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AUGUST 28-SEPTEMBER 3, 2011 | Issue 11

Read

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HE MASTERS VOICE

Master impressionist
Guy Harris gives
a masterclass in
the subtle art of
voice acting



GO GODOLPHIN

Dubai's hugely
successful racing stable
strikes again with
another high-profile win
for Frankie Dettoni



BACK TO BASICS

Forget frills, flare and
frivolity: minimalism is
the latest trend, with
simple, classic styles in
black and white

THE FANTASTIC PHILIPPINES



Celebrity central

Stars flock to Dubai to celebrate Eid Al-Fitr



*Please take
this copy
along with you and
do not litter
Dubai Metro
Dh200 fine.*

Health | Fitness | Film reviews | Entertainment | Cars & gadgets | Culture | Homes



Read.

**WISHES ALL ITS READERS
EID MUBARAK**

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Letters

Email: letters@readme.ae

Dear Editor, I would like to know if the garbage collected from the residential buildings are being segregated for plastic bottles, boxes, etc., for recycling as I want to help the environment and recycle as much as possible. I'm getting the plastic bottles from my housemates instead of letting them throw the bottles in the building's garbage bin mixed with other garbage. After I collect the plastic bottles, I put them in the segregated recycle box located beside every bus stop.

Thank you,

May

Ed: Dubai's recycling market is limited to items that can be traded, such as paper, plastics and metal. However, Dubai Municipality has a goal to recycle 100 per cent of waste by 2030. Bee'ah has begun a rollout of a residential recycling programme that aims to collect and segregate waste and will hopefully be nationwide sooner rather than later.

Hi Read., can you please suggest the good and affordable places and landmarks to visit in Dubai so I have something to do on my days off.

Thanks,

Ricky Firdiansyah

Ed: Days off from work are very valuable, so experiencing all of Dubai's wonders is a great way to spend your free time. Just by taking the Metro, you can stop



off in Dubai Mall, see The Dubai Fountain, aquarium and ice rink, while getting up close to the Burj Khalifa. You can enjoy a day at Mall of the Emirates and Ski Dubai. Head to Jumeirah Beach to take a dip in the Arabian Gulf. The possibilities are endless.

On a typical Saturday afternoon, coming from a weekend in Abu Dhabi, my friend Edgar and I took the Metro from Jafiliya Station to Deira City Centre when I suddenly saw a caucasian girl standing up acting weird. Little did I know that she was feeling dizzy, but I did know that there was something wrong. Just as we arrived at Deira City Centre, the girl, who I believe to be a tourist, fainted and her middle-

aged mother began crying and shouting for help. Edgar, myself, and a Filipino passenger rushed to help her, moved her from the train to the platform and pressed the emergency button to call for help. Luckily, the girl came to her senses straight away and we helped her to the bench. It just made me feel really good to know that there are always people willing to help, anytime and anywhere. I realised that Dubaians are people to be proud of and I'm proud to be one.

Salute.

Leo Marlon Pineda

Ed: The kindness of others not only gives us peace of mind to know that, should we ever need assistance, there will be someone willing to help, but it also instills a sense of pride in your city.

Dear Read., these children really need our support in these hard times, so let us support them even in the little ways we can. Please spread this message about the Palestine Children's Relief Fund, a non-political, non-profit organisation dedicated to fighting the medical and humanitarian crisis facing children in the Middle East.

Adnan Aziz Khan

Ed: The PCRF is a great organisation endorsed by a number of high profile personalities. It has provided much needed humanitarian support. For more information, visit www.pcrf.net.

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The Winners

(Contests in August 21-27, 2011 issue)

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

Answer: **Rosemary and thyme** (Scarborough Fair)

Winners of Wafi Restaurants vouchers each
worth Dh200 are:

Ian Hicks, Lea Donguines

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

Answer: **William Wallace**

Winner of an Awazen Spa voucher worth
Dh250 is:

Shainie Lewis

STATION-BY-STATION *guide*

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

MAKE A DIFFERENCE



10am-1am until end of Ramadan Deira City Centre Mall

Why not squeeze in one last good deed before the end of Ramadan by donating used clothing, books, glasses and mobile phones for distribution by the UAE Red Crescent Society to the needy. As a simple token of appreciation, participating retailers will be giving all donors special-offer coupons. For more information see deiracitycentre.com

SHOPPIESTA



Throughout Eid Meydan Racecourse

Shoppiesta is planned to be the only event of its kind in the UAE, intended to bring together exhibitors, entertainers and consumers in a single location. There will also be a series of live concerts, including Arabic, Filipino, Iranian, Indian and international nights. For more details visit www.shoppiesta.com

DETOX SPORTS MASSAGE FOR MEN



Open daily 10am-10pm Akaru Spa, The Aviation Club

Over the next month, Akaru Spa will be offering tailor-made massage treatments for all the men out there who like to be pampered. Designed to tackle stiff muscles while also detoxifying the body, why not make some time for yourself this month, guys? Dh195 for 60 minutes, available until September 30. Call 04 282 8578 to book.

ARABIC FOR BEGINNERS COURSE



From September 11 Arabic Language Centre

Registration is now open and prices have been reduced for the 30-hour course, which introduces both written and spoken language. Call 04 331 5600 to book your place, or for more information visit www.arabiclanguagecentre.com

BRUNCH AT MISTRAL



Daily 12pm-3pm Ibn Battuta Gate Hotel

Welcome brunch back to Dubai with a fabulous feast at Mistral, Ibn Battuta Gate's all-day dining restaurant. Offering an array of various cuisines from all over the world, with numerous options from live-cooking stations, your stomach will thank you for it. Dh275 per adult, for reservations call 04 444 5613.

SEAWINGS



Until August 31, 6.30pm-1am Jebel Ali Marina

The Jebel Ali Golf Resort and Spa offers a spectacular aerial view of the Dubai coastline with Seawings, a seaplane that takes off and lands in the Jebel Ali Marina. From 15,000ft in the air, passengers get to view all the famous Dubai sights including the Burj Al Arab, The Palm Jumeirah and the Burj Khalifa. See www.seawings.ae for more details.

