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AUGUST 7-13, 2011 | Issue 08

# Read.

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## STOP SNORING: A HOW TO GUIDE



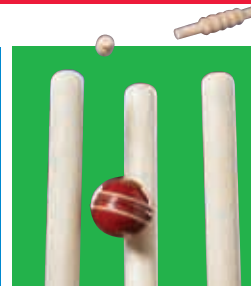
## BE COOL

Whether it is for fashion, anonymity or simply protection, there is a pair of sleek sunglasses out there for everyone



## GOING GREEN

With petrol prices soaring, car manufacturers are showcasing plans for an electric green future



## HIT FOR SIX

The Ramadan T20 Cup is back, and features some of the biggest names in local cricket

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

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Active and eccentric in equal measure, Max Calderan is preparing for a new record

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## Letters

Email: [letters@readme.ae](mailto:letters@readme.ae)

I recently tried out the new Google+ and felt it was nowhere near a strong enough platform to lead me away from my Facebook dependency. How can the likes of Scapehouse (Issue 07) have any hope of weaning me off the most popular social network?

Ali Murray

**Ed:** Well, the two guys responsible for Scapehouse insist that they don't intend to steal people away from Facebook, merely complement all social platforms. User numbers for the new website are growing rapidly, so there must be something about it that works.

When travelling on the Metro last week I noticed a man in a *Read.* T-shirt. I visited your website to find out a little more to discover a short video about Max Calderan, the extreme desert explorer. Can you go into a bit more detail as to what he is doing and what he hopes to achieve?

Ahmed Elazzaoui

**Ed:** In this issue of *Read.* you can find an article on Max relating to his planned record attempts and a little information on the records he currently holds. When Max returns next month to tackle every step of the Dubai Metro network from morning 'til night, we will do a full profile on the eccentric Italian.



As much as I like the idea of learning how to scuba dive (Issue 07), I do have concerns about marine life. I'm sure they've already been displaced by marine transport and changes to the environment. Does the addition of floating humans not upset them even more?

Charlotte Dewan

**Ed:** Al Boom Diving operate a strict observation-only policy during its dives. No bothering of marine life is permitted. Man-made islands have also been proven to create new reefs that marine life thrive in. So, although an initial displacement may occur, the abundance of happy marine life upon completion is far greater.

Women really do have it so much easier than men when it comes to extending height. All they have to do is slap on a pair of heels and they're four inches

taller. As much as I would like that freedom to grow instantly, I don't think guys can get away with heels, in spite of Prada's new "flatform" range (Issue 07). Does Prada think they can influence men into heels now?

Abdullah Davi

**Ed:** Men in heels is not the new concept you believe it to be. Both Tom Cruise and U2 frontman Bono have been wearing "status shoes" for years. Prada has just begun to disguise the heel slightly better, and we believe that those of us of the shorter persuasion will soon be stocking up.

I think every smoker would like to be rid of the dirty habit, and Ramadan is the ideal time to give up, but smoking cigarettes calms me down when stressed with work. If I'm already stressed from work, adding nicotine cravings can make for a very unpleasant atmosphere for my work colleagues, so I'm really caught in two minds as to whether I'll give up or not.

Tanya Mayhew

**Ed:** There are other ways to combat stress and anxiety. See the article "Sinking under a wave of stress" in this issue and try some of Dr Schlatter's suggestions for avoiding stress, and hopefully you can build the confidence to give up smoking, stress-free.

Please  
go to  
page 47 to  
check out  
the QR codes  
for the *Read.*  
website and  
Facebook  
page.

## The Winners

(Contests in July 31-August 6, 2011 issue)

What is the main vegetable ingredient in the dish Borsht?

Answer: Beetroot

Winners of Wafi Restaurants' vouchers worth Dhs200 each are:

Gopi Kathpal, Lavina D'Souza

Who wrote the opera *Madama Butterfly*?

Answer: Giacomo Puccini

Winners of family portraits worth Dhs250 each from Digitally are:

Sachin P. Lobo, Zainab Sarsan

# STATION-BY-STATION *guide*

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

## AUGUST AT ARTSPACE



**August 01-31  
Artspace, DIFC**

Over the course of Ramadan, Middle Eastern art gallery Artspace is hosting various works by four Arabic artists with an exceptional talent for calligraphy. On show is Palestinian artist Kamal Boul-lata, Lebanese sculptor Hussein Madi, Iraqi painter Alaa Ismail and Egyptian sculptor Omar El Nagdi. For more information, visit [www.artspace-dubai.com](http://www.artspace-dubai.com).

## SEE THE CANNON FIRE

**August 01-31**

**Karama Musalla**

Ramadan would not be Ramadan without Dubai Police's decades-old tradition of firing their cannons every night to announce iftar. There are three cannons around Dubai, and spectators are welcome to view the moment that they go off every night. Aside from the Karama cannon, there is also one at Safa Park, and another in Al Ras. For any questions, spectators can contact Dubai Police on 04 269 2222.



## 99 NAMES OF ALLAH



**August 07-31  
Showcase Gallery,  
Jumeirah**

A Ramadan-inspired art project, the 99 Names of Allah piece is made up of 3,200 large, individually embroidered buttons, arranged in beautiful, Middle-Eastern swirls to create one work.

Each button was completed by one of 99 Pakistani women, who were each given one of the various names for Allah found in the Quran. After the exhibition, the piece will be sold, with the proceeds going to a Pakistani charity.

## SALSA DANCE LESSONS



**August 13, 9pm onwards  
Ductac, Mall of the Emirates**

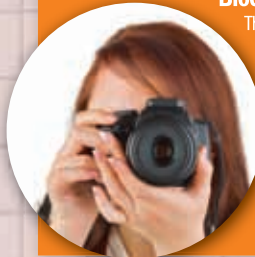
This introduction to salsa class has been set up by Ritmo de Havana, which, according to salsaranking.com, is the number one salsa school in the UAE. The classes are taught by a certified instructor with qualifications from both Cuba and the UK, and encourage students to become part of Dubai's salsa community. For more information on this weekend's class, visit [www.ritmo-de-havana.com](http://www.ritmo-de-havana.com).

## DIGITAL PHOTOGRAPHY WORKSHOP

**August 12-13, 11am-4pm**

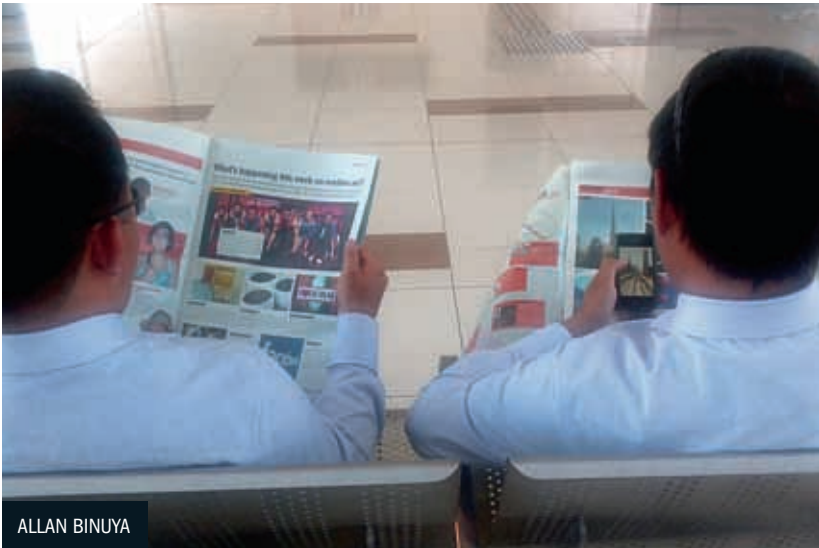
**Block 13, Dubai Knowledge Village**

The people at Gulf Photo Plus are preparing to host a two-day workshop to show budding photographers the basics of taking great digital photos. All that is required is to bring along a digital camera, along with a manual, as well as three of your best photos, which will be critiqued by the instructor. The cost of this crash course is Dh730.



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](mailto:pics@readme.ae). We will publish a selection of the best each week. A selection is also at [facebook.com/readmeae](https://facebook.com/readmeae)



ALLAN BINUYA



ARIAS LACSON



ALLAN ADAN

My Metro life  
Iftikhar Ahmad

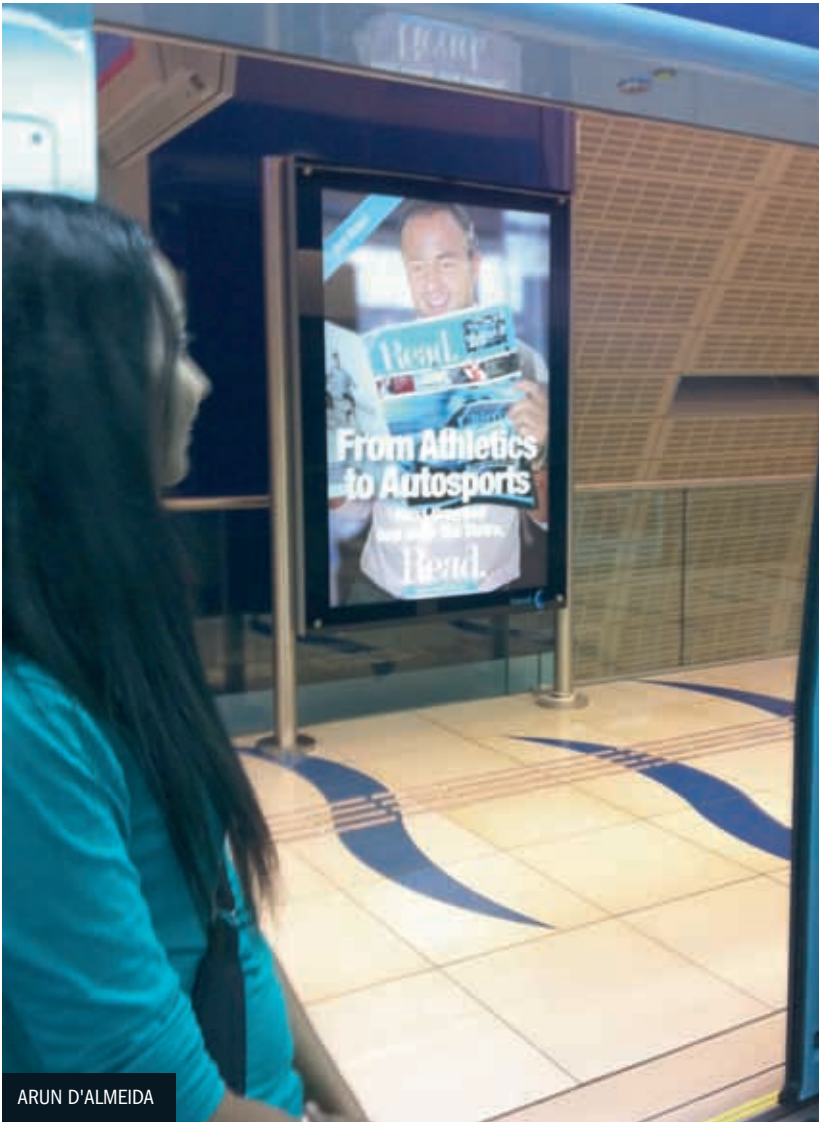
Purchasing Manager, Satwa



I was waiting for a train at Khaleed Bin Al Waleed station. Standing to me was an American lady

with two young children. The younger of the two, who must have only been three or four years old, looked at the clock and cried at the top of her voice, "Oh no, the train is late!" The people on the platform all turned their heads to see what was going on, then realising that the girl had simply seen the clock saying there were three minutes left to wait until the train arrived, but had thought it meant the train was three minutes late. Everyone then got on the train with a smile on their face thanks to the small child who appreciated the importance of time.

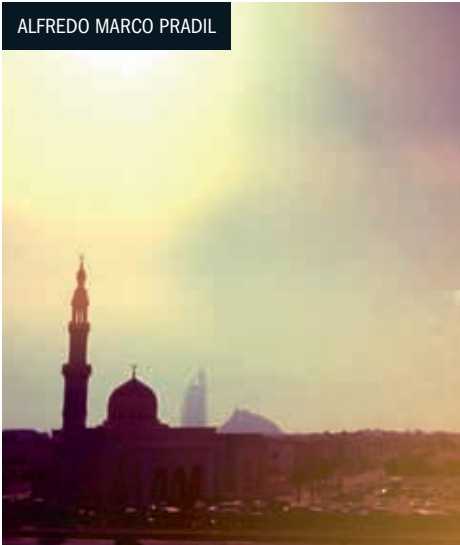
Tell us about your experiences on Dubai Metro. Send your story to [mymetrolife@readme.ae](mailto:mymetrolife@readme.ae) for a chance to appear in next week's *Read*.



ARUN D'ALMEIDA



CRISS VBAR



ALFREDO MARCO PRADIL



DENISE BARNATT

## The burning question

**Q** The US debt deficit is \$14 trillion. What would you do if you were given \$14 trillion tomorrow?

### 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](http://www.facebook.com/readmeae).  
(Responses only edited for length)

#### If your house was burning down, what item would you rescue first?

It could be my parents photo album and memorabilia (both in heaven now).... it reminds me of everything... my childhood my life.... looking and watching those photos reminds me how valuable life is.... it's my treasure!

—Angelsweetlil Soltera

My picture albums... Since there are memories captured in there which no one can every bring back...

—Ayesha Hasan Syed

#### How likely would you be to trust marital bliss to an online matchmaker?

Matrimonial sites as I see are a way of networking with the bachelors in your society but with the consent of your parents. It's just another way to find out "The One" you have been looking for. It might probably be the last resort for some who haven't found anyone suitable for them.

—Harpreet Suri

### Reem Khehar

Teacher

Lives in The Meadows

"I would definitely give a lot to charity as there is no need to have so much money for just one person. I would also make sure my family were always financially secure and then just go on holiday somewhere nice!"



### Becky Smith

Web designer

Lives in Dubai Marina

"I would probably buy my own personal mall right next to my house, and have it constantly restocked with the latest clothes. I could just help myself to whatever I liked, whenever I felt like it. I think that beats a walkin closet!"

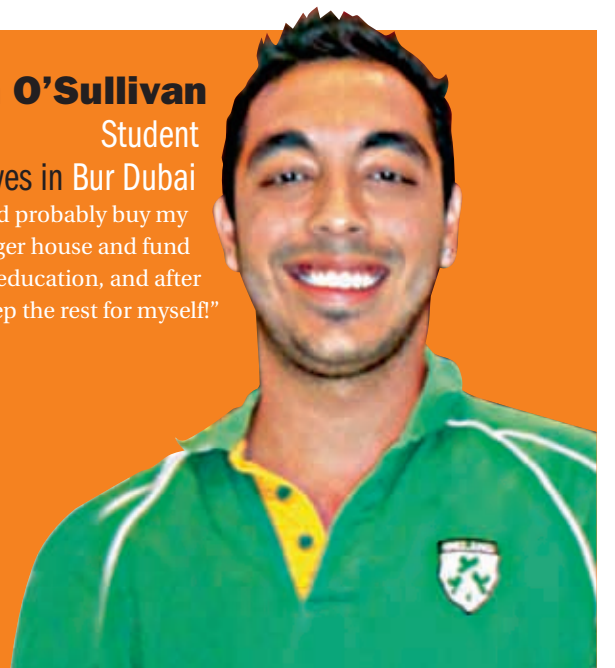


### Arjun O'Sullivan

Student

Lives in Bur Dubai

"I would probably buy my mum a bigger house and fund my sister's education, and after that keep the rest for myself!"



### Adil Khawaja

Architect

Lives in Palm Jumeirah

"That is an absolutely mind-blowing amount of money. Where would I start? Well, I suppose, I would keep a million or so for myself then give the rest to charity. Can you imagine how many cures \$14 trillion could help fund?"

### Myra Campbell

Housewife

Lives in Umm Sequim

"I would probably have a few houses around the world so I would always have somewhere to live with warm weather!"



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

**Which animal's milk is used to make authentic Italian mozzarella cheese?**

Email your answer to [contests@readme.ae](mailto: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.

# What's happening this week on readme.ae?

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

## COMING UP THIS WEEK

### TODAY

We introduced you to Max Calderan on our web site last week as he explained his process for burning calories in everyday life. Today Readme.ae takes a look at easy ways to burn calories without spending hours in the gym.



### MONDAY

In this issue of *Read*, our reporter spoke to Dr Raymond Hamden to address the age old problem of snoring and discovered ways to remedy the nasty nasal noise. Readme.ae delves deeper into the issue of sleep deprivation caused by a partner's snoring and assesses the health complications that can arise from a lack of sleep.



### TUESDAY

The Vindemia gallery at Jumeirah Beach Residence is an antique collector's dream, full of beautiful antiques from all over the world. But what is it that gives antiques their value? Readme.ae searches the vaults to find the most expensive antiques in the world and discovers what has made them worth so much.



### WEDNESDAY

Be it in the Seychelles, Sri Lanka or even Al Sufouh, everybody loves a holiday, although many can only dream of the secluded paradises we all see portrayed in the movies. We give you the top 10 list of the most exclusive and secluded getaways to be found. Get ready to renew your passport and head for paradise.



### THURSDAY

With salaries for sports personalities seemingly immune to the recession, some athletes don't quite give 100 per cent when they reach their stage. Readme.ae profiles some of the world's most expensive unsuccessful sports stars and tries to figure out how they demanded such a bulging pay-packet in the first place.



### FRIDAY

Once again our Facebook page has been full of your opinions on our daily Burning Question. We find the best responses from our Facebook fans and bring you the answers that matter most to the people of Dubai. To have your opinion heard, 'Like' us on Facebook and keep an eye out for our Burning Questions.

# Extreme *to the Max*

Dubai Metro's commuters have all they need to keep fit, says **Max Calderan**.

**W**hen *Read.* went along to meet “extreme desert explorer” Max Calderan at Burj Khalifa Metro station, we were quite frankly unsure of what to expect.

After all, this is a man who holds five world records and enjoys nothing more than crossing a desert on foot with no sleep, no medical assistance, and no predefined tracks. Now he is hitting the Metro system to prove to the people of Dubai how there is no excuse not to perform a small amount of exercise each day, simply by taking the stairs. Luckily, despite our initial concerns, Calderan was not

going to rope us into crossing a desert or running up and down stairs all day, so we embraced the opportunity to join him as he started his Metro journey, and to find out more about his plans.

“People cannot use the excuse that they don’t have time to exercise anymore,” he explains. “Instead of taking the escalator, there are hundreds and hundreds of stairs in the Dubai Metro and I want to let people know how many steps there are in each station, how many calories you can burn by taking them, and the equivalent of how high a mountain you could climb by taking the stairs.”

Although the majority of Calderan’s own training revolves around preparation for his desert explora-



“People cannot use the excuse that they don’t have time to exercise any more.”



CALDERAN AS HE  
CROSSED THE TIH DESERT

already holds, which most recently include being the fastest man to cross the Tih Desert in Sinai, Egypt, on foot and unaided, covering a total of 148km in an impressive 23 hours.

Although his collection of records is commendable, showing great passion, record-breaking started as a by-product of Calderan’s move from the pharmaceutical industry to full-time exploring.

He made the switch following a particularly difficult time in his personal family life. The records he has achieved so far, however, are all merely preparation for what he has planned in the near future. In 2012, Calderan will attempt to be the first man to cross the Empty Quarter on foot. He explains, “I am preparing a big desert exploration where I will cross the Empty Quarter desert from Saudi Arabia to Abu

Dhabi—which is more than 1,200 kilometres—never stopping, never sleeping, and in summer, too.”

Whether performing a challenging desert feat or proving to the people of Dubai how easy it is to make a small change to their fitness, Calderan approaches every task with a positive energy and a determination to succeed. Having conquered deserts across the world, however, he maintains that none of his achievements would have been possible without the series of events in his personal life, which brought him to where he is today.

And even with five world records under his belt, he remains philosophical about all his endeavours, saying, “For me the best record of all is having a family. That is the best record that any one of us could achieve in life.”

tions, he fully believes that training in a metropolitan environment is just as important, especially as a part of everyday life, which is the reason behind his drive to promote the use of the stairs in Metro stations. This is just a warm-up, however; the big event for Calderan will coincide with the opening of the Green Line in September, which is when he plans to travel the entire Metro system non-stop from sunrise to sunset, entering and exiting each station—via the

stairs, naturally—before moving onto the next station and doing the same. “This is only the first step,” he says. “In September, when they open the Green Line, I will try to manage all day, from morning to evening. I hope that after I do this they may even have to build more stairs for the customers, as so many people will be taking them instead of the escalators.” If successful, this will be another world record for Calderan to add to his list of the five that he

## Who’s hot ...

### CHRIS EVANS

Relatively unknown Chris Evans is the toast of Tinseltown thanks to his star role in new film *Captain America*. The film looks set to propel the actor to new heights, with its blockbuster budget and action-packed scenes providing a winning formula. The movie opens in Dubai this September.



### CHARICE PEMPENGCO

The young actress who plays Sunshine Corazon in the second season of *Glee* has announced plans to be part of the Filipino Festival happening at DFC on October 7 this year. Known to many as America’s hottest singing sensation, and called “Oprah Winfrey’s baby” by some, she last performed over here in 2009.



### ZARA PHILLIPS

Another, slightly more low-key, British Royal wedding took place last week as Zara Phillips married rugby star Mike Tindall. Zara’s new husband is rumoured to have recently purchased a flat off-plan in Dubai, so perhaps we may be spotting the newlyweds over here in the near future.



