan application for 3k salary/ Call 0505447189.

Relocation (Logistics) company/for domestic, international logistic require-

ments / provide freight services, storage for personal belongings/ Call 0507766317.

Trademark Service Agent & Consultant/ protect company/logo/trademark/offer services in the GCC, Middle East, India/ Call 043374555.

Arabic Teacher/teaches Arabic to non Arabs / school syllabus / available for home tutoring/ price Dhs500 for 20 hour crash course/ Call 0505018660.

Dog Walker for Springs/Meadows/ Lakes/Emirates Hills and Jumeirah Islands area/pet sitting/Call 0506745330.

Auditing services/can provide with audit report on bank loan, license renewal / other requirements for the lower rates/ Call 0558221429.

Freelance PR professional services /5 years of experience/ content writing provided/ marketing services is also provided/ Call 0505250476.

Computer repairing services/ solutions to IT related problems computers, laptops, wireless, Data recovery/ hardware, troubleshooting/ Call 0552391684.

Translation services/knows Russian-English-Arabic-Turkish-French, other languages / translators will cope with limited timeframe/ Call 0502186169.

Website services/knowledge in web graphics for business/ experience in graphical flash website/ web banners, animations/ logos, stationary/ Call 0567086644.

ACCOMMODATION

Bed space available for an executive Tamil Muslim bachelor at Naïf Road near Khalid mosque/ Call Aboo Hajima 0553314202.

Spacious Bed spaces (3 nos) in Bur Dubai for ladies/ furnished/ Wi-Fi internet/ washing machine/ Rent 650/ Per Month / Call 0559784291.

Bed space available / Dubai Marina for Filipino (females only)/ separate bath, built-in cabinet, living room, balcony/ Du internet/ Call 0507256443.

Master bedroom for rent/ furnished apartment in JBR/ spacious/ Wi-Fi, home appliances, TV /weekly house-keeping service and/ AED 4000 / Call 0509763102.

Furnished room for rent/ new building in Satwa /monthly rent is AED1800/- Including DEWA and Internet / Call 0501750361.

Shared accommodation required / non-smoking, decent executive bachelor/

kitchen needed / can even share with family/ Call 0559010248.

Rooms needed for monthly rent/ near the beach & Al Wasl road/3 to 4 bedrooms are required/ starting August/ Call 0555155206.

Decent working lady from Belarus/ looking for a nice European lady to share bedroom or studio/ Call 0509013340.

Studio or one-bedroom available/ flat for bachelor per monthly basis in Barsha near MOE / Call 0502819346.

Executive lady looking for a room in Al Nahda or beginning of Sharjah/ will move on 1st of August/ 1200 AED -/ month / Call 0502275745.

Bed space for rent from August 2011 onwards / ladies only/ in Bur Dubai / big room + balcony/ furnished / internet / AED 650-/ month including all DEWA charges and fees / Please call 0559784291.

MISCELLANEOUS

Science IGCSE textbooks /for sale/ with past papers available, if interested call 0554695366.

Elegant paintings for sale/ well known artists/ for viewing please call 043291844.

Dell Laptop for sale/ comes with camera/headphone, bag come with it/ for 670 AED/ Call 0553119388.

Bang & Olufsen Bluetooth headset for sale/ designed to go along well with B&O's own cell phone / Call 0552132270.

IKEA Sultan Hasselback mattress for sale/ good condition for AED 1800 / price is negotiable/ Call 0506672021.

Round trip air ticket to Turkey for sale/ price 2500 AED/the package deal /for inquiries, please send an e-mail to info@satt-holidays.com.

Digital Automatic Blood pressure monitor for sale/ Omron Model M10-IT / fully automatic / Call 0558874227.

Samsung HT-XQ100 Home Theater for sale/for 5500 AED/ excellent condition / the DVD set has HDMI, USB connection / sound system / Call 0504590546.

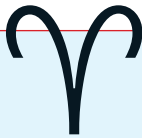
Dell Brand, Intel Pentium for sale /4, 2.0n GHZ processor, 1 GB Ram, 160 GB hard Disk, 17-inch Monitor, Camera/ AED 750/ Call 0553346091.