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



CATHERINE ANN OCHADA



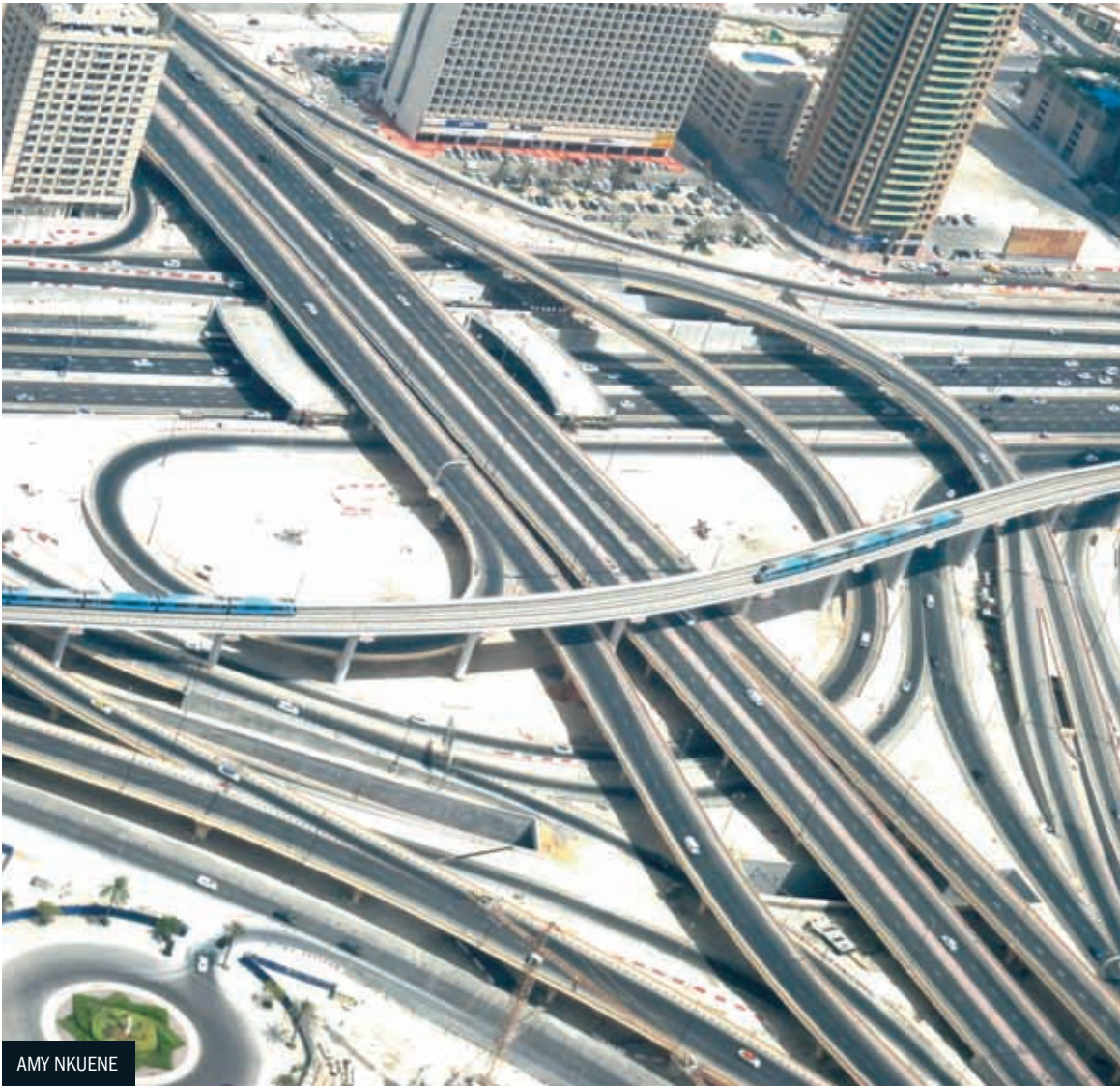
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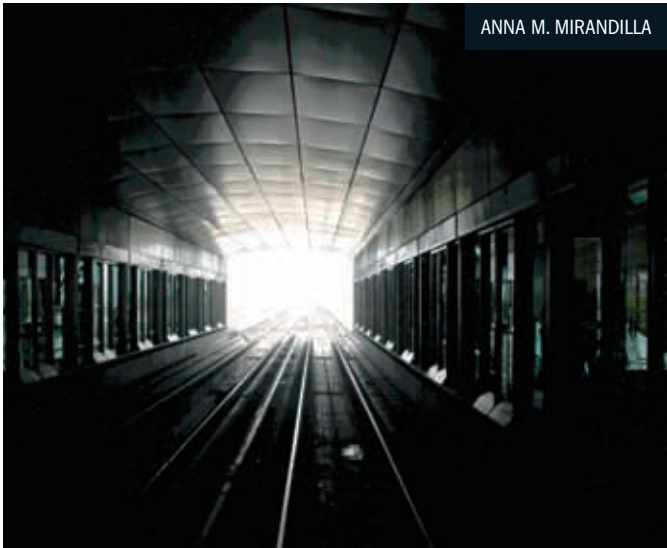
ANKUR PRAJAPATI



SRINIVASA RAO BORIGI



AMY NKUENE



ANNA M. MIRANDILLA



CLARKWIN N. CRUZ

My Metro life
Alexandra Tumangday
Customer service assistant, Bur Dubai



Every day, I travel from Deira City Centre to GGICO, and every morning I

perform the same routine. As soon as the train has left Deira City Centre station, I start my prayers for the whole day. I close my eyes while humming prayers in my mind, and it is a nice feeling that while doing this, I am facing the sunrise, feeling hopeful about another day of hard work for my family. It's so nice to have this feeling every day. In my mind I tell myself that if my prayer is not finished before I reach GGICO station my wish will not be granted. It might be a weird thing but it is worth it and I find that saying my prayers during the journey always starts my day off positively.

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 With international gold prices continuing to rise, do you see the yellow metal as a sensible investment opportunity?

Facebook answers

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

How have you used social media to help solve a problem?

Social media kept me updated about my friends and relatives...I am also updated about the world news coz I'm following most of the news program in twitter...
—Dholl Rosal Calara

Once a friend posted sad, desperate status on Facebook. He was saved from a life and death situation as they all came to his rescue. Now he is ok and full of gratitude for having Facebook.
—Jubeth Razon

How often do you eat out each week?