### KIM KARDASHIAN

Kim has been spotted out and about shopping for wedding cake as she prepares for her upcoming nuptials. Excitement is building surrounding the star’s expected visit to Dubai this October—let’s just hope she manages to fit all her wedding plans in at the same time as planning her trip to the UAE.



### SHAH RUKH KHAN

Bollywood star Shah Rukh Khan will join American rapper 50 Cent and Lebanese singer Nancy Ajram at an Eid event coming up in Dubai. The show is scheduled alongside a 5-day consumer fair called Shoppiesta, which begins August 31 and will feature two concerts every night.



# Summer *shades*

There is a set of sunglasses to suit everyone in town.

## Her

### SUNGLASSES

**Sunglasses shopping** is like shopping for shoes: it is fun, relatively hassle free, and means you never need to ask, "Is it the lighting in the changing room that makes me look fat, or am I actually quite plump?"

So, the next time you find yourself stressed at the mall, why not grab some shades to complement your summer look?

Jackie-O frames have always been in, and this season is no different. There is something glamorous about glasses that cover up half of your face; you have the ability to see without others really seeing you. And they are great after a night out, or for running away from the paparazzi. However, this look is not only for the Olsen twins or Victoria Beckham and is easy to achieve, with high-street brands such as H&M offering similar styles for as little as Dh30.

If you fancy yourself as slightly alternative, and the bug-eyed look does not do it for you, why not go retro? Designers such as Miu Miu, Ray Ban and Dolce & Gabbana have shades from every decade. There are a variety of shapes to choose from, to suit any face, from round, John Lennon frames, to cat-eyes and aviators. If you are bored of the floral patterns in Topshop, why not take a cheeky look at Topman's selection? If kept classic, there is no reason why glasses cannot be unisex.

So whether making a fashion statement, trying to hide the bags under your eyes or simply using them to protect your sight, sunglasses can be worn by everybody this summer, and all year round.

**Bargain:**  
High-street shops such as H&M and Topshop sell designer-cool shades at a fraction of the price.

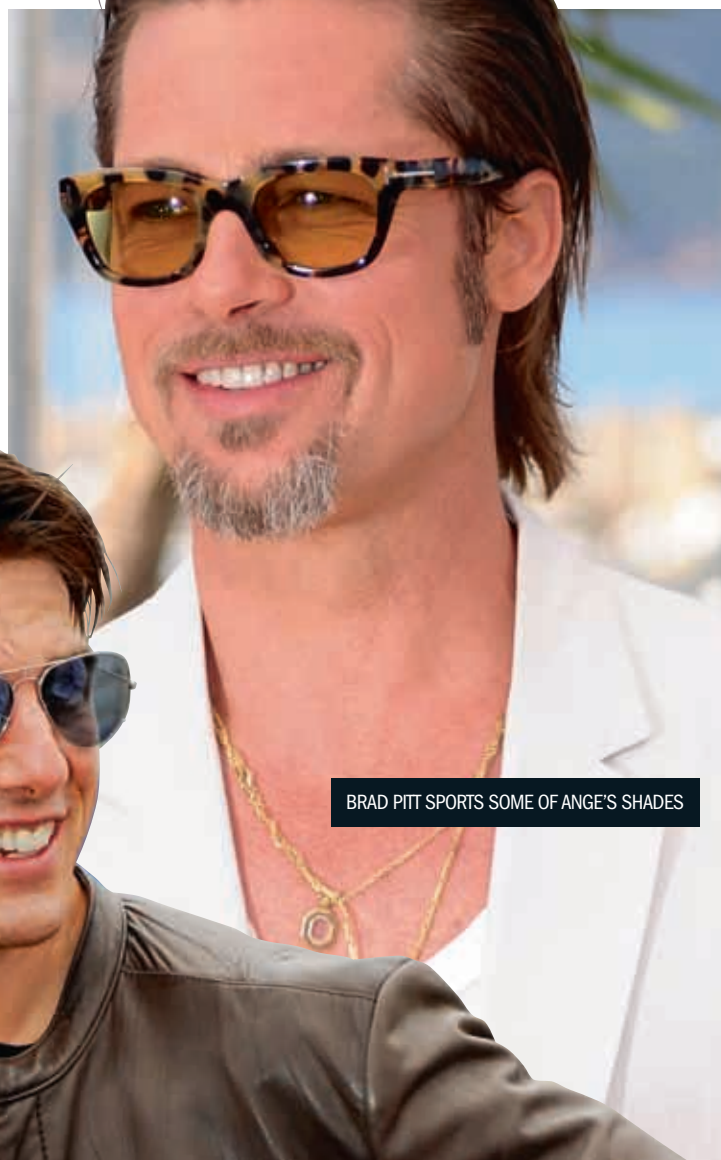


MISCHA BARTON SPORTING A SET OF TRENDY 'EIGHTIES RAY BANS



VICTORIA BECKHAM'S BIG GLAM GLASSES

BIG GLASSES ARE NOT ONLY FOR THE OLSEN TWINS



BRAD PITT SPORTS SOME OF ANGE'S SHADES



TOM CRUISE WITH A SET OF CLASSIC AVIATORS

## Him

**Unisex sunglasses** are in, which could explain why your girlfriend has been stealing your sunnies. Why not get your own back and steal the oversized look for yourself? The benefits of big glasses are no longer only reaped by women this season, but can be enjoyed by men too. With a large selection of frames in a variety of shapes and colours, you do not have to worry about being too feminine.

Retro Ray Bans will always be fashionable; they are iconic and look great in classic colours such as tortoise-shell brown or black. However, if you do not want to look too hip, designers have been putting their own take on these iconic styles. Paul Smith has a great pair, tweaking the shape of Ray Ban's Clubmasters by thickening the frames and angling up the corners. And a Michael Bastian pair by Gant is Wayfarer shaped, with clear frames and blue lenses, making them a fresh mix of modern and classic. There is a strikingly similar pair in Topman at the moment; high street shops are very up-to-date on trends.

Just remember to keep your new shades away from your other half!

## FASHION OPINION

BÉBHINN KELLY  
HELLWAFASHION.COM

### Looking good this Ramadan

**Fashion is all** about making a statement, so this summer why not show your respect for Ramadan and all of its traditions? It isn't hard—you just need a couple of wardrobe tweaks and you will soon be Ramadan ready.

Maxi skirts are big news for summer and provide the perfect cover up. Wear yours with a T-shirt for a breezy look. Long, wide-legged trousers will be in for the autumn/winter season, so get a start on the trend by investing in a loose, tailor-made pair which will keep you cool and ahead of the crowd.

Or you could make like Claudia Schiffer and wear a knee-length denim skirt with a white shirt, which will be cool enough to keep you from overheating when you are running from your car, but will also keep you covered up enough for the mall.

If you are wearing the "Dubai favourite", the maxi dress, make sure your shoulders and chest are covered with a cute cardigan—à la Michelle Obama—a sleeveless denim jacket, or why not do something different and tie a white shirt across the top of the dress?

Fashion is all about mixing the high street with designers, and drawing influence from the different places and cultures that you have experienced, so there's no better excuse than Ramadan to invest in a long, colourful kaftan.

Maxi skirts are big this summer, and provide plenty of cover

## BYTES & PIECES



**JOE AKKAWI**  
TECH GURU  
PAZ MARKETING

### The “FOMO” phenomenon

**We all have** one of those friends whose phone seems to be a natural extension of their palm. The friend who—even when they’re out—seems to be way more concerned about an event happening somewhere else in town, with people they’ve never met. They’re essentially as useful as a piece of broccoli in a conversation, because while you’re trying to engage them, they’re busy refreshing their Twitter stream.

“FOMO” is a form of social anxiety, defined as “Fear of Missing Out”, that has weeded its way into the social media scene. A massive irony lays in

the fact that while social media sites make you engage in social activity, they can make your real friends shun you. Unfortunately,

lack of online discipline and attention craving can cause such cases.

There is no doubt that social platforms will continue to expand and become more pervasive with the launch of every new site. While FOMO can be considered a positive energy that forces us to stay updated on the latest trends, I believe there’s only so much a mind can take. Anyone who took to Twitter during Egypt’s uprising can tell you how overwhelming the stream of information was.

Manage your time on social media websites and use the technology as a tool in your life. Making it your life will only make you miss out on how great real life is.

90 per cent of Americans carry an internet-enabled phone



# Head *in the clouds*

With the IT world moving on to cloud computing, so too is the music industry.

**O**ver the past year, the world’s businesses have taken serious steps towards moving their operations onto the cloud, the imaginary online space that can be accessed from anywhere on the planet. Senior Microsoft director Terry Smith recently remarked that cloud computing is the biggest thing to hit IT in over 30 years. And with that in mind, it seemed natural that cloud music players would soon appear. After all, why waste your own hard drive space on music when you can stream it, legally, off a web site from anywhere?

And these sites have appeared in droves. Aside from more established ventures such as Last.fm and Spotify, Amazon has launched a cloud music player, which was shortly followed by Google’s Music Beta, while Apple will release its own iCloud in the autumn. These

are seen as the big three, though only Apple is expected to offer cloud music services in the Middle East this year.

“I think it’s brilliant,” said Simon Short, floor manager at Melody House and guitarist for Dubai-based rock band Beat Antenna. “People say that digital music causes more pirating, but that only really affects massive artists who are paid loads anyway. I was

in a smaller band in the UK and we were selling albums to people in the USA through iTunes. So the fact that you can stream music legally through these sites can only empower musicians.

“It also means that there are

fewer processes involved in releasing an album. When you sell your music online, you don’t have to worry about CD printing, artwork printing or distribution. It’s all better for the musician.”

So what exactly does it mean for consumers? Every web site has gone down a different route. For example, Spotify, which is still not available in this region, offers music for free, but plays adverts in between a user’s tracks. To listen to music without adverts, a monthly fee has to be paid. Amazon, on the other hand, allows users to upload their own music—be it downloaded illegally or not—and stream it from anywhere. The company simply charges for the use of its online space, making it similar to Google’s service.

What all the companies have in common, though, is that users will be able to create their own online playlists and then stream them from computers or smartphones. This eliminates the need to use up



SINGERS SUCH AS RYAN TEDDER HAVE MADE DIGITAL DEALS



*“Amazon allows users to upload their own music and stream it from anywhere.”*

precious memory space by storing music. Ritesh Jeswani, co-founder of Dubai-based Campus Radio Middle East, believes that this will impact the way in which buyers choose their smartphones.

“I’m not sure how cloud music drives will do, though it will mean that the internal memory on smartphones won’t matter anymore,” he said. “Instead of wondering if you should pay Dh300 extra for a phone with more space, everyone can just pay a smaller price for the amount of space used on the cloud drive.”

Unfortunately, streaming services in this region are hard to come by, as deals with record companies and distribution outlets are more difficult to secure. One that is available to us, though, is Last.fm, a service which collects data on what its users listen to. It then

offers recommended artists, based on the statistics made from this data, and allows users to stream their recommended songs, from either a computer or smartphone. It is the closest thing to Spotify that music lovers in the Middle East can use, and its database of songs grows bigger every day.

And aside from the practical advantages to being able to stream music from anywhere in the world, the digitalisation of music can also provide environmental benefits.

“People argue that no one buys enough CDs anymore, but I think that’s a good thing,” said Short. “It causes less pollution due to less plastic being put out into the world. If you really want the physical CD then you should have the option, but, for most people, digital music will do.”

## Tech beat

### NOKIA RELEASES RAMADAN APPS

Mobile phone manufacturer Nokia recently released a number of downloadable Ramadan apps for its smartphones, aiming to capitalise on the fact that over 600,000 Ramadan-related apps were downloaded during last year’s holy month. One app is aimed at raising money for charities such as UAE Red Crescent, while others include a Holy Quran app, a prayer time app and a Qibla direction app.



### SAMSUNG CLEARS APPLE HURDLE

The ongoing lawsuit between tech giants Apple and Samsung heated up last week, after an Australian federal court backed Apple over claims of copyright infringement. As such, the court banned the Korean manufacturer from selling the American variant of its Galaxy Tab 10.1 in Australia. However, Samsung plans to release an Australian version this month.

### ETISALAT HITS BACK

Telecoms firm Etisalat last week announced that it would scrap annual renewal charges for its pre-paid Wasl customers, in response to fierce competition from rival network Du. Previously, Etisalat’s pre-paid customers would have to pay Dh50 every year in order to continue using the service, whereas Du dropped its annual charges in 2009.



### DU BRIEFLY BLOCKS TWITTER

Twitter users across the UAE were plunged into confusion last week after internet service provider Du partially blocked access to the Twitter web site for a number of hours. According to Du’s own Twitter account, the block was accidental, and happened because of a “glitch”. And despite the social networking site being unblocked just hours later, many were left angry at being unable to access it.

# Promoting culture in Dubai

A number of public bodies come together to promote the joys of Ramadan in the emirate.

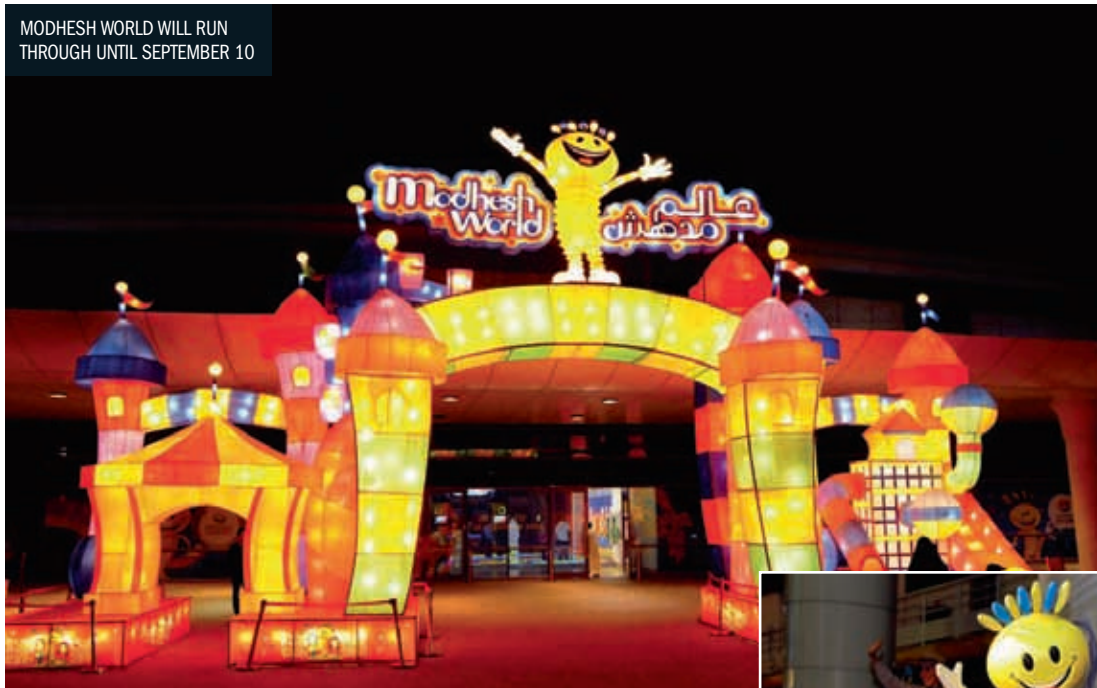
## RAMADAN

**Watch out for** activities this Ramadan courtesy of a number of government departments and public bodies under the banner of *Ramadan in Dubai*. Together, organisations such as Dubai Cares and the Princess Haya bint Al Hussain Islamic and Cultural Centre have confirmed their participation in the initiative with an aim to host cultural, religious, family and sporting events.

Dr Omar Mohammed Al Khaateb, Assistant Director of Islamic Affairs and Charitable Activities Department (IACAD), explained the initiative: “The *Ramadan in Dubai* promotional campaign is an effective tool to promote Dubai during the holy month. It also supports our efforts in promoting the true traditions and values of Ramadan across the emirate. IACAD has always launched creative and innovative initiatives and programmes during Ramadan and this year, we have a comprehensive itinerary of various events that have come as a result of coordinated efforts. We are delighted to be part of this campaign.”

Introducing Dubai Cares’s initiative, Tariq Al Gurg, the charity’s CEO, said, “Our soon-to-be-launched Ramadan campaign

MODHESH WORLD WILL RUN THROUGH UNTIL SEPTEMBER 10



“Together, we can build on Dubai’s strengths as a distinct family destination.”

will see the latest in a series of annual campaigns that run throughout the holy month. This year will have the aim of increasing awareness about the importance of providing children in developing countries with access to quality primary education, and the difference this can make to their lives and to the lives of those around them.”

Dubai Events and Promotions Establishment (DEPE) has announced it will organise a series of events for the first time during

ness lectures on the values of Ramadan, shared in a simple and engaging style for children.

Also, prizes, draws and surprises will be on the cards for Modhesh World visitors. Near to the entrance of the Airport Expo, DEPE have set up a Ramadan tent, offering *iftar* and *suhour* meals prepared by a leading hotel, giving families the chance to enjoy Ramadan meals together, with free entrance to Modhesh World.

Laila Suhail, CEO of DEPE said: “*Ramadan in Dubai* is a common platform which helps to highlight the celebrations and special atmosphere of the holy month in the emirate. It is being developed for the whole community, with government departments, events organisers, charities and official bodies coming together to organise special



events and activities. Together, we can build on Dubai’s strengths as a distinct family destination, offering visitors and residents a charming atmosphere of spirituality inspired by the values of Ramadan, which will fall during the summer holiday season for at least the next three years.”

Ramadan, including extending Modhesh World, which proved a hit for children and families during Dubai Summer Surprises. Modhesh World will continue right through until September 10, with special activities and cultural events including aware-

## Initiative to provide welfare for labourers

## CHARITY

**As we all** know, Ramadan is a time for helping those less fortunate, so why not give up a little of your time to provide free care packages for workers living in labour accommodation across Dubai?

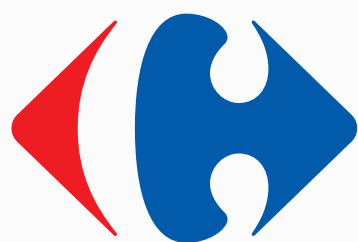
Dubai Chamber of Commerce has partnered with Adopt-a-Camp for the *Care Packages for Labourers* initiative, taking place on August 18 from 9pm to 3am at DWTC. The scheme aims to provide at least 3,000 packages for distribution within labour accommodation, containing toiletries, high-energy food items, pillows, towels, socks and plates. Saher Shaikh from Adopt-a-Camp says, “The men we help

say that the kindness they experience changes their lives. At the most basic level, with our drive to make camps bed-bug and lice-free, they could finally get a full night’s rest.”

Shaikh insists the event is open to anyone who wishes to help. “You can bring your kids, family, friends and colleagues. This is a community event which shows Dubai at its best,” she says. As well as volunteers, local companies can also donate items such as toothpaste or bed sheets—every little helps. As Shaikh explains, “ways to help include providing or funding supplies by the August 11 deadline, packing and assembling care packages or spreading the word”.



كارفور



Carrefour

# CRAZY PRICES & CRAZY DEALS

## عروض مذهلة وأسعار لا تقاوم

From 7th August until 17th August, 2011

من ٧ أغسطس لغاية ١٧ أغسطس ٢٠١١



~~Dhs 21.90~~  
**15.00** Dhs N1 instant milk powder 900g



~~Dhs 28.90~~  
**18.50** Dhs Lipton Yellow Label tea bags 200's + Americana cookies x 6



~~Dhs 26.00~~  
**19.75** Dhs 4 PCS Pringles assorted 165g



~~Dhs 14.00~~  
**9.75** Dhs Punjabi long grain biryani rice 4.5 kg



~~Dhs 27.50~~  
**14.75** Dhs Serjella extra virgin olive oil 750ml + 250ml



~~Dhs 25.85~~  
**19.75** Dhs Carrefour tender chicken breast 1kg



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# Snore

## *support*

Help is at hand for those losing sleep over snoring.

### WELLBEING

It is 3am, and you have lost track of all the sheep you have been counting over the hours. You are still awake with only four hours before the alarm is due to go off.

But lying next to you, your husband is sleeping soundly, snoring loud enough to cause a minor earthquake. Sound familiar? Well you are not alone. Losing sleep due to a spouse's snoring is a situation common to many couples across the UAE. This is borne out by a recent survey from YouGov Siraj, which revealed that 62 per cent of Emiratis said that their husband or wife snored, with 25 per cent of women admitting that they lost between two and three hours' sleep per night as a result of their spouses' snoring.

Although often portrayed as a funny habit, snoring is no laughing matter for the snorer or their spouse. Dr Raymond Hamden, a clinical and forensic psychologist, says, "Snoring contributes to poor sleep and takes away from the necessary uninterrupted rest needed by the snorer and the other person in the environment."

