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AUGUST 21-27, 2011 | Issue 10

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PETRA'S WORLD OF WONDERS



GOING APE

James Franco stars in a new *Planet of the Apes* prequel at cinemas soon



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From spiders to closed spaces, everybody has a fear and many have phobias

Keep fit in Ramadan

Combine exercise and nutrition during this holy month

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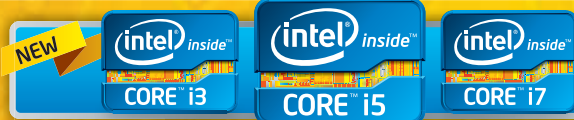
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Pictures, stories and views from Dubai's legion of Metro commuters

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Letters

Email: letters@readme.ae

Being Ramadan, I think *Read.* should promote more deserving causes to allow its readers more opportunities to be charitable. Dubai Cares is a great organisation that works to improve children's access to quality primary education in developing countries. They recognise education as the best long-term solution to global poverty. Could you please mention Dubai Cares in your next issue.

M. Al Bedwawi

Ed: Thank you for your letter, and we agree that Dubai Cares is a great cause. For more information on the great work performs, visit their website www.dubai-cares.ae

With Ramadan now in full swing, fasting is obviously a big part of each day. Does the lack of food and water for such long periods each day have a knock-on effect on the body, and are there ways to avoid complications if they arise?

Lisa Kendrick

Ed: Your body expects food every three to four hours, but your digestive cycle will continue even without food, possibly making you feel nauseous, dizzy, and fatigued. However, there are healthy ways to fast. See our healthy fasting article in the Health section of the *Read.* web site for more information.



Is it possible for me to get hold of *Read.* magazine in Sharjah?

Muneeb Sarwar

Ed: Unfortunately, *Read.* is only available in print on Dubai Metro. You can download a copy to your computer or smartphone and take it with you on your journey. Go to www.readme.ae to download the latest issue every Sunday.

Last Tuesday I was on Dubai Metro, travelling between Noor Islamic Bank and Deira City Centre stations at around 5pm. It was only when I got home later that I realised I had left my camera on the seat beside me. It was a Nikon D300 digital SLR. I don't really mind if I don't get the camera back, but the memory card has a great deal of pictures stored on it that unfortunately I didn't quite get the chance to copy and I would really like to find it.

Any help you can offer would be greatly appreciated.

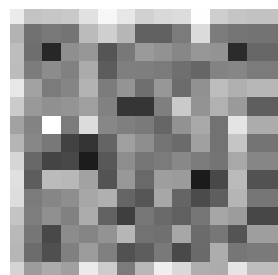
Madeera Kathpal

Ed: The RTA have a dedicated customer service department that is available 24 hours a day, and they can help you with any lost-and-found queries you have. They can be contacted at 800 90 90. Alternatively, if any of our readers have picked up the camera and have been looking for ways of returning it, they can contact us at info@readme.ae

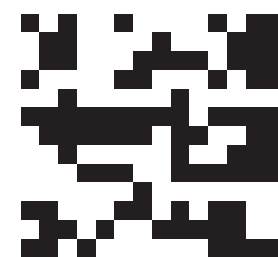
The idea of starting over again is daunting. I'm in my early thirties now and don't think I can face nerve-racking interviews.

Vuyelwa Madida

Ed: You are never too old to go back to university and learn new skills. If you do decide to follow a new path, your excitement for it will show in interviews and the nerves will disappear. Good luck!



Scan this QR code with your smartphone to go to the *Read.* website



Scan this QR code with your smartphone to go to the Facebook page of *Read.*

The Winners

(Contests in August 14-20, 2011 issue)

Which expensive vinegar is aged in wooden barrels?

Answer: **Balsamic vinegar**

Winners of Wafi Restaurants vouchers each worth Dh200 are:

Hany Khalil, Norman Matunan

What famous document begins: "When in the course of human events..."?

Answer: **The Declaration of Independence**

Winner of an Awazen Spa voucher worth Dh250 is:

Anne R. Dionisio

STATION-BY-STATION *guide*

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

HALF-PRICE DINING



6.30pm-1am

The Fairmont Dubai

Enjoy a delicious meal without worrying about the dent in your wallet, thanks to a bargain 50 per cent off the bill at top international restaurant Spectrum on One. The venue is offering half-price dining when you choose from the à la carte menu until August 31. Prices vary; for reservations call 04 311 8316.

THE BOX APPEAL



Until September 15
Any Radisson Blu and
Park Inn Hotel

Formerly known as the Shoebox Appeal, this year's campaign runs until September 15 and aims to help over 10,000 migrant workers. Just pick up a box and fill it with essentials such as T-shirts, disposable razors, toothbrushes/toothpaste, nail clippers, hand towels, soap, etc. For info visit facebook.com/theboxappeal

MOVIE MAGIC



Sundays from 8.30pm
Cabana,
The Address, Dubai Mall

Throughout summer, this poolside venue offers visitors the perfect opportunity to be entertained by a classic movie while lounging by the water or bobbing around on a (bring your own) inflatable. For Dh99, guests are given access to the pool, snacks and beverages. For the schedule, visit www.theaddress.com

ASPEN CAFÉ



Open 24 hours
Kempinski Hotel,
Mall of the Emirates

For those who aren't currently fasting, the Aspen Café provides the perfect place to meet others for a coffee during the day while enjoying the bright and intriguing artwork from artist Aboud Salman that currently adorns the walls. The exhibition continues until September 6. (04 427 0219).

PREMIER LEAGUE, ENGLISH STYLE



Various matches and times
Crown and Lion,
Byblos Hotel, Tecom

The premier league has kicked off—excuse the pun—which provides the perfect opportunity for any slightly homesick expats to experience a few hours of feeling like they are back in blighty. The British themed Crown and Lion is the ideal setting to gather with friends to watch a game, accompanied by some pretty tasty pub grub (04 448 8000).

IFTAR AT THE GATE



Sunset until 9pm
Ibn Battuta Gate Hotel

The outside of the Ibn Battuta Gate is currently displaying one of the most striking collections of Ramadan decorations, so head down to admire the lights then enjoy the Iftar buffet at Dh140 per person. Special group rates and online offers are also available, starting from Dh120 per person. For bookings and enquires contact 04 444 5613.

METROpics

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



ALEXY GOGUET



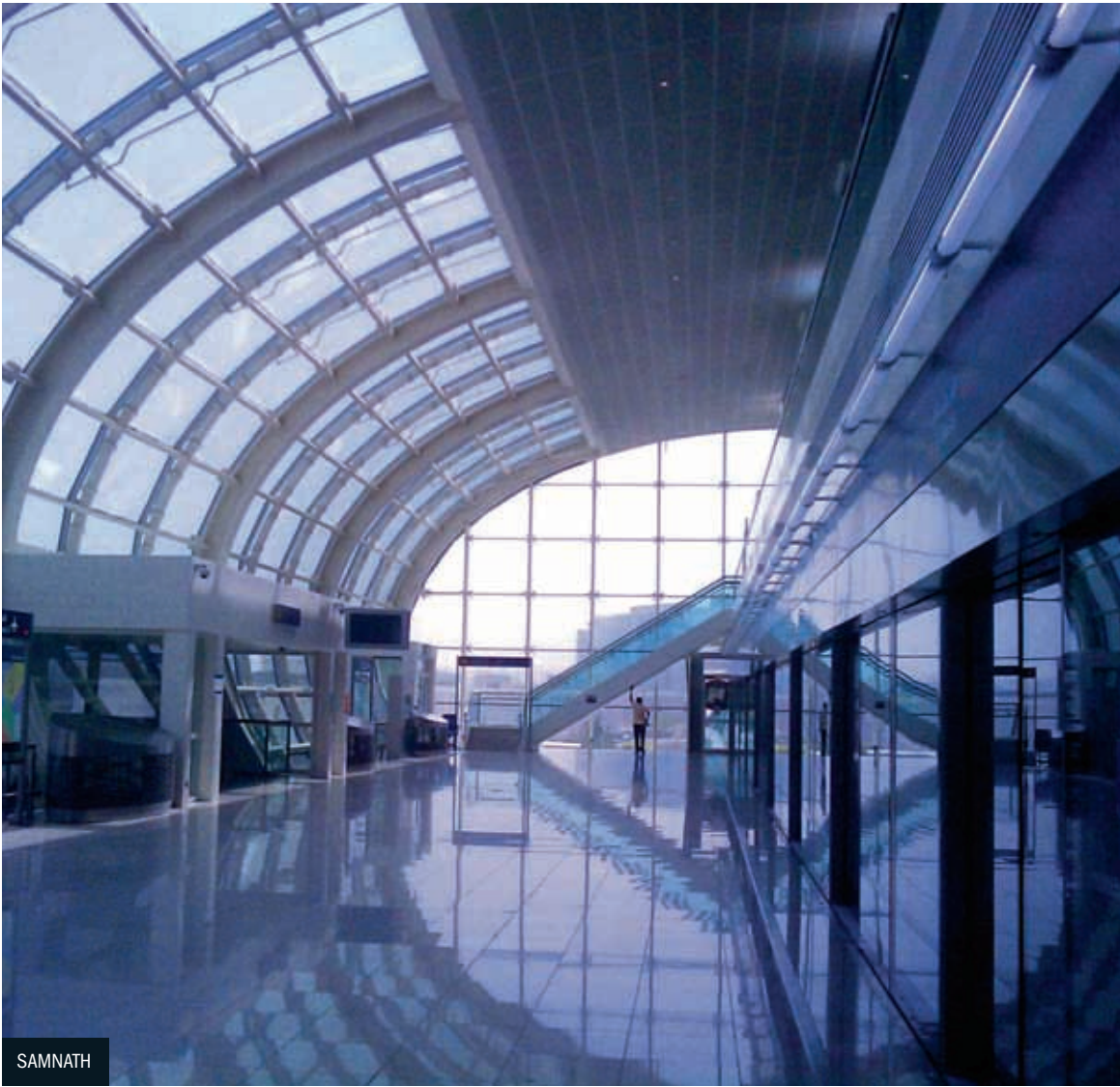
ARCHANA UDAY



HARSHAL DHARMIK



LIZ ROMERO



SAMNATH



NAEEM KHALID



ARUN D'ALMEIDA

My Metro life

Corazon Cruz
Receptionist, Jebel Ali



I am in the second trimester of my first pregnancy, and take the Metro every

day. One morning, I was running late and hit the morning rush, which I normally avoid, and entered a crowded train. A woman who was sitting down some distance away quickly spotted my bump in the crowd and ushered her husband to offer me his seat. I thanked the couple, and spotted her growing bump. We swapped pregnancy stories, and I learnt that she was having her third child. She offered me her phone number, saying that if I had any questions to give her a call. We regularly text now and keep each other up to date with how our pregnancies are progressing.

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

The burning question

Q A mother who dropped out of education as a child has returned to school with her 6-year-old son. Do you think this is a good idea and if you could return to school what would you study?

Ursula Davids

Shop manager
Lives in Bur Dubai

If I could go back to school now I would love to study music. As a child I didn't have much of an opportunity to learn an instrument and I always wished that I could, so I would really like the chance to do so now. As you get older, you just find that you have much less time to learn new things, so I think everyone should make an effort to do something they have always wanted to do.



Karl Bitzer

Salesman
Lives in Downtown

If I went back to school I would like to study medicine. It is something that I never thought of when I was at school, but I have become interested in the subject as I get older. I definitely think it's a good idea for adults to study as they have more life experience which they can bring to the learning experience.

Bang Lorilla

School nanny
Lives in Satwa

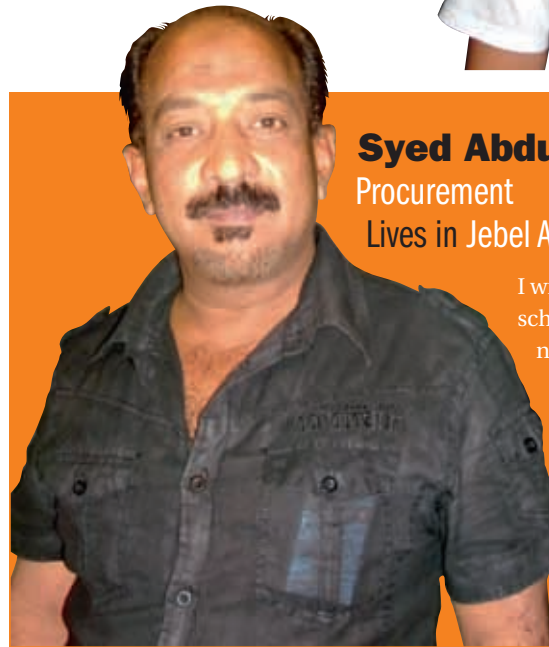
I would choose to study a subject that had something to do with computers. If you have studied IT then it is a good skill to have and can also give you a good salary. I definitely believe that adult education is a good thing and more people should do it if they can.



Syed Abdulhaque

Procurement
Lives in Jebel Ali

I wish I was 15 again and back at school. I would probably study business management as I didn't have the opportunity to do it the first time around. I definitely believe that age is no limit to learning new skills and adults shouldn't be embarrassed about wanting to go back to education to try something new.



**Win a
Wafi Restaurants
voucher worth
Dh200**

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

**In pop music, which two herbs
go with parsley and sage?**

Email your answer to contests@readme.ae
The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.

M. Irfan

Telecoms
Lives in Bur Dubai

If I was returning to education now I would probably choose to study economics. I think it would be good for future business opportunities and would provide an opportunity to retrain. It is definitely a good idea for adults to return to study if they can, as it gives them an opportunity to learn new skills.



Ann Alcarde

Office manager
Lives in International City

I would definitely continue my BSc in accountancy if I returned to school now. Every company needs an accountant so it would be good for my career. The main reason I stopped the course was because I have two kids and I felt guilty about not spending enough time with them, but if possible I think all adults should study in order to update their skills and knowledge.



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

With the groundbreaking of Saudi Arabia’s Kingdom Tower expected at the end of the year, a project that—when completed—will usurp the Burj Khalifa as the world’s tallest building, Readme.ae takes a look back at the history of the skyscraper. From the 40-year record held by the Empire State Building to the present day landmarks that pierce the clouds.



MONDAY

This week our travel section takes you to Petra in Jordan, considered one of the New Seven Wonders of the World. Readme.ae ventures back into ancient times to bring you the original seven wonders, the seven wonders from the medieval world, and the seven natural wonders of the world. Get your history lesson online!



TUESDAY

With live music set to make its return to Dubai in a few short weeks, stars will be demanding small fortunes to play in the emirate. We dip into the bank accounts of the world’s highest paid acts to figure out how much they get for a couple of hours performing on stage. Visit readme.ae to find out who is financially on top of the music world.



WEDNESDAY

As the legal battle rages on between Apple and Samsung over patent infringement, readme.ae looks back at some of the more influential and world-changing inventions and discoveries that have helped shape how we live our lives in the 21st century. From electricity to television and the Internet, what would our lives be like without them?



THURSDAY

From phobophobia to triskaidekaphobia, there are many humorous and hard-to-pronounce irrational fears. On Thursday, Readme.ae will look at some of the most unusual fears out there. Visit our web site to discover if there is a name for whatever it is that you are terrified of.



FRIDAY

Once again our Facebook page has been full of your opinions on our Burning Questions. 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 daily Burning Question.



Building *the future*

They build our roads, bridges and skyscrapers, but little thought is given to the hard-working men who have helped turn Dubai into what it is today.

Acting on the extraordinary vision of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-president and Prime Minister of the UAE and Ruler of Dubai, a host of unsung heroes, together with Emiratis and other expats, have worked tirelessly to help turn our emirate into the modern metropolis that it is today.

It seems like only yesterday that the Dubai Marina was little more than a small collection of buildings. How about Downtown Dubai and the Burj Khalifa? Even five years ago, there was little evidence that such an urban jungle

would emerge out of the flat sand and desert tracks alongside the Sheikh Zayed Road. For those of us who have spent enough time in the emirate, it almost feels as if the city is growing up with us, and we celebrate the thinkers, visionaries and companies behind the push that has turned Dubai into a truly modern city.

But, for many of us, the men on the ground hardly seem to enter the mind, despite the fact that, without them, none of this growth would have been possible. We see them on buses being transported to and from work; we see them resting in the shade, wearing blue overalls and hard hats; we see them shifting bricks, operating cranes and welding, and yet they garner

little recognition. The labourers of Dubai are real unsung heroes.

"I've worked on four projects before, so I'm quite experienced in what I do," said Pankhana Mayur, a labourer working on a new office block in Media City. "I'm happy that I've helped to make these buildings, and my family is also proud of the work I've done."

Mayur's family lives in a town in Gujarat, India, which he left a few years ago. He has only been in Dubai for a year, but has previously worked on buildings in Qatar, and has built up a number of skills working with aluminium, as well as being able to fix window glazing. Like many of his co-workers, he says that he sends money back to his family, so that they can enjoy a better life at home,



MINESH PATEL

DID YOU KNOW?

- Dubai is home to approximately 250,000 labourers.
- The Burj Khalifa took little over five years to build from scratch.
- Dubai has the world's tallest skyline, thanks to the buildings on Sheikh Zayed Road.

and plans to visit them after a few more years of working.

“Everyone does that,” says Tunal Patel, another worker from the same Media City building site. “Back home, I have my mum and dad, and two brothers. My dad is very happy with the work I’m doing, but I think that’s just because I send money!”

The 23-year-old Patel is also from Gujarat, and has also built

“I’ve worked on four projects before, so I’m quite experienced in what I do.”



RAM DHANI CHAWDHARY

spite being relatively new to the industry, though, Chawdhary, 22, has worked on seriously big projects at Business Bay and Dubai Marina, fixing aluminium fittings and installing windows.

“Back home I have two brothers and my mum—I’ll go back to see them after two more years,” he says. “It takes about one year to completely finish one project, but my part of the job doesn’t take that long, so we can do more than one project in a year. I am working on my third building now.”

Like his co-workers, Chawdhary is also reasonably happy with the work that he does, as it enables him to help his family back home. “I’m happy with the buildings that I’ve worked on,” he says. “And I can’t be unhappy with my work because I get paid and I get two meals a day!”

Some Dubai-based workers, however, do not have any immediate plans to go back home, and are happy to continue working in Dubai for a while longer. Minesh Patel, 24, is one of these men.

“I’ve been working for a while, and this is my fourth project,” he says. “But I haven’t thought about how long I’m going to stay here; for the moment I’m just going to stay and work.”

Whatever their plans, though, it is clear to see that these men, who make up a huge percentage of the emirate’s population, are part of the reason why Dubai has grown so quickly. And they are to be commended for the efforts. After all, few of us can point up to a building and say to ourselves, “I built that.”