I don't fancy outside foodn one grand dining table can cover a week food for me..P but daily two hours in kitchen is really
—Saw Yee Linn

Almost everyday a week because I hate to cook, and in fact there are lot of place to go to try every food
—Mohd Khairul Faisal Hamzah



Vijay Chand
Media distributor
Lives in Bur Dubai

I think the people who invested heavily in gold in the past could be looking to sell it now, but I don't think other people are looking to buy. I do believe that gold is a better way to invest your money, though, instead of putting it in a bank, as you don't have to deal with interest charges and the value of your investment could increase.

Bindu Jijo
Software developer
Lives in Sharjah



I think the prices are too high for me to think about buying any at the moment, but if I had some gold I would definitely look to sell it now. I don't think that people should put all of their money into gold however, perhaps it would be a better idea to spread your money around other things as well, such as real estate or shares.



Ramesh Murugan
Detailing engineer
Lives in Abu Dhabi

I'm not really interested in gold as an investment opportunity; I would prefer to put my money into buying some real estate or land back in India. I think that land is always a better way to invest your money, as the value of gold can go up and down all the time, but owning land remains a solid opportunity.

**Win an
Awazen Spa
voucher worth
Dh250**

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

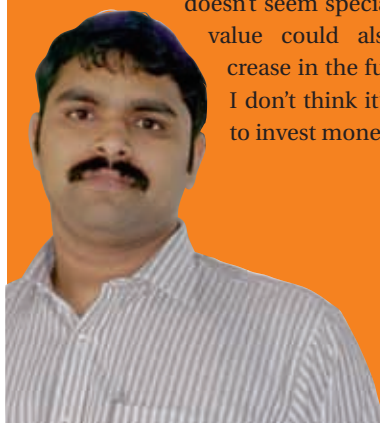
Who holds the record for being Britain's youngest ever F1 driver?

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.

Abhilash Thomas
Software development
Lives in Deira

Gold is not really something that appeals to me, and I would rather spend my money on new technology. I'm a Keralite and where I'm from people own a lot of gold—in fact it is known as one of the places in the world where gold is most used—so it doesn't seem special. The value could also decrease in the future so I don't think it's a good way to invest money.



Sandra Alexander
Professor of philosophy
Lives in Al Barsha

If I could afford to buy gold at the current prices then I definitely would have purchased some by now. I think it is quite a good way to invest your money, as when the rest of the market slips, gold is one of the things that always seems to maintain its value.



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
You may remember seeing features editor Tom Paye gloriously fail in his attempt to make it through his first ever boot camp. Well, we followed him with the video camera once more as he took on the challenge of a 1kg steak. Find out if he managed to finish the meaty beast today.



MONDAY

Following on from Sunday’s steak challenge, readme.ae brings you some of the world’s most unusual food records. Who can eat the most hot dogs, who can fit the most marshmallows in their mouth, what is the world’s most consumed food, and how big was the biggest pizza ever made? Visit our web site on Monday to find out.



TUESDAY

On P32 you will find some great girly gadgets to help the discerning lady in her daily beauty routine, but beauty routines are no longer just a woman’s domain—“Metro” men are going wild for potions and creams. From facials to epilation, we bring you the best treatments for men who want to be as beautiful as their lady.



WEDNESDAY

This week, *Read.* lets you in on a few tricks for fending off pesty mosquitoes; however, there are some dangers out there that may not be repelled by a coating of citronella. Readme.ae profiles some of the world’s deadliest and most poisonous creatures, from the box jellyfish to the Brazilian wandering spider.



THURSDAY

The Hajar Mountains boast a highest point of 2,980 metres. But then, Mount Everest rises a further 5,868 metres above it. In spite of this, the highest mountain is not the most treacherous to climb. To find out which of the Earth’s peaks provide the most life-threatening ascents, visit us on Thursday.



FRIDAY

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

Loud and clear

How you have heard the voice of **Guy Harris** without even realising it.

Guy Harris is a name you probably will not recognise. His face, most likely, does not look too familiar, either. However, this man has probably spoken to you on a daily basis, given you valuable information, made you laugh, and been in your house more times than you know. No, he is not a stalker—Harris is in fact one of the most prolific voice artists in Dubai, lending his vocal talents to more radio and television adverts than you could shake a stick at, including Du, RAK Bank and Wrigley's, to

name just a few. "I've been working in Dubai since 2002, when you could walk across the Sheik Zayed road and half of the most recognisable buildings were still being built," he says. "Although I am based in the UK, the majority of my work comes from Dubai and I've come to think of it as my second home. Since I began working as a voice artist full-time, a lot of my work has come from over here and I would say I now probably do a job for a Dubai-based company every day."

So, how did Harris end up in the voiceover world? He explains, "I have always been able to imitate people ever since I was a kid. Then

one day a friend convinced me to enter a radio competition that was looking for impressionists. I ended up winning and was offered a job on the station. I found myself an agent and started to get my voice out there—literally—by using the Internet and doing whatever voiceover jobs I could. Six years ago, I decided to go full-time and I haven't looked back once."

Since becoming a full-time voice artist, Harris has built up an impressive list of clients and credits. As a mimic as well as announcer, conversation with him is littered with impressions as he discusses the most commonly requested voices.

"One of the main ones is always

Gollum from *Lord of The Rings*, my precious,” he says in a creepily accurate Gollum voice. “But Simon Cowell, Michael Caine, Homer Simpson and David Beckham are all constantly in demand—in fact, I am the official Michael Caine impersonator in the USA.”

While his voiceovers continue to flood Dubai Television and radio, Harris has decided to try his hand at a new venture, involving turning his talents towards mobile applications.

“The soundboard apps were an idea I had with a friend of mine, Duncan Cuthbertson, who is an app developer. Between us, we tried out a few ideas and came up with some silly, comedy soundboards, such as one called *Insult You*, which is a collection of non-offensive, ridiculous phrases to use on your friends.

“Then one day, I was talking to my brother about how his children were learning phonics to help their



language development. I realised there was a gap in the market for an app that did this, so Duncan and I created *UK Talking Alphabet*. The good thing about the app is that it can help children learn the correct sounds, but also helps those who are learning English as a second language.