The act of snoring is caused by the physical obstruction of airflow through the mouth, due to factors such as obstructed nasal airways, poor muscle tone in the throat and tongue, bulky throat tissue or a long soft palate. The walls of the

### Desperate times...

For those who are desperate for a peaceful night, help is now at hand thanks to Dubai's Crowne Plaza hotel. The chain has announced plans to trial the first 'snore-absorption' room in Dubai, which is a room specially equipped to provide guests with a great night's sleep. The 'snore-absorption' room uses proven technology to help reduce the disturbance caused by snoring, including sound proofing on walls and a specially designed sound absorbing head board to muffle the echo within the room. An anti-snoring bed wedge is also used, which encourages snoring guests to sleep on their side or upright, as lying flat on your back makes the base of the tongue and soft palate collapse, causing snoring. The room also includes anti-snoring pillows, which use a natural magnetic field to open the airways and stiffen the upper palate that vibrates during snoring, and a white noise machine, which is proven to help drown out snoring noise and help sleep and relaxation.

throat vibrate during breathing, creating the distinctive sounds of snoring. In severe cases, snorers can suffer from sleep apnoea, which is caused when restricted airflow momentarily stops the sleeper breathing entirely, waking them up several times per night.

Dr Hamden says, "Many people are unaware that treatment or remediation is available for the problems associated with snoring. Several options are available to help lessen or stop the symptoms. These include sleep posture correction—try sleeping on your side if possible—and breathing correction, where a person learns to breathe through the nose. It is also recommended that snorers

try stopping smoking, lose weight, adopt relaxation techniques, keep hydrated and practise a regular sleep routine."

There are also home remedies available, such as throat and nasal sprays and strips that you place on the nose to widen the airways when sleeping.

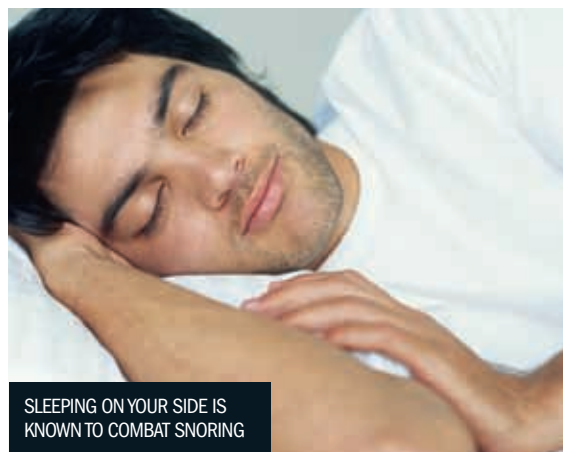
A partner's snoring can get so bad that some are forced to sleep in another room—23 per cent in fact. Dr Hamden explains, "Having your sleep interrupted by snoring can result in an increase in health issues, affect your psy-

chological alertness, and may be a major cause of accidents on the road as well as industrial."

But before it gets to this point, Dr Hamden recommends that you try some of the simple home remedies available, or if you regularly snore, it may be worth seeking advice from a physician. Along with sleep apnoea, the short-term dangers linked with snoring could be high blood pressure, daytime drowsiness, or more serious side effects such as heart attacks and strokes.

One lesser-known method to control snoring worth mentioning is the use of a series of singing exercises to strengthen and tone the areas of the throat that vibrate and cause the noise. For example, try singing the phrase "ung-gah" and feel how the tongue touches the soft palette on the "ung" sound, and opens on the "gah" sound. Although still in the early stages—and possibly one to practise in private—this technique could hopefully provide safe and efficient relief for both the snorer and the long-suffering spouse, without resorting to increasingly painful jabs to the ribs of your peacefully sleeping partner.

25%  
of women  
admit losing sleep  
every night due  
to their spouses'  
snoring.



SLEEPING ON YOUR SIDE IS KNOWN TO COMBAT SNORING



Ramadan Kareem

**EMSAKIAH - HIJRI 1432**

Dubai Prayer Timings

| Hijri | Day       | Date      | Emsaak<br>(Suhoor end) | Fajr | Shurook | Duhr  | Asr  | Maghrib<br>(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



# Working out *the right way*

Don't let fitness training injure you by following our expert guide.

**B**eginning a new exercise regime can seem like a daunting task, not only because of the amount of hard work that it involves, but also because of the uncertainty behind how things should be done.

Questions such as, "How many minutes make up a good work out?" and "How do I stretch properly?" arise constantly, and without professional help, it can be difficult to find the answers.

This is why we asked two of our health and fitness experts to come up with a definitive guide to the dos and don'ts of exercise.

From warming up and cooling down to avoiding exercising while injured, all of this advice will help anyone looking to either begin a new regime, or simply tweak an existing one.

First, *Read*'s resident physiotherapist, Lisa Mayhew, explains what should be done to avoid injury and to have a good time when exercising.

#### **DO begin with moderate exercise**

When exercising, jumping in at the deep end rarely works. If you push too hard from the off, there is a good chance of injuring yourself, or else simply disappointing yourself by not being able to do as much as you had hoped. It is far better to start off slowly, giving muscles a chance to get used to the hard work before progressing up to more difficult regimes.

#### **DO warm up and cool down**

Some of the most common sporting injuries come from simply not warming up properly before working out. Warming up prepares the body for the sudden increase in blood, oxygen and nutrient flow, as well as loosening the joints and muscles. For warming up, all that's needed is something to make your heart beat faster, such as a gentle jog.

#### **DO consult a trainer**

If you are unsure about your exercise routine, you should certainly seek help from a professional. You may be placing stress on the wrong muscles or joints, or simply not getting what you need out of what you're doing. Either way,

*“It is far better to start off slowly.”*

it is better to be safe than sorry, and a professional trainer will be able to guide you in the right direction.

#### **DO find a buddy**

Unless you are a lone wolf, exercising can be far more beneficial and enjoyable when you work out with a friend or colleague. It is better to train with someone who has a similar level of fitness as you, to avoid either one of you pushing too hard and injuring yourselves. There is also a safety aspect to working out with a bud-

dy, in that you can help each other out if something happens.

#### **DO eat healthily**

Far too many people reckon that the key to building muscle and getting fit is eating lots of protein. But it is also really important to make sure you eat a balanced diet. Of course, protein can help muscle strength, which is useful when doing heavy exercise, but vegetables and fruit are equally useful, as they provide the essential vitamins and minerals that help your body recover after you put it under strain.

A GOOD DIET IS CENTRAL TO IMPROVING FITNESS



Next, our resident fitness expert, Phill Robson, explains what to avoid when working out.

**DON'T overcook it**

You need to go within the bounds that your body can handle. But, saying that, when you reach a plateau in your fitness, you need to push your body harder to get to the next level. In the end, it is about tailoring your regime to the limits of your own body.

**DON'T exercise when injured**

You should not exercise at all when you're injured, or, at the very least, do not exercise the same muscle group as your injury. If you are someone who needs to exercise all the time, but you have injured a leg muscle, then do some upper-body work instead.

**DON'T do something boring**

Your regime should definitely involve something that you're interested in.

“Hydration is extremely important during exercise.”



For example, if you like boxing or Ultimate Fighting Championship, then incorporate it into your training. When you do something you enjoy, it makes exercising more motivational, and helps you to perform better.

**DON'T get dehydrated**

Hydration is extremely important during exercise. You should hydrate before, during and after working out. There are no two ways about it.

**DON'T work out sporadically**

Getting into a set fitness routine is important for anyone looking to maintain fitness. If you work out sporadically, your body will not get what it needs in order to build its levels of fitness. For example, it can be extremely hard to develop consistent regimes if you regularly travel. If this is the case you need to come up with a programme that can be completed in a confined space, such as a hotel room, using just your own body weight.



AVOID EXERCISING WHILE INJURED



A FITNESS TRAINER WILL SET YOU ON THE RIGHT TRACK

FITNESS FOR REAL

CHRISTIAN COOKE  
PERSONAL TRAINER

Home is as good as a gym

**Our bodies are** built to move and exercise is necessary for physical fitness and good health. It dramatically decreases the risk of heart disease, high blood pressure, cancer and the big problem here in the UAE, diabetes. In recent years there has been a rapid decline in the level of physical activity necessary to sustain good health and fitness due to the indolent lifestyle that we now find ourselves living in.

Some will think that you need to join a gym to reach your exercise goals and the thought of pounding away on the treadmill fills you with dread. You don't need to go through all that to maintain good health and fitness; it can all be done in your own home just by using your own body-weight at a medium intensity. Just a few simple exercises that involve large muscle groups like squats for the legs, press-ups for the chest and bent-over row for the back, will not only increase your heart rate, burn calories and tone up your muscles but will also increase your metabolism. By doing these three times a week for 30 minutes at a time, you will see a dramatic increase in your health and fitness levels. These exercises should be performed with a fitness professional present so that the correct technique and posture is achieved to prevent any injury and to maximise your workout.

Remember, exercise is available to everybody and it doesn't need to be expensive to do. Anybody can maintain good health and fitness within the comfort of their own home. Tell yourself you can do it and you will achieve it—start today!

## Vox pop

*Do you eat too much junk food?*

**Syed Aun**

Customer Service Officer, Deira



"I don't eat a lot of junk food—it's bad for your health. I drink a lot of water. I

am a vegetarian, which makes it easier, as does Ramadan, when I eat a lot healthier."

**Luna Sidorov**

Receptionist, Jumeirah Lake Towers



"Yeah, I am addicted to cheese-burgers at the moment! It's also hard because

there is a McDonalds right next to work and I find myself having one almost three times a week!"

**Alpesh Mapara**

Accountant, Satwa



"I will occasionally eat fast food but I prefer home-cooked meals, and

will only have fast food out of convenience when travelling or away from home."

**Ahmed El Shenawy**

Student, Al Barsha



"Yeah, I eat fast food all the time, especially pizza. I eat it when I am with my

friends, and especially now its summer I spend a lot of time out rather than at home."

# Sinking under a wave of stress

If life seems too much like hard work, there is no need to suffer in silence.

**L**ured here by the promise of a tax-free salary, in an excitingly modern and fast-growing city, it seems people are finding that they are not immune to the same stresses that can be found anywhere else in the world.

"Dubai has the reputation of this high-flying lifestyle; you work hard and play hard," says Dr Melanie Schlatter, a health psychologist at the Well Woman Clinic in Dubai. "There's a big focus on Dubai being so different, but the problems people have here are those found everywhere.

"At the moment, I'm seeing a lot of depression and burn-out. A lot of people have just had enough. And if there's nothing you can do to change your working and living environment, then you've really got to figure out if it's where you're meant to be."

Despite this, though, stress

should not spell the end of most people's careers in the UAE.

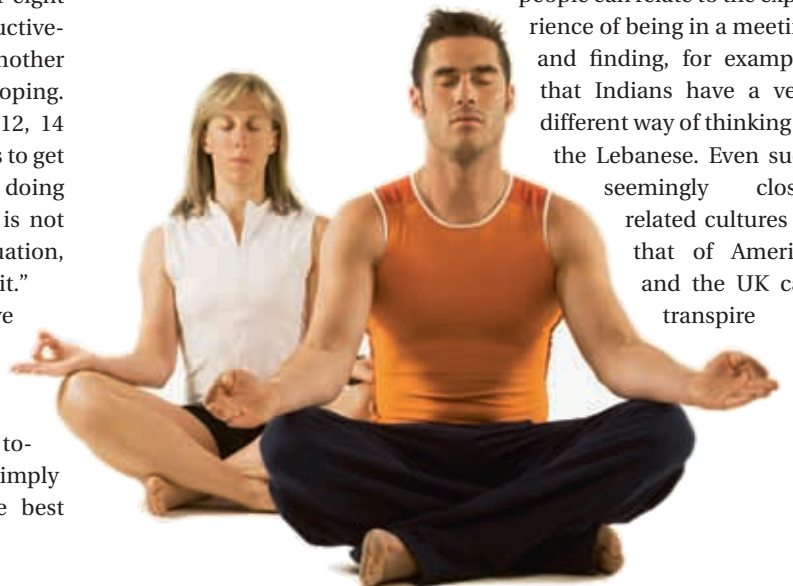
"Generally it's a case of understanding how you are coping with things," explains Dr Schlatter. "If you're not saying anything about how you're feeling, if you're just people-pleasing, it's not going to help. That's how people get stuck. Two people could have exactly the same job, and one person says he's going to just get on with it; he'll work really hard for eight hours and then relax productively at the end of the day. Another person just might not be coping. They sit at their desk for 12, 14 hours and allow themselves to get swamped and end up not doing anything. The main point is not to carry on in a negative situation, but to do something about it."

Making sure you have some control over aspects of your job is vital. For example, the ability to show your creativity, or to work towards a higher level, or, simply aiming towards being the best

*"There are things unique to being an expat that can exacerbate problems at work."*

that you can be and trying to better yourself each day.

There are things unique to being an expat that can exacerbate such problems at work, a difference in nationalities being the main one. "Someone may come to me and say, 'I have such a terrible boss', when in fact it's just differences in cultures. The problem is everyone always thinks they're right," says Dr Schlatter. Many people can relate to the experience of being in a meeting and finding, for example, that Indians have a very different way of thinking to the Lebanese. Even such seemingly close-related cultures as that of America and the UK can transpire to



have a different work ethic. The key here is tolerance and understanding, but often we do not feel that we have the time or patience to sit back and reflect when there are deadlines to be met.

This isn't the only factor. Dr Schlatter has noticed a continuing trend that many may think is irrelevant today. "Boring as it sounds, there are still the repercussions of the recession stress in Dubai, and having to keep up. People who lost their jobs then are still having to find a permanent one now, while others have an increased work load due to staff cuts. And many are still worried that they could lose their job tomorrow."

Such stress can often result in panic attacks. "These are very common," says Dr Schlatter. "They arise due to high stress, when a multitude of pressures tips the balance and the brain thinks it has to respond, and respond now, so they can hit you very suddenly. Generally the physical manifestations come from the evolution of the fight or flight response. You may get butterflies in your stomach, heart palpitations, chest pains, a dry mouth, and shaking

**MORE WAYS TO HELP**  
BY DR SCHLATTER

- Learn basic stress reduction and self-care techniques for both 'on the job' and 'off the job' - keeping clean, eating healthily, drinking water, doing exercise, getting quality sleep, and setting aside relaxation time (simply having fun, being with positive people, laughing, and time out).
- Listen to people when they comment on changes in your mood or behavior—they could well be noticing symptoms that you are ignoring or fearful of.
- Try to always have something to look forward to so that you stay motivated.
- Keep the meaning in your life in order to remain grounded and hopeful—whether it be through religion, spirituality, or other means.
- Keep up your personal interests and hobbies—the things that give you joy and pleasure—such as reading or acquiring a new skill set.



TALKING ABOUT YOUR WORRIES CAN DO WONDERS FOR STRESS

*“Some people lose their appetites, while others over-eat.”*

hands. “We first help by educating people as to what these attacks are. Then, through cognitive behavioural therapy, we help people learn to manage their stressful and negative thoughts.

“People may also have difficulty sleeping, or wake up bolt upright at 4 or 5am and be unable to get back to sleep. Some people lose their appetites, while others over-eat to compensate for their unhappiness, so we address behavioural coping strategies also.”

These are common problems, and not a sign of weakness. It simply shows that there are aspects of your life which need to be changed.

This could be as simple as sharing your anxieties with others, be it your boss, your friends or partner; sharing thoughts is a powerful motivator to making a difference in your own life. And exercising and meditation have been shown to be very beneficial.

Alternatively you may need professional help, be it through cognitive behavioural therapy—re-wiring your way of thinking in order to help you cope—or, in more serious cases, taking medication. The most essential thing is to not suffer in silence.

**ON THE COUCH**

M.R. HUSSAIN  
HYPNO-LIFE COACH



**When nothing else has worked**

**Hypnosis** is a state of focused consciousness which anyone of at least normal intelligence and willingness to follow instructions can experience. What's more, it can lead to a whole host of medical benefits.

A trained hypnotherapist will assist you in learning how to achieve a daydream-like state necessary for hypnosis by guiding you into it. Once this has been achieved, you will receive what are called hypnotic suggestions.

These suggestions will enable you to use the power of hypnosis in your life and make the changes you desire, such as changing old habits—such as giving up smoking—or providing you with the motivation to do the things that you may have been putting off.

Hypnotherapy is the applied use of hypnosis. The practice has been sanctioned and used by the medical community since 1958 to help patients overcome chronic pain, create anesthesia, and heal psychogenic illnesses. Hypnosis and self-hypnosis have been shown to be effective in reducing stress and stress-related illnesses, and have also been observed helping mothers give birth to their children with little or no pain.

Some of the most common things that people seek hypnotherapy for are stopping smoking, weight loss, anxiety, stress and fears. All of these can be treated by hypnosis when nothing else has helped.

For those looking for treatment, I would always suggest that you contact a qualified hypnotherapist for a chat first. After all, we enjoy answering questions—it is a big part of our job.



ALWAYS TRY TO BE TOLERANT OF OTHER NATIONALITIES AT WORK

**ASK THE EXPERT**



**RAJESHREE SINGHANIA MD**  
NEURODEVELOPMENTAL  
PAEDIATRICIAN

**How to beat bad behaviour**

**Disruptive behaviour** can pose a challenge to parents and teachers. Though the definition of disruptive behaviour differs in different age groups, the main areas include marked tantrums, non-compliance, defiance, bullying, aggression, breaking or destroying property, or, in older children and adolescents, breaking the law—for example, stealing, assault, or damaging public property.

Physiological negativism occurs normally during toddler-hood and adolescence. It is a way for children to start to establish their own identity. Hence the 'terrible twos' and adolescent angst are seen in many children. The child or adolescent will do the opposite of what is told to them. However, when behaviours are repetitive, persistent, and excessive as compared to peer group behaviour norms, age level and cultural context may indicate a disorder rather than a transient problem. Another way to define disruptive behaviour is when the child's behavior interferes with

family life, school, peer relationships or puts the child or others in danger.

Disruptive behaviour may be a sign of serious psychological or psychiatric problems or environmental problems. Underlying problems may be anxiety, sleep deprivation, learning problems, autistic spectrum disorders, bereavement, or exposure to adverse childhood experiences like abuse, violence or trauma.

A complete psychoeducation or psychiatric evaluation could provide answers, and maybe medication can be thought of.



# Crossing cultural boundaries

**Sharmela Cesbron** visits Jumeirah Mosque to learn about Islam.

## CULTURE

**Ramadan seems** the perfect time to learn more about Islam, especially for non-Muslims living in Dubai. For this purpose, a visit to Jumeirah Mosque is highly recommended. It is organised by the Sheikh Mohammed Centre for Cultural Understanding (SMCCU) as part of its *Open Doors, Open Minds* programme, and aims to demystify the religion in a relaxed atmosphere. And having heard that Beyoncé visited the famous mosque when in Dubai last November, I was even more intrigued to see what it was all about.

About 25 of us turned up at the mosque on Tuesday morning just

before 10am. You are requested to dress modestly, and women must wear a head scarf. For those ladies who did not quite match the requirements, a traditional black abaya and head scarf were provided, prompting a flurry of photos being taken by their companions. Having sat down in the wonderfully cool main prayer room, and finished admiring the calligraphy-like patterns on the blue and sand-coloured walls, Latifa introduced herself.

Latifa was our guide for the morning, and surprisingly spoke with a strong Cockney twang. She indeed turned out to be originally from east London, where she met her Emirati husband 20 years ago,

*“You are requested to dress modestly, and women must wear a head scarf.”*

For more information visit [www.cultures.ae](http://www.cultures.ae), or call 04 353 6666

at which point she came back to Dubai to live. A gradual understanding and love for Islam blossomed in her, mainly due to her interactions with the family she married in to.

Latifa's presentation was all the more accessible for this, and proved to be a very interesting discussion, explaining everything with straightforward common sense; very refreshing to hear when sometimes religious customs can seem obscure and arbitrary to the uninitiated.

Of course one of the main areas of curiosity was the matter of dress,

and it was interesting to learn that the “metal” face guards you sometimes see on women of the UAE are in fact made of soft leather and very comfortable to wear, and are an Emirati tradition used to protect the nose and cheekbones from burning.

Having had all our questions answered, we were offered some water before leaving, in respect of the fact that we came from different faiths. The SMCCU has also begun hosting iftar dinners, which take place in the Bastakiya.

I, for one, will definitely be in attendance.



# “Art is music”

Dubai's **Vindemia gallery** works differently to other art houses, simply by savouring the works that it features.

## GALLERIES

There is nothing else quite like Vindemia gallery in the whole of Dubai. Coming in from the modern surroundings of Jumeirah Beach Residence, you enter into what seems like someone's sumptuously elegant, if slightly overcrowded, home, full of beautiful antiques from all over Europe and beyond, dating back to a time when hand-made was still the norm. Here, 'machine' refers to an intricately crafted polyphone

made in Germany circa 1900—the first ever jukebox perhaps.

It is the joyful realisation of antique collector Ghada Kunash's dream to make such things accessible to the Dubai public. Originally from Jordan, she now travels the world in search of exquisite treasures. Each item has been lovingly sourced and has a story to tell.

“They are all unique pieces, and often Mrs Kunash would like nothing better than to keep them,” says Annamaria Bersani, the gallery's art director. “So the clients be-

come not only buyers but also our followers, because they share our passion. They 'adopt' the pieces. This is why Vindemia is so different; it's not about squeezing the client with the price.”

Bersani, who owns her own gallery in Italy, has been with Vindemia since 2008. Since then, the gallery has expanded in another direction: contemporary art.

The newest venture, Vindemia art, is based on the same principles as the original gallery.

“The aim is to create a sort of meeting point of cultures,” says Bersani. “We don't want it to be in a museum style, where people are



given the uncomfortable sensation that they are ignorant of art. It should be read in an easy way.”