TUNAL PATEL



PANKHANIA MAYUR

up a considerable set of skills as a builder. His previous efforts include office blocks in both Knowledge Village and Abu Dhabi, and he has not left the UAE since first coming here two years ago. He is happy with this, though, as he has been given plenty of work, and has even gained an extremely good grasp of the English language.

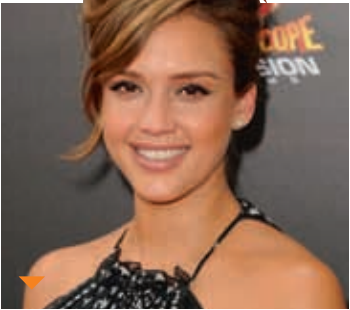
“After maybe three years, I’ll go back home to visit my family,” he says. “After that, I’d probably come back to Dubai or another Gulf country to work on more buildings. That’s what I do now.”

Patel’s plans for visiting home are echoed by another worker, Ram Dhani Chawdhary, who has been in Dubai for almost two years, after coming here from his home in Uttar Pradesh, India. De-

Who’s hot .

LIAM GALLAGHER

The former Oasis front man has announced plans to head over to the UAE with his new band Beady Eye for a one-off gig in September. The band—who played live for the first time in March—are heading to the Middle East as part of their first world tour.



CHERYL COLE

In her ongoing attempt to crack the US, there are whispers that Cole has bagged a cameo role on hit TV show *Glee*. Although her *X-Factor* stint was short-lived, the people behind *Glee* are apparently keen to get the Geordie lass involved in an episode. However some critics have reservations about Cole’s acting skills.



TARA REID

The party-loving actress has been spotted enjoying Dubai’s nightlife on more than one occasion but it looks as though she may be calming down now. Reid recently announced her engagement to businessman Michael Lilleund on Twitter, then just a few hours later revealed they had already married.



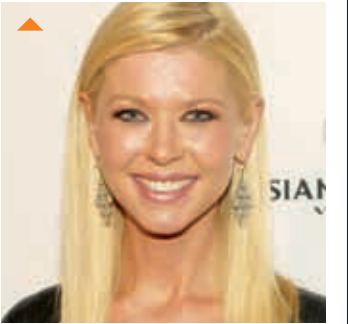
JESSICA ALBA

The stunning actress—who has long been a favourite with movie fans in Dubai—has given birth to a healthy new baby after being pregnant for what seems like an age. The 7lbs baby girl, named Haven Garner Warren, is the second daughter for Alba and her husband Cash Warren who are already proud parents to three-year-old Honor.



ROBERT PATTINSON

Rumours are flying around the fashion world that the *Twilight* star is considering launching a clothing line in the near future. Often considered one of the best-dressed male celebrities, Pattinson’s range could prove a popular choice for young, trendy males, and would fit right in at one of Dubai’s malls.



Back to the future

The 'Forties look is making a comeback, bringing structured femininity.

Her

RETRO RESTYLE

Amid the current economic and social climate, the fashion industry can act as a welcome break from reality, filled with fantasy and creative innovation.

Designers including Gucci, Jean-Paul Gaultier, John Galliano and Donna Karan transport us back to a more glamorous era, one filled with pearl necklaces, fur coats, gloves and pencil skirts this autumn. Catwalks are awash with sumptuous 'Forties glamour and structured femininity, and even act as a fantasy world themselves; John Galliano's Paris Fashion Week Fall/Winter 2012 runway took place in an extravagant stately home filled with lavish and beautiful furnishings.

Designers have kept the hemline a very strict on-the-knee length for skirts in what is both conservative and alluring. Many of the jackets and skirts are suitable for the workplace, yet the subtle addition of fur, sheer fabrics and injections of colour soften up the look.

"This collection was about the empowerment of women," said Donna Karan in the August 2011 issue of *Vogue*. "Their words of wisdom and their ability to be strong and take a stand without giving up their femininity."

This look is all about Hollywood glamour and despite its controversial status, fur is a material that exudes feminine luxury. It has long been used in the fashion industry, and its aristocratic connotations and traditional sartorial heritage mean it will continue to be used.



Him

While many may assume the glamour of the 'Forties is mostly suited to feminine sensibility, men can look just as dapper this season, with many designers bringing out menswear this autumn infused with gentlemanly elegance. After all fur has been a staple in menswear in places such as Russia for centuries.

This trend is dinner jackets, waistcoats, bow ties and fur-trimmed coats inject dandy aesthetics into modern-day menswear.

From fur to velvet and silk, plush fabrics have been spotted all over the runways, from Canali to Dolce & Gabbana and Alexander McQueen, and men can definitely rival the women in formal attire this season.



SHERRY TENORIO
EDITOR-AT-LARGE
LA MODADUBAI.COM

FASHION OPINION

Houndstooth packs some bite

From the streets of Europe to the streets of New York, the love for the fashion of the not-so-young thrives in abundance for the fall. Given the sighting of these oldies looking classy, sophisticated and definitely more fashionable than their younger counterparts during my recent trip to Europe, it is not surprising to find the season's collections aspiring to take on the 'Sixties and 'Seventies fashion.

Thanks to Lady Gaga wearing houndstooth, it is making a huge comeback as an age-old beloved fashion statement. Now that it has infiltrated the youth—thus the mainstream—houndstooth is no longer the stuff that old ladies would wear for brunch.

Although Lady G may have been spotted donning the trend she herself made trendy, the high contrast aesthetic is use by Salvatore Ferragamo's FW2011 line, which features houndstooth prominently and in different variations. From fine, dizzying, repetitive arrays to Burberry nova check-ish patterns on sweaters that we predict will write themselves right into the must-have lists of career-orientated twenty-something women.

So, if you want to look like a chic librarian or the classy wife of a politician, try a belted pinstripe wrap dress, and work in degenderising the generally masculine pattern.

Depending on your mood, wear it with a white belt for a bold attitude or a slim black one to subdue your overall, modernised houndstooth look.

Get the look
Formal is the new
casual for men. Suit
up for late-summer
success,
'Forties-style



BYTES & PIECES

MOUSSA EL NAJMI
TECHNOLOGY DIRECTOR
POLAR BEAR

Build your own online brand

What is your professional brand value?

In an age that is characterised by digitisation and globalisation, the role of online branding is attracting considerable attention. Online image development has become a must to engage a more connected and arguably more knowledgeable audience.

Whether it's a person or a corporation, managing online reputations can lead to opportunities, connections and trust—especially in a recession economy.

A recent study shows that big companies have as many as 178 online shopfronts through web sites, social media pages and the rest.

On an individual scale, the number is not small either, with LinkedIn, Facebook, Twitter, Google+, Quora, etc.

Is all of this absolutely necessary? This is arguable, but its benefits to your brand, your connectivity, your career can be immense. As a result, social media management systems are emerging; corporations might depend on tools like HootSuite, Conversocial, Expion to name a few.

For the individual professional, one interesting service is mywebcareer.com. Connect using your Facebook, LinkedIn and Twitter accounts and see how professionally connected you are; you can gain insights on how respected you are in your professional networks.

If you don't maintain and protect your image then the question stands—are you losing opportunities because you are not engaging the online world?

Here *be pirates*

The software industry is suffering increasing losses through the illegal use of programs.

Digital piracy is a strange entity. On the one hand, companies and governments go to great lengths to show that the practice is illegal, meaning that almost anyone with a computer realises this. But on the other, the law is ignored by millions, who find the prospect of free, high-quality and easily obtainable content too tempting to resist.



Some steps have been taken to cull illegal downloading. In the United States, internet service providers now police their networks, and allow their users “six strikes” before their connections

are cut off. In India, the most prevalent digital pirates are routinely arrested, while Europe has taken to blocking sites that link to illegal content. In the UAE, the government has issued warnings that any company found to be operating with unlicensed software will be fined.

But these policies have had little impact on the online piracy community. Last year, Adobe Systems conducted a study which found that two-thirds of Middle East businesses are at risk of using unlicensed or pirated software.

“The malpractice of using unlicensed software has become prevalent in the region, fuelled by the relatively easy availability



War of the tablets heating up

Evidence questioned ahead of court hearing between Apple and Samsung in Germany.

SAMSUNG UPDATE

In another twist to the saga of the ongoing legal battles between Apple and Samsung, which we covered last week, the Californian company last week filed evidence to a Düsseldorf court about the similarities between the iPad 2 and Samsung's latest tablet PC, the Galaxy Tab 10.1. This resulted in a court order stating that Samsung could not distribute its new tablet within Europe until the dispute had been settled, echoing an Australian court's ruling last month.

However, reports have suggested that Apple may have filed flawed evidence, which could be based on an inaccurate picture, according to a special investigation by



Dutch technology site Webwereld.nl. According to the report, at least one of the two images presented to the Düsseldorf court by Apple was either wrong or doctored. The images supported Apple's claims that the Galaxy Tab 10.1 is “practically identical” to the iPad. However, Webwereld discovered that the images do not accurately represent the real Samsung tablet, and further investigations have verified this.

According to Samsung's lawyer, “such a ‘mistake’ made in a case about design rights can scarcely be coincidence”.

The Düsseldorf court hearing is scheduled for August 25, though it is likely that Apple will have some explaining to do.



of pirated versions and a lack of respect for copyright and intellectual property,” said Abdullah Saqqa, general manager for Adobe Systems Middle East and North Africa. “Software is an important and significant investment for businesses in the Middle East, and we call for organisations to take its management and control equally seriously.”

Software developers have been particularly hard hit by piracy, due to the fact that many of the best products are relatively expensive. A genuine copy of Adobe’s Creative Suite Master Collection costs \$2,599 (Dh9,548), though it can be downloaded illegally through a torrent web site for free. What many do not realise, however, is that the soft-

\$59 billion

Estimated cost of piracy on the global software industry.

—Business Software Alliance, 2011

ware is pricey to buy because it is expensive to develop. If users continue to consume without paying anything, then they will ultimately kill off the brands and products which they love.

The same argument stands for the music and movie industries. It was recently reported that the UK music industry’s revenue fell by £189 million (Dh1.1 billion), and Hollywood is not much better off, despite massive advertising campaigns against illegally downloaded films.

But, as yet, there are no real solutions to prevent people from obtaining their content for free. Some people call for a ban on torrent sites, but due to the fact that there are terrabytes of perfectly legal content being transferred via torrent every day, it is impractical to impose a blanket ban.

Will Shanklin, a technology correspondent for several publications and web sites, says that business models such as Spotify’s and Netflix’s should be taken more seriously across the board of digital products. These online platforms charge users a monthly fee, but give access to huge libraries of content, meaning that at least some money is being circulated back into the industries that produced the content.

“What these innovations can accomplish is getting money from people who otherwise would have taken it without giving any money,” says Shanklin. “It isn’t perfect, but it’s better than what they’ve achieved in trying to squash piracy.”



Tech beat

GOOGOROLA

Google last week announced that it was gearing up to buy Motorola Mobility, the arm of Motorola which produces the brand’s smartphones and tablet PCs, for around \$12.5 billion. The move comes as Google’s first attempt to enter the world of hardware as an owner, rather than a partner, and should make sense, given that Motorola’s handsets are already powered by Google operating system Android.



THE BEZOS BAG

Amazon boss Jeff Bezos has filed a patent request to protect his idea for a mobile phone airbag, it was reported last week. The device would use a smartphone’s built-in gyroscope or accelerometer to determine if the phone has been dropped. If it decides that the phone is about to hit the ground, it will eject a protective “air bag” to prevent any serious damage.

MACBOOK 3G BETA

A prototype Apple MacBook pro with 3G wireless capabilities has been spotted on online auction site eBay, despite the fact that Apple has never released such a product. According to the seller, the 2007 laptop sports an antenna at the top right side of the screen, as well as a SIM card slot. However, he says that inserting a SIM card yielded no results.



NEW BOLD HITS UAE

The newest version of the BlackBerry Bold smartphone, the 9900, is now available in the UAE on the Etisalat network for Dh2,599. Aside from being slimmer and lighter, the new phone features a 24-bit, high-res touchscreen, a 5-megapixel camera, as well as the new BlackBerry 7 operating system. Customers can order their phones online at www.etisalat.ae

Breaking your fast for charity

As the food crisis in East Africa worsens, Downtown Dubai hosts a charity iftar to help raise essential funds.



CHARITY

In a group effort to support the Red Crescent's relief efforts for the drought in East Africa, volunteer group *Dubai Acts 4 East African Drought* has organised a charity iftar at the Southern Sun Qamardeen Hotel, in the Old Town Downtown Dubai, on August 26.

Proceeds from this iftar will be donated towards efforts to provide aid in areas of Africa that are experiencing severe drought, particularly famine-hit parts of Kenya,

THE UN HAS DECLARED A STATE OF FAMINE IN SOMALIA



Ethiopia and Somalia. The activities of *Dubai Acts 4 East African Drought* are being supported by a licence from Red Crescent, under the guidelines of the Islamic Affairs and Charitable Activities Department.

Supporting her Somali heritage, Dubai resident Mona Gulaid, project leader of the volunteer group, said, "We believe that all human beings have a right to adequate food and nutrition, regardless of their religious or political affiliation. Our group is concerned with mobilising Dubai residents and resources to ease the suffering of those facing fear and uncertainty for their future as a result of the famine in East Africa."

According to the United Nations, the drought in East Africa is affecting almost 14 million people, with more than 2 million children at risk of starvation and malnutrition. Famine, which is defined as a death rate of two adults or four children per 10,000 people per day, has been declared in several areas.

The charity iftar is priced at Dh150 and sponsored by the Rotary Club of Jumeirah, in association with Rotaract Jumeirah. Apart from food, water and essential items, the proceeds from the iftar will support the Red Crescent's projects and initiatives such as building water pumps and developing infrastructure facilities, as well as a new refugee camp in the Somali city of Mogadishu.

Generous Jumeirah Janes donate designer bags

CAMPAIGNS

Dubai Ladies Club last week announced the launch of its *Donate Your Bag And Accessories* campaign for the coming year.

This is a charity campaign in which ladies are invited to donate their unwanted designer bags and accessories that are in good condition. As well as bags, these can include sunglasses, jewellery and belts, which will all be sold at a charity sale next



year. All proceeds will go to Dubai Cares.

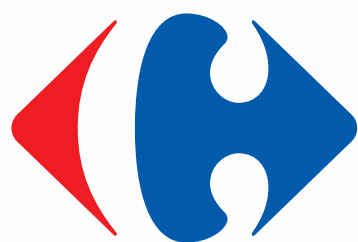
Muna bin Kalli, executive director of Dubai Ladies Club said, "This initiative reflects our commitment to develop and lead projects that will positively contribute to the society as part of our corporate social responsibility. I would like to invite all ladies to donate some of their designer items for a noble cause."

In previous years, the campaign has received items from

brands such as Hermès, Louis Vuitton, Chanel, Bottega Veneta, Gucci and Fendi. In 2010, over 600 bags were collected, of which 100 of the best were shortlisted to be part of the charity sale. Over Dh60,000 was raised from the sale of the designer bags, and the full amount was donated to Mohammed Bin Rashid Charitable Foundation.

To take part in the bag and accessories drive, call 04 349 9922 or email info@dubailadiesclub.com

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FACING

your phobia

Not every fear is a phobia, but some can be debilitating for their sufferers. We look at how people become afflicted.

The term phobia is often overused. Whether it's a large, hairy spider that gives some people the creeps, or a shudder of fear when they hit turbulence on a flight, there's something out there that sends a shiver down everyone's spine, says Dubai counsellor, Clare Smart. "Most people have things that they aren't comfortable with but it's only really a phobia if the thing you fear or dislike is having a negative affect on your life."

"For example, a lot of people don't like heights, but only those with a phobia would refuse to work in a tower block or visit family members who live in a tall building. A person with a real phobia of heights wouldn't even get in the lift and certainly wouldn't take a job that required them to be in a tower

block, so it becomes a major obstacle in their lives," she explains.

Common phobias include agoraphobia (fear of open spaces), claustrophobia (fear of small spaces), arachnophobia (fear of spiders), airplane travel and vomiting. While many of us may be able to relate to one or more of these fears, it is only a phobia if your response is massively out of proportion to the danger actually posed, says Smart. "For the rest of us, the sense of fear we experience when confronted with something we dislike is just a natural self-protection response to a potentially threatening object or situation, which is why a lot of people don't like snakes or heights."

A lot of adult phobias are related to a fear of death. "As we get older we become increasingly aware of our own mortality and this can transmit itself onto any potentially dangerous situation and

develop into a phobia. Children tend to be less afraid of things like rollercoasters and planes because they don't have the same sense of mortality, but they can pick up a phobia from parents if exposed to it," says Smart.

No one is born with a phobia.



READ.'S LUCY TORCHIA ON HER FEAR OF FLYING

Being in an airport is never the most fun, but imagine when upon entering the terminal your stomach flips, the tears start to build and your limbs turn to jelly. Soon enough you will be 30,000 feet up in the air. If I'm on a boat and something goes wrong, at least I know I can swim, but unfortunately, we didn't do flying lessons at school. If a plane doesn't fancy the rest of the journey, there is no way of changing its mind as you plummet towards the ground. Luckily, there are some tactics I have adopted to control my fears. Herbal aids are great for calming the physical symptoms, while a few superstitious rituals do wonders for my mental state. Something to occupy my shaking hands is also helpful, especially if it can distract your focus—try a Rubik's cube, simple yet effective. I firmly believe, however, that facing your nemesis is the best treatment and with each flight my fears decrease. I just make sure I keep one eye on the flight attendants' faces for signs of panic.

"They are very much experience-based, but it doesn't necessarily have to be a direct, personal experience. You might see or hear of something unpleasant that has happened to a friend, like a car

accident. They may be fine, but as a result of their experience you begin to get anxious about getting into the car and start trying to avoid it."

Avoidance of the object of fear

is what allows the phobia to grow. "The more you do this, the more the phobia develops, until you can't get into a car without experiencing severe anxiety symptoms," she says. These include a racing heart, sweating, accelerated breathing and thoughts of escaping the situation, which can build up to a panic state.

In the most severe cases, the sufferer might feel as though they could collapse, or have a heart attack.

There are different schools of thought on how to deal with phobias. The best way, Smart says, is gradual exposure with the help of a counsellor. "We find out where the phobia comes from and how it's affecting them. There are often gradients of what they fear and we use this to expose them in



a slow and safe way to that object or situation. If, for example, it's dogs, then people with an intense phobia can't even say the word or look at a picture of a dog, so we start there.

"We also help the patient deal with anxiety symptoms by

performing breathing exercises and teaching them techniques to calm them down while being exposed to increasingly frightening situations, right up to actually touching a dog." With enough will power and support, most people can recover from a phobia but the longer they leave it and the more they allow it to develop by avoiding the thing they fear, the harder this becomes.



DON'T LOOK DOWN: THE FEAR OF HEIGHTS IS A COMMON FEAR

Find your inner peace through Theta

The popular healing therapy is becoming big news in Dubai, where practitioners say it holds particular relevance.