Listen to Harris for yourself at www.voiceoverguy.co.uk



“I can see it being useful in places such as Dubai, where many people of different nationalities use English as a way to communicate with each other.”

Soundboard apps are not the only thing which Harris will be lending his vocal cords to in the coming months.

“I have three jobs in Dubai this week alone for various companies, as well as the new game *Worms: Ultimate Mayhem*, which I provided all the vocals for. Plus, I recently voiced Ron, Dobby and other characters for the *Harry Potter Lego* game, which was really good fun.

“Video games and animations are definitely something I would like to do more of, especially in places such as Media City where there are loads of opportunities for things like that.”

So what advice would Harris give anyone out there, who may be reading this and thinking ‘I could do that’? How do you make your mark in the already competitive voiceover market?

“There is more to it than just having a good voice,” says Harris. “You need to be able to lift the words off the page. I’m not a qualified actor but there is definitely a degree of theatre involved—after all, it is called voice acting.

“I’ve been lucky enough to work for companies all over the world on a variety of projects, whether it’s in disguise as Austin Powers, The Fonz or Bugs Bunny.”

Who’s hot ...

DANIEL RADCLIFFE

Dubai’s Harry Potter fans may still be mourning the end of the movie franchise, but Daniel Radcliffe is hoping to shake off his lightning bolt as he prepares to star in a Gothic horror movie called *Woman in Black*, set for release in February 2012. What is more, the star recently went public with his new girlfriend, Rosanne Coker.



RIHANNA

Pop sensation Rihanna wowed UK crowds last weekend at V-Festival, with a Union Jack t-shirt teamed with a rock ‘n’ roll leather jacket. The 26-year-old will now have a break from the long-running *Loud* tour before singing in Brazil next month. The star is no stranger to the UAE, having performed during New Year’s in the emirate last year.

KELLY ROWLAND

Kelly Rowland, founding member of Destiny’s Child, and Grammy award-winning solo artist has turned her music talents to judging on Britain’s *X Factor* along with Gary Barlow, Louis Walsh and N-Dubz member Tulisa Contostavlos. Rowland is set to grace Dubai’s stages on the September 4 at Meyden (see P24).



KIM KARDASHIAN

Kim Kardashian, 30, said “I do” on August 20 to basketball star Kris Humphries, at a lavish and private ceremony in Montecito, California, though the official photos are yet to be released. Come October 14, Dubai residents will get a chance to catch sight of the star as she takes charge of Millions of Milkshakes at Dubai Mall.

RICHARD BRANSON

Richard Branson has been left hotter than usual after his home in the Bahamas burnt down when it was struck by lightning during a tropical storm last week. There is hope yet that Branson, who is a regular visitor to Dubai, will snap up a property here, where the weather is more predictable.



Her

SUBDUED CHIC

As the summer holidays come to an end, its time to begrudgingly leave the denim shorts, riotous neons, and fringed dresses at the festival gates, as we move forward to a more subdued and chic autumn.

Blocks of whites, nudes, and greys broken up with jolts of colour, channel minimal chicness. All-over white has made a big impact with Antonio Berardi, Celine, Chloë and Stella McCartney all embracing the blanche and offering modern takes on the classic trouser suit.

The menswear moment is still holding steady, with stiff, mannish coats at Jason Wu and Céline, and over-sized boyfriend sweaters and

waistcoats worn over flowing skirts or pin-straight pants.

Over-sized tailoring featuring graphic prints and angular geometry, echoing minimalist artist Piet Mondrian, are favoured by Narciso Rodriguez and Pedro Lourenço.

Hemlines and necklines are kept conservative, and despite a big trend for masculine tailoring, the look is kept feminine with soft colours, fabrics and just the right amount of attention drawn to the waistline.

This look is all about effortless and sophisticated elegance, and looks best without added adornment or fuss. Take tips from the catwalk styling and keep hair pulled back and make up to a minimum.

Back to basics

Ditch the summer glam for a simple autumn.



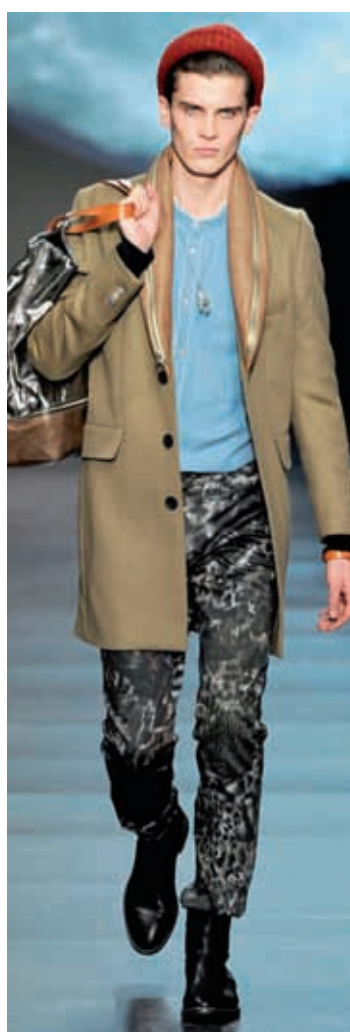


Him

Over-sized coats for men are an adaptation of the trend, with deconstructed, boxy shapes that eliminate the physicality of the male body by omitting the waistline and allowing the fabric to drape freely from the shoulders. There are many variations on the autumn/winter catwalks, from minimalist collars by Dior Homme and cape-like drapery by YSL to Prada's take on traditional, button-down trenches.

The sloping shoulders have little to no padding—in sharp contrast to the 1980s shoulder pads that made a significant impact in the first decade of the twenty-first century.

This trend is more comparable to the resurgence of the anti-power shoulder that was adopted in the 1990s. At the time, the rejection of the shoulder pad was seen as a subtle way to voice social concerns by designers about the capitalistic over-indulgence of fashion and society at the time. Whether this is simply an interesting coincidence or an apt metaphorical comment on the current state of the world, it is certainly a trend that is fresh and easy to achieve. If you can't quite afford a Prada coat, maybe just buy a coat that's two sizes too big.