For this reason, Vindemia.art has collaborated with the Kempinski Hotel, which displays the gallery's exhibitions in its Aspen Café. “It's a place where you enjoy the pleasures of life: food, drink and, in this case, art.”

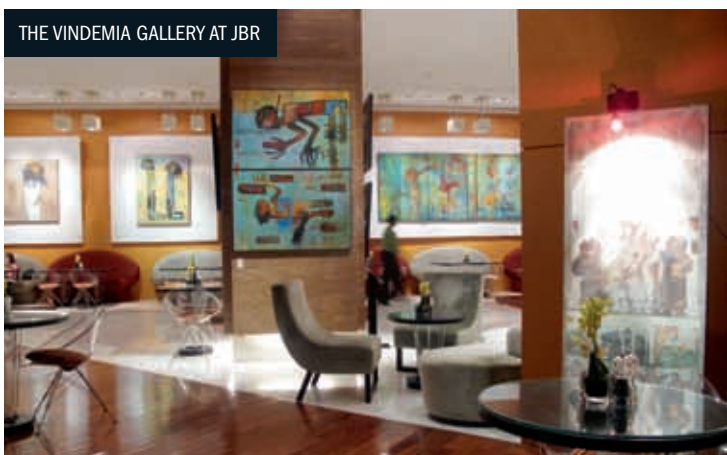
“We give an art menu inside the food menu, so it is a complete con-

cept, open to everyone.” Bersani handpicks the artists who come from all over, from Syria and Lebanon to Finland and Italy. “I don't care about their CVs; I want to see the talent inside.”

“We exalt their capabilities. Painting is music; the notes are the colours, the sound comes from the composition, and each painting is a song. This is something you need to feel.”

To visit Vindemia, either in JBR or the Kempinski, is to be given a gentle lesson in loving art for the pleasure it gives, and a welcome reminder that not everything in life is about the price tag.

THE VINDEMIA GALLERY AT JBR



For more information visit [www.vindemia-inc.com](http://www.vindemia-inc.com)

## The Tiger's Wife

By Tea Obreht

## BOOKS

The 24-year-old Tea Obreht's remarkable debut novel has justly earned her a place as the youngest writer on *The New Yorker's* top 20 under 40 list of exceptional writers. Drawing on the fabled past and recent bloodshed of former Yugoslavia, she displays a knack for storytelling and imagery that is youthful, wacky and yet way beyond her years.

Natalia is on a goodwill mission to an orphanage across the border of a nameless country when she hears that her beloved grandfather has died. Grief-stricken, she embarks on a labyrinthine journey to uncover the mysteries that surround his demise, searching for clues to his final state of mind through the fairytales he told her as a child.

She recalls the old man's habit of carrying his copy of Rudyard Kipling's *The Jungle Book* with him at

all times and gradually realises that the fantastic stories he told her were all true.

Magical realism is layered on top of folklore, history and allegory to create this complex and spellbinding novel that weaves imagination with reality to create a journey where the next step is impossible to anticipate.

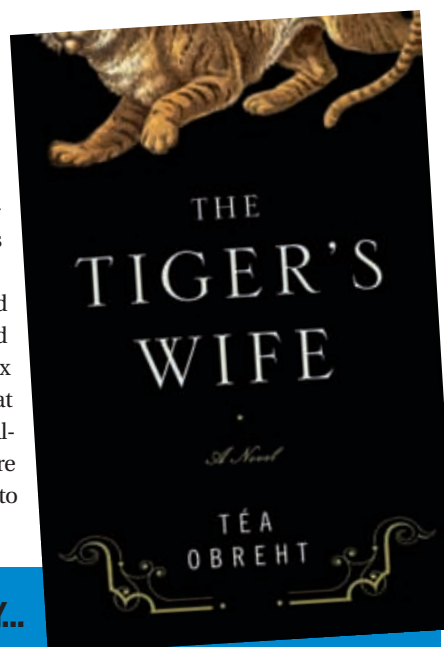
## IF YOU LIKE THIS, TRY...

**State of Wonder** by Ann Patchett:

Pharmaceutical researcher Dr Marina Singh travels into the Amazonian jungle to uncover the remains of a colleague who died under strange circumstances.

**Before I go to Sleep** by S.J. Watson:

Every time Christine falls asleep, her memories disappear and she wakes not knowing where she is, or who her husband, Ben, is. She starts to keep a journal to jog her memory and one day wakes to read the inexplicable words, “Don't trust Ben”.



## Vanessa Carlton – Rabbits on the Run

Razor & Tie ★★★★★

## ALBUMS

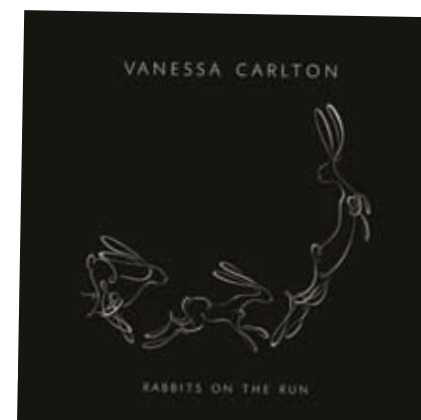
Vanessa Carlton's fourth album is a homage to what can be achieved when you make a fresh start. Having never slowed down since the release of her platinum-selling debut, *Be Not Nobody*, in 2002, the singer/pianist admitted that before beginning work on *Rabbits on the Run*, she felt lost.

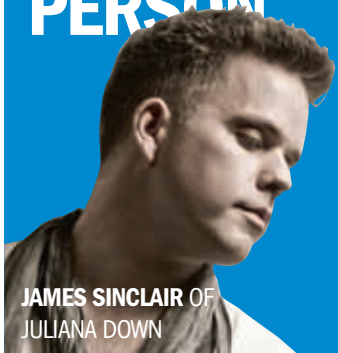
Which is part of the reason why the new album feels so different to her previous efforts. The last two albums were simply photocopies of her debut, but it is fair to say that she now has her spark back. *Rabbits on the Run* was recorded with friends and trusted associates, straight to tape, giving the album an authentic, late-'seventies feel.

The first single and opening track, *Carousel*, captures much of the magic that made Carlton's first single, *A Thousand Miles*, such a hit. The lifting and energetically

crafted melodies speak of a happiness that her recent albums have somehow seemed to miss. However, the album still harks back to her darker days with songs such as *Hear the Bells*, a harrowing, ambient piece that deserves a listener's full attention from beginning to end.

By building on her past—the good and the bad—Carlton has crafted a seriously well-sorted album.



FIRST  
PERSONJAMES SINCLAIR OF  
JULIANA DOWNThe story behind  
'Never Coming Home'

**Hopefully some** of you will have seen the video of Dia and me playing *Never Coming Home* on the [readme.ae](http://readme.ae) website a couple of weeks ago. *NCH* is the final track on our current album, *Empires*, and there is a bit of a story behind it.

In January this year, I wrote the music on the piano and Dia wrote the melody line. It is inspired by the true story of an 11-year-old girl who was rescued last summer from a circus in Assam, India. She had been trafficked to the circus at the age of six and had been badly abused.

The song is a letter from the girl to her mother explaining that, although she cannot come home, she remembers the songs her mother sang to her as a young child, and they sustain her even in the darkest hours. The chorus section at the end is lighter in tone as it represents her rescue from the circus and her eventual return home to Nepal.

Because the 'voice' is that of a girl, we asked Claire Kelly from the band *Shine* to harmonise with Dia on the vocal line and she did a great job on the record.

The circus rescue was carried out by a charity we support called the Esther Benjamins Trust ([www.ebt-rust.org.uk](http://www.ebt-rust.org.uk)) who do the most incredible work in helping to rescue dozens of trafficked and abused Nepali and Indian children every year.

Visit  
[www.ebt-rust.org.uk](http://www.ebt-rust.org.uk)

Bring  
*the pain*

**Ross Guinane** discovers just how tough no work and all play can be.

**T**akes instruction well, but needs to work harder." That's how I felt when I finished an afternoon of activity in Playnation—like a teenager with a mediocre report card from school. But that was not from lack of trying. It was more a result of being thoroughly exhausted after awaking muscles that had been dormant for many years.

It started off easy. As soon as I

arrived at the entertainment complex at Mirdif City Centre, I was drawn to iFly, the closest thing to skydiving, albeit without the plane.

A brief introduction and safety video demonstrating hand signals and flying positions, followed by a quick change into a flight suit, and then I was introduced to iFly Dubai instructor MadWolf69, better known to his friends as Ahmad Al Murid.

After a few more last-minute instructions, Al Murid was airborne in the vertical wind tunnel, showing me how easy it all was. From

ninja flips to front-flip barrel-rolls, I knew I could do them all. How very wrong I was.

From the second I started floating parallel to the ground, I lost my co-ordination, but by watching Al Murid's hand gestures, I soon got back on track.

Spending the next few minutes just about staying in the right position, pushing myself off the side of the tunnel and finally pulling myself from the wind machine, I eventually got the hang of things, even if I was far from impressive, to say the least.

Al Murid instructed, “chin up, legs straight, arched back and pelvis forward.” Before long, I had a better posture. Next thing I knew, my instructor had caught hold of my flight suit and sent us hurtling towards the ceiling, followed by the 10-metre drop back to within an inch of the tunnel’s floor. A short hover to pose for some pictures and then it was back to climbing the sky. Flying was



ROSS STRUGGLES UP THE CLIMBING WALL AT PLAYNATION

exhilarating, rising to the roof and dropping to the floor to the delight and amusement of the onlooking crowd.

Al Murid discussed former customers. “Some people forget how to relax, so when they see something like this, they tense up and forget to enjoy it. I’m here as an instructor, a safety net and, sometimes, an entertainer to put customers at ease. If they are relaxed, they understand they’re in no danger and they will really enjoy the experience. Just go with the wind.”

My fun did not stop there. Fueled with adrenalin, it was time to tackle the climbing wall. The trained instructors were enter-



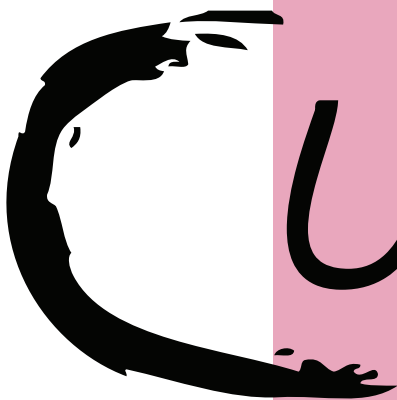
AHMED ‘MADWOLF69’ AL MURID (LEFT) AND ROSS

tained by my overconfidence, something that was short lived. Two climbs to the top of the wall left my forearms burning. On my return to the base, my arm

muscles were stretched out by my instructor who then signaled me to climb even harder parts of the wall, limiting me to a single colour grip. It was not long before I had to give up.

I continued my adventure by taking what I believed would be a leisurely glide along the Sky Trail. Once more, I was wrong. With already stressed arms, I just about managed to drag myself through the obstacle course, suspended 13 metres above the Playnation ground. Some less stressful ball rolling was in order, so I hit the lanes of Yalla! Bowling. And it was nice to finish my Playnation experience with a strike.

All in all, there were so many things to do at Playnation that I ran out of time. And, to be perfectly honest, I think I ran out of energy. If you are looking for something to keep the kids, teenagers, or even yourself, busy and entertained during Ramadan, get yourself to Playnation at Mirdif City Centre and prepare to be absorbed in adventure.



Curve

nail, hair

&

beauty saloon

BURJUMAN CENTER  
GROUND FLOOR  
TEL : 04 355 3788





# Teenage *kicks*

Disney is back with more of the same.

Songs by Allstar Weekend and Girl in a Coma appear on the *Prom* original soundtrack. Katy Perry's *Firework* appeared on the film's trailer but was not featured in the film itself.

## NEW RELEASE

*Prom* is a Disney film about, as you might expect, a high school prom.

From this fact alone, the tone of the entire film has already been set in stone before the opening credits even begin. Following on from the world of *Camp Rock* and *High School Musical*, the cast of this movie are all-American high school mannequins, with whiter-than-white teeth and hair that doesn't move unless it is being blown by the wings of a passing nightingale.

Having said that, you are not going to go and watch a film like *Prom* if you're a fan of Quentin Tarantino. And if you are the type of person who longs to be a teenager again, where everything was exciting and the only concern was what to wear and who to gossip



*“You are not going to go and watch a film like *Prom* if you're a fan of Quentin Tarantino.”*

about—or if indeed you really are a teenager—then Disney's latest offering could be exactly the kind of escapist, candyfloss-covered movie you are looking for.

Many teen movies recently seem to have been following a growing trend whereby the humour and innuendo toes a very thin line in regard to whether the movie can actually be deemed suitable for teenagers. However, as with all things Disney, you can be assured that this is not something to be concerned about—*Prom* is definitely a teen movie aimed slap bang between the eyes of its target market.

Following the age-old



story of good girl meets misunderstood and brooding bad-boy, the storyline is hardly packed with twists, but sometimes a simple tale works best. Aside from watching the relationship develop between popular and pretty Nova (Aimee Teegarden) and troubled—troubled in Disney’s sense of the word, that is—Jesse (Thomas McDonell), the story also follows several other characters as they prepare for the biggest night of their lives so far: the senior prom.

As everything starts to go wrong for prom-planner Nova in the run up to the big event, she is thrown together with Jesse to get the night’s festivities back on track in time. In an unavoidable homage to teen movies of the 1980s—*The Breakfast Club* anyone?—what starts as a rocky relationship be-

### DID YOU KNOW?

- Before work started, director Joe Nussbaum instructed the cast to watch classic teen high-school movies *Pretty in Pink*, *The Breakfast Club* and *Say Anything* for guidance.

- Thomas McDonell comes from a family of writers, but was discouraged from the career by his mother, although his brother still chose to become a writer.

- The school used to represent the film’s Brookside High was used for other movies, including *Nightmare on Elm Street*, *Teen Wolf* and *Pretty in Pink*.

tween head girl and rebel boy soon blossoms into something deeper despite their differences, though not without a suitable number of hiccups along the way.

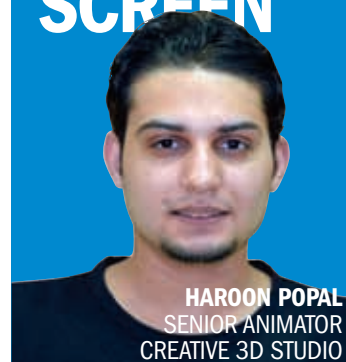


The film aims for a comedy approach when dealing with the development of the two characters’ relationship, however the jokes often verge on immature due to the intended audience’s age, and aside from a genuinely entertaining scene in a clothing boutique, the humour mainly falls short of the mark.

As sugary-sweet and predictable as this movie is, the ensemble cast is well assembled and each individual mini-story is suited to the characters. With a relatively unknown cast, this movie could signal the start of a whole new generation of Disney superstars who actually do a convincing job with the story at hand, with some of the lesser characters providing a couple of touching scenes.

Issues of teen angst and complicated relationships are touched on in enough detail for the genre and the script brings the individual plots together nicely for the finale, although, as you might expect, there are no prizes for guessing how it all ends.

## SILVER SCREEN



### New ways to attract viewers

**It is obvious** to everyone now, including myself, that the future of films is changing. Filmmakers are using a variety of 3D technologies such as 3D animation, Real 3D Cinema and 3D TV technology to attract the viewers.

These developments have become very popular and have created a competitive industry for most filmmakers and television manufacturing companies.

Over the past few years 3D technology has become very popular among the viewers, who enjoy the Real 3D technology by watching specially made films in adapted cinemas and make use of RealD viewing glasses.

I personally enjoy watching animated movies in 3D cinema, as they allow the viewer to have a fun and exciting experience. The new technology of films in 3D has not only grown in popularity with audiences, but also with filmmakers in recent years.

For audiences, the 3D experience can provide thrills that are visceral as well as visual, while filmmakers are using this technology to tell their stories in a way that is more immediate, more detailed and more real than ever before, allowing them to push the boundaries of film making to the limits of their imaginations.

The new technology of 3D film production and presentation offers many options as to where this increasingly important technology may be heading in the future, and with developments being made constantly, who knows how we could end up watching films in the future.

## Bollywood news

### KAPOOR SHOWS NATURAL BEAUTY

Although the news is yet to be officially announced, Kareena Kapoor is rumoured by a number of sources to become the new brand ambassador for the cosmetics giant, Lakme.

Having catapulted herself to become one of the top female choices of Bollywood directors everywhere, if the whispers are true it would seem that Lakme was just as keen to get this beauty involved in its latest campaign.



### KHAN DITCHES DUTT FILM ROLE

Salman Khan has asked for the role of the bodyguard’s father to be scrapped from upcoming flick *Bodyguard*. Khan had previously approached Sanjay Dutt to play the tough and macho role, believing he would fit it perfectly as someone to look up to, however Dutt refused to take on the part point blank, insisting to the media that he was not old enough to play Khan’s dad.



### KAIF ROCKS OUT

Katrina Kaif is set to wow cinema audiences with an upcoming musical number called ‘Dhunki’ in *Mere Brother Ki Dulhan*. The stunning actress undergoes a complete image transformation into a rock

chick for the high-energy number with a funky outfit, wild hair, tattoos and the ultimate rock and roll accessory—the electric guitar. Kaif stars as a Delhi university student in the film alongside Bollywood hunk Imran Khan.

# Reviews *in brief*

A quick look at the week’s biggest films.



**The Princess of Montpensier (2010, French)**  
★★★★★ **Mélanie Thierry, Gaspard Ulliel, Grégoire Leprince-Ringuet**  
Director Bertrand Tavernier brings Madame de Lafayette’s 1622 novella to the big screen in this period drama set against the backdrop of the Catholic-Protestant wars of France in 1562. Marie de Mézières (Mélanie Thierry) falls in love with Henri de Guise (Gaspard Ulliel) to then be forced into marriage with the Prince of Montpensier (Grégoire Leprince-Ringuet) by her father. While the themes may be classic, the film comes across as strikingly contemporary and fresh with many reviews comparing Mézières to a 21st century woman and praising the cinematography, landscapes and music.



**Powder Blue (2009)**  
★★★★★ **Ray Liotta, Forest Whitaker, Jessica Biel**  
Gaining a replay, this thriller from two years ago is reminiscent of *Crash* in that it sees four Los Angeles residents’ lives collide by chance on a Christmas Eve, but with a night club in common instead of a car crash. Despite many of the right ingredients for success, *Powder Blue* does not quite deliver, with many reviews blaming the over dramatised script and plot.



**Chala Mussaddi Office Office (Hindi)**  
**Pankaj Kapoor, Sanjay Mishra, Deven Bhojani**  
Opening this week, *Chala Mussaddi Office Office* is the feature movie that follows on from the popular TV series *Office Office*, directed by Rajiv Mehra. Like the series, the film follows Mussaddi Lal (Kapoor), a man who has to prove to government officials that he is alive when they accidentally remove him from official records after his wife dies. This leads to a chain of misunderstandings.