HOLISTICS

In the last two or three years, a new therapy has taken the holistic limelight. Theta, an energy-based healing modality that operates around the Theta brainwave, has suddenly become extremely popular, says Dubai-based holistic therapist, Melany Oliver.

Even in Dubai, where holistic therapies are typically less popular than in other parts of the world, Theta is rapidly gathering fans, Oliver says. "In fact, holistic therapies in general are becoming a lot more popular here and more people are beginning to choose alternative healing routes to traditional medicine," she adds.

Theta can be used to tackle all sorts of emotion-based problems, from anxiety and stress to relationship and work issues. "Some people use it to combat physical maladies too but I find it works best with feelings-related issues because the focus is on removing negative thought patterns and replacing them with positive ones."

In a typical session, Oliver will begin with a consultation to ascertain her client's state of mind and discuss the problems they wish to solve. During the therapy she will hold their hand and send her own mind into a meditative frame, which then pushes the client into the drowsy Theta state.



Theta is the second most relaxed of our five brainwaves. The first, Delta, is the state we are in when asleep and Theta, which follows this, is the state we fall into just before we drift off to sleep. "It's when we are in the Theta brainwave that we can access the subconscious. That's why this therapy is so powerful," Oliver explains.

It's this capacity of holistic therapies to probe deeper into

"Holistic therapies help us deal with our lives and bring us the peace we seek."

the mind and heal root issues that Oliver believes has triggered their growth in popularity, particularly in Dubai. "This is a very consumer-based society, but after a while people begin to stop being satisfied with possessions.

"A lot of people here turn to holistic therapies when the latest shoes, bags or technologies stop filling the void. They realise that consumption is not the solution; it doesn't make you feel good on a deeper level. That is what holistic therapies like Theta do. They help us deal with whatever has happened in our lives and bring us the peace and happiness we all seek."



Fasting *and fitness*

With Ramadan comes new dietary habits, but this does not mean that exercise must take a back seat.

Every year, Muslims across the world use the holy month of Ramadan as a way to reform their habits. Some spend the month on spiritual reflection, while some use it to cut out junk food or smoking. However, many take Ramadan as the perfect time to begin a new exercise routine, not only to lose weight, but to properly improve their fitness levels.

At first glance, this seems like a tough task, given that, during the day, Muslims cannot consume food or water, meaning they have little energy to get on with their daily routines, let alone begin exercising. But to assume that it is impossible to mix fasting and fitness is wrong; it is simply a question of working out how to provide the body with what it needs.

"It is possible to start, main-

tain, or improve eating and workout habits during the month of Ramadan," says Muslim health and fitness expert Masooma Beatty. "A plan should incorporate both exercise and nutrition."

According to Beatty, proper fitness during Ramadan begins with a healthy diet. Just because a Muslim cannot eat during the day, she says, it does not mean that healthy foods have to go out of the window. Indeed, if healthy foods are not eaten, then it can lead to weight-gain and muscle loss.

"First of all, one needs to have a proper frame of mind that food is for energy first, and we should choose what we eat to provide our body with what it needs for energy," Beatty says. "There are definitely social and pleasure aspects to eating that we also need to accommodate, but these should not be allowed to override all consideration of healthy eating."



DATES ARE A GOOD
SOURCE OF ENERGY



In terms of healthy eating, then, eating dates and drinking milk when breaking a fast can particularly help the body get what it needs. Both food items provide the body with protein, while the milk also contains calcium, meaning bones can still cope with any stress placed on them from exercise. Fruits and vegetables are also recommended by experts.

But once you have adjusted to a Ramadan diet, what is the best way to go about beginning a new exercise regime? According to fitness writer Khalil Green, it is all about when you exercise, and the types of exercises you do.

“The best time to work out is right after the fast begins,” he says. “If working out in the morning is not an option, then working out at lunch time is the next best time to exercise. The work day is half over and this is the point in the day when energy levels are going down. Exercising in the middle of the day is a healthy option that helps restore energy and feelings of well-being.”

When working out, Green—along with a great deal of other

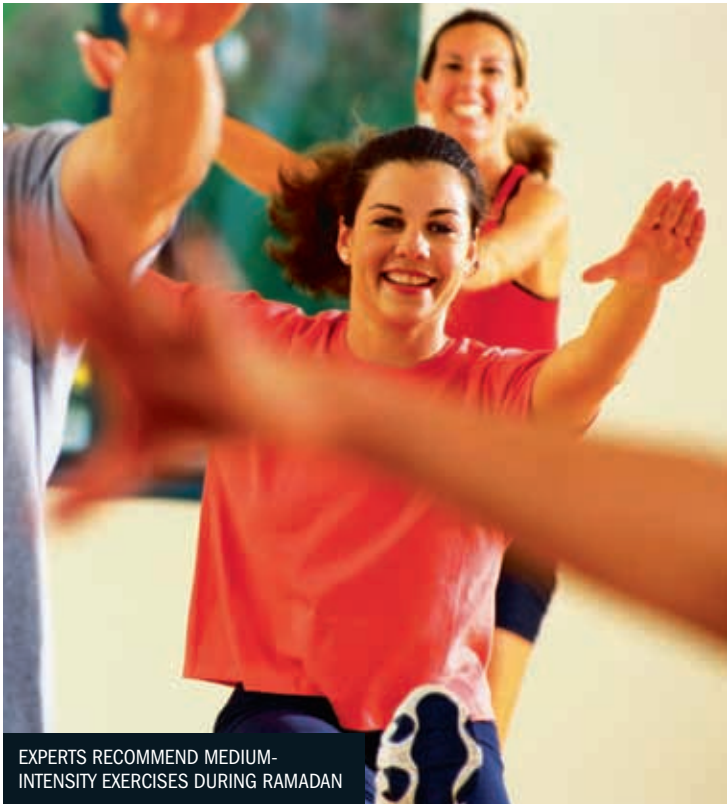
fitness writers—says that fasting Muslims should do a combination of light, strength-building exercises and medium aerobic activities.

“Light toning exercises are the best method for working out during Ramadan,” he says. “Instead of heavy lifting, the Muslim can lift light weights with more repetition. Here one is not trying to get bigger or stronger; instead, the goal is to burn fat while maintaining previous achievements.”

Most importantly, though, the key is not to overdo it, as this can cause, in the best cases, bad fatigue, and in the worst cases, injury. It is important to go with what your body can handle, and you are the best judge of that.

By following these rules, then, any Muslim can ensure that he or she stays fit and healthy while fasting. And the experts say that it is even possible to improve fitness levels during the holy month, despite the change in diet. As many Muslims find out every year, exercise can be the perfect route to self-improvement during Ramadan.

“The goal is to burn fat while maintaining previous achievements.”



EXPERTS RECOMMEND MEDIUM-
INTENSITY EXERCISES DURING RAMADAN

FITNESS FOR REAL



PHILL ROBSON
SPORTS AND FITNESS
CONSULTANT

How to ‘tone up’

Most people don't realise that it isn't diet or exercise that is going to help them get a healthier and fitter lifestyle, but a combination of both. Yes, for some, diet modification will help in the beginning, but in the long run it is going to require a regular exercise routine to continue to burn fat and build muscle tone. I'm not talking about 'body builder' muscle tone, just normal, healthy muscle tone. Therefore eating healthily is a vital component to weight loss, with the other component being exercise.

The less cardio you do in your routine the fewer calories you are going to burn. That is why I would recommend a one or two-minute cardio exercise after doing three to seven compound and body functional exercises. It's hard work but it does work.

There are some cardio exercises that you could consider trying in your mixed routine. Running helps burn serious calories, while boxing—for cardio strength—is considered the best cardio workout. Swimming is also great as it involves nearly all of the major muscle groups for a whole body workout. This can be combined with your beach workout of high-intensity exercises. Try swimming sprints after a circuit workout.

You will need to include weights in your routine to really see some fat loss. There are three principles that need to be adhered to in order for you to 'tone up'. These are smart weight lifting, quality nutrition and, finally, rest between exercises.

Vox pop

Which traditional family remedies do you use?

Sheryl Navarro

Assistant accountant, Deira



If I have a bad headache I usually just take paracetamol to cure it, but in my

family, if someone has a cold we recommend that they drink lime juice so that they get a good amount of vitamin C.

Vikrant Dayal

Accountant, Bur Dubai



If someone in my family has a bad stomach, back in Delhi we have a remedy

where you drink a bottle of water with a syrup called Safi. This is quite well-known back home to settle a stomach.

Suryia Ahmad Ali

Facial therapist, Karama



We don't tend to get ill in my family and I haven't suffered with a cold for quite a

few years now. The last time I had one, I used a herbal remedy, and it was gone in about three or four days.

Seung Hwan Lee

Student, Dubai Marina



My family doesn't have any traditional cures. If I am ill I take medicine. My

family believe that if you have a cold, you shouldn't sleep with the aircon switched on.

How to cope with *teen angst*

Every parent dreads the day when their child will turn moody and hostile.

As any parent of a teenager will know, the “wilderness years” between the ages of 13 to 19 are usually filled with slanging matches, slamming doors and grunts which replace words and conversation. If this sounds like a familiar situation to your offspring, then it sounds as though you have come face-to-face with the condition that fills most parents with dread. Teen angst.

Professor David Bennett, an expert on adolescent medicine, says, “A lot of it is to do with kids wanting to be their own person. They challenge parental authority and parents find the hormone-induced moodiness and volatility very difficult to deal with. The teenager can be euphoric and happy one minute and miserable and almost despairing the next.”

Children seem to be under

pressure to grow up quickly nowadays, yet they do not have the necessary physical or mental maturity to do so, which causes an emotional conflict, usually followed by direct hostility between them and the parent. Welcome to the world of teen angst.

As Professor Bennett says, “Teenagers are coping with all sorts of pressures and challenges these days. There are pressures to be mature, pressures to perform and achieve. The kids are treading a fine line between wanting to be independent and wanting the approval of their peers, yet needing the support of their parents.”

Obviously, teenage angst is not helped by the ongoing battle

“Teenagers are coping with all sorts of pressures and challenges.”



with puberty. The changes that are happening, especially those affecting the emotional centre of the brain, can more often than not lead to oversensitivity, as well as changeable moods or attitudes.

So, as difficult as it can be to live with an angst-ridden teen, it is important to remember that it really isn't their fault, and—even though you may feel constantly guilty—it certainly isn't yours.

Mother of two Jan Kerwick says, “My eldest, Jenny, was a nightmare during her teens. We would argue with each other on a daily basis over the smallest thing and she would lock herself in her bedroom for hours on end to chat to her friends online.” This is not an unusual situation. With the increased popularity of the Internet and social networking over the last few years, many parents consider sites such as Facebook and Twitter to be adding to the problem of teen angst and creating a virtual world away from the “real



“When Jenny turned 17 it was like someone flipped a switch. We could be friends again.”

it is perfectly normal. Arguments can often erupt between parents and teens over trivial things such as an untidy room or spending too long in the bathroom. What seems like a passing comment can be the trigger for an almighty disagreement. So how should you deal

with a teen that doesn't want to be dealt with?

Many parents will make the mistake of trying almost too hard. Making a big deal over important discussions will fill most teenagers with dread and embarrassment, but approaching things in a relaxed and nonchalant manner could be the key. Professor Bennett says, “Do things which are fun and things which don't involve eye contact. I tended to talk to my kids while we were washing up. Sitting down at a table and saying ‘Let's talk’ is a real turn-off.”

The most important thing to remember, however—for both parents and their teens—is that eventually the hormones will settle and the symptoms of teen angst will start to recede.

Jan Kerwick agrees, saying, “When Jenny turned 17 it was like someone flipped a switch. She became a pleasant person to be around, and we could be friends again as well as mother and daughter.”



LEARN THE LINGO

Half the problem is knowing what your teenagers are even talking about these days, so here are a few handy translations to help you understand ‘teen speak’.

SMH – Shake my head (in disbelief)
IKR – I know, right?
IDK – I don't know
ROFL – Rolling on the floor laughing
Win – Particularly good
Fail – Particularly bad
Totes – Totally
Appaz – Apparently
Chillax – Relax/chill out

world” they grew up in, where getting out of the house and making real-life friends was the norm.

This in itself can cause conflict, as parents struggle to understand the appeal of these sites. It is vital to remember, though, that this is simply how teenagers communicate with each other in a modern, technological world. While it may seem alien and unsocial to an older generation, to today's teens

ON THE COUCH



Strive for the best in yourself

Although one part of you wants to change, there is another part which resists it. As human beings, we do not like to leave our comfort zone and we focus our minds on negativity. This happens when we focus on the “do not want” stuff rather than “what we do want”. The bottom-line is that when you focus precisely and passionately on what you want, you will attain positive results.

While going through a weight reduction programme, I gained more stamina, power, positive energy and contagious enthusiasm. Initially I had anxiety and a fear of entering a group exercise class, so I attended a few sessions of hypnotherapy with my personal hypnotherapist. I had many emotional problems due to self-limiting beliefs arising from my childhood, so we focused on the type of body I wanted: healthy, disease-free, flat tummy, narrow waistline.

And guess what? That is exactly what I attracted. The hypnotherapist helped me to find the root cause of all the self-limiting beliefs that were holding me back. Using positive affirmations, my perspective of my past was changed from negative to positive, then the next time I walked into the gym, I felt brave enough to enter the classes and run on the treadmill without any discomfort.

I went from size 18 to size 8 in six months. I now eat only healthy food and work out regularly. I promised myself good health so I remember to stay focused on discipline and commitment. Just imagine, my dear friends, if I can achieve these positive results, I know for sure you can too. Remember, being good is not good enough, when better is possible!

ASK THE EXPERT



BRENDA-ANNE SAUNDERS
 CLINICAL HOMEOPATH
 DUBAI HERBAL & TREATMENT CENTRE

What is homeopathy?

The word homeopathy is derived from the Greek words *homoios*, meaning like, and *pathos*, meaning suffering. It stems from the observation that substances that can cause diseases in healthy people can be used in the dilute form as remedies for the similar disorder in a person who is ill.

The key to successful treatment is identifying the similarity between the effects of the original

substance in healthy people and the pattern of illness in the individual who is sick. The homeopathic method involves obtaining a complete description of the patient, the illness and its evolution, then specifically prepared and diluted medicinal substances are dispensed as potentised remedies.

Although homeopathic practitioners acknowledge the limits of their skills, no condition should be excluded—homeopathy has the potential to treat any medical condition. Practitioners are capable of supporting the conventional medical approach and work closely with

other medical services to the best benefit of the patient.

Homeopathy is patient-driven and caters to every person's unique experience of illness. It is a holistic system that takes into account every aspect of the patient's life and being, making it a therapeutic system that employs the body's own healing potential.

The homeopathic approach is safe and undoubtedly effective, proven not only by growing world-wide support of patients and health professionals, but also by ever increasing research evidence in support of the practice.

A five-star fast breaker

Tom Paye samples fine dining, premiere hospitality and Dubai's best shisha at the Fairmont Dubai's iftar.

RESTAURANT

Slightly confused, we entered a lift bound for the top floor of the Fairmont Dubai. We had expected to be directed towards one of the hotel's restaurants for our iftar meal, but were soon told that we would be dining in the penthouse suite. And when we reached the top, it became apparent that this buffet is for those looking for a special way of breaking their fast.

We were greeted with smiles and then led to our table, which sat in a large, luxurious room sporting a stunning view of Satwa, Jumeirah and the coastline, illuminated only by the red glare of the setting sun.

The TVs signalled the Maghrib prayer, and the waiting staff ushered us towards the food on offer. All of the food was authentically Arabic, with a sumptuous mixed grill here and a spicy chicken breast there. There were salads and hummous, and all manner of light bites, making it extremely difficult to decide on what not to eat. After the first plate, we could

have easily finished, but there was so much more to try that we had to go back for more.

There was even a shwarma stand, which I had to try. I am glad that I did, because it was quite possibly the best shwarma I have ever tasted. More strangely, though, there was a dish featuring lamb feet, which I was not brave enough to try.

Halfway through the meal, a waiter brandished a shisha menu, offering the usual flavours. We opted for mint, to help us digest the mountains of food that we had just eaten, and it has to be said that the quality of the shisha was among the best to be found anywhere in Dubai.

After finishing up our second courses, we ordered some traditional Arabic coffee, and began preparing to leave. But then we glanced across the room to the dessert table, which, with the traditional Lebanese sweets on show, was impossible to resist. By the end we were quite literally full to the brim. Admittedly, we had not been fasting, but if we had been, I cannot imagine a better venue to break it.



FAIRMONT DUBAI

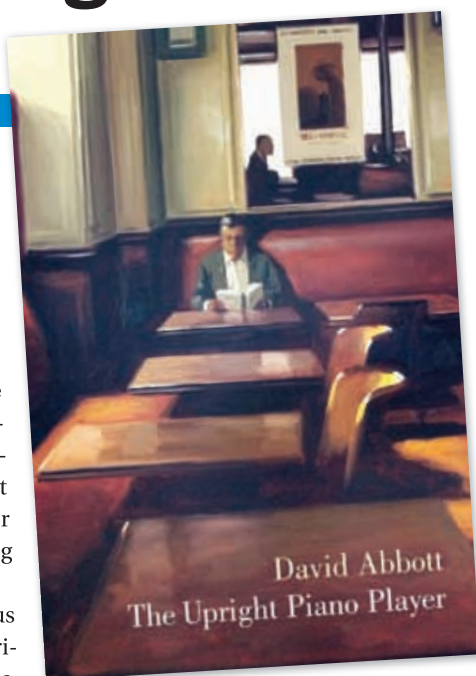
The Upright Piano Player

By David Abbott

BOOKS

The horrifying and gut-wrenching opening chapter of David Abbott's debut novel catapults you into the life of Henry Cage, a man who seemed to have it all. We meet him in the aftermath of a freak accident following a millennium party in a scene that casts a note of doom over the rest of this enthralling novel.

The story then takes us back five years to the period when Henry, a successful and wealthy businessman, has just retired. Bored, lonely and unhappy, Henry is left vulnerable to the secrets of his past. As these begin to creep up on him, we realise that Henry is not the man that he portrays to the outside world.



Melancholic and evocative, this is a powerful and beautifully constructed exploration of one man's post-retirement crisis, which gestures towards the larger failings of mankind and the flaws we conceal on the inside.

IF YOU LIKE THIS, TRY...

The Concert Ticket by Olga Grushin

At once intimate and epic, this far-reaching novel follows the lives of a family in Soviet Russia who have become strangers. Loosely based on a real-life event, everything revolves around getting a ticket to a one-off concert given by exiled composer Selinsky.

The Pleasure Seekers by Tishani Doshi

Babo Patel is the first member of his family to leave Madras and move to London in search of success. Almost instantly he falls in love with a beautiful Welsh girl, who is also seeking something more. Babo's parents, however, do not approve of his love for "some girl from God knows where".