FASHION OPINION



AISHA RAMADAN
DESIGNER
AISHA BY CORSET FASHIONS

Bringing home the next top model

A couple of months ago, I was invited to feature some of the items in my latest collection, *Le Pouvoir de la Poudre*—which is due to launch soon—on *New Zealand's Next Top Model*, which recently aired on television.

In this episode, the five models who had reached the final were brought to the UAE for their new challenges.

In one of these, they were required to wear my dresses for a casting, and each one of them truly shined.

I had to pick my favourite model from that challenge—I chose Rosanagh—who in turn was requested to pick two other models to share a photo shoot with, and whom she believed would best represent our Aisha brand.

Indeed, she chose my second-two favourite girls, Brigitte and Isabel, although I have to say that each of the five models who appeared in the final was special in her own way. If they get lots of practice, we should soon start to see them on the covers of the best publications.

Unfortunately, I haven't had a chance to see the episode yet, but I did follow it step by step on the *NZNTM* Facebook page and on Twitter, and the feedback so far has been intense and amazing.

The highlight of the whole experience for me was working with the show's presenter, Colin Mathura-Jeffrey, who was also one of the judges. He was as much fun as he was down to earth and spontaneous.

I would sincerely like to thank everyone who was involved in making this opportunity happen.

BYTES & PIECES



STEVE DIAMOND
OKI MIDDLE EAST

Fire the lasers!

It may not be Star Wars, but there is a battle being waged between lasers and another printing technology called LED.

Practically everyone is familiar with the LED lights that are used on home entertainment systems and other electronic devices. However, there are many other reasons why LEDs, or light-emitting diodes, are a good thing.

They're smaller and last longer than most other light sources and, importantly, they consume much less energy. So it's no surprise that using LEDs in electronics can result in savings.

Digital LED printers are now challenging laser printers, and computer users are finding printing both faster and better quality using LED.

Digital LED and laser printing technologies are very different and, because of this, an LED printer 'writes' your data to the printer's drum in one go, whereas laser technology requires a seven-step process to accomplish the same task. Combine that speed with the sharp details and rich colour depth that certain LED printers provide and it's easy to see how they're shaking up the market.

So, can your printer help curb global warming too? LED lamps have attracted the attention of environmentalists recently as energy-efficient replacements to traditional incandescent light bulbs. The same technology also helps LED printers save energy too. Even in its idle mode, an LED printer can consume 2 Watts of electricity compared to the 10-20 Watts of a laser printer: that's equivalent to a saving of up to 80 per cent on power during weekends and holidays. So, fire the lasers!

Social *fatigue*



A new report suggests that the electronic age may well be switching us off in droves.

Last week, global technology research firm Gartner released the results of a survey on social media, and the ways in which various brands used it. The usual trends showed no signs of letting up: social media use is still on the rise, and businesses are using this fact to engage with their existing customers and also to attract new ones.

However, the survey of over 6,000 people found that almost a quarter of respondents showed "social media fatigue", and visited their favourite social media web sites, such as Facebook or Twitter, much less than when they first signed on. What is more, Gartner discovered that most social media users were passive and used these web sites simply to view

photos, rather than engage with their peers or with brands.

What this means is that brands need to up their game in order to gain useful information about their prospective customers. Five years ago, it may have been true that brands could properly engage with their audiences simply by having a Facebook page, but with so many "likeable" pages out there now, there is no guarantee that users will flock to one in particular without any incentive.

"Until now, social media has been viewed as a new and exciting way to engage an audience," said Jonathan Lakin, CEO of digital campaign developer Global Dawn. "However, this survey proves that most users are in fact passive. It is not just enough for social media websites and platforms to connect people any more, they need to actively engage with users, piquing interests

1.5 million

Number of likes
gained from one
Skittles campaign



and keeping users coming back. "With the digital native generation constantly needing stimulation, brands need to think hard about how they will keep their audience enthused."

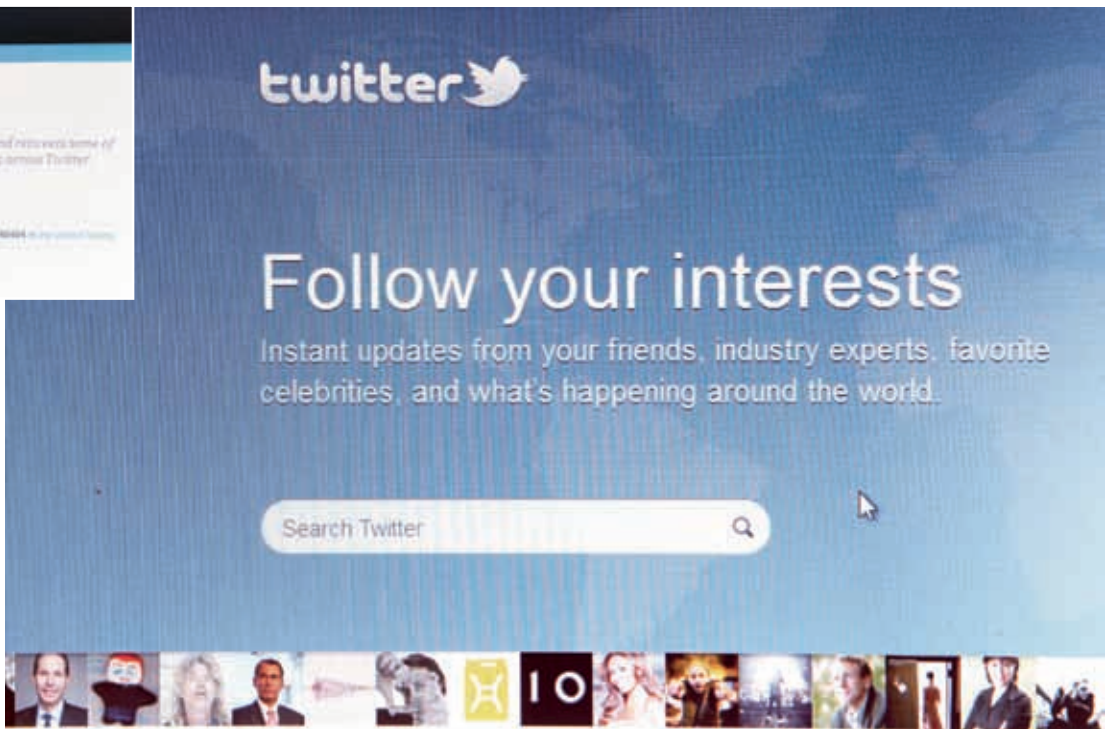
Some companies have already wised up to this. For example, Skittles, the fruity sweets, launched a campaign in 2010 called Dazzle the Rainbow. Through it, users were challenged to bury stuntman David Phoenix under a mountain of the small, spherical sweets. A day for the challenge was set, with live feeds going out over YouTube and Facebook. Users could see increasing numbers of Skittles being poured over Phoenix simply by logging on—the more viewers the stunt gained, the more Skittles were dumped on the stuntman.