# Listings

## MOVIE GUIDE

**GRAND CINEPLEX - WAFI**

**Attack The Block** - 13:15, 17:45, 22:15  
**Bridesmaids** - 11:00, 15:30, 20:00, 00:30  
**Chala Mussaddi Office Office** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30  
**Dylan Dog: Dead of Night** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Ghost Machine** - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30  
**Harry Potter 7 (3D)** - 10:30, 14:15, 16:55, 19:35, 22:15, 00:55  
**Hoodwinked Too (3D)** - 11:25, 13:30, 15:30, 17:30  
**The Princess of Montpensier** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Singham** - 10:30, 13:30, 16:30, 19:30, 22:30  
**The Stranger** - 19:30, 21:30, 23:30  
**Surveillance** - 11:10, 13:20, 15:30, 17:40, 19:50, 22:10, 00:20  
**Vengeance** - 10:30, 12:45, 15:00, 17:15, 19:3, 21:50, 00:00  
**Zindagi Na Milegi Dobara** - 11:00, 14:00, 17:00, 20:00, 23:00  
**Zookeeper** - 10:40, 12:50, 15:00, 17:10, 19:20, 21:35, 23:45

**GRAND MEGAPLEX - IBN BATTUTA**

**12** - 13:30, 18:30, 23:30  
**Attack the Block** - 11:00, 16:00, 21:00  
**Bridesmaids** - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55  
**Chala Mussaddi Office Office** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30  
**Dylan Dog: Dead of Night** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Ghost Machine** - 10:30, 12:30, 14:30,

16:30, 18:30, 20:30, 22:30, 00:30  
**Harry Potter 7 (3D)** - 10:35, 10:40, 13:15, 13:20, 15:55, 18:35, 18:40, 21:15, 21:20, 23:55  
**Hoodwinked Too (3D)** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Horrible Bosses** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Kung Fu Panda 2** - 11:00, 13:10, 15:20, 17:30  
**Larry Crowne** - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10  
**Mr Popper's Penguins** - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**The Princess of Montpensier** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Prom** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30  
**Salt and Pepper** - 10:30, 13:30, 16:30, 19:30, 10:30  
**Singham** - 10:30, 13:30, 16:30, 19:30, 22:30  
**The Stranger** - 19:40, 21:50, 23:50  
**Surveillance** - 11:10, 13:20, 15:30, 17:40, 19:50, 22:10, 00:20  
**Transformers 3 (3D)** - 15:50, 00:00  
**Transformers 3 (2D)** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Vengeance** - 10:30, 12:45, 15:00, 17:15, 19:35, 21:50, 00:00  
**Zindagi Na Milegi Dobara** - 11:00, 14:00, 17:00, 20:00, 23:00  
**Zookeeper** - 10:40, 12:50, 15:00, 17:10, 19:20, 19:35, 23:45  
  
**GRAND CINEMAS - FESTIVAL CITY**  
**Arthur 3: The War of the Two Worlds** - 10:15, 12:15, 14:15, 16:15, 18:15  
**Bridesmaids** - 11:00, 13:30, 16:00, 18:30,



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

21:00, 23:30  
**Dylan Dog: Dead of Night** – 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Ghost Machine** - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30  
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**Transformers 3 (2D)** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Vengeance** - 19:30, 21:30, 23:30  
**Zookeeper** - 10:40, 12:50, 15:00, 17:10, 19:20, 21:35, 23:45

GRAND CINECITY - AL GHURAIR

**Adventures of Puresa** – 11:00, 13:00, 15:00, 17:00, 19:00, 23:00  
**Chala Mussaddi Office Office** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30  
**Dylan Dog: Dead of Night** – 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Harry Potter 7 (3D)** - 11:30, 14:15, 16:55, 19:35, 22:15, 00:55  
**Salt and Pepper** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Singham** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Sphinx** – 11:00, 13:10, 15:20, 17:30, 19:40, 19:50, 00:00  
**Zindagi Na Milegi Dobara** – 11:00, 14:00, 17:00, 20:00, 23:00

GRAND METROPLEX - METROPOLITAN

**Attack the Block** - 10:50, 13:00, 15:10, 17:20, 19:30, 21:35, 23:50  
**Bridesmaids** - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55  
**Delhi Belly** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00  
**Singham** - 10:30, 13:30, 16:30, 19:30, 22:30  
**The Stranger** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Vengeance** - 10:30, 12:45, 15:00, 17:15, 19:35, 21:50, 00:00  
**Zindagi Na Milegi Dobara** – 11:00, 14:00, 17:00, 20:00, 23:00  
**Zookeeper** - 10:40, 12:50, 15:00, 17:10, 19:20, 19:35, 23:45

GRAND MERCATO

**Bridesmaids** - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55  
**Dylan Dog: Dead of Night** – 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Harry Potter 7 (3D)** - 11:10, 14:15, 16:55, 19:35, 22:15, 00:55  
**Hoodwinked Too (3D)** - 11:30, 13:30, 15:30, 17:30  
**The Princess of Montpensier** - 11:30,

ATTACK THE BLOCK



14:00, 16:30, 19:00, 21:30, 00:00  
**Surveillance** - 11:10, 13:20, 15:30, 17:40, 19:50, 22:10, 00:20  
**Vengeance** - 19:30, 21:45, 00:00  
**Zookeeper** - 10:40, 12:50, 15:00, 17:10, 19:20, 21:35, 23:45

VOX CINEMAS - DEIRA CITY CENTRE

**Bridesmaids** - 10:15, 15:45, 21:30  
**Dead of Night** – 10:45, 13:15, 15:30, 17:45, 20:00, 22:15, 00:45  
**Delhi Belly** - 10:30, 15:45, 00:00  
**Fast 5** - 13:00, 18:45, 00:15  
**Ghost Machine** – 11:00, 13:00, 17:00, 19:00, 21:00, 23:00, 01:00  
**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, 00:45  
**Hoodwinked Too (3D)** - 10:30, 12:30, 14:30  
**Horrible Bosses** - 11:45, 16:00, 20:15, 00:30  
**Justin Bieber: Never Say Never (3D)** - 16:30, 18:45  
**Pirates 4: On Stranger Tides** - 21:00, 00:00  
**Mr Popper's Penguins** - 09:45, 14:00, 18:15, 22:30  
**Singham** - 12:45, 18:00, 21:00  
**Transformers 3 (3D)** - 15:15, 17:15, 21:15, 00:15  
**The Wiggles** - 11:15, 13:15  
**Zindagi Na Milegi Dobara** – 10:45, 14:00, 17:15, 20:30, 23:45  
**Zookeeper** - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

VOX CINEMAS - MOE

**Bridesmaids** - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45  
**Cars 2 (3D)** - 09:45, 12:15  
**Ghost Machine** – 15:00, 17:00, 19:00, 21:00, 23:00, 01:00  
**Giselle - Ballet (3D)** - 10:30, 19:00  
**The Hangover 2** - 12:30, 17:30, 22:30  
**Harry Potter 7 (3D)** - 15:45, 18:30, 21:15,

00:00  
**Harry Potter 7 (2D)** - 09:30, 12:15, 15:00, 17:45  
**Hoodwinked Too (3D)** - 10:30, 12:30, 14:30, 16:30  
**Horrible Bosses** - 10:30, 10:45, 12:45, 15:00, 16:15, 17:15, 19:30, 21:45, 00:00, 00:15  
**Justin Bieber: Never Say Never (3D)** - 16:00, 18:15  
**Kung Fu Panda 2 (3D)** - 10:00, 12:00, 14:00  
**Pirates 4: On Stranger Tides** - 15:45, 20:45, 21:15, 23:45  
**Mr Popper's Penguins** - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 11:30  
**Powder Blue** – 09:30, 14:30, 19:30, 00:30  
**The Princess of Montpensier** - 11:45, 16:45, 21:45  
**Transformers 3 (3D)** - 12:45, 18:30, 21:30, 00:30  
**The Wiggles** - 09:30, 11:30, 13:30  
**Zindagi Na Milegi Dobara** – 20:30, 23:45  
**Zookeeper** - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

VOX CINEMAS - MIRDIF CITY CENTRE

**Bridesmaids** - 10:30, 13:00, 15:45, 18:30, 21:00, 23:45  
**Cars 2** - 10:00, 12:30, 15:00  
**Dylan Dog: Dead of Night** - 17:45, 20:15, 22:30, 00:45  
**Harry Potter 7 (3D)** - 12:45, 15:30, 18:15, 21:00, 23:45  
**Harry Potter 7 (2D)** - 10:15, 13:00, 15:45  
**Hoodwinked Too (3D)** - 11:15, 13:15, 15:15, 17:15  
**Horrible Bosses** - 11:30, 15:45, 20:00, 00:15  
**Justin Bieber: Never Say Never (3D)** - 19:15  
**Kung Fu Panda 2 (3D)** - 09:45, 11:45, 13:45, 15:45  
**Mr Popper's Penguins** - 09:30, 13:45, 18:00, 22:15  
**Prom** - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00, 01:15

**Transformers 3 (3D)** - 21:30, 00:30  
**The Wiggles** - 10:45  
**Zindagi Na Milegi Dobara** – 17:30, 20:45, 00:00  
**Zookeeper** - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

REEL CINEMAS - DUBAI MALL

**Attack the Block** - 18:00, 20:15, 22:30, 00:45  
**Bad Teacher** - 16:20, 20:30, 00:40  
**Bridesmaids** - 14:40, 17:15, 19:00, 19:45, 21:30, 22:15, 00:30, 00:45  
**Dylan Dog: Dead of Night** - 17:20, 19:40, 22:00, 00:25  
**Ghost Machine** – 15:00, 17:00, 17:05, 19:00, 19:15, 21:00, 21:25, 23:00, 23:35, 01:00  
**Hanna** - 17:00, 19:30, 22:00, 00:30  
**Harry Potter 7 (3D)** - 17:30, 20:30, 23:30  
**Harry Potter 7 (2D)** - 14:05, 16:45, 18:25, 21:05, 23:50  
**Hoodwinked Too (3D)** - 16:00, 18:30, 21:00, 23:30  
**Horrible Bosses** - 17:00, 19:10, 20:00, 21:20, 23:30, 00:05  
**Mooz-Lum** - 17:45, 20:05, 22:15  
**Monte Carlo** - 14:10, 18:20, 22:30  
**Mr Popper's Penguins** - 14:15, 18:35, 22:50  
**The Princess of Montpensier** - 15:20, 18:20, 21:20, 00:20  
**Prom** - 14:45, 17:15, 18:25, 19:45, 20:55, 22:15, 23:25, 00:45  
**Surveillance** - 14:00, 16:20, 18:40, 21:00, 23:40  
**Transformers 3 (3D)** - 15:00, 18:00, 21:00, 00:05  
**Vengeance** - 17:30, 19:45, 22:00, 00:20  
**West is West** - 16:20, 20:40, 00:55  
**Zookeeper** - 15:35, 17:50, 18:00, 20:05, 20:30, 22:20, 23:00 00:35

TO FEATURE YOUR EVENT,  
EMAIL EDITORIAL@README.AE

YOU REVIEW

*We asked cinemagoers what they thought. This week: Bridesmaids.*

Lois Davidson  
Student, Victory Heights



“I saw *Bridesmaids* which was really good. It was like the female version of the *Hangover*, and I really liked how it had Chris O’Dowd from the IT crowd in it.”

Sonal Raj  
Bank Manager, Motor City



“The whole movie was highly entertaining and definitely something a lot of young women would enjoy. It was a great light-hearted movie and was perfect to watch after a hard day’s work.”

Maxine Machado  
Dance Performer, Jumeirah



“I really enjoyed *Bridesmaids*. I was impressed by its originality and I liked how not many of the cast members were too well known. It targeted a wide range of audiences, so there was something for everybody. I definitely recommend it.”



# Do it yourself?

Or find a man who can? What's the best way to protect the fabric of your home? *Read.* reports.

**F**or most of Dubai's history, there was a clearly understood division of responsibility about who looked after what in the average home. The owner (generally the landlord) was responsible for the major items, services and utilities; for clearing drains, fixing leaks, repainting and upgrading as nec-

essary. The tenant had a duty to keep things clean, in good condition, safe and tidy and not to break things.

All that began to change 10 years ago, with the passing of a law allowing foreign ownership of property in designated areas. People began to take on responsibility for the upkeep of their homes to a much greater extent, and a whole new industry emerged, with traditional, large-scale "facilities main-

tenance" companies (who looked after whole office blocks, factories and properties such as hotels and apartment buildings) beginning to offer their services to individual home owners and occupants. Now there are dozens.

So what sort of services do these companies provide, and what cover is available? *Read.* spoke to a number of the leading players in the industry to find out. Here is what they recommend.

Not surprisingly, the first area where all agreed was the importance of regular servicing and maintenance of your air conditioning equipment. Many Dubai residents will recall a major power failure a few years ago, in the height of summer, that brought the city to a halt and demonstrated that the gap between civilization and near chaos was about four hours. People were getting into their cars to escape the heat, only to discover that without power, petrol stations could not dispense fuel. If your A/C fails, you need to act fast.

Prevention, as they say, is always better than cure. Rather than wait for your A/C to break down, save a fortune by having a proper planned maintenance program. The generally accepted interval is quarterly servicing, and this should cover a full schedule of activities. Make sure you have a qualified team of technicians with



the equipment, tools and experience necessary to carry out a professional job, and that they do all of the following: clean all air filters, washing electrostatic ones and replacing fiberglass units; clean, drain and flush all drip trays, drain lines and overflows; remove, clean and reinstall all diffusers and fan

covers, especially the outdoor components, as these often get very dusty and suffer from restricted air flow, which in turn reduces their effectiveness and cooling ability; clean and oil the fan motor if necessary, check all belts and drain, capture and replenish refrigerant gas. Do this four times a year and you will always enjoy a cool night's sleep.

It makes sense then to check the rest of your home's electrical system. Appliances can and do fail, and it is worth having everything professionally inspected to make sure plugs are fitted properly, there's no risk of overheating or a short, and that all of your circuit breakers are in good condition and working properly.

Lastly, there is plumbing. Water heaters have been known to fail; either the element goes or the tank starts leaking, both of which are not an amateur fix. Drains too can give problems, with both fats and oils from kitchen waste causing blockages, or soap scum from washing machines and dishwashers building up and reducing flow rates. Quarterly cleaning will keep everything running smoothly and prevent problems building up. It is also a good idea to have your main water tank cleaned on an an-

nual basis, to ensure that the water flowing through your taps is clean and pure.

Remember to check roof drains and A/C outflows as well. We do not often get rain in Dubai, but when we do, we get a great deal of it. It does not take long for a few uncleared leaves at the bottom of a pipe to become a major problem with the flooding of balconies and bedrooms. Best to clear the drain before it rains, rather than after the event.

Where you go after that is up to you. Most maintenance companies extend their range of services to include minor or major carpentry works, small building and development projects, interior

*“Do not think of it as an added expense, instead regard it as an investment in your own piece of mind.”*

## FANCY A NEW KITCHEN?

One of the quickest and most cost effective ways to transform your kitchen is to paint the cupboard doors and replace the handles. A simple coat of gloss in a new colour will have a major impact, and you can accessorise with matching colours in utensils and crockery for a real designer look. Take your time to get a good finish, and you will be amazed at the difference it makes.

IT IS FAR BETTER TO MAINTAIN YOUR A/C THAN TO WAIT FOR IT TO BREAK DOWN



## CLUTTER, CLUTTER EVERYWHERE?

The secret to successful decorating is to do one room at a time. But before you even do that, make life easier for yourself by getting rid of clutter. Look carefully at everything in a room – is it useful? Is it beautiful? Have you even looked at it/worn it in the last year? You know the answer. If it is not positive, time to get rid of whatever you are looking at. Donate it to charity, and make space in your life for something new.

## A DAB HAND?

One of the simplest home improvements anyone can make is to paint your walls with a fresh coat, either of the same colour, or something new. There are dozens of outlets across the city selling Jotun and other paints, and you will find large colour specialist sections in hardware stores such as ACE and Speedex. Be bold and trust your instincts, or ask for advice, but either way, a fresh coat of colour even on a single wall can transform a room. It does not take long and you would be amazed at the results. Just remember that the secret of success in all DIY tasks is planning and preparation. Do that properly, and you will get a great result.

## USEFUL CONTACTS

**Hitches & Glitches**  
www.hitchesandglitches.com  
**MAX Engineering**  
www.maxengs.com  
**Quick Fix**  
www.qfixdubai.com  
**Emrill (Emaar)**  
www.emrill.com  
**Howdra**  
www.howdra.ae  
**Jim Will Fix It**  
www.jimwillfixitservices.com

and exterior cleaning of windows, walls and patios or driveways, and deep cleaning of kitchens and bathrooms. Do not think of it as an added expense, instead regard it as an investment in your own peace of mind. Look after your home well, and it will surely look after you.

How much does it cost? Price depends on a number of factors, including the size of your property, the level of package you elect to take, and the number of services and frequency of visits. Costs can range from around Dh250 per month for an apartment or small townhouse, to several times that for a large villa. Expect to pay somewhere between Dh5,000 and Dh7,000 annually for a standard package, and more if you want total peace of mind. Always ensure that the package includes everything you expect, and be clear about things such as response times and 24-hour emergency cover.

# Eco *drive*

Car companies are falling over one another to show the public their newest environmentally friendly ideas.

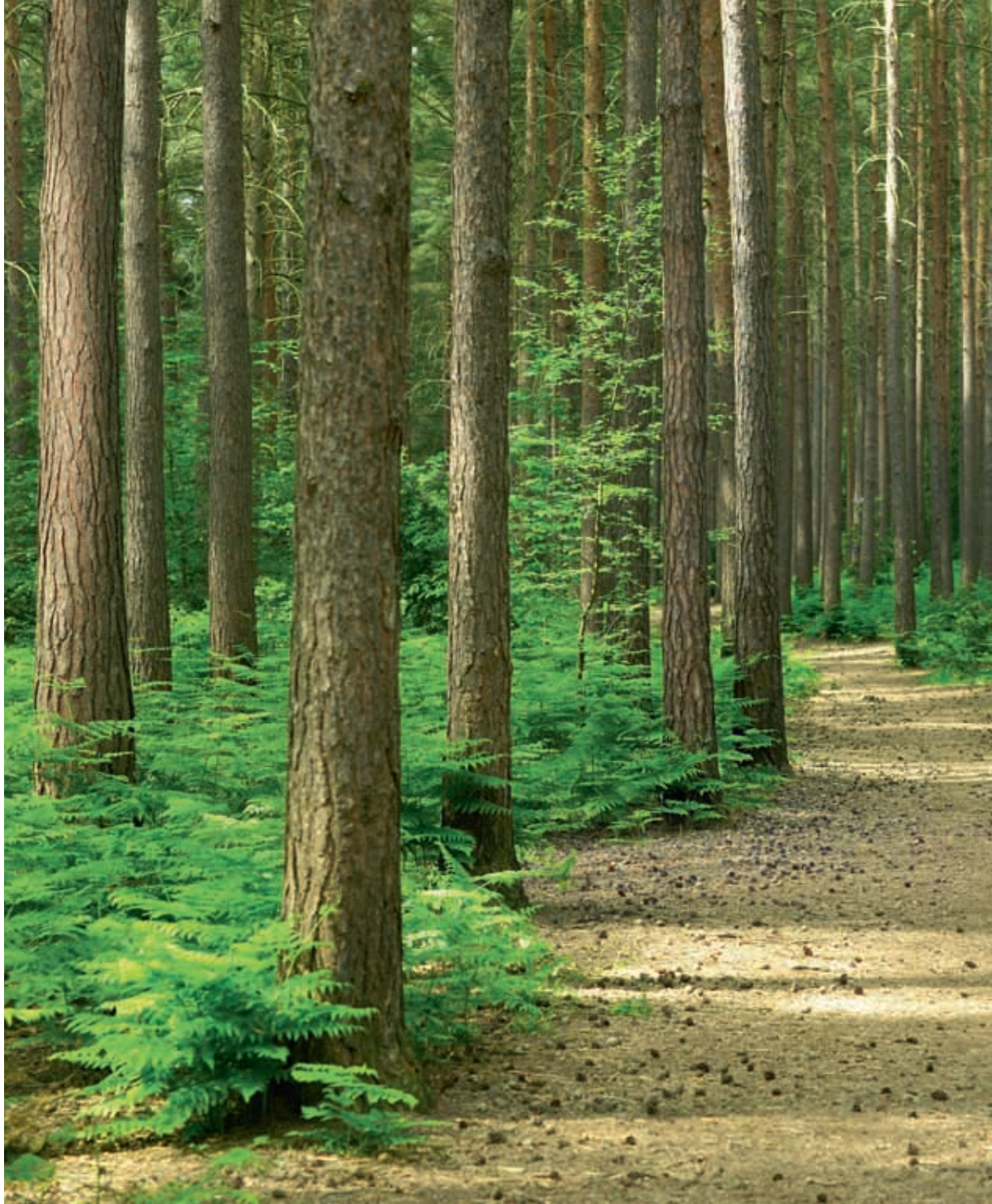
## GREEN MOTORING

**Roll up!** Roll up! It is time to set up your sustainable stall. What will you choose? Bioethanol? Fuel cell? Pure electric? Range extender? Hybrid? Hydrogen?

Over the last few years, car-makers have been making their cases for their individual visions for an environmentally sustainable future. Early on, General Motors saw fields of sugar cane as the answer, replacing petrol and diesel with bioethanol. The Detroit carmaker then hedged its bets by releasing the Chevrolet Volt, a plug-and-drive electric car with a 1.4-litre range-extending engine to give it more distance.

Nissan, on the other hand, has been quite radical and plumped for pure electric, working in partnership with third parties to provide battery-swap and recharge stations for its and Renault's EVs. And, of course, Toyota has been big on hybrid, with the Prius be-

*“The Prius has become the darling of the trendy, eco-friendly set around the world.”*



THE BMW i3 AND THE i8 (BOTTOM)



The technology involved in these two cars is not new to the market. The fully electric i3 runs on a simple battery that is capable of 150km on a single charge with the option of a small petrol engine that can be used as a range extender. The i8, meanwhile, is a plug-in hybrid with a battery capable of 35km on a charge, which then becomes a regular hybrid through a 1.5-litre, 220bhp petrol engine.

Where BMW believes the i series comes into its own is the efficiencies made by design and manufacture. Although the bulk of the i3 and i8 will be constructed of aluminium and carbon fibre composites, BMW has made a gigantic push to ensure that much of the vehicle's other components are made from renewable material using renewable energy wherever possible.

For example, 80 per cent of the i3's aluminium is either recycled or produced with renewable energy and 25 per cent of the weight of plastics used comes from recycled or renewable raw materials. Some of these raw materials include hemp sourced from Bangladesh.

While other manufacturers have been incorporating sustainability into their existing

coming the darling of the trendy, eco-friendly set around the world.

Now the electric car debate is set to move into the premium segment by 2013, when BMW launches its “i” sub-brand, and last week the Bavarian carmaker entered the ring when the range was revealed in Frankfurt. At the event, two new, space-age models, the i3 city car and the i8 speedster, were shown off for the first time, alongside their technology and innovations in construction.



## Android-powered smartphones

### Motorola Defy

This Android-powered phone has made a name for itself as one of the toughest smartphones on the market, being dust-resistant and waterproof. What is more, the toughness does not impede the Defy's functionality, meaning it can support most of the best Android apps, despite only running Android 2.1. It might not be the most advanced smartphone out there, but the Defy is certainly a reasonably priced option for anyone looking for a tough piece of tech.

Dh  
1,399



Dh  
1,299

### HTC Chacha

Having already taken a chunk out of the iPhone's customer base, HTC is keen to draw Blackberry users over to the brand with its Qwerty-keyboarded Chacha. Sporting Google's latest version of Android, Gingerbread 2.3, it is an extremely likeable phone to use, particularly with its dedicated Facebook button.