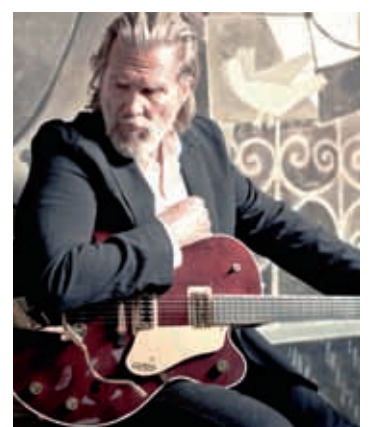
Jeff Bridges – Self titled

Blue Note ★★★★★

ALBUMS

Unbeknown to most, Jeff Bridges was a serious musician before he made a name for himself as a Hollywood actor. However, his Grammy-award winning musical performance in the 2009 film, *Crazy Heart*, put him firmly on the map as a singer/songwriter to be reckoned with, and has led to the release of his country-and-blues self-titled album.

Produced by the same man as the one behind the *Crazy Heart* soundtrack, Jeff Bridges' new album features a mix of his own material, as well as some written by Steve Bruton, who contributed heavily to the movie's music. However, this is hardly a sequel to *Crazy Heart*, and feels more personal in tone; there is no doubt that the words are sung from Bridges' own heart, rather than from the heart of a character he has played in the film.



The album opener, *What A Little Love Can Do*, is easily the most upbeat of the entire CD, and, while good, seems less impressive compared to the rest. Songs such as the slow and harrowing *Falling Short* and the strongly-delivered *Nothing Yet* pay testament to this, while *Blue Car* sports a great deal of emotional depth.

All in all, this is a mostly impressive album, and should even appeal to those who do not listen to country music.



Ramadan Kareem

EMSAKIAH - HIJRI 1432

Dubai Prayer Timings

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

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

FIRST
PERSONMAXINE REDDING
PROJECT ASSOCIATE
FLASH ENTERTAINMENT

An event is an event in itself

Being in events means many things to many people. To most who have never worked in the industry, it is glamorous and filled with never-ending gala dinners and meeting famous people. But to those of us who were born with a passion for events, it is quite the opposite.

The job involves hard work, long hours, high pressure and a major lack of sleep. People ask me why I do it and the answer is always the same for me: there is a moment at every event, big or small, when you stop, look at the people enjoying themselves, and feel an immense amount of satisfaction and pride in what you and the team have achieved. It usually lasts 10 seconds.

My work gives me the room to be creative and have huge involvement with the entire team from start to finish, which makes the pride in what you all achieve feel even bigger.

This year's Yasalam is testament to that—having worked throughout last year's (with about four hours' sleep in total) watching the one this year take shape is more than exciting. Sometimes you do get to have a moment that you didn't think would be possible in your life, snapshots of things you keep with you forever.

Seeing two people get engaged at the Stevie Wonder concert, watching my mother fall in love with Snoop Dogg's music, and receiving a letter to say that something as small as a helping hand onto a bus at 2am in the morning made the difference to a concert goer—those little things each add up to make you get out of bed and do it all over again with a smile.

Ready
to play

Dubai bands are raring to go after the summertime lull.

There might not be any live music happening during Ramadan, but the holy month has allowed Dubai's biggest bands to take a well-earned break after a year of supporting world-class acts and recording incredible studio albums.

However, this does not mean Dubai's local musicians are intending to stay complacent for any real amount of time. Indeed, the general consensus among the artists seems to be that they are just getting started, and that the coming year will bring bigger, better gigs, professional-sounding

albums and scope for Middle Eastern tours. For any grassroots music lover, things could not be more exciting.

One Dubai band looking to capitalise on the successes of the last year is Absolace. The progressive rock group, who in 2010 released their debut album, *Resolve[d]*, have enjoyed serious attention since playing their first few shows. And during 2011, they have gone from strength to strength. Earlier this year, they opened for British metal act Anathema, and their most recent concert saw them performing at this summer's Byblos



ANURZYM



Festival in Lebanon, supporting the award-winning 30 Seconds to Mars.

The band is currently working on its second studio album, which, according to Jack Skinner, will be a step up from the debut, despite the band receiving plenty of praise for their first effort.

"This album will be a little bit different from the last one," he said. "The last one was really rhythm based, and that's still true of this one, but we think each song is more of a complete package now. Every member has put their own twist on the album."

"We've also got a guy called Josh Williams co-producing the album for us, and the sounds he's helped us come up with are great. Everything sounds so crisp, clean and professional. It's a real step up, and we're really happy with it so far."

Another band ready to play shows alongside big, international

artists, is the well-respected Beat Antenna, who have just been announced as a support act to award-nominated supergroup Beady Eye on September 16. The international band, made up of former members of Oasis, will play at Yas Island's Flash Forum, after the crowd has been warmed up by the edgy music that gained Beat Antenna such acclaim after they performed at last year's Abu Dhabi Grand Prix.

But the Dubai-based four-piece band are not simply stopping at one big show. After the Beady Eye gig, they plan to build up their already strong following by performing at as many shows as possible for the next few months, starting with a gig at Dubai's Music Room.

Absolace and Beat Antenna are both bands that have adapted to playing large venues, but there are other projects in Dubai that are, for the moment, more studio

"Everything sounds so crisp, clean and professional. It's a real step up."

focused. Heavy metal act Private Government are one of these bands. A supergroup of sorts, given it is made up of big names from Dubai's music scene, including producer Milton Kyvernitis, Absolace drummer Greg Cargopoulos and a host of other well-known musicians. They recorded a debut album over the course of three years, and eventually released the final product, *Diavotirio*, in 2009 to widespread acclaim.

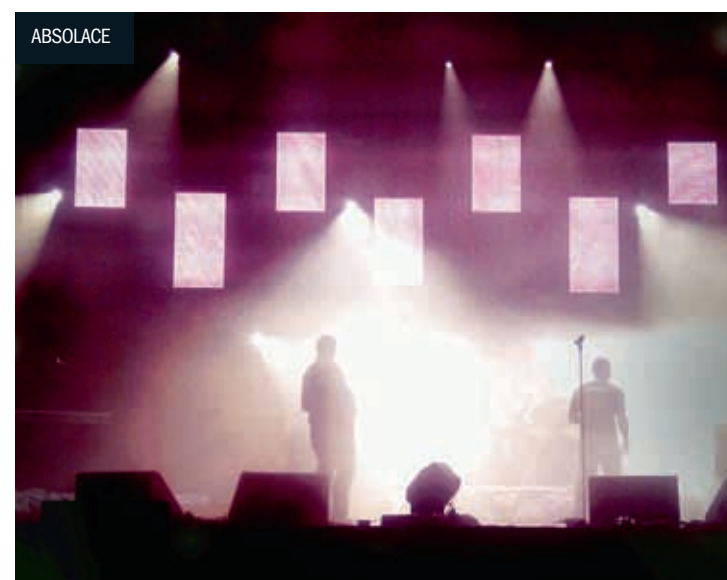
"We're looking to put a new album out around December," said Kyvernitis. "The material is quite different from the first album; it's got a few more electronic elements to it. Think Trent Reznor infused with sounds like Machine Head and In Flames."

"I think we're more focused on putting out recorded music rather than playing live gigs, seeing as we've never really played any shows."

This year will also see new bands take on the scene, one of which is Anurzym, whose members are spread across Dubai and Abu Dhabi, and whose album is also being produced by Kyvernitis. The thrash metal act's debut album is set for release in the autumn, and is highly anticipated by the local metal community, not least because the drummer, Martin Lopez, was formerly a member of legendary progressive metal band Opeth.

"These guys have got an insane sound," said Kyvernitis. "And they're very much a live band, so I think they should have got a few shows lined up."

From what these bands are saying, then, it looks as if the local music scene in Dubai really is starting to heat up. And after Ramadan, it looks like the emirate's residents can expect to rock on for many months to come.



Orient art brings vigour to Dubai

New exhibition of Chinese artists blends the Far East with the West to produce a lively display.

FINE ART

DUCTAC at Mall of the Emirates is gearing up to provide its visitors with a taste of the orient by hosting a contemporary Chinese art exhibition, *Vigour of Style*, in its Gallery of Light from August 18-25.

The works featured are from some of the world's most acclaimed Chinese artists, including Xu Weixin, Tan Ping, Qin Feng and Ton Runan, among others. These have been chosen because they have all studied and gained influence from Western styles of painting, yet none have allowed this to detract from their Chinese roots. This means that their styles



of painting are unique among their contemporaries.

The name of the exhibition comes from a basic concept that is used in ancient Chinese literature, but is also highly relevant to the world of Chinese art. The paintings have traditionally been created thanks to a combination of delicate skill and vigorous execution, providing the classical aesthetic forms of well-known Chinese artists. According to an old Chinese saying, "One must begin with style to express sorrow and disappointment; lamenting

with words should not come before vigour". It is believed that a person can no more be lively without "vigour" than they could stand up without bones.

As well as providing a beautiful selection of art work, the *Vigour of Style* exhibition also delves into subjects which explore the themes of ancient and modern China, making it a must-see for anyone even slightly interested in this mystic part of the world.

The exhibition will be open from 2pm-10pm every day from August 18-25, and is free for anyone to visit.

For more information, visit www.ductac.org or call 04 341 4777

Aping reality

The Planet of the Apes prequel will be a serious Oscar contender for its CGI primates.

The Planet of the Apes franchise features seven films, and two TV series. Even though the 2001 film was panned by critics, it is still the highest-grossing of all Planet movies, grossing over \$362 million.

DID YOU KNOW?

- The very first *Planet of the Apes*, which was released in 1968, had a budget of around \$5 million. This latest film has a reported budget of over \$80 million.

- The last *Planet of the Apes* installment starred Mark Wahlberg and was directed by Tim Burton. It was panned by film critics in the summer of 2001.

- This is not the only prequel James Franco is involved with. The actor is also set to star in the *Wizard of Oz* origin story *Oz: The Great and Powerful*, which is pencilled for a March 2013 release.

NEW RELEASE

In what is fast becoming known as the summer of sequels, there is one ongoing saga that has decided to move against the trend. The latest installment of the *Planet of the Apes* saga falls under the prequel label, taking audiences back to the very beginning of how the apes came to be.

Will Rodman—played by James Franco—is a scientist who has been trying to develop a cure for Alzheimer's disease by testing a genetically engineered retrovirus on chimpanzees. However, it all goes horribly wrong when the virus causes a mutation amongst the test subjects, giving the chimpanzees a human level of intelligence.

A female chimpanzee goes on a rampage when she believes her baby to be in danger and is

subsequently killed. Following an order to kill all the affected chimps, Will cannot bear to let go of the baby, so names him Caesar and raises him as his own.

As an adult chimp—played brilliantly by Andy Serkis of *Gollum* fame—when Caesar tries to protect Rodman's father, he is believed to be dangerous so is captured and sent to a primate facility—a type of chimpanzee prison where the animals are treated cruelly.

What follows is a dramatic and thorough

portrayal of how the chimps begin to rise up against the humans who have behaved so badly towards them, with Caesar leading the revolt in a way that is quite awe-inspiring for a CGI chimpanzee.

And that is one of the main things that has delighted audiences and critics worldwide with this particular installment of *Planet of the Apes*. Whereas previously actors in costume and prosthetic make-up have played the chimps, this is the first version where the primates are completely computer-generated. Not surprisingly—with the Oscar-

winning visual effects team behind *Avatar* and *Lord of the Rings* in charge—the results are quite stunning. How a digitally generated chimpanzee can act the socks off the real-life cast members is quite bewildering, yet it proves to be one of the most effective things about the movie.

As the story progresses, the hostility and animosity that the *Planet of the Apes* series is so well known for mounts. One of the main elements to the story has always been the eeriness and psychological fear of seeing a world where chimps have taken over

“The hostility and animosity that the *Planet of the Apes* series is so well known for mounts.”

from the humans, and this latest installment definitely keeps the theme going. The cleverest thing however is the approach taken by director Rupert Wyatt and screenwriter Rick Jaffa towards making a movie that manages to fit into what most would consider an already cluttered series.

Whereas all the previous movies have been set in the future, when space travel is commonplace, by bringing the story back to the present day and showing us the origins of the apes' domination, they have created a movie that will not only please sci-fi geeks and hardcore *Planet of the Apes* fans, but is an action-packed visual delight that can genuinely be enjoyed by those that have no prior knowledge of any of the earlier films.

SILVER SCREEN

ANDY FORDHAM
GULF FILM

D-Box brings the action to the seat

It started with the silent movie in black and white and today we are blessed with stunning 3D sound and pictures. But what is the next advancement that will capture the avid cinema goer.

Have you heard about D-Box Cinema? Already installed in about 30 cinemas worldwide, this new technology is simply amazing. We are talking immersive motion technology that completely transforms the movie experience with theatre seats that pitch, roll and heave in perfect sync with all the onscreen action.

D-Box Technologies designs and manufactures leading-edge, high-technology motion systems mainly suited to the needs of the entertainment industry. With its unique, patented technology, D-Box Motion Code uses motion codes specifically programmed for each film, which are sent to a motion generating system integrated within either a platform or a seat.

The resulting motion is perfectly synchronised with all onscreen action. Prominent Hollywood studios have started embedding D-Box Motion Code on selected theatrical releases, and its motion technology is proving itself to be a new global standard in the entertainment world. Already we have seen Hollywood blockbusters like *Fast Five*, *Pirates of the Caribbean: On Stranger Tides*, *Super 8* and *Conan the Barbarian* appear with this new embedded technology.

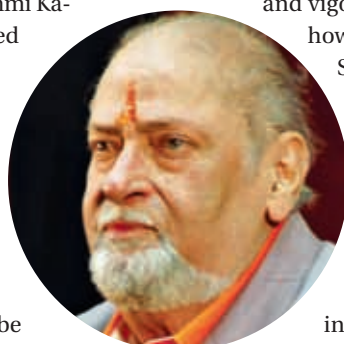
Although no cinemas in The Middle East have this technology I would bet that it won't be too long before this kind of innovation makes its way to our shores.



Bollywood news

SHAMMI KAPOOR PASSES AWAY

The world of Bollywood has been rocked by the news that the veteran actor, Shammi Kapoor, sadly passed away last week. Kapoor's health had been deteriorating for some time, and he died peacefully in hospital aged 79. He will be remembered as one of the biggest and most popular stars of the 'Fifties and 'Sixties, known by many for his roles in films like *Junglee*, *An Evening In Paris* and *Kashmir Ki Kali*.



SAMEERA REDDY INJURED DURING FILMING

Many Bollywood numbers are known for their high-energy and vigorous dance moves, however actress Sameera Reddy may have taken it a little too far recently. The actress took a tumble from a bike during filming for the upcoming Tamil film *Vettai* while filming the opening song sequence with fellow actress Amala Paul. Luckily, after a full hospital check-up, Reddy had escaped with just a few cuts and bruises.



AARAKSHAN BAN LIFTED

Amid the ongoing tension and furore surrounding the release of Prakash Jha's *Aarakshan*, the Punjab and Andhra Pradesh governments have finally cleared the film and revoked the statewide

ban they had previously imposed on it. Both states created special committees to judge whether there was anything objectionable in the film, but the committees did not find anything offensive so the movie was passed for release.

Reviews *in brief*

A quick look at the week’s biggest films.



Burke & Hare (2010)

★★★★★ Simon Pegg, Andy Serkis, Isla Fisher

From John Landis, the director of *Animal House* and *The Blues Brothers*, *Burke & Hare* is a black comedy/thriller starring Simon Pegg, Andy Serkis and Isla Fisher as the unfortunate citizens of 19th century Edinburgh, a setting rife with murder, theft and corpse snatching. While the film has received quite a few negative reviews, it has also been praised for its believable costumes, sets and cinematography. And the film is a welcome break from clichéd Hollywood comedies.



We are the Night (2011)

★★★★★

Karoline Herfurth, Nina Hoss, Jennifer Ulrich
Dennis Gansel, responsible for hit film *The Wave*, explores his fascination of night time in Berlin with a group of seductive lady vampires that hide out in the city’s alternative clubs, enjoying the pleasures of immortality. They can do what they want with no consequences. With romance and an exploration into the theme of power, this film is a refreshing take on the rather tired vampire genre, and is closer in nature to films like *The Hunger* than it is to *Twilight*. Overall, most critics have enjoyed the film for sleek and cool style.