The campaign gained Skittles more than 1.5 million Likes, and



the stunt generated plenty of buzz. It was generally received as an innovative way to grab the attention of the millions of social media users, and it attracted them into participating with the brand. Though it is still not known how this form of advertising affected Skittles' sales.

Even so, crucially, Skittles managed to get users off the fence and actively engaging, which is something that Lakin says is



hugely important. "We at Global Dawn believe in the 1-9-90 dynamic," he said. "Which is based around the theory that, of every 100 users who engage with a social media site, Ones are content creators, Nines are actively engaged and Nineties are passive consumers who never contribute to or create content. Brands need to target the Nines, convincing users to stop being passive and start being active."

Brands are still experimenting with how to do this. For example, The Times Middle East recently launched a Facebook campaign inviting its fans to explain why they deserve a month's worth of free online content from the newspaper. The best answers

bagged the prize. On the other hand, many restaurants and bars in the UAE use social networking site Foursquare to give users rewards whenever they gain "Mayorships" there. What is more, Foursquare users are encouraged to post up tips on the places they visit, advising other users to avoid a particular dish, or to look out for the good service.

These campaigns are still walking baby steps, though, and it is unclear how well each one works in terms of keeping brands at the forefront of the public's mind. But what is clear is that brands need to wake up to the changing face of social media, because the climate within the medium is constantly evolving.

Tech beat

ANDROID ON FIRE

Google's Android software has been verified as the world's most popular mobile operating system, with a 36 per cent global market share and over half a million Android devices being activated every day. The success of the operating system is particularly impressive, given that, this time last year, Android commanded just a 9 per cent market share.



MOBILE QUAKE ALERTS

It was last week reported that Apple will be offering an earthquake warning feature for Japanese

iPhone users when the next version of its mobile operating system is released in September. According to 9to5Mac.com, the Japanese version of Apple's upcoming iOS 5 will sport earthquake alerts within the system's notification tray, using data collected from Japan's seismic sensors. The country is one of the most seismically active in the world.

GERMANY DISLIKES

A court in the German state of Schleswig-Holstein last week ruled that the Facebook "Like" button, which appears on countless web sites across the internet, violates EU privacy laws and is, therefore, illegal. The court said that web sites based in the state would have to remove its "like" buttons by the end of September, or else face fines of up to €UR50,000 (Dh264,234).



HP AXES TOUCHPAD

Technology giant Hewlett Packard has axed its iPad competitor, the TouchPad, just 49 days after it went on sale, due to its lacklustre performance in both reviews and sales. However, when the announcement was made, the price of every unsold TouchPad went down to just \$99, and sold like hot cakes, suggesting that, at the right price, there is demand for this tablet PC.

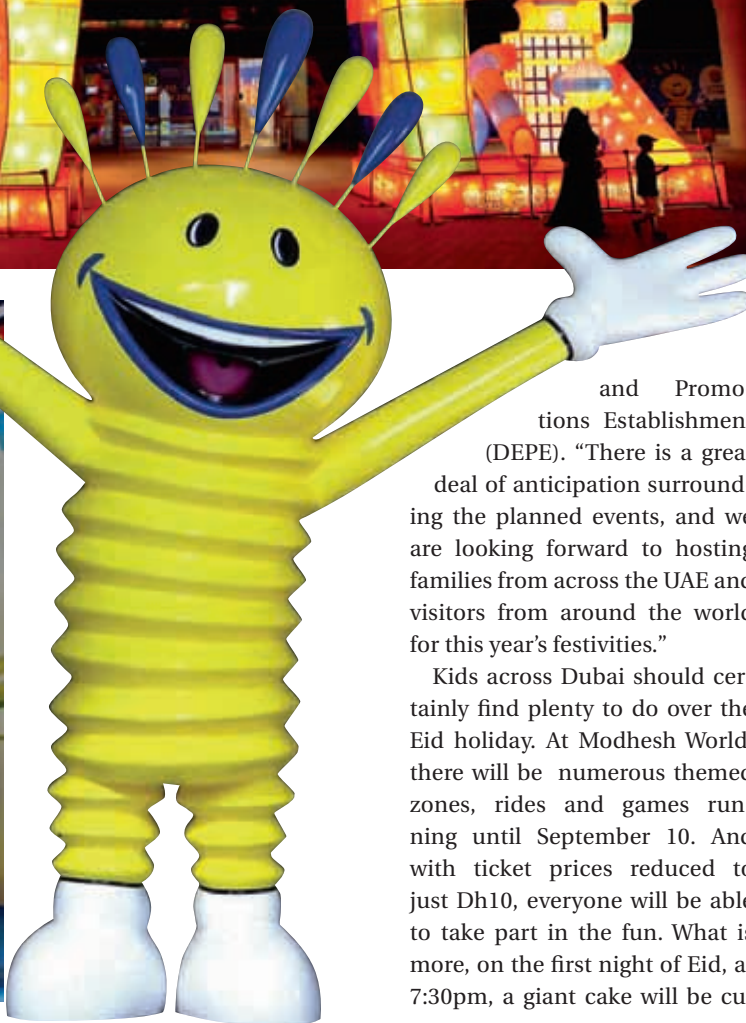
Dubai gears up for Eid Al-Fitr

With concerts, festivals and dance shows, the upcoming Eid holiday is sure to be a memorable one.