Dh  
599

### Samsung Galaxy Mini

Despite this being a smartphone for those on a budget, the pint-sized Galaxy Mini still packs plenty of punch. The tiny screen is completely dwarfed by Samsung's flagship Galaxy S2 smartphone, but all the functionality is still all there. It sports an entirely useable 3-megapixel camera, which is also capable of capturing video footage, albeit in low-resolution. The screen's performance has been described as poor, but the upshot of this is that the phone is extremely speedy, making it a great smartphone for those wanting some bang for their buck.



Dh  
1,749

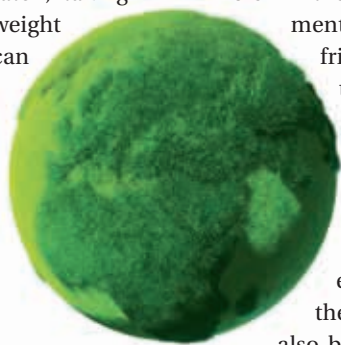
### Sony Ericsson Xperia Play

Dubbed the PlayStation phone, the Xperia Play was released following a huge amount of buzz, and has impressed as both a powerful smartphone and a capable gaming device. The slide-out game pad makes for an extremely immersive gaming experience, and the device comes preloaded with a number of popular titles. What is more, it is extremely easy to purchase new games from the Android Market app store.



ranges—even the mighty Bentley Continental GT can now be driven on bioethanol—BMW has been at pains to point out that the cost of converting a petrol model to electric can often outstrip the benefits. As a result, the i sub-brand has been designed and built from scratch, taking into account the weight that battery cells can add to a vehicle.

*“Even the mighty Bentley Continental GT can now be driven on bioethanol.”*



Starting from a relatively blank canvas, designers have combined the latest advances in electric powertrain development with the lightweight and environmentally friendly materials to come up with a range of models that, the brand hopes, will give owners in the premium segment the sort of eco-friendly credibility that Toyota Prius owners have enjoyed for several years.

Aside from showing BMW's eco-credentials, the new cars will also bolster the attack against perceptions that electric cars are slow. The i8 has a 0-100km/h time of 4.6 seconds, while even the i3 records a respectable time of 7.9 seconds.

But what does this mean for the Dubai market? Very little, at least for the time being. Given the extreme climate, and the load the heat places on electric systems—such as air conditioning and mechanical cooling—hybrids have traditionally struggled here.

But accepting the rate of technological innovation in sustainable motoring, as well as a market that is wild for the latest gadgets, plenty can change between now and 2013, when the i sub-brand enters the international market.



# Relish doing nothing in *Sri Lanka*

Despite being a backpacker hangout, Sri Lanka provides the perfect haven for relaxation.

**O**f all the places to do nothing, Sri Lanka is surely the most congenial. In this tiny, tear-shaped nation days can roll unnoticed into weeks as you doze away afternoons in hammocks, loll in lukewarm waters or wander along great stretches of white beach with only crabs and turtles for company.

There is also plenty to entertain more active tourists. Adventure-seekers pack their walking boots and head into the hill country to discover ancient Buddhist statues, hidden in the jungle, that have not been seen for decades, or stroll through fragrant tea plantations around Kandy.

Even here, however, the calm, leisurely ambience of Sri Lanka reigns supreme and the days drift lazily by as you gaze in wonder at the country's magnificent waterfalls and trundle through palm groves, admiring the lush green landscape from the back of an obliging elephant.

At this time of year, many tourists head to Arugam Bay, where easy access to national parks and mangroves is combined with idyllic beaches and some gentle entertainment. It is also a haven for surfers, who come from all over the world to ride the waves at several renowned point breaks.

For such a well-known and increasingly popular spot, Arugam Bay nevertheless retains the down-to-earth vibe that characterises most of Sri Lanka. Initially a small fishing village, it now of-

fers a wide array of budget, and a smattering of mid-range, accommodation to cater to the growing number of tourists.

The damage wreaked by the 2004 tsunami swept most of the beachfront guest houses away, but many have since rebuilt and a number offer slick and relatively pristine accommodation with excellent restaurants. Mambo's, a favourite among surfers due to its location a few yards from the main point, is among the swankier accommodation op-

*“Time slips peacefully by in a haze of relaxation.”*

tions, though it is still a million miles away from the kind of high-end hotels that hug the coastlines of Dubai.

Hammocks swing from palm trees in the garden to the sounds of Bob Marley and Jack Johnson coming from the small bar. Across the grass (swept daily to clear fallen palm leaves) are several casual, wooden cabanas with verandas that provide the perfect spot to watch the sun go down.

Once a week, Mambo's holds a relatively raucous party and the sound system blares trance and hip-hop music well into the night. Every other day, however, time slips peacefully by in a haze of

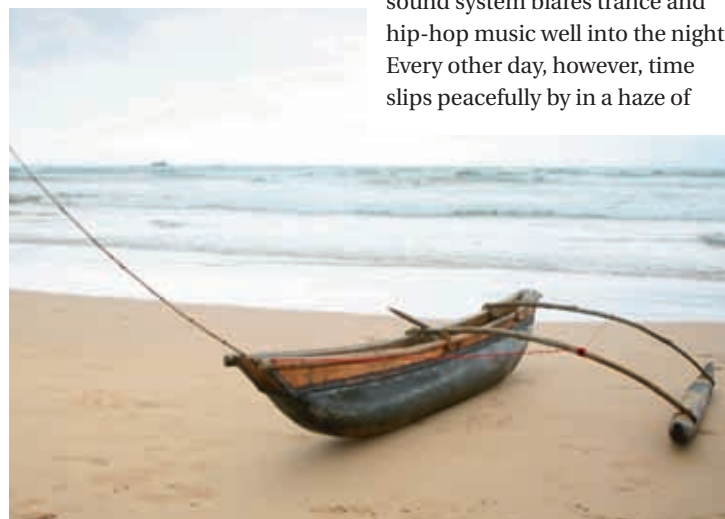
## OTHER GREAT BEACHES

**Hikkaduwa:** When things go quiet in Arugam Bay, it means they are rewinding up for the Hikkaduwa season. A picturesque beach, plenty of surf, lots of market stalls, restaurants and places to watch the sun go down make this a popular spot in winter and spring.

**Stay at Blue Ocean Villa: 227 7566**

**Tangalla:** Walk for miles along impossibly beautiful beaches and see no one and nothing except the sea, palm trees and maybe the odd crab. This utterly exquisite spot is the perfect retreat from hectic city life, where stress evaporates in the breeze as you sip milk from a coconut and rock gently in a hammock.

**Stay at Ganesh Garden: 224 2529**





BEACH HUTS PROVIDE SLICK AND PRISTINE ACCOMMODATION

“*Arugam Bay has quickly built up an array of excellent restaurants.*”

slightly more adventurous options and pride themselves on growing the majority of their ingredients organically. This popular spot also features a number of clean and colourful rooms that become booked up months in advance. It is always wise to book ahead if you are planning to visit Arugam Bay during the season. From May to September, people flock here from as far afield as America and Europe to experience the surf, kick back on the beaches and wallow in the serene and impossibly chilled out atmosphere of this beautiful country, where the view from the hammock is always exquisite.



relaxation and inactivity. Coffee in the morning overlooking the ocean and afternoons spent wandering along the beach, lying in the sun or reading in the shade of cushion-lined follies becomes the daily routine. For those who really do need to exert some energy, even when on holiday, there is always the challenge of surfing. After all, every second tourist in Arugam Bay is there for that reason alone. Veterans will find no shortage of points to practise their skills in and around the bay, while beginners can get lessons with local

instructors or simply rent a board and copy someone who looks as though they know what they are doing. With a constant influx of hungry surfers to feed, Arugam Bay has quickly built up an array of excellent restaurants and roadside eateries. Menus tend to be similar, offering the standard but delicious option of rice and curry alongside a large variety of fresh fish and Western options such as spaghetti and pizza. Some, however, like Gecko's, run by an English woman and her Sri Lankan husband, specialise in

# Muscat's ancient heart



THE MUTTRAH SOUK IS ONE OF MUSCAT'S HIDDEN GEMS



The Muttrah souk is another top attraction. A little warren of shops selling silver-sheathed daggers, kuma hats, spices, fabrics and, bizarrely, lots of walking sticks, it is pervaded by the sweet smell of Omani frankincense, and punctuated by fresh juice and snack bars for you to refuel with as you browse at leisure. Portuguese forts dating back to the 1500s can be seen standing as sentinels to the Sultan's palace, and one overlooking the corniche is so camouflaged that it seems hewn from the very mountain itself. Despite this rich cultural heritage, Muscat has all the comforts of a modern city, and being only a four-hour drive from Dubai, it is a must-see for us city-slickers.

**WEEKENDS AWAY** Muscat feels worlds apart from Dubai. Everything is brought down a level or two; the buildings are low-slung, the pace of life seems slower, and the cars are normal. Even the temperature drops a few degrees. The city is split into five or six areas, separated by mountains, so only accessible by car, but the scenery makes the necessary driving in between extremely enjoyable, particularly along the coastline. The blue of the Gulf of Oman on one side is in stark contrast to the bare, rugged mountains on the other, and, with bursts of greenery in between, the effect is spectacular. The buildings in Muscat are traditional, with their arched windows and doorframes, their balconies of latticework in arabesque

curves, and their castle-like crenulations crowning flat roofs. The best place to appreciate such architecture is in the oldest part of the city, Muttrah, Oman's ancient seafaring port. At the fish market, the fresh catch of the morning displays the huge variety of sea life: bright orange fish and small ones striped with blue; some with teeth and some with flat noses; stingrays and baby sharks.

## Vox pop

*Your favourite holiday memory?*

**Bassam Sahyuni**  
Customer service officer, Sharjah



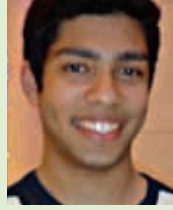
“My favourite holiday memory from when I was a child was in Lebanon, where I slipped on the ice. I miss the ice in Lebanon as there is not much ice here in Dubai.”

**Eve Hewagama**  
Credit officer, Jebel Ali



“I only went on one holiday to London as a child, but I was too small to remember it. My favourite holiday memory was my honeymoon, when my husband and I went to the uphill area of Sri Lanka. I particularly enjoyed visiting the waterfall when I was on this trip.”

**Zaki Ahmed**  
Student, Al Barsha



“I went on a camping expedition to Argentina for 10 days, and that probably is my most memorable holiday as I had never really left the city before. It was such an experience.”

**Michelle Alcock**  
Architect, Jumeirah



“I went to Australia when my children were younger and we had a great holiday travelling around the country. One week we were snorkeling and the next we were skiing.”

# Smash and run

The **Ramadan T20 Cup** promises to be the cricket event of the summer.



**Win an  
Awazen Spa  
voucher worth  
Dh250**

Answer the following question and win a Awazen Spa voucher worth Dh250.

**What ethnic group was largely responsible for building most of the early railways in western USA?**

Email your answer to [contests@readme.ae](mailto: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.

## CRICKET

For the second year running, the Ramadan Twenty-20 Cup has Dubai-based cricket fans raring to hit the crease, with 12 teams battling it out at the Dubai International Cricket Stadium for a two-week tournament of smash-and-run cricket. And with Danube on board as title sponsor, this year the teams are competing for a total prize fund of Dh30,000.

"Each day we have two games, with teams featuring international players from around the world," said Mazhar Khan, administrator at the Emirates Cricket Board (ECB). "Last year we had some first-class Sri Lankan players, and this year we have some more professional players coming over from Pakistan, which is really exciting."

The matches, held at 8pm

and 11pm from August 5 to 21, pit company-sponsored teams against each other—teams such as the New Medical Centre team or the Danube Lions—and there are no restrictions on players' nationalities.

"This tournament will give an opportunity to show off the cricketing skills available locally," said Abdul Rahman Falaknaz, chairman of the Dubai Cricket Council. "Our outstanding cricketing facilities at the stadium provide a great location for the best teams to be able to play throughout the month of Ramadan."

Of the prize fund, Dh15,000 will be given to the winning team, while the runner-up will receive Dh10,000. There are also plenty of individual prizes up for grabs, such as the player of the tournament, which carries a prize of Dh1,000, as well as the best bats-

*"Each day we have two games, with teams featuring players from around the world."*

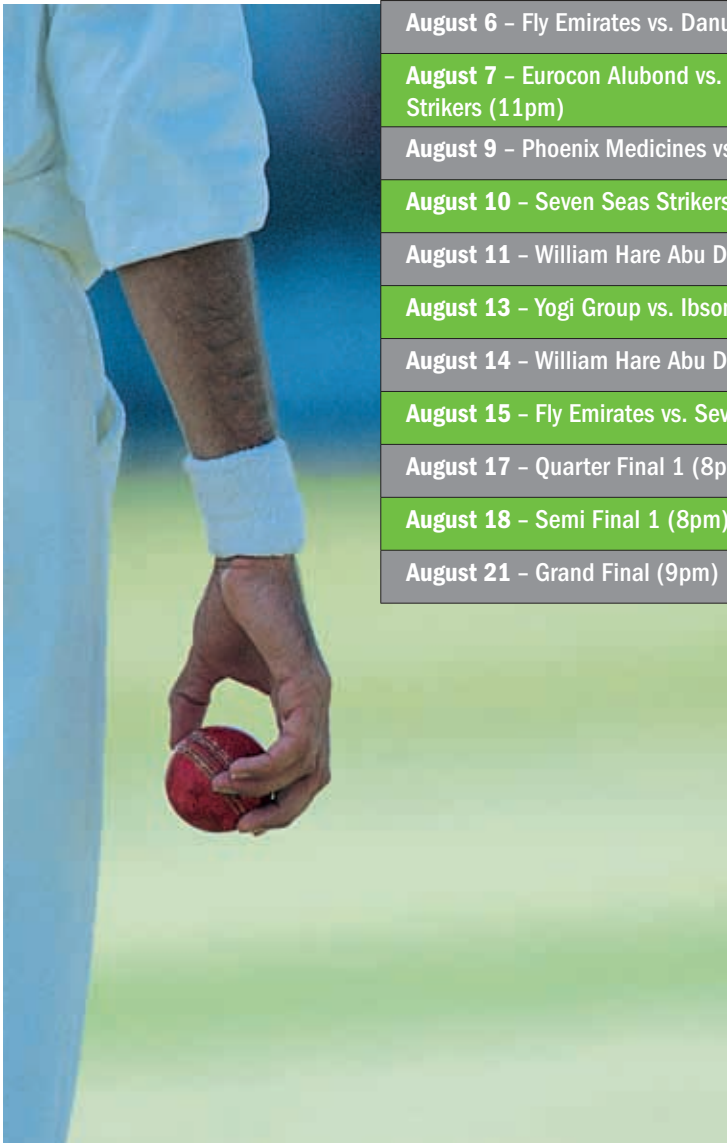
man and best bowler, who will take Dh750 each.

Last year's tournament proved to be extremely popular, and was eventually won by the ECB's own team. This year, the ECB Blues will once again look to succeed, though they will face stiff competition from the likes of the Fly Emirates team and the William Hare Abu Dhabi Gymkhana Cricket Club.

Given the fast-paced nature of the T20 form of cricket, there should be plenty of action to keep the fans enthralled over the course of the competition. In every game, both teams are allowed 20 overs in which to score as many runs as possible. As Falaknaz says, "It's fast, quick and entertaining."

Khan expects this year's Ramadan T20 Cup to draw a large number of spectators. "There are no entry fees for the games, so I'm sure we'll have plenty of families turning up for some good evenings of cricket," he said.

The 2011 Danube Ramadan T20 Cup final will take place at 9pm on August 21. Games before that will begin at 8pm and 11pm on the allocated match days. For more information, spectators can visit [www.dubaisportscity.ae](http://www.dubaisportscity.ae)



MATCH SCHEDULE

|                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------|
| August 5 – ECB Blues vs. NMC (8pm), Ibson CC vs. Farooq CC (11pm)                                                |
| August 6 – Fly Emirates vs. Danube Lions (8pm), Phoenix Medicines vs. Yogi Group (11pm)                          |
| August 7 – Eurocon Alubond vs. Interface Transworld (8pm), William Hare Abu Dhabi vs. Seven Seas Strikers (11pm) |
| August 9 – Phoenix Medicines vs. Ibson CC (8pm), Yogi Group vs. Farooq CC (11pm)                                 |
| August 10 – Seven Seas Strikers vs. Danube Lions (8pm), ECB Blues vs. Interface Transworld (11pm)                |
| August 11 – William Hare Abu Dhabi vs. Fly Emirates (8pm), Eurocon Alubond vs. NMC (11pm)                        |
| August 13 – Yogi Group vs. Ibson CC (8pm), ECB Blues vs. Eurocon Alubond (11pm)                                  |
| August 14 – William Hare Abu Dhabi vs. Danube Lions (8pm), NMC vs. Interface Transworld (11pm)                   |
| August 15 – Fly Emirates vs. Seven Seas Strikers (8pm), Farooq CC vs. Phoenix Medicines (11pm)                   |
| August 17 – Quarter Final 1 (8pm), Quarter Final 2 (11pm)                                                        |
| August 18 – Semi Final 1 (8pm), Semi Final 2 (11pm)                                                              |
| August 21 – Grand Final (9pm)                                                                                    |

“It’s fast, quick and entertaining.”

THE TEAMS

- ECB Blues
- New Medical Centre (NMC)
- Phoenix Medicines
- Eurocon Alubond Cricket Club
- Seven Seas Strikers
- Danube Lions
- Yogi Group
- Fly Emirates
- Interface Transworld
- William Hare Abu Dhabi
- Gymkhana Cricket Club
- Ibson Cricket Club
- Farooq Cricket Club

Reader's view

The ins and outs of local football

With the UAE league gearing up for a new season, reader **Dariush Kamyab** explains what he is waiting for.

FOOTBALL



**Football** fanatics across the Emirates rejoice. With a ball yet to be kicked and less than two

months to go until kick-off, this season's domestic league is already shaping up to be an exciting one.

Clubs over here have attracted their fair share of world-class names to the country. The 2008-09 Bundesliga winner and top scorer Grafite has joined Al Ahli along with the former Internazionale midfielder Luis Jimenez, the robust Romanian Mirel Radoi inked a deal with Al Ain and the powerful Ibrahima Touré signed for the new Ajman Club from top Iranian side Sepahan.

New additions aside, most outfits have managed to retain their international and local stars for the upcoming season. Al Wahda boldly

fought off advances from Olympique Lyon to retain their promising Emirati talent Hamdan Al Kamali. And Etisalat Cup winners Al Shabab have kept their midfield triumvirate of Carlos Villanueva, Julio Cesar and Jociel Da Silva very much intact.

Stepping off the pitch, we have seen the legendary Diego Maradona take charge at Al Wasl and have subsequently witnessed the world sit up and take notice of football happenings in the Emirates. Further coaching additions to the league include the unconventional Italian Walter Zenga at Al Nasr and the Czech Ivan Hasek at Al Ahli, the latter returning to the club where he won the President's Cup, Pro League and Super Cup between 2007-09.

Teams have also begun to reach out to their fans in an effort to create a buzz around their presence in the national league. Al Ahli and Al Jazira recently signed deals with kit



AL AIN'S FAYED MOHAMMED TACKLES PALERMO'S JOSIP ILICIC

providers Nike and Adidas respectively, making their merchandise available in sports shops around the country for supporters to purchase.

Most clubs offer free entry to their games, at which fans can expect a family-friendly atmosphere amongst a cacophony of drums, singing and, occasionally, even bagpipes.

The goalzz.com site offers readily updated fixtures for all world leagues, including the UAE, ensuring that fans are only a few clicks away from finding out when and where their teams are set to perform.

With a tantalising combination of star players, world-renowned managers and a football-crazy population, the global footballing public will have its expectant eyes firmly fixed on the UAE this year. As fans, we can be a part of this and do our bit to make this season a magical one.

# Ramadan timings announced



AHMED HASSAN MAHBOOB

**The Customer Service Department** of the RTA has announced new timings for services during the holy month of Ramadan. These new schedules impact on a wide range of facilities, including customer service centres, car-parks, public buses, Dubai Metro, marine transport, driving schools, and vehicle testing and registration centres.

A number of these services will be available up to midnight, such as main bus stations.

Inter-city bus stations, meanwhile, will operate 24 hours a day, while feeder buses for Metro stations will operate until 1.00am.

“Adjusting the service delivery timing is aimed at improving the level of services delivered by RTA agencies to all members of

the community, in keeping with the daily practices observed during the holy month of Ramadan. These are quite different from the daily routines during the remainder of the year,” said Ahmed Hassan Mahboob, director of customer service for the RTA Corporate Administrative Support Services Sector.

“These changes to working hours will involve the Umm Al Ramoul, Al Barsha and Deira customer service centres opening from 8:00am to 2:00pm; the Al Safa Centre from 8:00am to 5:30pm; the Al Karama Centre from 9:00am to 2:00pm; the Al Tawar Centre from 9:00am to 5:30pm; and the Al Awir Centre will have two working sessions: from 9:00am to 2:00pm and from

8:00pm to 11:30pm. The timing of paid parking zones during evenings over Ramadan will change, with new timing from 8:00am to 1:00pm and 7:00pm to 12:00 midnight.