Chatur Singh Two Star (2011)

Sanjay Dutt, Anupam Kher, Ameesha Patel

Chatur Singh Two Star is an upcoming Bollywood action comedy directed by Ajay Chandhok. It is produced by Mohammad Aslam and Parag Sanghvi and is based on the novel *Chalaak Jasoos*. Chatur Singh is from the Mumbai Police Department, and despite his bumbling mannerisms and hilarious clumsiness, he picks up the force’s biggest case. Will Singh use this opportunity to prove to everybody his true worth and capability? Scheduled for release this week, let us know what you think. letters@readme.com



READ. AUGUST 21-27, 2011

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

And Soon The Darkness - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30
Disappearance of Alice Creed - 12:20, 14:40, 17:10, 19:20, 21:35, 11:50
Harry Potter 7 (3D) - 18:00, 21:00, 00:00
Hoodwinked Too (3D) - 11:30, 13:20, 15:10
Horrible Bosses - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:10
Kung Fu Panda 2 (3D) - 11:00, 13:30, 15:30
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The New Daughter - 11:00, 13:25, 16:00, 18:30, 21:15, 23:35
Point Blank - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Transformers 3 (3D) - 18:00, 20:50, 23:40
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 12:15
Zindagi Na Milegi Dobara - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND MEGAPLEX - IBN BATTUTA

The Adventures of Puroza - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
And Soon The Darkness - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30
Bridesmaids - 11:00, 13:30, 16:15, 19:15, 21:45, 00:20

Chatur Singh Two Star - 11:30, 14:00, 16:30, 19:00, 21:30, 23:45
Clash - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Disappearance of Alice Creed - 12:20, 14:40, 17:10, 19:20, 21:35, 11:50
Fast 5 - 19:00, 21:30, 00:00
Harry Potter 7 (3D) - 13:20, 18:00, 18:40, 21:00, 00:00
Hoodwinked Too (3D) - 11:00, 13:30, 15:30
Horrible Bosses - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:10
Kung Fu Panda 2 - 11:00, 13:00, 15:00, 17:00
Larry Crowne - 10:30, 12:45, 15:00, 17:15, 19:35, 21:45, 00:10
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The New Daughter - 11:00, 13:25, 16:00, 18:30, 21:15, 23:35
Pirates of the Caribbean 4 - 12:00, 15:00, 18:00, 21:00, 00:00
Point Blank - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Rowthiram - 11:00, 14:00, 17:00, 20:00, 23:00
Transformers 3 (3D) - 10:40, 11:30, 14:30, 15:50, 17:30, 20:30, 21:20, 23:30
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:15
Zindagi Na Milegi Dobara - 10:30, 13:30, 16:30, 19:30, 22:30
Zookeeper - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

GRAND CINEMAS - FESTIVAL CITY

Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30



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

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

And Soon The Darkness - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Bridesmaids - 11:00, 13:30, 16:15, 19:15, 21:45, 00:20
Disappearance of Alice Creed - 20:30, 22:30, 00:30
Fast 5 - 12:30, 15:00, 17:30
Harry Potter 7 (3D) - 18:00, 21:00, 00:00
Hoodwinked Too (3D) - 11:30, 13:20, 15:10
Horrible Bosses - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:10
Kung Fu Panda 2 (3D) - 11:00, 13:30, 15:30
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Pirates of the Caribbean 4 (3D) - 12:00, 15:00, 18:00, 21:00, 00:00
Point Blank - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Transformers 3 (3D) - 18:00, 20:50, 11:40
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:15
Zookeeper - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

GRAND CINECITY - AL GHURAIR

Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30
And Soon The Darkness - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Chatur Singh Two Star - 11:30, 14:00, 16:30, 19:00, 21:30, 23:45
Fast Five - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Rowthiram - 11:00, 14:00, 17:00, 20:00, 23:00
Transformers 3 - 11:30, 14:30, 17:30, 20:30, 23:30
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:15

GRAND METROPLEX - METROPOLITAN

Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30
And Soon The Darkness - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Chatur Singh Two Star - 11:30, 14:00, 16:30, 19:00, 21:30, 23:45
Delhi Belly - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Disappearance of Alice Creed - 12:20, 15:40, 17:10, 19:20, 21:35, 23:50
Fast 5 - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The New Daughter - 11:00, 13:25, 16:00, 18:30, 21:15, 23:35
Zindagi Na Milegi Dobara - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND MERCATO

Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30

THE LAST GODFATHER



Bridesmaids - 11:00, 13:30, 16:15, 19:15, 21:45, 00:20
Disappearance of Alice Creed - 12:20, 14:40, 17:10, 19:20, 21:35, 23:50
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Point Blank - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:15
Zookeeper - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

VOX CINEMAS - DEIRA CITY CENTRE

Aarakshan - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
And Soon The Darkness - 13:00, 17:00, 21:00, 01:00
Burke and Hare - 11:00, 15:00, 17:00, 23:00
Chatur Singh Two Star - 11.15, 13:45, 16:15, 18:45, 21:15, 23:45
Harry Potter 7 (3D) - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Last Godfather - 11.00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Rio (3D) - 11:00, 13:00
Rowthiram - 10:45, 14:00, 17:30, 20:45, 00:00
Singham - 23:30
Transformers 3 (3D) - 15:15, 17:15, 21:15, 00:15
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

VOX CINEMAS - MOE

Aarakshan - 10:45, 14:00, 17:15, 20:30, 23:45
And Soon The Darkness - 12:15, 16:30, 20:45, 01:00
Bridesmaids - 10:30, 13:00, 15:45, 18:45, 21:15, 23:45
Giselle - Ballet (3D) - 13:00, 21:00

Hanna - 10:15, 12:45, 15:15, 17:30, 19:45, 22:00, 00:15
Harry Potter 7 (3D) - 15:45, 16:15, 18:30, 21:15, 00:00
Hoodwinked Too (3D) - 10:30, 14:30
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Kung Fu Panda 2 (3D) - 09:45, 11:45, 13:45, 15:45
The Last Godfather - 10:45, 13:00, 15:15, 17:30; 19:45, 22:00, 00:15
The New Daughter - 10:00, 14:15, 18:30, 22:45
Pirates 4: On Stranger Tides - 13:15, 17:45, 20:45, 21:15, 23:45
Point Blank - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Mr Popper's Penguins - 12:15, 16:45, 21:15
Rio (3D) - 12:30, 16:30
Transformers 3 (3D) - 18:30, 21:30, 00:15, 00:30
We are the Night - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
The Wiggles - 09:30, 11:30, 13:30
Zookeeper - 10:00, 12:30, 19:00, 23:30

VOX CINEMAS - MIRDIF CITY CENTRE

Aarakshan - 14:00, 17:15, 20:30, 23:45
And Soon The Darkness - 12:15, 16:30, 20:45, 01:30
Bridesmaids - 13:30, 19:15, 00:00
Clash - 11:00, 13:15, 15:30, 17:45; 20:00, 22:15, 00:30
Harry Potter 7 (3D) - 16:00, 21:45
Horrible Bosses - 11:15, 16:15, 21:45
The Last Godfather - 10:45, 13:00, 15:15, 17:30; 19:45, 22:00, 00:15
The New Daughter - 10:00, 14:15, 18:30, 22:45
Rio (3D) - 10:00, 12:00, 14:00
Transformers 3 (3D) - 18:45, 00:30
We are the Night - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Zookeeper - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

REEL CINEMAS - DUBAI MALL

Aarakshan - 15:00, 18:10, 21:20, 00:30
And Soon The Darkness - 14:50, 17:50, 19:50, 21:50, 23:50
Bad Teacher - 17:20, 19:25, 21:30, 23:35
Bridesmaids - 14:00, 16:30, 17:40, 19:00, 20:10, 21:35, 22:40, 00:10
Burke and Hare - 18:10, 20:10, 22:10, 00:10
Clash - 14:05, 16:15, 18:25, 20:35; 22:45, 00:55
Hanna - 17:10, 19:30, 21:50, 00:20
Harry Potter 7 (2D) - 15:20, 18:00, 20:40, 23:40
Harry Potter 7 (2D) - 17:05, 19:35, 22:05, 00:35
Horrible Bosses - 17:20, 17:30, 19:10, 19:40, 21:40, 22:10, 23:50, 00:10
The Last Godfather - 17:00; 19:30, 22:00, 00:30
Monte Carlo - 18:40, 21:10, 23:40
The New Daughter - 14:40, 17:00, 19:20, 21:40, 00:05
Point Blank - 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Mr Popper's Penguins - 18:00, 20:00, 22:00, 00:05
Transformers 3 (3D) - 15:00, 18:05, 21:10, 00:15
We are the Night - 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Zookeeper - 15:15, 17:30, 19:45, 21:00, 23:30

REEL CINEMAS - DUBAI MALL

Attack the Block - 15:50, 18:10, 20:10, 22:10, 00:10
Bad Teacher - 15:30, 17:40, 19:50, 22:00, 00:20
Bridesmaids - 16:20, 21:00, 21:30, 00:05
Hanna - 16:30, 18:50, 21:10, 23:30
Horrible Bosses - 15:20, 17:30, 19:40, 21:50, 00:30
The Last Godfather - 15:10; 17:20, 19:30, 21:40, 23:50

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

We asked cinemagoers what they thought, fresh from seeing the film.

Holly Harding
Yoga instructor, JLT

5/10



I have just seen *And Soon the Darkness*, and I didn't think much of it. The storyline was predictable and the acting not good, though there were some pretty tense moments.

Aaron Sihat
Personal trainer, Dubai Marina

4/10



I watched *The Last Godfather* and I thought it was terrible. I had no idea what it was about before watching it, but I didn't like the idea behind the movie at all and actually found some of it quite offensive.

Natalie Graham
Events planner, Arabian Ranches

8/10



My kids wanted to watch *Rio* but we missed it when it was out before, so I've just taken them to see it now it's back on in 3D. I really enjoyed it myself, but I think I will always love animated films because they are visually impressive and provide genuine entertainment.

How *green* is your kitchen?

Your kitchen might seem an unlikely place from which to start saving the planet, but a few small changes here can make a big difference out there.

Of all the rooms in your home, the kitchen is the one that has the potential to make the biggest impact on the environment. So where better to start with a few simple, practical changes?

It is the one room we use almost every single day, for cooking, washing, cups of tea, chatting with friends or feeding the kids. You will have plenty of electrical devices in there, and probably a collection of chemicals too. It is where you bring in most of the packaging, and from where you throw out most of the trash.

Your kitchen is the centre of your home, the one place where

every family member comes to find food and refreshment. Here you use energy to cook, and more to clean up afterwards. Cooking and storing food uses a lot of energy, both to heat and to cool

GREEN KITCHENS

Visit the Rono Interiors showroom on Sheikh Zayed Road. Mark Wilkinson kitchens use wood from sustainable sources, water-based paints, natural stone and traditional construction methods for durability. For every order, the company plants two new trees.

what you prepare. In addition to cooking, your kitchen is also the most intensively cleaned, which in turn uses more energy. Your sink and your dishwasher are both big users of water. All things considered, your kitchen probably contains more opportunities to reduce your environmental impact than any other room in the house. But where do you begin?

For a simple start, do nothing but look. Look at your kitchen as if you were seeing it for the first time. Is it clean, tidy and efficient, or cluttered and disorganised? Listen carefully. How many devices are plugged in and using power *right now*? What about the extractor fan, the A/C, the lights? Is your water heater on? Your cooker? Your microwave? Every single LED showing that something is on stand-by is a signal. Fridges and freezers are power-hungry devices, and the fact that they are on 24/7 means they deserve particular attention. Obviously, you cannot turn them off, but you can take steps to make sure they are working properly and efficiently. Washing machines and dish-

GREAT FRESH PRODUCE

Important initiatives in Dubai include the Farmer's Market in Souk Al Bahar on Friday mornings from September (check for the exact dates and locations as it tends to move around). Great produce, fresh and local.

RIPE market at Dubai Garden Centre. Again, hopefully restarting in September, a development of the popular Saturday morning market that ran there earlier in the year.

Fruit and Vegetable Market. If you have not been, make a point of it. Just past the car market at Al Awir, there is always a splendid collection of fresh fruit and veg on display. Prices are usually negotiable, and it is great fun to hunt down new and interesting fruits, vegetables and herbs. Go with a friend and split a few boxes.





EFFICIENT APPLIANCES

Choose “A” Rated appliances for the lowest energy consumption and minimum impact. Miele make a good range. For general advice, you can go to www.energysavingtrust.org.uk

buy, the amount of packaging it is wrapped in, and how to get rid of waste in an eco-friendly way. Consider composting organic waste with a Bokashi system, reduce the amount of packaging by cutting out TV dinners and ready-prepared convenience foods (you are a better cook than they are!). Try to only buy what you need to cook and eat for a few days. Save bulk goods for the weekend—rice, pulses, flour and beans can all be bought in large quantities to minimise the number of trips to the supermarket.

Here are some easy, practical ways to have a greener kitchen.

FILL YOUR FRIDGE

It may seem odd, but a full fridge or freezer is more efficient than an empty one—every time you open your fridge, cold air flows out and warm air gets in, which needs to be cooled again. A well-stocked fridge loses less cold air. But do not overstuff it—leave enough room for air to circulate freely so it cools efficiently.

DISHWASH, NOT HAND WASH

Modern dishwashers are remarkably efficient, and use significantly less water than doing the dishes in the sink under a running tap. Just make sure the machine is full before you turn it on.

washers present a different challenge, using both power and water, but sitting idly by for much of the time. Do your bit by running them at off-peak times so they put less load on the local electricity supply.

Once you have a clear picture of what equipment is in your kitchen, it is time to think about how you use it. What do you bring into your kitchen, and what do you throw out? How much waste do you produce, and how do you deal with it? How do you do your shopping? What sort of decisions do you make in the supermarket? When you cook, are you using energy and ingredients efficiently and well?

There are more questions about the food you



TRY TO BUY AS MANY LOCALLY PRODUCED PRODUCTS AS POSSIBLE



MODERN DISHWASHERS ARE ENERGY AND WATER-EFFICIENT

“Look at your kitchen as if you were seeing it for the first time.”

up in one meal. Letting them go off in the fridge before you throw them away wastes money, energy and resources.

SHOP LOCAL

The UAE depends on imports for more than 90 per cent of the goods it consumes. When it comes to food, it makes real sense to buy goods produced as close to home as possible. Look for organic fruit and veg from Abu Dhabi, local cucumbers and tomatoes, wonderful veg from Oman, beautiful fresh fruit from Jordan, Lebanon, Iran, Pakistan, India and so on. A dhow across the Gulf is far more eco-friendly than a jumbo jet air-freighting grapes half way around the world. Celebrate seasonality. Shopping local also keeps the benefits in the region, and supports local businesses and people.

RELAX

Do not stress; just do what works for you. It is more important to live a conscious, healthy life than be hidebound by rules. Celebrate every success; do not fret about the small stuff.

SHOP LARGE

Buy staple items in bulk, to cut down on the number of trips you make. Less trips mean less petrol used, and less wear and tear on your car.

SHOP SMALL

Try to buy only small amounts of perishable items that you will use

SMART LIVING

For a healthily realistic approach to dealing with the many issues of grappling with a greener lifestyle, check out the wealth of practical advice and friendly help at www.selfsufficientish.org

Family-friendly Terrain

★★★★★ **Richard Whitehead** looks at the new and improved GMC Terrain.

ROAD TEST

The tinted windows were close to blacked out. According to Nabil, the sales manager at Al Ghandi, the distributor for GMC cars and trucks in Dubai, this was because a previous test driver had taken the car straight to a window tinter's as soon as he embarked on his one-day evaluation. What a curious thing to do.

We were looking at the GMC Terrain, which I was going to take out for a few days. Nabil pointed the key fob at it, pushed a button and the engine roared into life. Perhaps roar was not the right word for it because, even though a V6 comes standard on the SLT model, it was hard to discern much sound emanating from the over-long bonnet, so well is it sound-proofed. But still, it was a nifty touch—

having the aircon start a couple of minutes before you enter the car really does make a difference in this summer heat.

Apparently, the order books are full for the 2011 model, and the waiting list is growing. Looking at it, it is hard to tell the type of market it most appeals to. GMC is General Motors' tough-guy brand, its line-up filled with six-wheel pick-up trucks (the Sierra), full-size SUVs (the Yukon) and even its crossovers, the Acadia and this, the Terrain, are built big, bold and full of bling. GM claims that the brand provided the new ships of the desert back in the days of black and white, when four-wheel drive GMC trucks carried provisions across the Rub Al Khali—the Empty Quarter—covering sand dunes in its stride. This is evident, we are told, by the way Khaleejis refer to any 4x4 as

Specs
 Engine: 3.0-litre V6
 Power: 264bhp at 6,950rpm
 Torque: 222lb-ft at 5,100rpm
 Interior volume: 3,602 cubic litres
 Fuel tank: 79.1 litres
 Economy: 10L/100km



BIG BULGES GIVE THE CAR AN OVERWHELMING PRESENCE



THE TERRAIN'S INTERIOR SPORTS CLASSY SWEEPS



a "Jeems", a corruption of GMC's initials, which has continued through the generations since these early days.

The outside is full of metal panels and plastic bumpers, sharp angles and overwhelming bulges. The signature GMC grille is there, giving the car a real presence from the front. Looking on from the rear, an oversized light cluster that appears to travel the width of the hatch provides even more evidence of stature.

But still, it is a crossover SUV—something between a large estate car and a full-on 4x4 that has grown in popularity among "soft roaders"—which means it should be favoured by family guys and their wives for its practicality and space.

Driving it, the Terrain feels like a good sized family car. Just like the exterior, the dash has some stature and mass. GM has focused heavily on the interior designs of GMC cars, putting in some good creative touches and thought behind its materials. Just a couple of years ago, the quality was not there, neither were soft touches, but now there is very little in the way of gaps between panels, while the hard surfaces have



been replaced by classy sweeps. There is not as much room as you would like if you were the driver: the deep wheel arches intrude on the leg room. The seats, however, make up for this as they are soft yet supportive, and good quality leather comes as standard trim on the SLT. Naturally, being an American car, the cup holders feature prominently in the centre console, and while the bin in the arm rest might be narrow, it

is also very deep. A couple of the plastics around the stereo might need an upgrade for the next generation as they feel flimsy to the touch, but they do not detract from the Pioneer sound system, which is an excellent feature with good clarity and crisp sound. Another great idea is the rear-view camera—again standard on this trim level—which is integrated into the rear-view mirror. It might be small, but it is just where you want it when you are reversing. The rear has a good amount of space for three adults, and the seat backs are adjustable like aeroplane seats. Behind them is a decent-sized boot, even if it is not best in its class.

The 3.0-litre, V6 engine is a real find. Its lack of sound from the outside trumped by the damping in the cabin and it is very hard to hear at cruising speed—something GM has been concentrating heavily on in recent years. This adds to a real feeling of refinement that matches the suspension feel, which is altogether very good. It is a good thing that you cannot hear much from under the bonnet because what does come through on red-line acceleration is an ugly-pitched V6. It is, however, great to drive, especially on the cruise, and this is only let down a little by somewhat numb steering. The overall driving experience is very enjoyable.

In spite of its significant proportions on the outside, the Terrain is a very capable family car that is well built and excellent value for money. At around Dh120,000, it comes with a lot of kit and a very decent V6 engine that might not have the performance of some of its competitors, but still offers good economy and a satisfying feel. No wonder the order book is full.

Dh 120,000
At this price, with this engine, the GMC Terrain is extremely good value for money.

Top power tools



Bosch IXO Lithium-Ion screwdriver 3.6V

Dh 249

Bosch was the first company to make a DIY tool with a lithium-ion battery, and it has since made a name for itself as one of the best power tool manufacturers around. This electronic screwdriver is light, portable and is easy to recharge. The built in flashlight is a nice touch, allowing users to see what they are doing even when stuck in a dark area, and the comfortable handle makes it a particularly enjoyable tool to use.

Available at: [Ace Hardware](#)

Black & Decker Hammer Drill 710W



Dh 279

This Black & Decker piece is a particularly good all-rounder thanks to its hammer mechanisms. It is suitable for pretty much any DIY drilling task on materials such as wood, metal, plastic and masonry, and its reversing brush system ensures that each screw is fitted properly. Users get more control thanks to an adjustable speed setting and an extra handle, and its metal casing should ensure that it will last a lifetime.

Available at: [Ace Hardware](#)



DeWalt Random Orbit Sander

Built to deliver a smooth finish, this sander is suitable for use on all manner of wooden surfaces, and is designed to keep dust and sand away from all of the tool's critical components. It features a 3-amp motor which can spin at 12,000rpm, and its textured anti-slip grips ensure great control and comfort, making it the perfect tool for the DIY amateur.

Available at: [Amazon.com](#)

Dh 217

Dh 545

Hitachi Angle Finish Nailer

One for serious DIY guys or girls, this Hitachi nailer can be used to install crown and base moldings, window or door casings, cabinets and hardwood floorings. It can fire 15-gauge nails from 3.1cm to 6.3cm in length and its integrated air duster makes clearing debris quick and easy. Included are safety glasses, a quick-connect plug and a carry-case.

Available at: [Amazon.com](#)



The wonders of Petra

Jordan's lost city has been rediscovered, and rightly deserves its place as one of the modern wonders of the world.