Wanted an investing and working partner for a North Indian Pure Veg. restaurant in Discovery Gardens/ Call 0553962854.

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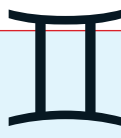
ARIES
(MAR 21 - APR 20)

You may find yourself bouncing back to top form and enjoying the spontaneous side of your personality once again. Going with your instincts may sometimes get you in a spot of bother, but things usually turn out really well for you so listen to your gut feeling.



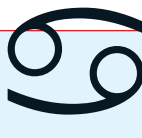
TAURUS
(APR 21 - MAY 21)

A family member may reveal a story from the past, which explains a lot about your own personality traits. In fact, various character revelations could occur during this discussion, which may be unsettling but will reinforce your emotional foundations as a family.



GEMINI
(MAY 22 - JUN 21)

Unusual friends and places could begin to appeal to you as you grow tired of those who cling on to you or limit your freedom. You may be buzzing with energy, but it may not be easy to catch your breath so make sure you get plenty of rest for the sake of your health.



CANCER
(JUN 22 - JUL 23)

Someone you work with could be unpredictable. You may have to act as the middle-man, so try to keep your head while others are losing theirs. Your financial situation could improve by implementing a slightly unusual idea that you have had for a while.



LEO
(JUL 24 - AUG 23)

A whole new cycle is beginning, and you could find yourself leading the way with fresh ideas. To truly make the most of this opportunity, however, you must let go of the side of your personality that can be cautious and sometimes fearful of failure.



VIRGO
(AUG 24 - SEP 23)

This is not the best time to try out new and risky approaches towards finance, property or investments. However, something may be revealed to you that provides some reassurance, for example, an old savings policy that could be doing better than expected.



LIBRA
(SEP 24 - OCT 23)

A relationship could be suffering due to distance or the negative views of other loved ones, but you can feel optimistic about what the future holds due to a new confident phase. In business, a long term plan or aspiration could finally start to take shape.



SCORPIO
(OCT 24 - NOV 22)

Your prospects for career progression are strong at the moment, so if you are intent on following your ambitions, polish up your CV and demonstrate just what you can do. A role could be offered to you out of the blue, but it will require a snap decision.



SAGITTARIUS
(NOV 23 - DEC 21)

Your adventure-loving side has been bubbling away for a while now, but other pressures and commitments have possibly been holding you back. This should be less of a problem now, as your renewed energy means you can start to cut loose and have some fun.



CAPRICORN
(DEC 22 - JAN 20)

Your restlessness at home or within your job continues to be a problem, so maybe it is time to do something about it. Whether it is a trip to the estate agent's or a quick browse through the job advertisements, a spur-of-the-moment decision could lead to exciting new pastures.



AQUARIUS
(JAN 21 - FEB 19)

A random encounter could lead to a new relationship, which could turn into a long-lasting bond. A slightly unusual idea of yours could start to catch on when people realise that you are not only ahead of the game, but that your idea is easily achievable.



PISCES
(FEB 20 - MAR 20)

The chance to earn extra money may arise, but not in the way you expected. If you enjoy change you will embrace the opportunity, however if you are usually cautious, then now is the time to throw your cares far into the wind and go with new suggestions.

This week's local *weather*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 st	1 st	2 nd	3 rd	4 th	5 th	6 th
						
Sunny High 41C Low 34C Humidity 32%	Sunny High 41C Low 35C Humidity 28%	Sunny High 41C Low 36C Humidity 32%	Sunny High 41C Low 34C Humidity 36%	Sunny High 40C Low 34C Humidity 37%	Sunny High 41C Low 34C Humidity 34%	Sunny High 40C Low 34C Humidity 38%