Fish Market paid parking timings will be from 8:00am to 1:00pm and 7:00pm to 12:00 midnight throughout the week.

“Dubai Metro will operate from 5:50am to 12:00 midnight from Saturday to Wednesday, from 5:50am to 1:00am on Thursday, and 1:00pm to 1:00am on Friday. These timings will be applicable at all Metro stations.

“Vehicle testing and registration centres will open from 8:00am to 3:00pm from Saturday to Thursday, and 9:00 pm to 12:00 midnight at all service-provider outlets.”

## New video to outline commuter regulations

**The Rail Agency** of the RTA, in cooperation with SERCO, Dubai Metro's operator, last month launched a campaign to inform passengers on all rules, regulations and practices that must be always adhered to on the Metro network.

Ramadan Abdullah, director of rail operations, said, “We are always looking to deliver a package of services to improve services on the Metro. Therefore we opted to launch a campaign for commuters in the form of a 2-minute video to be shown on all 44 trains

that operate daily on the Red Line.”

The video showcases a number of regulations and guidelines designed to ensure customer satisfaction and avoid offences. Most of these can be attributed to passengers' poor knowledge of guidelines. As a result, the RTA is providing ample opportunity for passengers to familiarise themselves with regulations, which include refraining from eating and drinking, no pets, no smoking and no throwing of litter on the platforms and in trains.

## Taxi phone bookings increase by a quarter

**New figures released** by the Public Transport Agency of the RTA, have announced that over 2.5 million taxi booking orders were made in Dubai during the first half of this year. This achievement represents a 25-per cent rise on the corresponding figures from 2010.

“Every day, around 14,000 bookings are made for taxis in the emirate,” said Adel Shakri, the agency's director of monitoring and franchising. “On average, the time it takes to respond to customer calls has dropped to

just nine seconds, with each call lasting an average of 38 seconds.

“The number of calls picked up by our Interactive Voice Response system accounts for 41 per cent of the total, and the average period of directing the vehicle to a customer is 13 minutes.”

Dubai's fleet currently comprises 7,908 cabs, which are managed through a satellite-based tracking system. The agency operates a real-time data transmission system based on GPS maps enabling the follow-up of all taxi bookings.



ADEL SHAKRI



هيئة الطرق والمواصلات  
ROADS & TRANSPORT AUTHORITY

RTA



**Take your luggage along for the ride.**

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

Facebook: Roads and Transport Authority Dubai - Group YouTube: [www.youtube.com/rtadubaigov](http://www.youtube.com/rtadubaigov)

**My City. My Metro.**

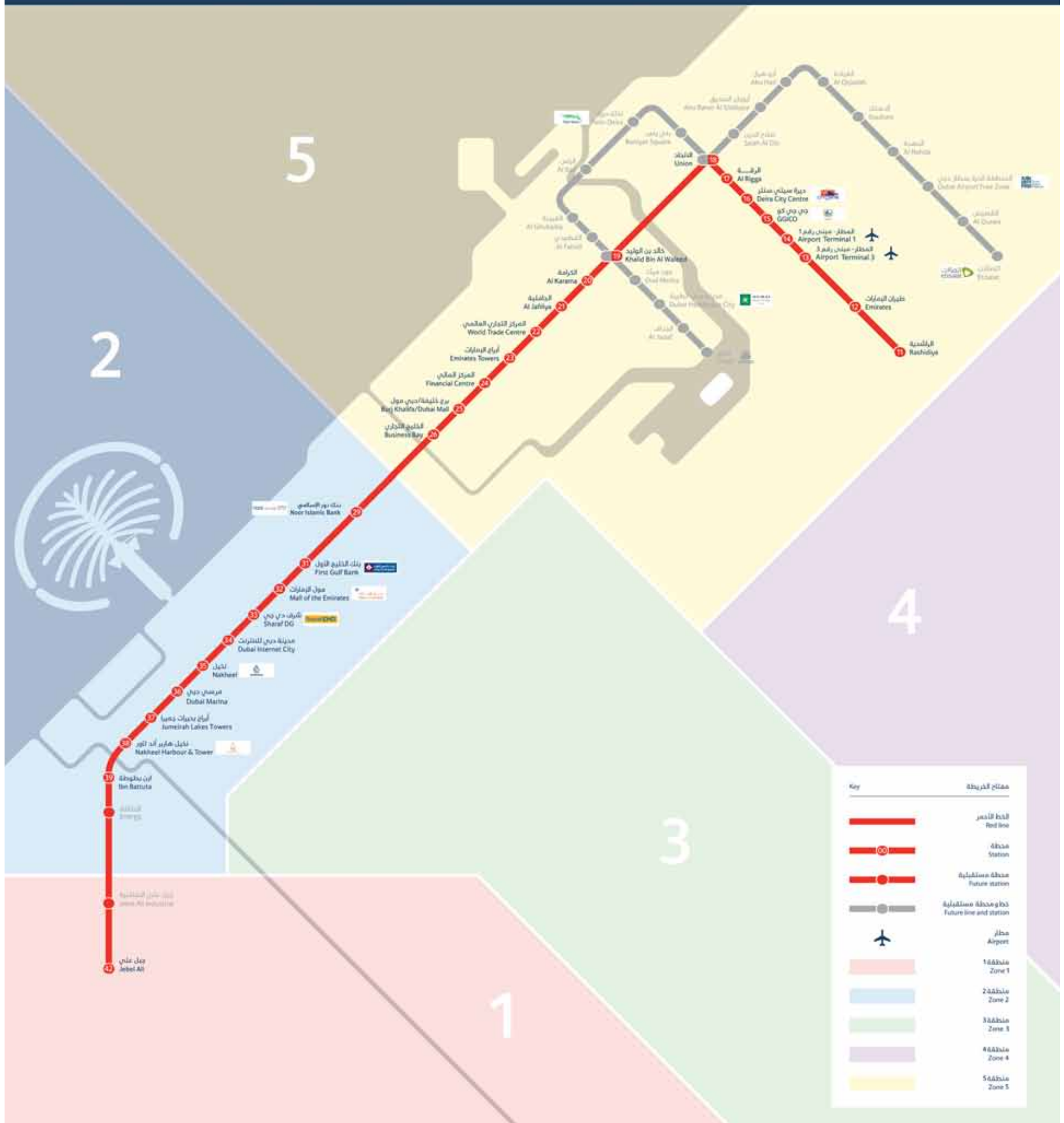
مترو دبي  
Dubai Metro



Call center 800 90 90 [www.rta.ae](http://www.rta.ae) ask@rta.ae



# Dubai Metro



# Quran memorising initiative for cabbies

The Dubai Taxi Corporation of the RTA has launched the "Read and Rise" initiative with the aim of encouraging drivers to memorise and study the Holy Quran as well as the teachings of Islam.

The move has been made in co-ordination with the Department of Islamic Affairs and Charitable Activities in Dubai.

Yousef Al Ali, director of fleet operations and chairperson of the Complaints and Suggestions Committee, said: "This initiative was launched in April with the aim of initiating a contest for memorising and studying the Holy Quran among drivers.

The initiative also entails holding a number of weekly religious and cultural lectures every Mon-



YUSEF AL ALI

*"The Holy Quran has a significant impact on restraining souls."*

day and Wednesday for one hour in Arabic and Urdu.

This is with a view to raising cabbies' satisfaction, minimising accidents, improving customer satisfaction, diffusing religious and Islamic education between drivers, and showing care for the Holy Quran through encouraging individuals to memorise, understand and properly recite it, besides learning the principles of Arabic language.

"This initiative was launched amidst three categories for memorising the Holy Quran and at the end of the initiative, final contests will be held between drivers where a number of cash and in-kind prizes will be distributed to the winners along with partici-

pation certificates issued by the Agency and the Department of Islamic Affairs and Charitable Activities in Dubai.

"The Holy Quran is being memorised in small groups held in the agency's mosque at different times commensurate with the work schedules of all drivers. The first event will be held after the Fajr prayer and the second one after the Maghrib prayer.

"The Holy Quran has a significant impact on restraining souls, morality and ethical conduct. This initiative was well received by drivers and attracted participation from different nationalities. The agency has 7,904 drivers from more than 35 nationalities," Al Ali added.

## Noted doctor delivers lecture on obesity hosted by the RTA

Environmental pressures are increasingly impacting on problems of obesity and weight gain, according to Dr Osama Allala, exercise, physiology and health consultant at the Ministry of Education, and physical activity and obesity advisor to the World Health Organisation in the Middle East.

Allala had recently delivered a lecture entitled "Physical Activity: a Preventative Lifestyle", which was hosted by the Administrative Services Department of the RTA.

"Among the underlying causes are irregular mealtimes and bed-times, besides most people have become accustomed to eating

three meals a day, starting with a light breakfast, followed by large lunch and heavy dinner in most cases. This regime, coupled with little or no movement, and a tendency to sleep immediately after eating, has caused a glut of obesity, making it difficult to avoid unless daily lifestyles are being reset. Specific times should also be allocated for movement and physical exercise that can bring back multiple psychological and health benefits," said Allala.

"People need not be hasty to get instant results due to the different nature of bodies, the amount and places of the fat they want to lose, and factors related to age," he added.



## First RTA nursery class graduates

The Human Resources and Development Department of the RTA recently celebrated the first batch of graduates of My Child Nursery, the first nursery established by the RTA for the children of its employees. The nursery, which was opened at the RTA headquarters in September 2010, spans an area more than 500 square metres.

The ceremony was opened by the CEO of the Corporate Administrative Support Services Sector, Yousef Al Rida, in a speech in which he welcomed the children

of the nursery and their mothers, who are RTA employees.

He praised the efforts of the Human Resources and Development Department represented in the work team supervising the nursery, who have made every effort to ensure the comfort of the children, instilled various skills in them during the academic year, and promoted their mental and physical abilities through continuous events held for this purpose.

The director of human resources and development, Kawther Kazim, reported that the Nursery had ac-

commodated 40 children ranging from infants up to 4 years of age. "Sixteen children are now qualified to pursue higher educational level after taking all measures to ensure the safety of children and protect them from various risks to which they are exposed at this age level," she said.

"Nursing of children is carried out in a scientific method orientated towards promoting their physical and moral abilities and skills giving due attention to the health environment considerations befitting their age levels."

# Getting around on the *Metro*

| Dubai Metro<br>(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             |

## Stations (Red Line)

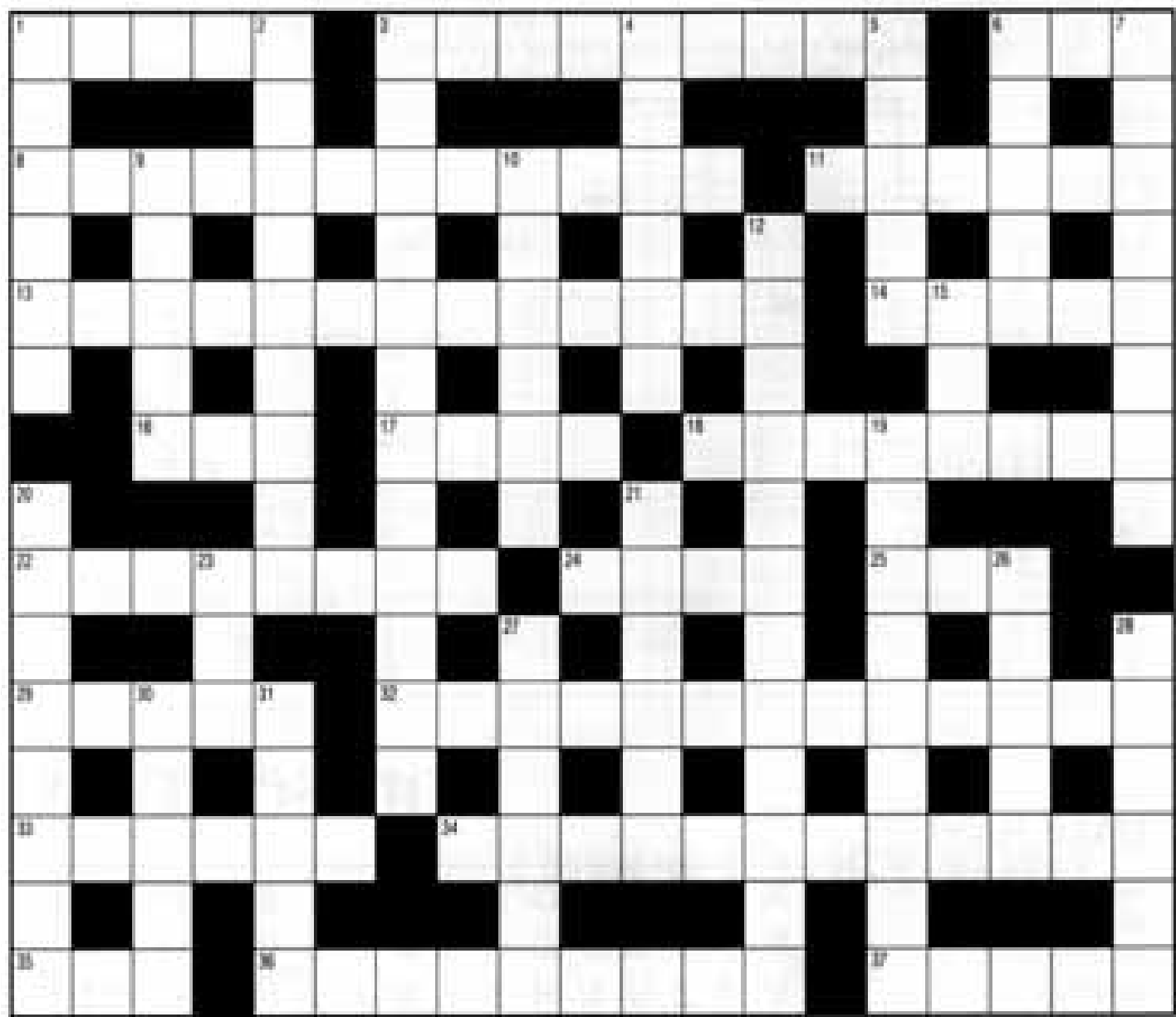


## Nearest Landmarks (Red Line)

|                                                                                                                                                                 |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Jebel Ali</b><br>Jebel Ali Free Zone Gate number 5                                                                                                           | <b>Sharaf DG</b><br>Wellington International School<br>Dubai National School                                                                                                                      | <b>Financial Centre</b><br>Four Points By Sheraton Hotel<br>Towers Rotana Hotel<br>Union Co-operative Society<br>Shangri-la Hotel<br>Al Bada Health Centre<br>Dusit Thani Hotel<br>Etisalat                                                                                                                      | Department of Health & Medical Services                                                                                                                                                                                                                                                                                                                                                                        | <b>Deira City Centre</b><br>Deira City Centre shopping mall<br>Sofitel hotel<br>Rihab Rotana hotel<br>Clock Tower Roundabout<br>DNATA                                                                                                                                        |
| <b>Jebel Ali Industrial</b><br>Jebel Ali Free Zone Gate number 4                                                                                                | <b>Mall of the Emirates</b><br>Mall of the Emirates<br>Dubai Police Academy<br>Kempinsky Hotel<br>Pullman Hotel<br>Dubai American Academy                                                         | <b>Emirates Towers</b><br>Holiday Centre<br>Crown Plaza Hotel<br>The Gate<br>EMirates Towers Hotel                                                                                                                                                                                                               | <b>Khaleed Bin Al Waleed</b><br>Burjuman Mall<br>Four Points Sheraton Hotel<br>Saudi Arabian Embassy<br>Libyan Embassy<br>Kuwaiti Embassy<br>Indian Embassy<br>Omani Embassy<br>Sudanese Embassy<br>Yemeni Embassy<br>Egyptian Embassy<br>Lebanese Embassy<br>Pakistani Embassy<br>Jordanian Embassy<br>United Kingdom Embassy<br>British Council<br>Department of Health<br>Canadian Embassy<br>Dutch Embassy | <b>GGICO</b><br>Cargo Village<br>Le Meridien Fairway hotel<br>Millennium Airport hotel<br>Welcare Hospital<br>Aviation College<br>Dubai Creek Golf & Yacht Club<br>Park Hyatt Hotel                                                                                          |
| <b>Energy</b><br>Jebel Ali Free Zone Gates number 1, 2 & 3                                                                                                      | <b>First Gulf Bank</b><br>Emirates International School<br>Princess Haya Bint Al Hussain<br>Cultural & Islamic Centre<br>Gold & Diamond Park<br>Bur Dubai Traffic Department                      | <b>World Trade Centre</b><br>Trade Centre<br>Fairmont Hotel<br>Monarch Hotel<br>Spanish Embassy (commercial office)<br>French Consulate<br>Italian Consulate<br>Japanese Consulate<br>Swiss Consulate<br>American Consulate<br>Dubai International Conference & Exhibition Centre<br>Ibis Hotel<br>Novotel Hotel | <b>Union</b><br>Al Ghuhair City Mall<br>Maktoum Hospital<br>Radisson Blu Hotel Deira<br>Russian Consulate<br>Danish Consulate<br>Economic Department<br>Etisalat<br>Dubai Municipality<br>National Bank of Dubai headquarters<br>Dubai Chamber of Commerce & Industry<br>Fish Roundabout                                                                                                                       | <b>Airport Terminal 1</b><br>Airport Terminal 1<br>Le Meridien hotel<br>Al Bustan Rotana hotel                                                                                                                                                                               |
| <b>Ibn Battuta</b><br>Ibn Battuta Mall<br>The Gardens<br>Jebel Ali Primary School<br>Jebel Ali Village                                                          | <b>Noor Islamic Bank</b><br>NMC Family Clinic<br>Umm Suqeim Girls School<br>The Veterinary Hospital<br>Oasis Centre                                                                               | <b>Al Jafiliya</b><br>Immigration Department<br>Bur Dubai Police Station<br>Trade Centre Roundabout<br>Za'abeel Park<br>Etisalat                                                                                                                                                                                 | <b>Al Rigga</b><br>Holiday Inn hotel<br>Reef Mall<br>Hamarain Centre<br>Coral Deira hotel<br>Taj Palace hotel                                                                                                                                                                                                                                                                                                  | <b>Airport Terminal 3</b><br>Airport Terminal 3                                                                                                                                                                                                                              |
| <b>Nakheel Harbour &amp; Tower</b><br>Metro Park & Ride                                                                                                         | <b>Business Bay</b><br>Australian Consulate<br>Safa Park<br>Jumeirah English Speaking School<br>Emirates English Speaking School<br>DNATA Travel Centre<br>Metropolitan Hotel<br>Metroplex Cinema | <b>Al Karama</b><br>Qatari Embassy<br>Chinese Embassy<br>Al Attar Centre<br>Karama centre<br>Lulu Centre                                                                                                                                                                                                         | <b>Emirates</b><br>Dubai Municipality Umm Ramool Offices<br>Dubai Municipality Transport Garage<br>Dubai Municipality Store<br>Emirates Airlines headquarters<br>RTA headquarters                                                                                                                                                                                                                              | <b>Rashidiya</b><br>Al Baraa Kindergarten<br>Safiya Al Qurashiya School<br>Public Library<br>Al Rashidiya Health Centre<br>Rashidiya bus stations<br>Dubai Police<br>Rashidiya Shopping Centre<br>Bin Sougat Centre<br>DEWA<br>Dubai Airport Expo<br>Dubai Metro Park & Ride |
| <b>Jumeirah Lakes Towers</b><br>Dubai Marina Mall<br>Indigo Tower                                                                                               | <b>Burj Khalifa/Dubai Mall</b><br>Mazaya Centre<br>Safestway<br>DEWA<br>Burj Dubai Business Hub<br>Dubai Mall<br>Souk Al Bahar<br>Old Town<br>The Address Hotel<br>Murooj Rotana Hotel            |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |
| <b>Dubai Marina</b><br>The Address Hotel<br>Grosvenor House<br>Dubai Marina/The Walk at JBR                                                                     |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |
| <b>Nakheel</b><br>Emirates Golf Club<br>Emaar Business Park<br>Regent International School<br>American University in Dubai<br>Dubai Media City                  |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |
| <b>Dubai Internet City</b><br>Knowledge Village<br>Business Central Towers<br>DMC Boutique Offices<br>Welcare Clinic<br>Dubai College<br>Grand Millennium Hotel |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |

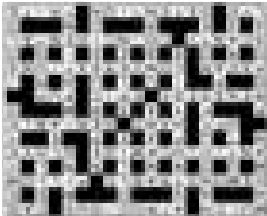
# Taking your time

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



- Across**
- 1. Compost (5) 3. Very cruel (9) 6. Selfish man (3) 8. Can be shown or proved (12) 11. Head rest (6) 13. In opposite direction (to hands on a watch) (4-7) 14. Covering for the hand (5) 16. Not fresh, impure (3) 17. Severe (4) 18. Can be refused (8) 22. Re-evaluate (8) 24. Heroic tale (4) 25. Young dog (3) 29. Song of thanksgiving (5) 32. Oral exchange of views or ideas (13) 33. Insufficient (6) 34. Occurring at the same time (12) 35. Alkaline solution (3) 36. Period of custody (9) 37. Hackneyed; dull (5)
- Down**
- 1. Lunatic (6) 2. Manacles used to restrain a prisoner (9) 3. Branch of astronomy (12) 4. Sheep dog (6) 5. Move to and fro (5) 6. Large string instrument (5) 7. Naively trusting (4-4) 9. Slogan (5) 10. Capital of Turkey (6) 12. Consequence of an action (12) 15. Meadow (poetic) (3) 19. Intolerant (9) 20. Suggestion (8) 21. Organ of the body (6) 23. Mineral spring (3) 26. Ex-Formula 1 World Champion, Alain ... (5) 27. Not yet brought to birth (6) 28. Tristan and ..., Wagner opera (6) 30. Rub out (5) 31. Prominent (5)

Answers



## Classic Chicken Caesar Salad

For a light yet satisfying evening meal, this tasty Chicken Caesar salad – with homemade dressing – is perfect.