Few places could be more deserving of their spot on the New Seven Wonders of the World list than Jordan's Petra. The ancient Nabataean city, carved from mountainous rock, attracts thousands of visitors to Jordan every year, but that hasn't always been the case.

For seven centuries, Petra was believed by most to be a myth until 1812, when a young Swiss explorer glimpsed the secret city and revealed its existence to the world. Since then, an ever-increasing number of travellers have flocked to its gate, which takes the form of a slim crevice between two giant rocks, known as the Siq.

Walking through this winding passage, your path illuminated by shards of light that make their way into the gorge, there is a definite sense of something significant to come. You won't be disappointed. The path widens before you turn a corner and suddenly find yourself standing before the magnificent, pillared

treasury, literally hewn into the sandstone cliff.

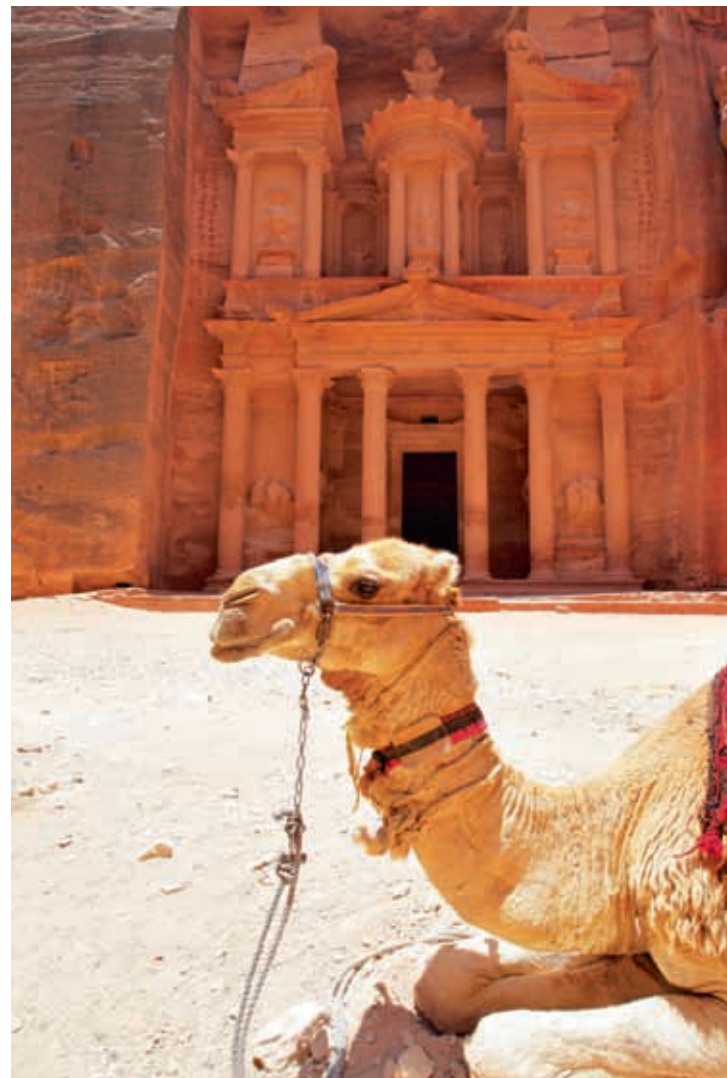
Even once you've wandered round the dark, echoing rooms and taken in the sheer antiquity and archaeological wonder of this breathtaking construction, the tour of Petra has still only just begun. The path, which can be travelled on foot, camel, donkey or horse (depending on your energy levels/riding ability), takes you on to the theatre, church, palace, temple and much more.

It's worth hiring a guide if you want to learn more about the fascinating history of the ancient Rose City, so called because the rocks flare pink when the sun sets. Until very recently, Bedouins still lived in the city's caves, but a few decades ago they moved to the nearby Wadi Village. Outside of Petra, however, the Bedouin still pursue their traditional existence and it's worth visiting Little Petra (about 10 minutes' drive) to catch a glimpse of this historic way of life.

Several hours into the tour of Petra, you finally come to the foot of its pièce de résistance, the



“Its gate takes the form of a slim crevice between two giant rocks, known as the Siq.”



exquisitely carved, first-century BC monastery. You have to earn this treat though, as the famous monument stands on top of a high mountain, and the only way up is on foot or donkey; the latter is infinitely less comfortable, however fit you are. It is 900 steps and around an hour's climb in the scorching heat, but the sight at the summit is well worth the sweat.

Much larger than the treasury and simpler in design, this is by far the most magnificent display of Nabataean architecture in Petra—although, after the lengthy climb, the odd tourist will head straight for a café selling cold beverages before taking time to appreciate this hard-earned wonder.

Another fifteen minutes' climb away is a spot that affords some of the best views of the surrounding peaks and valleys. Then it is back down the steps with the option of taking a horse or camel back along the 8km path to the Siq.

If you have a few days here, then one of the best ways to get a sense of the city as a whole is from horseback. On the back of surprisingly sturdy arab ponies, you can climb the steep mountain paths and view Petra from above, watching as the sun



sets behind jagged peaks and the city takes on its famous pink hue.

In the evenings, restaurants and cafes in the accommodation area just beyond the city walls will offer traditional Bedouin experiences to anyone with a guidebook, but few live up to this promise. The only way to get a glimpse of what life was really like in Petra is to immerse yourself in the city and brace yourself for an experience that is utterly exhausting but even more exhilarating.

OTHER MUST-SEE PLACES IN JORDAN

● **Jerash:** This small market town, located about 40 minutes' drive from Amman, features some of the best-preserved Roman ruins in the world and some excellent restaurants to boost your energy levels afterwards. Check out Lebanese House in particular.

● **Madaba:** Ideally situated for trips to the Dead Sea, Mount Nebo and the Baptism Site, Madaba is also well worth a visit. Known as the City of Mosaics, many of the houses here rest atop ancient Byzantine mosaics, some of which are on display in the museum.

● **Wadi Rum:** Why not sample the Bedouin way of life for yourself and head to the beautiful desert area of Wadi Rum, where you can camp overnight in the desert with local tribes.

The best four by fours by far

QUAD BIKING

For those seeking some adventure on their weekend, one desert activity must surely not be overlooked—quad biking. The UAE is home to plenty of sand, which makes the desert just outside of town the perfect playground for these four-wheeled little monsters.

The most popular quad-bikers' haunt is the Big Red sand dune, which sits about a 30 minutes' drive down the Dubai-Hatta road. The huge dunes are impossible to miss, thanks to the scores of bikers scouring up and down them, and the quad rental tents that have been set up on either side of the road.

Even in the summer heat, enthusiasts can still be seen thrashing their bikes across the sand in the late afternoon, while beginners take baby steps on smaller-engined machines near the bottom of dunes.

Quad biking is something that can be enjoyed by everyone, not least because it is an incredibly



easy pastime to take up. Shifting up through the gears can be a little tricky, but at least there is no need to worry about staying balanced, as there is on a normal motorbike. What is more, the bike rental outlets at Big Red have guys on hand to show any newbies the ropes.

The lightness of the bikes,

along with the fact that they are on four wheels, mean that it is almost impossible to be bogged down in the sand. Indeed, even amateurs can bound along happily once they have gained some confidence.

For more seasoned riders, there is large range of seriously quick quads sporting large en-

gines. But be warned, it can be incredibly easy to go flying off of a medium-sized dune, so it is wise to bring along or rent some safety gear.

For the larger bikes, expect to pay around Dh125 for half an hour, but rumour has it that the price can be negotiated down to Dh100 if you are a regular.

Vox pop

On holiday, do you prefer to get up and go, or spend it lying by the pool?

Robert Svensson

Student, Al Barsha



It depends on where I was on holiday but I always prefer to go exploring—

maybe find some mountains to climb. If I lay out by the pool or on the beach all day I get restless and bored.

Seher Akbar

Model, Dubai Marina



I am definitely the type of person who would choose to lay by the

pool instead of going out and about. I like to be active, but when I go on holiday that's my time to chill out and unwind. I like going on excursions though, as I think it's good to see the country you're visiting.

Jamal Shamsulhoka

Cleaning services, Satwa



I have to do a lot of driving every day, so if I was to go on holiday I

would like to take a break from the car. I would choose to relax and unwind rather than go out and about exploring.

Anna Apeelbrant

Student, Al Barsha



If there was plenty to explore, I would do so. But I'm also happy to relax and

soak up the sun. I think adventurous and relaxing holidays can both be nice—it depends on where you are visiting.



Dubai rematch

England, cricket's number one team, prepare for a return to the emirate.



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

Which Scottish patriot led soldiers to a defeat of the English at the Battle of Cambuskenneth in 1297?

Email your answer to contests@readme.ae. The winner will be announced in next week's issue.

Please mention the prize name in your email subject and ensure the following details are mentioned in your email (full name, mobile number, PO Box). If you wish to participate in more than one competition in this issue, please send the answers to them in separate emails.

W

ith England having recently secured itself the number one spot in the Test cricket world rankings, Englishmen across Dubai will be ecstatic for the chance to see their team playing in the emirate in early 2012 for a Test, one-day international and Twenty20 series against Pakistan. The Asian side will also "host" Sri Lanka over here in November.

Oddly enough, this will mark the second time that the UAE has played host to cricket's number one team, given that India played here last year, when it was at the top of the world rankings. What is more,



England played two T20 matches against Pakistan in Dubai last year, putting the Dubai Sports City facilities firmly on the world stage.

With all of this, it looks as if the UAE is making a name for itself as world-class cricketing destination. And, according to reports from earlier this year, this is exactly what the Emirates Cricket Board (ECB) has been planning, particularly since Pakistan has been declared a virtual no-go zone for international cricket.

"Since Pakistan is unable to stage its cricket at home we want them to decide on their series against Sri Lanka and



ABDUL RAZZAQ WILL ONCE AGAIN GET THE CHANCE TO SHINE AGAINST ENGLAND

England before time so that we can prepare,” said Dilawar Mani, chief executive of the ECB earlier this year.

Of course, this is exactly what has happened, and it has resulted in some of the world's best teams coming over here to play. And every time a big team comes to Dubai, the positive response to the facilities—which include, among other things, a fully air-conditioned stadium—is overwhelming.

“We have got, I think, one of the best stadiums in the world, which is the Dubai International Cricket Stadium,” said Mazhar Khan, an ECB director. “We expect a lot of county sides to come here. The facilities here are just the best.”

Cricket teams from across the world have come to Dubai not only

to play, but also to train. For example, in March, England's Durham side came over for some intensive pre-season training.

According to a recent article on worldwidecricket.co.uk, “The Sports City (DSC) site brings together the best of every sport from football to golf and swimming on one huge campus with every facility imaginable. The cricket facilities in the UAE are now world class.”

With such facilities on hand, then, Pakistan's decision to treat the UAE as their “home” ground seems like an obvious one, not least because of its proximity to their home country. Indeed, the DSC stadium's inaugural match was played between Pakistan and Australia. And since then, Pakistan has played against both South Af-

“The cricket facilities in the UAE are now world class.”

rica and India at the state-of-the-art stadium.

But what will England make of the upcoming series, given they will be in Pakistan's back yard? Going on the T20 games of 2010, it is hard to call, as both teams won a match apiece, though for the three Test matches in early 2012, it would appear that the stats are in England's favour.

Even so, there are plenty of Pakistanis who have hope that the series should be evenly matched. “I think the series will be interesting,” said Mahmoud Jafari, a Pakistani cricket fan. “Of course, England are

favourites for the Test matches, but I think we can give them a run for their money. We definitely won't give them such an easy time as India have!”

“And England still need to work on their one-day cricket, so we have a real chance in the ODI and T20 games. I can't wait for this series; I'll definitely go to some of the matches.”

Whatever the outcome, though, one thing is certain: the upcoming series will provide further evidence to the world that Dubai is a premiere cricketing destination, worthy of the best teams in the world.



TEST FANS WILL FIND OUT IF ALASTAIR COOK CAN CONTINUE HIS PURPLE PATCH

Sharjah to make its grand comeback

Eight years after its final international match, the Sharjah Cricket Association will soon be back in business.

CRICKET

Dubai might be making headlines for its world-class cricketing facilities, but just a short drive away resides the Sharjah Cricket Association Stadium, which, it was recently reported, will host its first Test in nine years thanks to Pakistan and Sri Lanka agreeing to round off their upcoming three-test series there.

With over 200 ODIs having been played in Sharjah, the ground has played host to more international matches than any other in the world. However, Sharjah has not had any top international teams

IN NOVEMBER, THE STANDS WILL BE FILLED WITH CRICKET FANS



visit since 2003. And with the new, high-tech facilities in Dubai and Abu Dhabi, it was expected the Sharjah stadium would fade into obscurity. But Test cricket will return there on November 3.

“We offered Sharjah at the very beginning—apart from Dubai and Abu Dhabi—but it was necessary for both sides to agree to play in Sharjah,” said Emirates Cricket Board chief Dilawar Mani. “We're now delighted to know that it has happened.”

This comes as a resurrection for the ageing stadium, which has traditionally been a popular ODI venue, particularly for games be-

tween Pakistan and India. However, it has not seen much top-flight cricket since India decided to stop playing there. And, since 2003, it is rumoured to have fallen into disrepair.

But according to ECB administrator Mazhar Khan, this is being reversed. “The renovation work is in full swing and we hope to be ready by November 3,” he said. “The venue was very keen to host a fixture during the two series that Pakistan will be playing. After all, Sharjah has many Pakistani and Sri Lankan followers who will now be able to watch their teams.”

Al Tayer praises statistics centre

Mattar Al Tayer, chairman of the board and executive director of the RTA, commended the efforts made by the management of the Dubai Statistics Centre for providing statistical information, which it updates on a monthly basis through a unified e-portal.

The chairman stressed that such statistics provide valuable information, enabling management to make informed decisions based on the figures and indicators supplied by the centre.

Al Tayer's comments came as the chief executive of the Dubai Statistics Centre, Arif Obaid Al Muhairi, attended the RTA in the presence of the CEO of RTA Strategy and Corporate Governance Sector, Abdul Mohsin Ibrahim,



Excellence and Corporate Support Department director, Tariq Al Janahi, the IT Department director, Ahmed Al Dashti, and several other RTA directors.

Al Muhairi praised RTA officials for supplying the centre with a

regular flow of data and lending all support needed to delivering these figures. He then briefed Al Tayer on the efforts made by the centre in supplying government entities with statistical information. "The centre seeks to com-

bine various statistical data and present it through a single portal regardless of their multiple sources," he said. "All demographic, social, and economic statistics compiled from censuses and field surveys regularly conducted by

Dubai Statistics Centre are carried out according to the highest international standards. Equally, all information and statistical indicators regularly supplied by other sources to the centre conform to internationally accredited statistical standards.

"Our home page displays key and auxiliary statistical indicators and information relating to different sectors, enabling users to access detailed and specialised statistical information tailored to their needs. It also enables users to follow-up statistical indicators, particularly as the system connects 24 government-related organisations, whose data flows through our databases, which are being made available to all users."



AHMED BAHROZYAN

Easier appointments for Knowledge Test offered through RTA call centre

The Licensing Agency of the RTA has recently opened up another means for driving licence applicants to book appointments for their driving theory Knowledge Test.

The test was introduced earlier this year, and applicants will now be able to make their bookings through the RTA call centre.

Commenting on the news, the CEO of RTA Licensing Agency, Ahmed Bahrozian, said, "The new Theory Test, which is a computer-based test run on a

user-friendly touch screen, was introduced back in January as a prerequisite for applicants seeking a driving licence in Dubai.

"Now, learner drivers can book a date for their Knowledge Test, or change an already scheduled date, just by contacting the RTA's call centre on 8009090 at any time during the day.

"The applicant only has to provide the call centre agent with their learner's driving permit number in order to book a date or change an already

booked date," he added. "This step, which comes as part of a number of other measures undertaken by the agency to deliver customer service that is best in its class, is aligned with the agency's vision of 'A safe driver ... a safe vehicle ... world-class services.'

"Thanks to this new service, customers are now able to book their Knowledge Test appointments from the comfort of their homes or workplaces," added Bahrozian.

DTC receives delegation from Sharjah Municipality

Dubai Taxi Corporation (DTC) received a delegation from Sharjah Municipality with the aim of exchanging knowledge and expertise.

During the visit, the delegation was briefed on processes involved in tracking the movement of vehicles across the geographical span of Dubai. It also visited the Control and Monitoring Room as well as the Booking and Dispatch Centre, where it learnt about software used for booking and tracking vehicles and meeting customer requests.

Engineer Yousef Al Ali, director of DTC fleet operations, said: "This visit reflects how the DTC is open to exchange and share its knowledge and expertise with other UAE

authorities. We welcome any inquiries from government entities to review our practices.

"Such visits achieve a number of objectives by maintaining channels of communication so we can realise common objectives and share our expertise." Al Ali added.

Engineer Mohammed Al Sahee, manager of operations for Sharjah Municipality, expressed his delight with the visit.

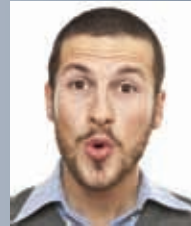
He thanked the DTC for providing invaluable information and exchanging expertise with the aim of reinforcing partnerships and cooperation between government and private entities across the emirates to achieve the highest quality standards in the future.



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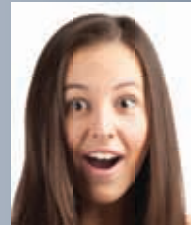
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RTA



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Ambassadors spread message of identity



AYSHA AL BUSMAIT

The National Identity Team of the RTA has launched the National Identity Ambassadors initiative aimed at engaging with employees to embrace their national identity and sharing their culture and life-style with the wider community.

Dr Aysha Al Busmait, head of National Identity Team and director of marketing and corporate communications, praised the huge response by employees, with more than 100 individuals taking the initiative to join a volunteer team that seeks to boost Emirati identity through Islam, the Arabic language and culture and traditions.

"The initiative comprises a host of activities and events, at the top of which is a series of training courses on Arabic skills under the supervision of team members

who have extensive knowledge of teaching the language. The initiative offers assistance to those who have raw talent by guiding them to hone their skills and offering them everything they need to help them to write and express themselves properly and clearly. The workshop is also important in helping employees avoid common errors in speech and writing.

"We have invited RTA employees to support the heritage of our nation through joining the National Identity Ambassadors Team, and the response has been massive. This reflects positively on the majority of individuals, who are keen to celebrate their national identity, and reveals the readiness of employees to commit greater effort in defending their

identity, and for those who support and share these initiatives."

The ambassadors represent their departments, with the core mission to motivate, support and encourage. "After all, maintaining our national identity, including our religious and cultural traditions is the responsibility of all, and there are several departments that have contributed effectively in this regard," continued Al Busmait.

"This initiative prompts the volunteers to think creatively, submit suggestions and ideas and undertake some activities and events that will receive the full support of the team, particularly noting that many employees are seriously concerned with issues relating to heritage, language, culture and national identity."