AROUND THE EMIRATE

This weekend, the *Eid in Dubai* festival kicks off with a bang, bringing together a huge range of festivities for everyone to enjoy over the course of the Eid Al-Fitr holidays. Aside from the highly anticipated Shoppiesta festival at the Meydan Racecourse, at which several A-list stars will perform, *Eid in Dubai* will feature celebrations at Modhesh World, two Arabic music concerts and a show from world-renowned Turkish dance group The Fire of Anatolia.

"Eid in Dubai is a social occasion which unites different nationalities from across Dubai in celebration of this one joyous occasion," said Ibrahim Saleh, festivals coordinator general and deputy CEO of the Dubai Events



and Promotions Establishment (DEPE). "There is a great deal of anticipation surrounding the planned events, and we are looking forward to hosting families from across the UAE and visitors from around the world for this year's festivities."

Kids across Dubai should certainly find plenty to do over the Eid holiday. At Modhesh World, there will be numerous themed zones, rides and games running until September 10. And with ticket prices reduced to just Dh10, everyone will be able to take part in the fun. What is more, on the first night of Eid, at 7:30pm, a giant cake will be cut

to signal the beginning of the holiday. Kids can also expect a performance from *Arabs Got Talent* finalist and up-and-coming young musician Hala Al Turk on day three of Eid at 8pm.

Other concerts around Dubai will include two shows at the Al Bustan Rotana Hotel on September 1 and 2. Performing at the first show will be a host of Arabic singers such as Wael Kfoury, Shatha Hassoun and Ayman Zebib, while on the second, Fadel Shaker, Rola Saad and Fares Karam will sing. Tickets range from Dh600 to Dh1,300 in price.

For dance lovers, a three-day show from Turkish dance troupe The Fire of Anatolia should provide plenty of entertainment. The group has performed at over 3,500 shows in 275 cities across 85 countries, and they are lauded for their combinations of traditional and contemporary dance forms backed by stunning music. Ticket prices for this 9pm show range from Dh150 to Dh750.

With so much going on in Dubai over this year's Eid holiday, it is no wonder that the emirate is expected to attract thousands of visitors from across the world this weekend. And Laila Suhail, CEO of DEPE explained this perfectly.

"We at DEPE continue our strive towards achieving our vision of positioning Dubai as one of the leading tourism, shopping and business destinations in the world, and we aim to reach that goal by doing what we do best – organising festivals and events of global standards," she said.

Rewards for charity at the Dubai Outlet Mall

CHARITY

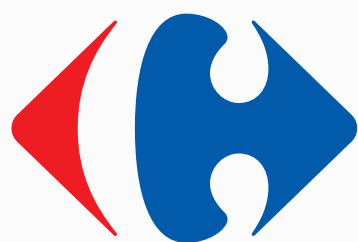
With Eid Al-Fitr fast approaching, and Ramadan coming to a close, Dubai's residents have just one week left to join in the charitable spirit of the holy month. In light of this, the Dubai Outlet Mall, which has been leading a charity campaign throughout August in conjunction with the UAE Red Crescent, is keen to keep its bargain-hunting customers giving.

Like a number of similar campaigns this Ramadan, the discount mall has invited its visitors to donate their unwanted clothes, shoes, books and electronics, or indeed any other useful item, which will go towards those affected by the food crisis in Somalia. And the Outlet Mall has added to the incentive of charity by offering discount coupons to every donor, which can be spent at a number of selected shops across the mall.



The charity drive runs until the end of the Eid holidays, meaning there is still time for mall visitors to donate their unwanted items, and to take advantage of the discounts available. The mall's charity donation box is located at the centre court entrance on the ground floor, and is open for collections during mall operating times from 10am-10pm from Sunday to Wednesday, and 10am-12 midnight from Thursday to Saturday.

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Flex your *brain* muscle

Like the body, brains need to stay in shape. Here's how to give them a good workout.

Working out is not just for the body; these days more and more people are putting their brains through rigorous fitness sessions to boost their mental prowess. Just as the body can lose fitness if you let your exercise routine slip, so the brain can lose power if it's not kept ticking over by regular workouts, says Pooneh Roney, director of The Brain and Learning Centre in Dubai.

"A lot of the things we do in everyday

life are very much routine-based so we tend to use the same neuro-circuit routes rather than forging new ones. This limits what we are capable of doing, just as a failure to push yourself harder each time you go to the gym will mean that you never progress beyond a certain level of fitness," she explains.

The trick to boosting brain power, she says, is to break with routine. "Doing something new is really good for exercising the brain. Anything from taking up tap dancing or learning a new language to brushing your teeth with a different hand to

the one you normally use are great ways to keep the brain fit."

A well-functioning brain needs to be kept healthy as well as fit, which is why neuroscientists also advise a decent diet and plenty of exercise. A balanced diet is necessary to maintain a healthy, functioning brain in the long term, while certain food products can have a negative affect on brain activity in the short term.

"Things like sugar and caffeine set the brain racing, making it harder to concentrate," Roney says, adding that they can almost always tell if a student has had a fizzy drink or too many sweets before attending sessions. A recent study in Sweden and Holland showed that up to 50 per cent of tested children, previously diagnosed with ADHD, no longer suffered from the attention deficiency



Five ways to boost your brain power at home

1. Doodle – drawing pictures stimulates the right hemisphere of the brain and inspires creativity.
2. Avoid junk food – junk food promotes brain fog and reduces energy levels around the body.
3. Learn something new – learning improves the brain's speed centres and expands its network of pathways.
4. Listen to music – studies have proven that people who listen to music tend to be smarter and have a higher emotional intelligence than those who don't.
5. Turn off the TV – Watching television slows brainwaves and causes a decline in brain fitness.

syndrome after following a set diet for a three month period.

Body and brain are closely linked. "How you feel physically and emotionally affects the way your brain functions. Things like hunger, fatigue and lack of exercise really impact the level of thinking we're capable of. Exercise helps get the oxygen flowing to the brain and keeps us mentally fit and healthy, while lack of food or sleep starve it of the resources it needs to function efficiently," says Roney.

It is not just about keeping the

brain healthy and fit. In the last 10 years it has become possible to train the brain and chart its progress due to the wider availability of brain scans that identify areas for improvement. This might be concentration, processing speeds or different types of memory, all of which can be dramatically improved with certain physical and mental exercises.