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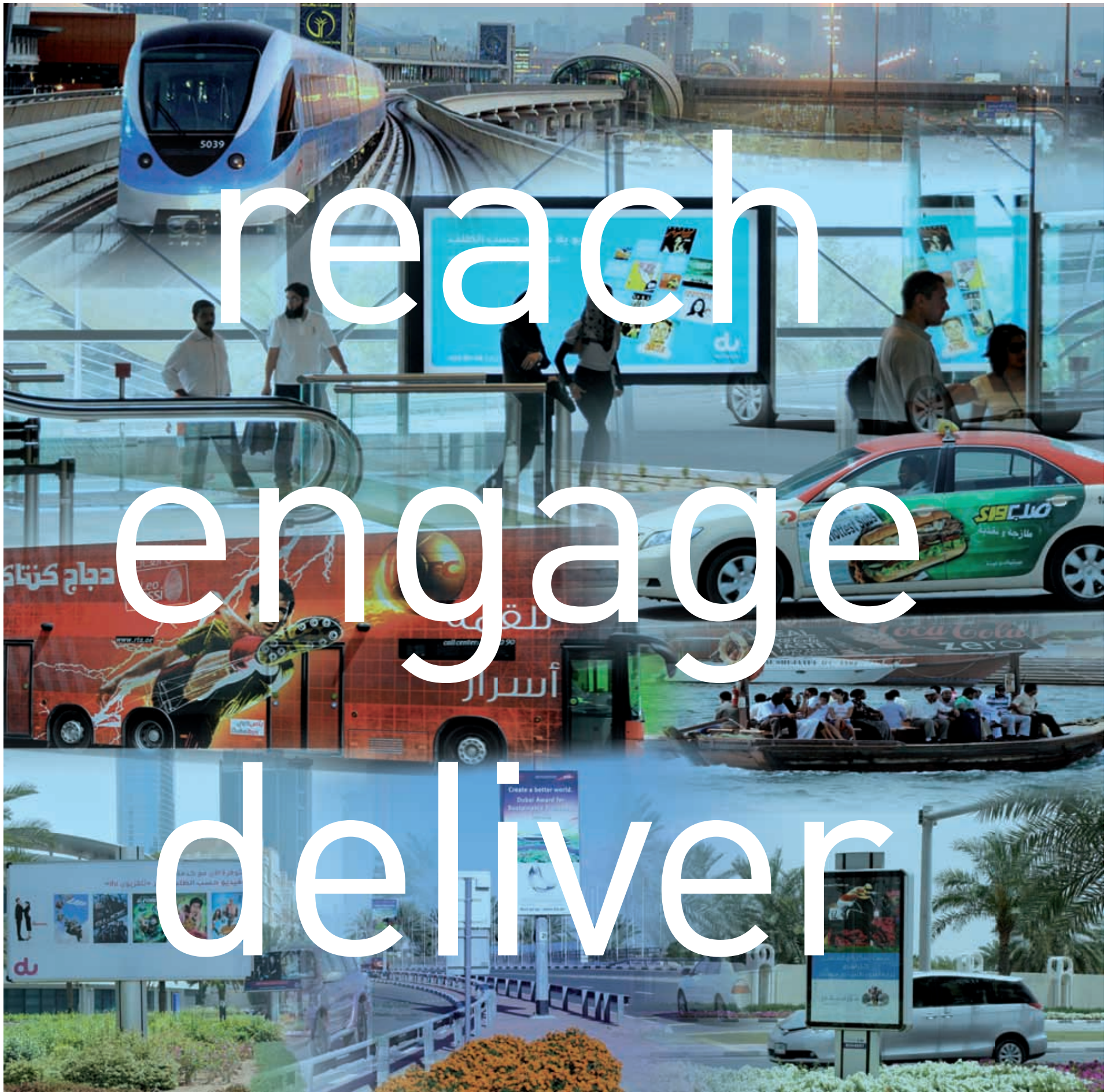
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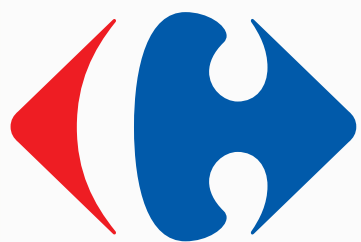
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