RECIPE

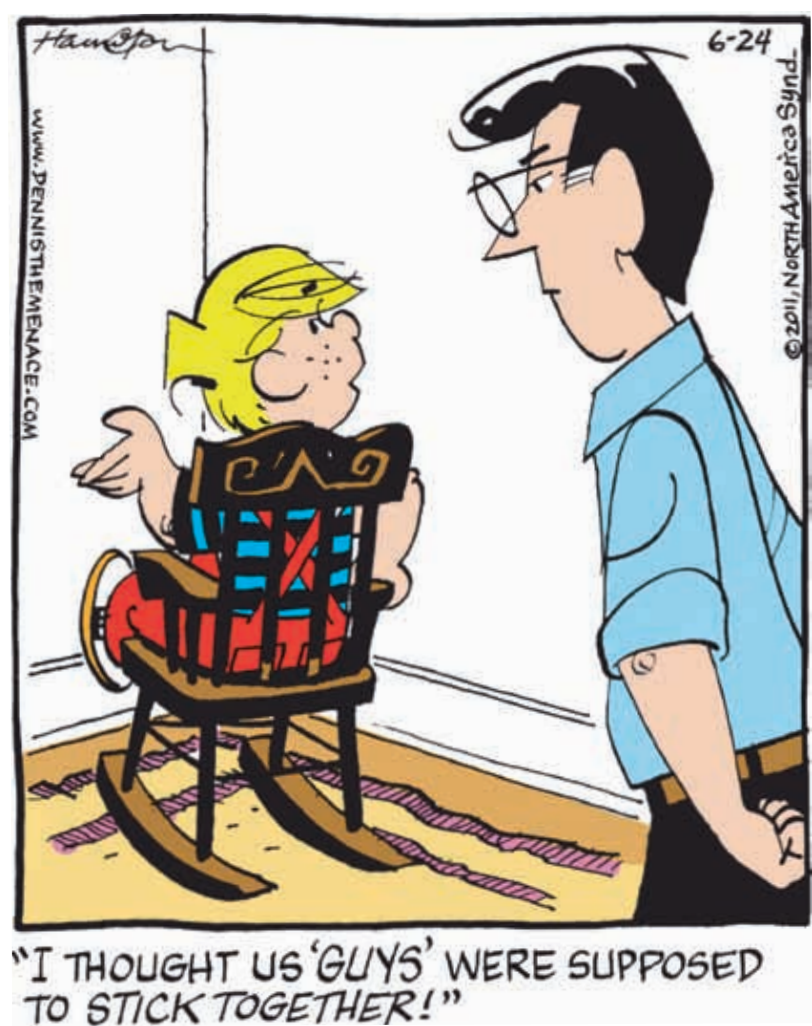
- Ingredients**
- 2 chicken breasts, cubed
  - 1 large free-range egg
  - 1 large garlic clove, peeled and crushed
  - 1 tbsp lime juice
  - 2 tbsp Worcestershire sauce
  - 3 tbsp olive oil, plus a little extra for frying
  - Ground black pepper
  - 2 slices of thick white bread, crusts removed, cubed
  - 1 cos lettuce, washed and torn into pieces
  - 25g coarsely grated Parmesan cheese

Place the egg in boiling water for one minute, then plunge into cold water to stop the cooking process. When the egg is cool enough to handle, crack it into a food processor and add the crushed garlic, lime juice, Worcestershire sauce, and olive oil. Blend the ingredients well and add black pepper to taste. Heat a little olive oil in a medium-size frying pan, then fry the chicken until it is golden brown and thorough-

ly cooked through. Place the chicken in a separate dish covered with foil to keep warm, then fry the bread cubes in the same oil until crisp and golden-brown. Leave them to drain on kitchen paper to soak up excess oil. Place the cos lettuce into a large bowl, add in the chicken then pour the dressing over the top. Mix together well, then garnish with the bread cubes and Parmesan cheese before serving.



Dennis the Menace



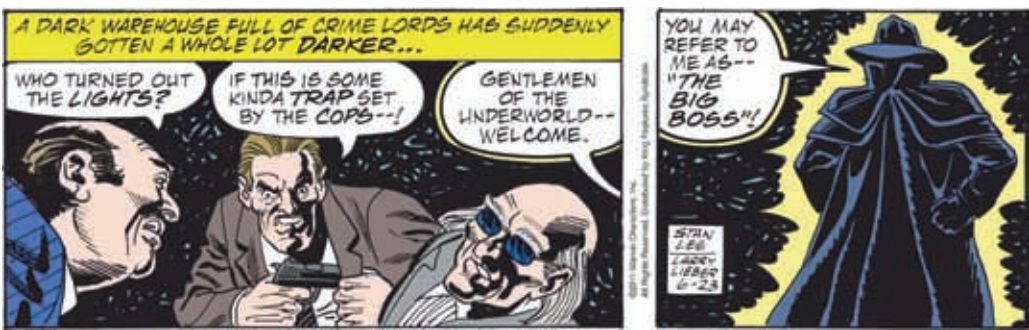
Henry



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](mailto:letters@readme.ae)

**I am moving into a new apartment soon but am worried about having to spend a fortune on furniture, any suggestions how I can save money?**

Try checking the Read, classifieds section for some bargains, or have a look at community websites such as Dubizzle.com. While it would be nice to get everything brand new, this is not the most cost effective way, especially when you can often find second-hand stuff in excellent condition for half the price of buying it new.

**My best friend has been really off with me recently. When I suggest going to the mall or doing something else she makes an excuse. I don't know what I could have done wrong.**

The only way you will find out is by asking her if you have done



something to upset her. This could be face to face, over the phone, or even in a letter/email if she's not seeing you at the moment. It could be there is something else going on in another area of her life that is affecting her behaviour and she would be glad to have someone to talk to about it.

**If I have a presentation at work or a big event coming up, I get so nervous about messing it up that I lose sleep and have knots in my stomach for days before. How can I stop the nerves?**

Most people suffer with nerves in these situations, so you are not alone. Try writing a list of all the things that could go wrong, when you see the reasons for your nerves in print they will seem trivial. When the fear does strike, taking a few deep breaths and remember that stretching can help the physical effects, while imagining a positive outcome can help psychologically.

**I sometimes get white spots on my nails. I've heard this can be a sign of a calcium deficiency, but I get plenty of calcium in my diet so what could be causing them?**

They are not caused by a calcium deficiency—they're called 'leukonychia' and are very common as a sign of a previous injury to the base of the nail, but by the time the white spot shows up about six weeks after the injury you will most likely have forgotten about knocking or banging your finger.

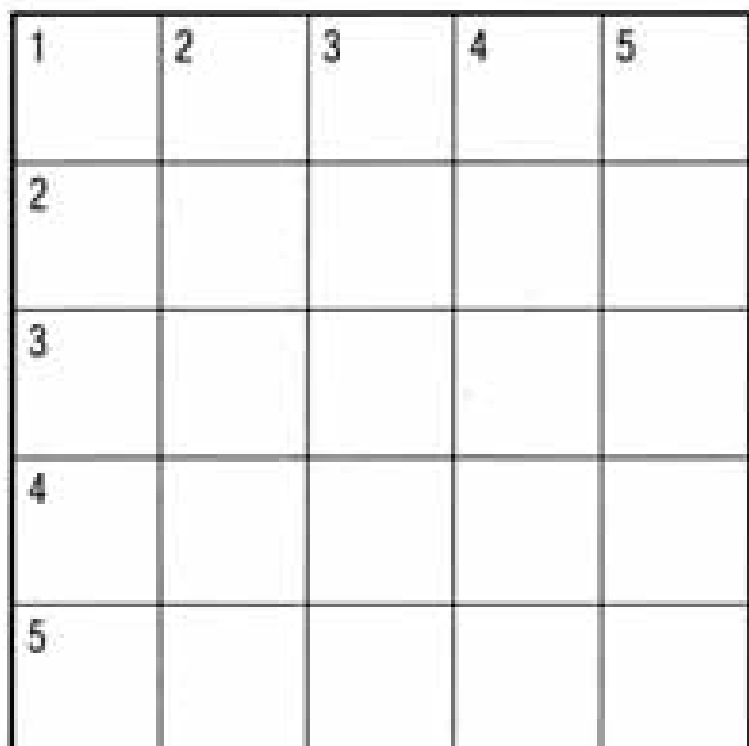
Who's this?

Answer

Turn to page 44



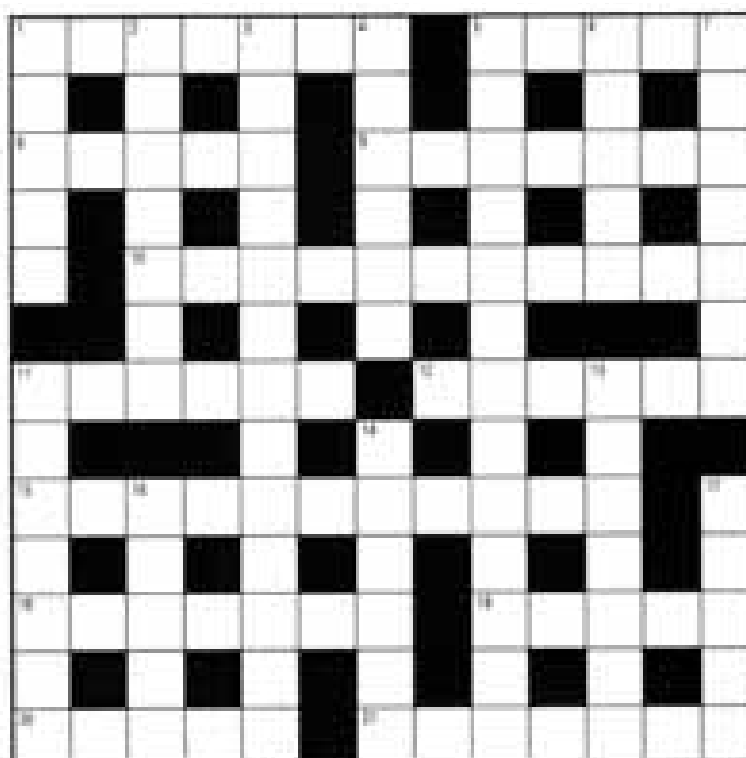
## Word Square



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

1. Disrobe
2. Business
3. Fast bicycle
4. Thoughts
5. In itself (3.2)

## Quick crossword



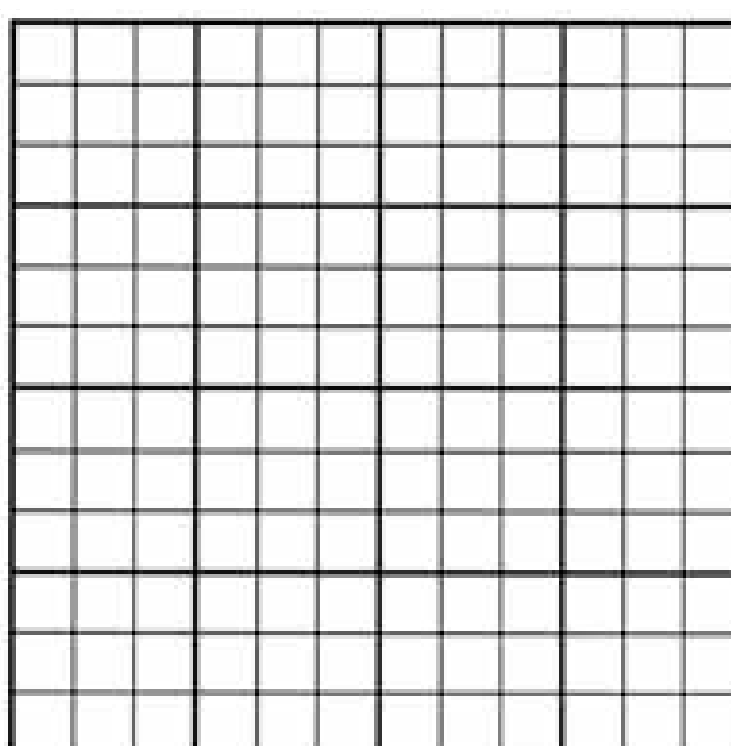
### Across

1. Dark syrup (7) 5. Any numeral from 0 to 9 (5) 8. Right-hand page (5) 9. Reporter (7) 10. Murder a person by surprise attack (11) 11. Metallic element (6) 12. Filled with amazement (6) 15. Device emitting radio or television signals (11) 18. Destroy; do away with (7) 19. Banishment (5) 20. Sacred text of Islam (5) 21. Uneasy peace (7)

## Down

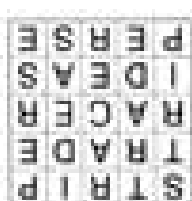
1. Hurl (5) 2. Shout out (7) 3. Interrogate in great detail (5-8) 4. ... Hemingway, author (6) 5. Home of the UK PM (7,6) 6. Greek letter (5) 7. Smallest (7) 11. The vast remote area of Australia (7) 13. Bring to court for trial (7) 14. Exhaled with feeling (6) 16. Love affair (5) 17. Subject for discussion (5)

# Bricklayer



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

## Word Square answers



## Quick crossword answers



## Brick layer answers



**Who's this? answer - Tyra Banks**

# 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% Orginal 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

**Pharmacist. Indian** female seeks a suitable job. On husband's visa. Call: 0556674371. Email: khushboo\_vadiya@yahoo.com

**Accountant/M.Com.** Indian male. 6 years experience. Proficient in MIS Reporting, AR/AP, day to day accounting. Call: 0554399801. Email: ma\_dxb@yahoo.com

**Mechanical Engineer,** UAE experience, proficient in AutoCAD & Primavera. Seeks suitable job. Call: 0555431869.

**Civil Engineer,** 7 years experience in UAE, Indian, seeks suitable job. Call

0506307587 / 0557794472 or email: najeebpppl@yahoo.com

**Graphic Designer,** BFA, specialist in Illustration, 2 years India experience, seeks job. Email: mail2sahad@gmail.com or call 0567497310.

**IT professional,** 2 years experience seeks job. On visit visa. Email: remin@live.in or call 0554780668 or call +917293447446.

**Draughtsman and** Autocad specialist (C.N.C. Water jet, Laser jet and Flame jet machines programmer), Call 0509058894 or email: salamopl@gmail.com

**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.

**B.Com graduate,** Indian, good in Tally and MS Office seeks suitable employment in Accounts. On visit visa. Please call 0556828347.

## 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.

**Aftron 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

**Packing, moving** & shipping. Household goods, personal belongings. Locally, overseas. Also carpentry services. Call: 048861788, 0505076733. Email: cfs@amsjali.ae

**Video & photography** services, for advertisement, live event webcast, corporate events and much more. Call: 0561220363. Email: festidays@hotmail.com

**Accounting services.** Work on backlog accounting, internal, external audit & feasibility report. Call: 0554874391.

**Housemaid available** from 9am to 5pm. Can clean and cook. Call: 042809769 / 0503947629.

**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

**Sharing accommodation** available for non-smoking executive Indian bachelor (in 1-bedroom occupied by one other person) with attached bathroom, kitchen facilities, behind Al Maktoum Hospital, Deira. Rent Dh850 + DEWA. Call 0559704790.

**Shared accommodation** available for working ladies, 3 bedrooms, facilities included in Sharjah, Clock Tower & Al Musalla area. Call: 0557794755.

**Spacious bed** spaces (3 places) in Bur Dubai for ladies. Furnished. Wi-Fi Internet. Washing machine. Rent: Dh650 per month. Call: 0559784291.

**Bed space** available for Tamil Muslim bachelor. Spacious studio (For 5 people only). Near Khalid Mosque. Call: 0555534303.

**Bed space** available for Keralite working ladies in Bur Dubai. Rent AED650/ Month. DEWA & Internet included. Call: 0559720552.

**Rooms in** a 2 BR flat available for Filipinos, near metro station. Only available

for 4 to 3 people and a couple (based on room size).Call: 0509436634.

**Small room** for rent. Only for Filipino couple. Monthly rent. Attached bathroom, free Internet. Near Rashidiya metro station. Call 0556997045.

**Bed space** available in Meena Bazaar, Bur Dubai for executive bachelor. Preferred Goan/ Mangalorean/ Mumbai as roommate. Wi-Fi available. Call: 0506760462.

**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

**Wedding gown** for sale. Affordable for Dh900. Call: 0556997045.

**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.

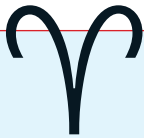
**Digital Automatic** Blood pressure monitor for sale/ Omron Model M10-IT / fully automatic / Call 0558874227.

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

To place your classified ad  
please email [advertising@readme.ae](mailto:advertising@readme.ae)

# What's in your *stars*?

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



**ARIES**  
(MAR 21 - APR 20)

Try not to overdo things at work because your nervous energy seems to be running low at the moment. Your concentration is suffering because of this and a colleague may be only too happy to pick up on an error. A few early nights and some “me” time will help.



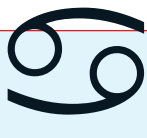
**TAURUS**  
(APR 21 - MAY 21)

A home renovation project or home move could reveal an undiscovered natural flair for interior design. Having a new project to busy yourself with away from work provides you with a distraction and way of relaxing, but do not let it become a chore in itself.



**GEMINI**  
(MAY 22 - JUN 21)

There could be some confusion within the family over what appears to be over a fairly trivial issue. Hard questioning, however, cannot solve this, but a soft, empathetic approach and attempting to understand how someone really feels could be the answer.



**CANCER**  
(JUN 22 - JUL 23)

You seem to have more determination to finally start forging ahead with your plans, but there could be some misunderstandings when it comes to a contract or important document, so make sure you make all of your requirements absolutely clear.



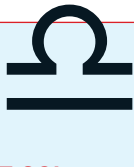
**LEO**  
(JUL 24 - AUG 23)

You feel more confident and attractive, which could see some admiring looks coming your way. However, you need to keep your wits about you when it comes to a financial matter, as someone may try to use flattery as a way of avoiding the truth behind their actions.



**VIRGO**  
(AUG 24 - SEP 23)

Someone you have never paid particular attention to before could begin to seem mysterious and intriguing, but it is probably best to avoid starting up a relationship at the moment. Your mind and heart could still be occupied by another person from your past.



**LIBRA**  
(SEP 24 - OCT 23)

An old worry or fear could start to rear its head, just at a time when you were starting to feel confident and optimistic. However, the trick is to remain realistic about the situation and query why it is a concern. This will allow you to overcome the obstacles quickly and painlessly.



**SCORPIO**  
(OCT 24 - NOV 22)

You may feel that family members are taking an unwanted interest in your personal business, so some much-needed time out could be in order to avoid the problems running any deeper. Some time apart could even help a particular family relationship develop.



**SAGITTARIUS**  
(NOV 23 - DEC 21)

Your thoughts could be turning to travel or new adventures but a domestic issue could leave your head spinning, which makes you question whether you are ready to take new bold steps. In fact, there has never been a better time for you, so you should just go for it.



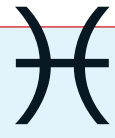
**CAPRICORN**  
(DEC 22 - JAN 20)

Try to remain objective in all conversations with workmates, especially if someone asks you to make a verbal promise. You may feel the need to be assertive and get them to put their exact requests in writing, which could ultimately turn out to be the best decision.



**AQUARIUS**  
(JAN 21 - FEB 19)

There is a chance that someone who owes you money could try to be elusive or even dishonest. Be wary of this and make it clear that you will not stand for their behaviour. A relationship with someone you have liked from afar for a while could very well blossom this week.



**PISCES**  
(FEB 20 - MAR 20)

You can often be secretive and mysterious yourself, but you could encounter someone who is even more elusive and hard to pin down. Do not let this frustrate you, however. Their actions do not reflect personally on you; they just like to have their own space to think.

## This week's local weather

| SUNDAY<br>7 <sup>th</sup>                                                           | MONDAY<br>8 <sup>th</sup>                                                           | TUESDAY<br>9 <sup>th</sup>                                                          | WEDNESDAY<br>10 <sup>th</sup>                                                       | THURSDAY<br>11 <sup>th</sup>                                                          | FRIDAY<br>12 <sup>th</sup>                                                            | SATURDAY<br>13 <sup>th</sup>                                                          |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |
| <b>Sunny</b><br>High 42C<br>Low 34C<br>Humidity 33%                                 | <b>Sunny</b><br>High 40C<br>Low 34C<br>Humidity 40%                                 | <b>Sunny</b><br>High 41C<br>Low 33C<br>Humidity 49%                                 | <b>Sunny</b><br>High 40C<br>Low 32C<br>Humidity 49%                                 | <b>Sunny</b><br>High 41C<br>Low 33C<br>Humidity 51%                                   | <b>Sunny</b><br>High 40C<br>Low 33C<br>Humidity 48%                                   | <b>Sunny</b><br>High 41C<br>Low 34C<br>Humidity 44%                                   |

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