RTA sets new safety rules for Water Taxi

The Marine Department of the Public Transport Agency at the RTA has put in place a series of rules to govern the operation of Water Taxi services.

Eisa Abdul Rahman Al Dosari, CEO of the Public Transport Agency, explained how the new rules would promote greater safety, which was of paramount importance to the RTA.

"Our controls now state that the number of crew and passengers on board must not exceed 12 persons, water taxis must not be used away from Dubai Creek if the height of waves is more than 3 inches or if the wind speed is more than 15 knots per hour, and

passengers and crew are not allowed to sit outside the passenger compartment.

"Before a journey begins, all navigational, communication and safety systems must be checked by the crew, who must also adhere to speed limits and maintain a

safe speed throughout the journey.

"They must also abide by international navigation rules, and maintain constant contact with

maritime authorities. Crews must also work a set number of hours and charge the correct fare." Al Dosari added.

Water Taxis are fitted with a

number of safety devices, including handheld fire extinguishers. There are also sufficient life rafts for crew and passengers, and these open and inflate automatically once thrown into the water. Each taxi also has 12 internationally accredited life-jackets for adults, in addition to two easily accessible lifebuoys for children.

Al Dosari also pointed out that all staff on Water Taxi services had been successfully trained by the RTA to be ready and prepared to handle any given emergency situation and use any systems and equipment on board to ensure passenger safety and ensure a safe, smooth and enjoyable journey.



EISA ABDUL RAHMAN AL DOSARI



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Getting around on the *Metro*

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

Stations (Red Line)

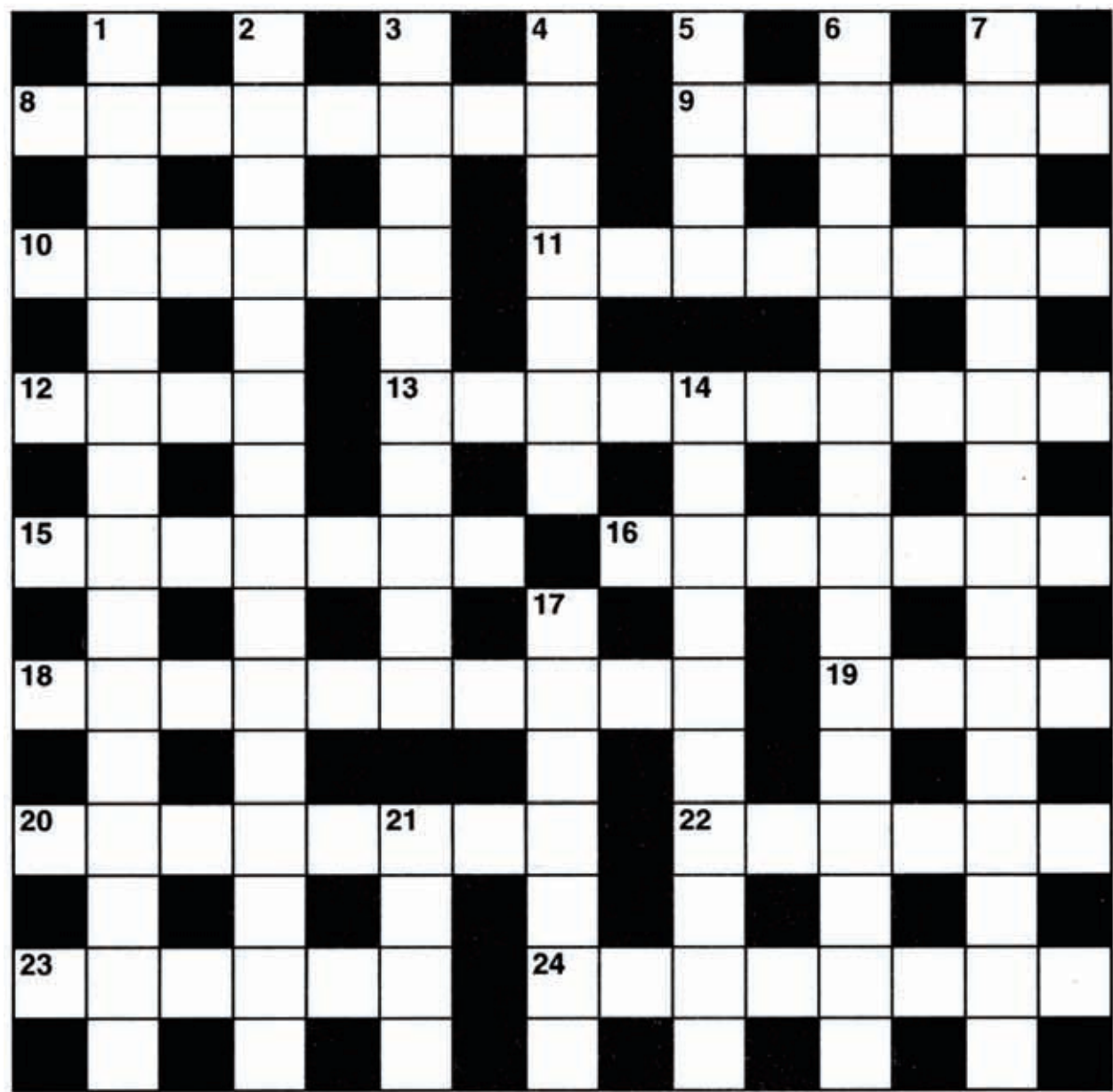


Nearest Landmarks (Red Line)

Jebel Ali Jebel Ali Free Zone Gate number 5	Sharaf DG Wellington International School Dubai National School	Financial Centre Four Points By Sheraton Hotel Towers Rotana Hotel Union Co-operative Society Shangri-la Hotel Al Bada Health Centre Dusit Thani Hotel Etisalat	Department of Health & Medical Services	Deira City Centre Deira City Centre shopping mall Sofitel Hotel Rihab Rotana Hotel Clock Tower Roundabout DNATA
Jebel Ali Industrial Jebel Ali Free Zone Gate number 4	Mall of the Emirates Mall of the Emirates Dubai Police Academy Kempinski Hotel Pullman Hotel Dubai American Academy	Emirates Towers Holiday Centre Crown Plaza Hotel The Gate Emirates Towers Hotel	Khalid Bin Al Waleed Burjuman Mall Four Points Sheraton Hotel Saudi Arabian Embassy Libyan Embassy Kuwaiti Embassy Indian Embassy Omani Embassy Sudanese Embassy Yemeni Embassy Egyptian Embassy Lebanese Embassy Pakistani Embassy Jordanian Embassy United Kingdom Embassy British Council Department of Health Canadian Embassy Dutch Embassy	GGICO Cargo Village Le Meridien Fairway Hotel Millennium Airport Hotel Welcare Hospital Aviation College Dubai Creek Golf & Yacht Club Park Hyatt Hotel
Energy Jebel Ali Free Zone Gates number 1, 2 & 3	First Gulf Bank Emirates International School Princess Haya Bint Al Hussain Cultural & Islamic Centre Gold & Diamond Park Bur Dubai Traffic Department	World Trade Centre Trade Centre Fairmont Hotel Monarch Hotel Spanish Embassy (commercial office) French Consulate Italian Consulate Japanese Consulate Swiss Consulate American Consulate Dubai International Conference & Exhibition Centre Ibis Hotel Novotel Hotel	Union Al Ghurair City Mall Maktoum Hospital Radisson Blu Hotel Deira Russian Consulate Danish Consulate Economic Department Etisalat Dubai Municipality National Bank of Dubai headquarters Dubai Chamber of Commerce & Industry Fish Roundabout	Airport Terminal 1 Airport Terminal 1 Le Meridien Hotel Al Bustan Rotana Hotel
Ibn Battuta Ibn Battuta Mall The Gardens Jebel Ali Primary School Jebel Ali Village	Noor Islamic Bank NMC Family Clinic Umm Sequim Girls School The Veterinary Hospital Oasis Centre	Al Jafiliya Immigration Department Bur Dubai Police Station Trade Centre Roundabout Zaabeel Park Etisalat	Al Rigga Holiday Inn Hotel Reef Mall Hamarain Centre Coral Deira Hotel Taj Palace Hotel	Airport Terminal 3 Airport Terminal 3
Nakheel Harbour & Tower Metro Park & Ride	Business Bay Australian Consulate Safa Park Jumeirah English Speaking School Emirates English Speaking School DNATA Travel Centre Metropolitan Hotel Metroplex Cinema	Al Karama Qatari Embassy Chinese Embassy Al Attar Centre Karama centre Lulu Centre	Emirates Dubai Municipality Umm Ramool Offices Dubai Municipality Transport Garage Dubai Municipality Store Emirates Airlines headquarters RTA headquarters	Rashidiya Al Baraa Kindergarten Safiya Al Qurashiya School Public Library Al Rashidiya Health Centre Rashidiya bus stations Dubai Police Rashidiya Shopping Centre Bin Sougat Centre DEWA Dubai Airport Expo Dubai Metro Park & Ride
Jumeirah Lakes Towers Dubai Marina Mall Indigo Tower	Burj Khalifa/Dubai Mall Mazaya Centre Safestway DEWA Burj Dubai Business Hub Dubai Mall Souk Al Bahar Old Town The Address Hotel Murooj Rotana Hotel			
Dubai Marina The Address Hotel Grosvenor House Dubai Marina/The Walk at JBR				
Nakheel Emirates Golf Club Emaar Business Park Regent International School American University in Dubai Dubai Media City				
Dubai Internet City Knowledge Village Business Central Towers DMC Boutique Offices Welcare Clinic Dubai College 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**
- 8 Have new ideas (8)
 - 9 US state whose largest city is Portland (6)
 - 10 Plush fabric (6)
 - 11 National income deduction (8)
 - 12 Period before Easter (4)
 - 13 People getting something (10)
 - 15 Totalled (5,2)
 - 16 Residential or industrial districts (7)
 - 18 — yourself, told of anxieties (10)
 - 19 Have a sensation (4)
 - 20 Unnatural (8)
 - 22 With acidity (6)
 - 23 African country, capital Lilongwe (6)
 - 24 Parasite (6-2)
- Down**
- 1 1996 sci-fi Blockbuster (12,3)
 - 2 Unrestrainedly attack (2,3,3,7)
 - 3 Amusement park (10)
 - 4 Green salad plant (7)
 - 5 Joking deception (4)
 - 6 Agriculturalist operating for pleasure rather than income (9,6)
 - 7 Tailing (3,2,3,5,2)
 - 14 Making out (a cheque) for future payment (4-6)
 - 17 Chaos (7)
 - 21 — Banks, Scottish author (4)

Answers



Dragon *Chicken*

Learn how to unleash the dragon by using this quick and easy Dragon Chicken dish. Recipe and pictures sent in by *Read*. reader Bimi Firoze.



RECIPE

- Ingredients**
- 250g boneless chicken cut into thin strips
 - 1 tsp finely chopped garlic
 - 1 small finely chopped onion
 - ¾ cup mix of sliced broccoli, capsicum, carrot
 - 1½ tsp red chilli flakes
 - 2 tbsp tomato sauce
 - 2 tsp soy sauce
 - Spring onion
 - Vegetable oil for deep frying
- For marinade**
- 1 tsp ginger-garlic paste
 - ½ tsp pepper powder
 - ½ tsp Kashmiri chilli powder (optional)

- ½ tsp soy sauce
1 white of 1 egg
1 tbsp corn flour
Salt to taste
- Method**
1. Marinate the chicken pieces with the marinade ingredients (except corn flour and egg white) and keep in a refrigerator for a minimum of 30 minutes.
 2. Add corn flour and egg white to the marinated chicken strips and mix well.
 3. Deep fry the chicken in oil until they are golden brown

Serves
3

- and crispy, then keep to one side.
- 4. In another pan heat 2 tsp of oil and then add the chopped garlic, chopped onion and sliced vegetables and sauté for 2-3 minutes.
- 5. Add the red chilli flakes and sauté for about a minute, then add the soy sauce and tomato sauce.
- 6. Add the fried chicken pieces, mix well and sauté for 2 more minutes.
- 7. Garnish with spring onions then serve while hot.



Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

I moved to Dubai a year and a half ago when I got a job in a restaurant. Now I am a little more experienced, I would like to train towards something more professional for the rest of my life. Do you think this is possible?

Anything is possible. Now that you have some experience in a steady job, you may find it easier to move into a higher level position. Your willingness to retrain and learn new skills is something that most employers will value, along with your desire to find a career for life. Local schools and training centres may offer evening courses relevant to your career ambitions so this might be worth looking into.

I am new to my company and I have been working for more than six consecutive months. I feel that I need a short holiday to go back to my country to see family, but how can I ask my boss for a short holiday already without him thinking I am lazy and work-shy?

It may be written into your contract that you are not entitled to any holiday until one year in the role, but many employers will try to be flexible about this and give you a pro-rata allowance according to the amount of time you have worked. Explain the



situation to your boss in person and let him know that you only want a few days away, but that you understand it may not be possible. Hopefully he will be able to agree to the time off, unless there is a firm clause in your contract against it.

My hair is becoming very thin and wiry since I moved to Dubai a few months ago. Is there anything I can do to prevent this from happening?

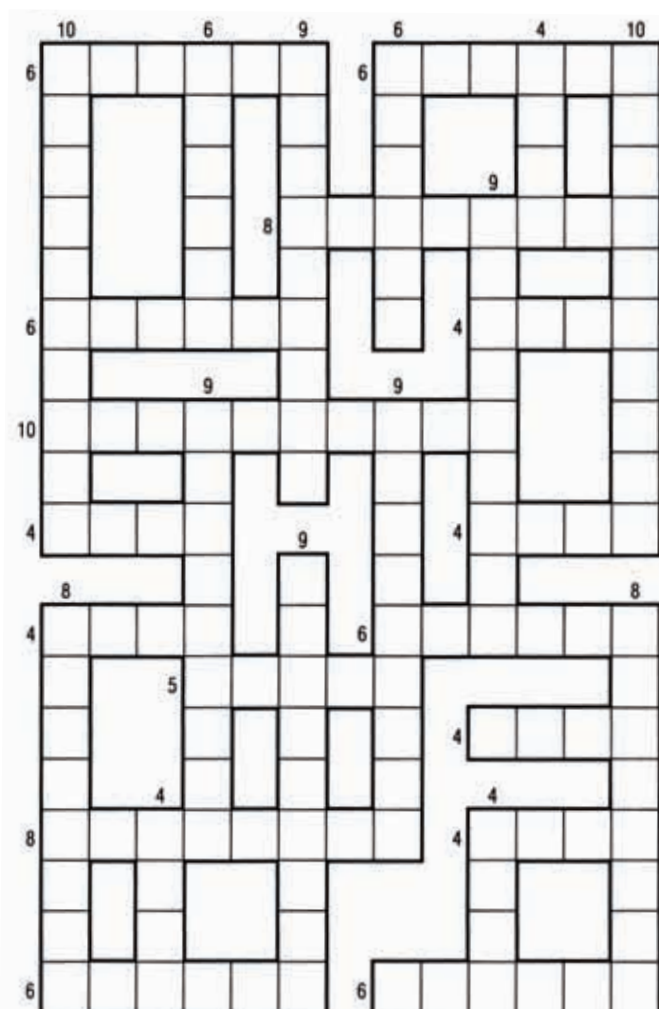
Hair loss can be a problem due to the heavily salinated water in this region, although many people are not affected at all. Try to reduce the amount you wash your hair to every couple of days, and use mineral water rather than tap water. At a couple of dirhams for a big bottle it will not break the bank. Also, you can try to massage the scalp once a week with a moisturising oil to stimulate new hair growth.

Who's this?

Answer
Turn to page 44



Criss-cross



Fill in the grid using the words below.

4 LETTERS:

COOT

DODO

ERIN

MARS

MIDI

MINI

RAKE
SAFE

**SAFE
CLIP**

SLOP

5 LETTERS:

EIDER

6 LETTERS:

ATTEST

BEHOLD

BUSTED

CANCER

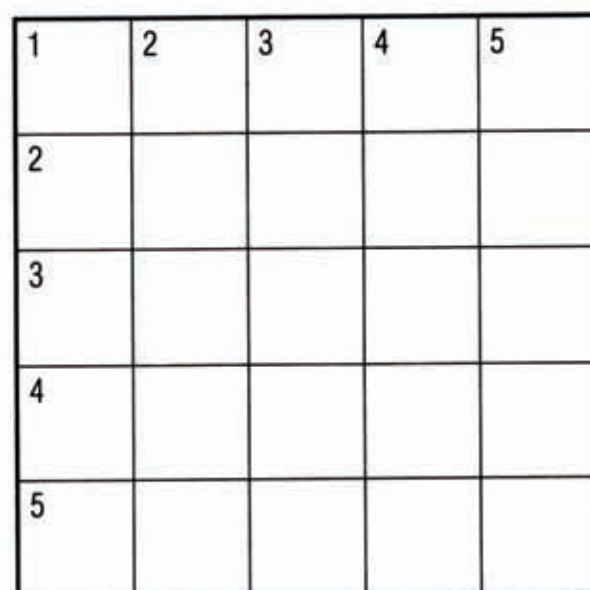
FLIMSY

OBTUSE
SPARSE

SPARSE
SUMME

SUMME

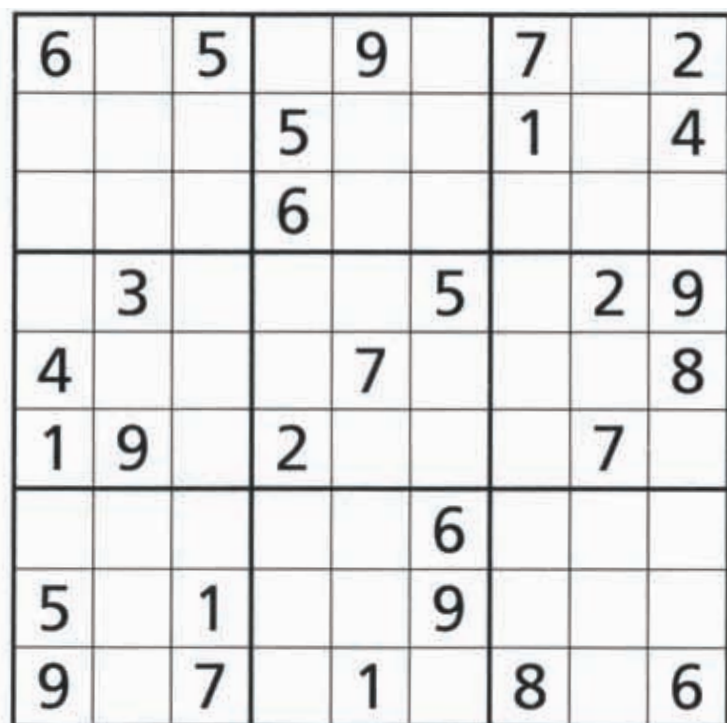
Word square



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

1. Painful stiffness
2. Satirical cabaret-type show
3. Tusk material
4. Hex
5. Typed into a computer

Sudoku 1



Sudoku 2



Criss-cross answers



Word square answers



Sudoku 1 answers



Sudoku 2 answers



Who's this? answer - Simon Cowell

Classified Services

AUTO

Mercedes SLK350, 2005 model. "Designo" Sports coupe, 60,000km. No accidents, well maintained. AED89,000. Call: 0566038557.

Kia Soul, 2010 model for sale. Green #2 specs, 43,000km, full service history, accident free. Price AED37,000. Call: 0554785005.

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Nissan Tida, 2007 model. Single owner, lady driven. Excellent condition, well- maintained, black colour. Call: 0506757510.

Lexus IS F, 2008 model. 4-door, automatic, alloy wheels, steering wheel control, trip/mileage computer, backup sensors, traction control. Email: Beecher3Janis@hotmail.com.

Hummer 3 2009 model. In good condition. Orange colour. Adventure Series with side fenders, sunroof. cruise control, 6-CD changer, Reverse sensor. Call: 0502856640.

Mitsubishi Lancer GLX, 2004 model. Full option. Low mileage . Single owner. Lady driven. Call: 0553950755.

Toyota Fortuner 2008. 2.7 Silver. 75,000km, mint condition, new tires, one owner. For AED70,000. Call: 0509196523.

Honda CRV, 2006 model. Black colour, full option. Power steering / window, sunroof, new tires. Call: 0505386229.

BMW 528i, 1998 model. Excellent condition, well maintained. Dark blue. Gears, cruise control, leather seats, air conditioning. Call: 0502112591.

Nissan Pathfinder, 2009 model. 4x4. In perfect condition, automatic, well maintained, low mileage, no accident. For AED40,000. Call: 050372832.

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Looking for marketing executive for a relocation company. UAE driving licence is a must. Email CV to marj@alsadaconsultancy.com.

JOBS WANTED

Indian, male, seeks job in IT. 12 years experience. MCSE Certified. Familiar with PC maintenance, troubleshooting. Call: 0504224086.

Insurance Underwriter (male). 3 years experience, looking for suitable job. Call: 0508440161 / email flash_mon@yahoo.com.

Top salesman seeks job. With excellent leader skills. Multilingual. Have US sales and management experience. Call: 0508411579.

MCom/MBA (female) seeks job. 3 years experience as Accountant in India. Good knowledge in computer applications. Call: 9710556372751.

Indian IT professional seeks job as Software Quality/Test Engineer. 3 years experience. Good knowledge in QTP & amp. Call: 0557781800 or email: swathi.te1@gmail.com.

Graphic Designer seeks job, 6 years experience in UAE based company. Strong knowledge of software, Email: dxbccreation@gmail.com.

Electronics & Communications Engineer seeks job, 8 years UAE experience, expert in maintenance of SCCTV, CCTV. Call: 0552530116/0501499152.

Qualified Storekeeper with more than 5 years of experience seeks suitable job. Call: 0556997045.

Senior sales executive officer/collection executive officer. 11 years of experience. Have driving licence. Call: 0558160525.

Commerce graduate with 5 years UAE experience. Male. Knowledgeable in MS Office seeks suitable job. Call: 0552262032.

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

IT Technical Support, seeks job, 4 years UAE experience. Server, Desktop support, Networking and Graphic Design. Call: 0504661037.

ITEMS

Hitachi 25" TV for sale. In perfect condition. Colour TV. Used for over 10 years. Call: 0506771015.

LG refrigerator for sale. It has Green Ion technology. Used for 4 months. Original price AED1,700. Price is negotiable. Call: 0508067343.

Samsung AC for sale. Comes with stabilizer. Used for 10 months. In excellent condition. Call: 09857887653.

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Siemens dishwasher for sale. Selling price at AED1,200. Extended warranty till June 2012. In good working condition. Call: 0501239925.

Hitachi fridge for sale. Double doors, built-in ice maker, water dispenser. In perfect condition. Selling at AED4,900. Call: 0501239925.

LG washer/ dryer for sale. Stainless steel. Used for average amount. In perfect condition. Call: 0501212456.

Whirlpool ceramic cooker for sale. Steel body. Extremely safe. Fan included. Selling for AED1,000. Free delivery. Call: 0555833758.

LG Vacuum cleaner for sale. Unused, original pack-V-CP742ND. Serious buyers call: 0553354657.

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Indian (female). Seeks job in office, secretarial realm. 8 years experience. Excellent computer knowledge. Fast typing. Call: 0556805355.

Massage therapist. Seeks part-time job. For more info, call: 0556910247.

Individual with MBA. Seeks job. 7 years experience. Good knowledge in finance, auditing. Skilled in accounting software. Call: 0556260365.

Male seeks job in IT. 7 years experience. Familiar with desktop networking. PC maintenance, troubleshooting. Call: 0558132610.

Pakistani (male) seeks job in IT. 1-year experience as assistant. Familiar in computer, accounting software, MS Office, Peachtree, Tally . Call: +923123827253.

Indian (male) seeks job in IT management. 10 years experience in the Middle East, India. Skilled in IT department

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Sharing accommodation available for non-smoking executive Indian bachelor (in 1-bedroom occupied by one other person). Rent Dh850 + DEWA. Call: 0559704790.

Bed space available for rent for Kerala bachelor in Abu Haul, Deira, with free parking. Call: 0559267292.

Semi -furnished room available for rent. For Indian bachelor. Kitchen facilities. Near Karama metro station. For AED2,000+DEWA. Call: 0503107612.

Fully furnished apartment available for rent. Keralite Muslim couple/family only. From August 24, near Al Futtaim mosque. Call: 0554797874.

Room available for rent. Near Reef Mall behind Asiana Hotel. Flat accommodates 6 people. AED2,200 excluding DEWA. FREE Internet. Call: 0551994047.

Furnished Room/Bed space available for rent. Filipinos only. Near Metro station in Al Rigga Street. Call: 0508736048.

Sharing accommodation available, furnished room, in O.P.C. area, Bur Dubai. Rent 900/month, DEWA included. Call: 0507356988.

Bed space available for executive Keralite bachelors, near Union Metro Station (Deira). Call: 055 8121336.

Spacious bed space available for rent. In Deira near Al Rigga Metro Station. Fully furnished. For AED500. Call: 0551015960.

Bed space available for Filipina only. In Al Jafiliya near Al Hanna Center. For AED400, DEWA included. Call: 0501290539.

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19-year-old musician from Canada. I write, and compose my own music. Check me out on: www.reverbnation.com/chesi.

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Nokia E7s available for sale at AED1,675. Call: 0503929284.

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Sony DSC-W110 available for sale. In excellent condition, compact, rich camera with aluminum case. 7.2 megapixels and 4x optical. Call: 0501506381.

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Advanced monitoring device for sale. Small device (size of a flash memory). Easy to use. Call: 0556455657.

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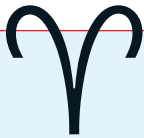
Dell laptop for sale. Comes with camera. Headphone, bag comes with it. For AED670. Call: 0553119388.

Dell brand, Intel Pentium 4 for sale. 2.0 GHZ processor, 1 GB RAM, 160GB Hard Disk, 17-inch Monitor, Camera. AED750. Call: 0553346091.

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What's in your *stars*?

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



ARIES
(MAR 21 - APR 20)

You may find a dramatic increase in your social interactions, caused by a renewed vigour for getting out and about. You may find you have to make a major decision regarding your home life so make sure you are absolutely clear about what you choose to do.



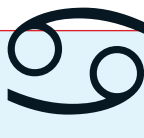
TAURUS
(APR 21 - MAY 21)

Are you owed money from somewhere or someone? If so, you can expect to be given what you are due even if you had forgotten about it. Do not hold back if you have any enthusiastic ideas to share at work or at home, because they could prove very useful.



GEMINI
(MAY 22 - JUN 21)

There may be someone who is trying to change a part of your everyday world, even though you are quite happy with it. The temptation is to block them out, but you will find that being diplomatic is certainly a better way to gain their support and encouragement.



CANCER
JUN 22 - JUL 23

Even if you feel as though money is tight at the moment, you might want to go out and enjoy what you have got. Your popularity levels are high and you may even find that you end up putting your hand into your pocket much less than you might have expected.



LEO
(JUL 24 - AUG 23)

Someone could finally reveal they have been holding a soft spot for you, but someone else may tell you that you have been too self-absorbed recently. Be sure to think things through thoroughly in order to resolve any underlying issues that could affect your friendships.



VIRGO
(AUG 24 - SEP 23)

You may be finding it hard to trust someone, but perhaps it is your own anxieties that need to be dealt with. Try not to jump to conclusions; your suspicions are not as concrete as you might think they are, and you could seriously hurt someone's feelings with an unfounded accusation.



LIBRA
(SEP 24 - OCT 23)

You could see a few new faces enter your social circle, which, unfortunately, may be balanced by a few old faces leaving. Keep communication lines open with those who are moving on to new pastures; they could end up making you an offer you cannot refuse.



SCORPIO
(OCT 24 - NOV 22)

A work partnership that has recently been developing quickly will continue to grow stronger, meaning that people generally seem to be much more aware of your talents. While you may find yourself in demand, be sure you do not forget those at home.



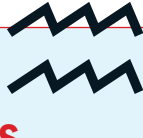
SAGITTARIUS
(NOV 23RD - DEC 21)

You have always loved to explore, so if an opportunity arises for an adventure, be sure to grab it with both hands. You seem to have the ability to soak up new experiences vividly at the moment, and you might find that an unusual activity could greatly inspire you.



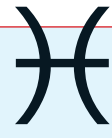
CAPRICORN
(DEC 22 - JAN 20)

You tend to have a serious and methodical side to your personality, but when you let go, your sense of fun is a great quality. This could provide an exciting new avenue for a new relationship—in business or love—just do not take what everyone else says at face value.



AQUARIUS
(JAN 21 - FEB 19)

This could turn out to be a very important week for you emotionally. Barriers that you have had up for some time can start to fall away, which may seem to be a little scary at first but could redefine the ways in which you relate to those closest around you.



PISCES
(FEB 20 - MAR 20)

You could be tempted to overdo it on rich or calorific foods to ward off stress, but you should try to resist. You will find that rest and gentle exercise can provide a much better form of relief without the guilt. It is time to look after yourself so make sure you do.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 st	22 nd	23 rd	24 th	25 th	26 th	27 th
						
Sunny	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
High 38C	High 39C	High 39C	High 37C	High 39C	High 39C	High 38C
Low 32C	Low 32C	Low 32C	Low 32C	Low 33C	Low 33C	Low 32C
Humidity 46%	Humidity 42%	Humidity 43%	Humidity 46%	Humidity 52%	Humidity 51%	Humidity 47%

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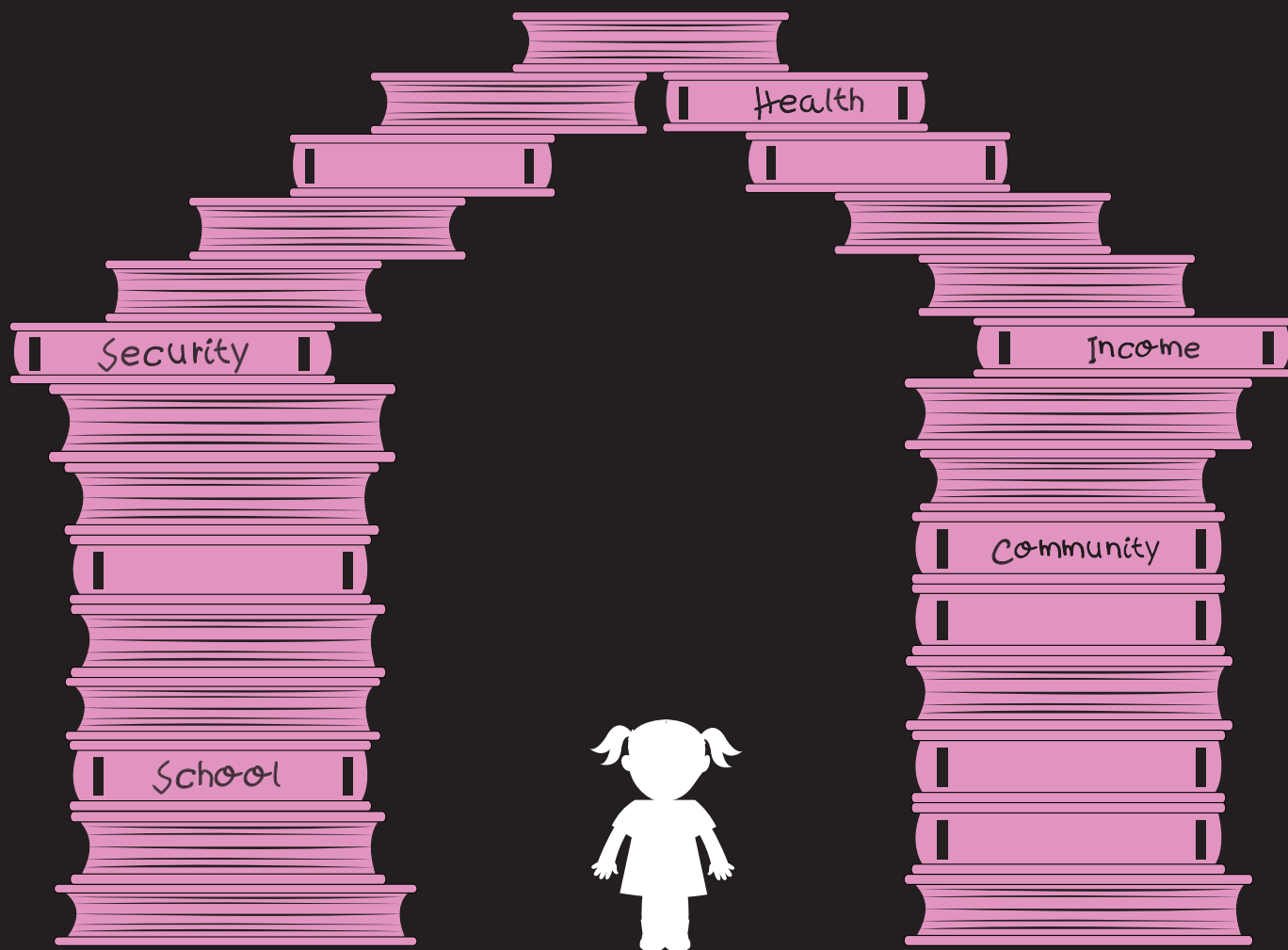
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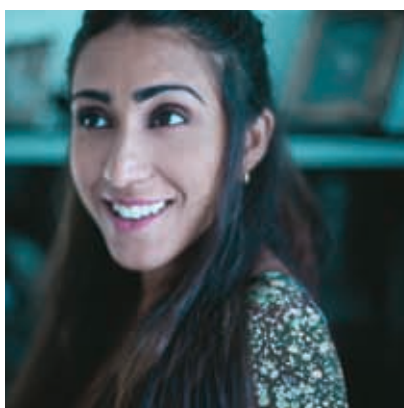
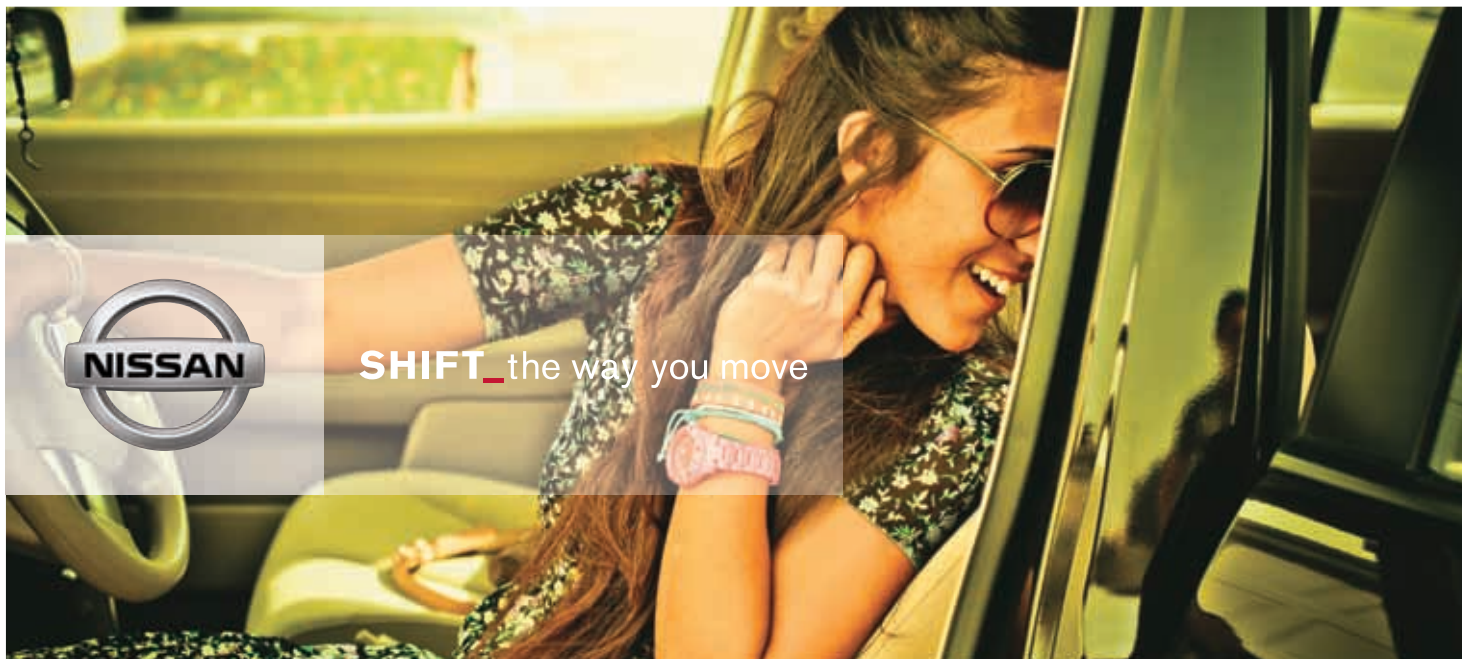


Donation Amount (AED)	30	90	300	600	900
SMS Number	9030	9090	9300	9600	9900

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THERE IS
A NISSAN

*K*ishy looks at life in shiny colors and patterns. She fills her artistic wonderland with sketches, fabric samples and everyday mementos. She then hand-stitches these vibrant visions and collected memories on to fabric. One day, not so far away, she'll swiftly pull up at the backstage entrance of her first fashion show. Unload her clothes and vigorous personality out of the mighty Tiida. Her reality will fit her imagination. Just like the Tiida fits her style.