"At the moment we are seeing a large number of children with attention and concentration problems. This is largely because of



the way we multitask nowadays. Children today are engaging in hobbies that have a high cognitive load, like TV and computer games, which have a lot going on in them at once, so the classroom then seems less engaging by comparison and they find their attention wandering in lessons."

One student at Roney's centre said that, "Brain training changed my life. I got straight Ds in my first set of GCSE science exams and my mum had lost hope in me. She sent me on the brain training course even though she had no clue how these 'games' were going to help me. That was before my grades shot up to As and A*s."

Whether it's bad grades at school or problems recalling names and faces as an adult, there is now no excuse to put it down to inherent mental shortcomings. According to Roney, "There is as much room for improvement in mental fitness as there is in physical fitness, and often all it takes is changing your routine to challenge the brain into developing new pathways and abilities."

Maybe an end to the mozzie menace

Research by scientists has uncovered a chemical that is "thousands of times stronger than DEET".

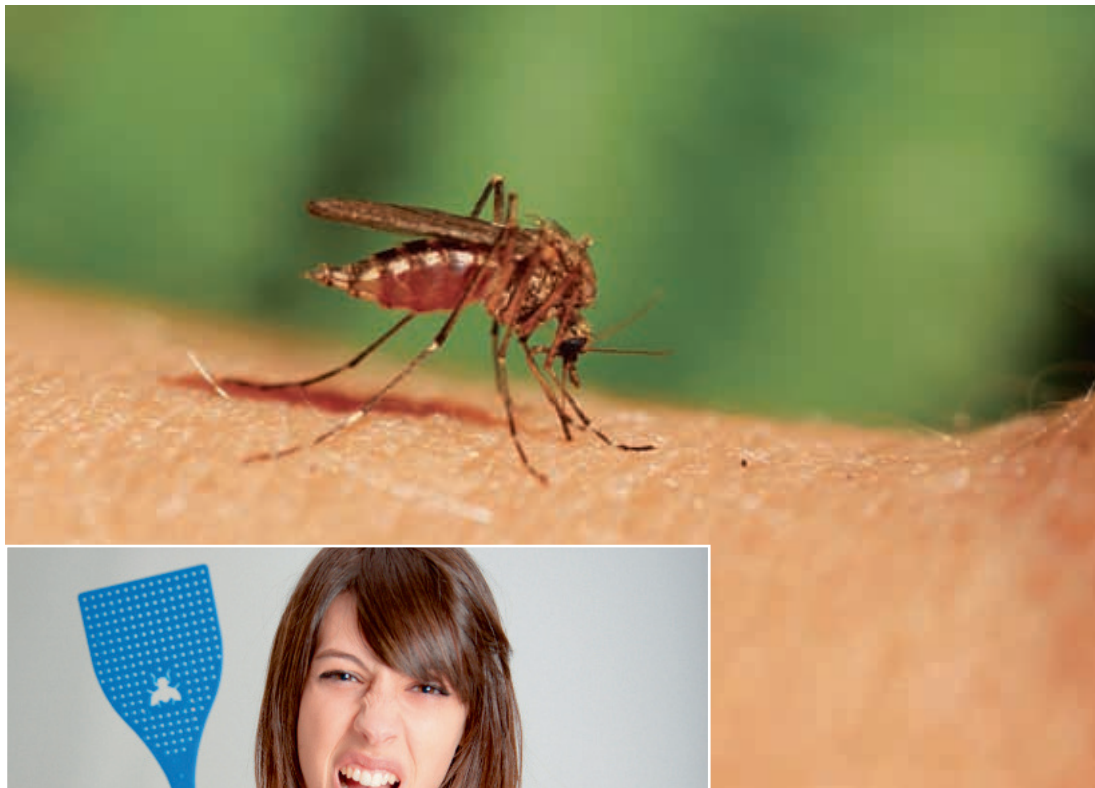
MOSQUITOS

When the heat of the summer subsides it is not just humans that breathe a sigh of relief. Cooler temperatures are enjoyed by almost all living things, including one of mankind's greatest pests, the mosquito. Now, however, scientists believe they have found the ultimate ingredient to repel the blood-sucking menaces.

VUAA1, say researchers at Vanderbilt University, is "thousands of times stronger" than DEET, the active ingredient in most commercial mosquito repellents and the only available product proven to help protect us from mozzie bites. Not only that, VUAA1 works against all kinds of insects, including flies, moths and ants.

Scientists stumbled across VUAA1 while researching new ways to control the spread of mosquito-borne disease malaria by disrupting the creatures' sense of smell. Now, studies suggest that the new compound could be used to overwhelm the insect's olfactory senses, which it uses to identify bite targets.

"VUAA1 could create a repel-



Researchers have yet to classify the compound for commercial use and test for toxicity to humans and the environment.

However, according to Laurence Zwiebel, professor of Biological Sciences and Pharmacology at Vanderbilt laboratory, "This compound is the first of its kind and, as such, can be used to develop other similar compounds that have characteristics appropriate for commercialisation."

So, for all those who dread the return of cool, autumn breezes and the hungry mosquitoes they bring back to Dubai, there could soon be a solution to stave off the insects and wave goodbye to itchy, red bites for good.

WAYS TO WARD OFF THE MOZZIES

- Cover yourself in citronella or lemongrass oil
- Take vitamin B supplements
- Wear dark clothing
- Avoid areas with stagnant water
- Cover exposed skin at dusk

lant effect akin to stepping into an elevator with someone wearing too much perfume, except this would be far worse for the mosquito," explained scientist Patrick Jones, who was part of the Tennessee team that made the discovery.



Working out *swimmingly*

Instead of being a cop-out from jogging and pumping iron, swimming is great exercise that can give you a full-body workout that is great for your heart.

Swimming is well-regarded by fitness aficionados as an excellent way to lose fat, build tone and stay healthy. And, as opposed to running or lifting weights, which can be seen by many as a chore, swimming is one of the most fun and lowest impact forms of exercising, making it ideal for anyone, from those who are overweight to those suffering from sports injuries to people who are simply looking to wind down after a hard workout.

The big benefit of swimming is that it provides a full-body cardiovascular workout, which is rare among other types of exercise.

Running or cycling might work the leg muscles and increase stamina, and weights may work the upper body, but nothing provides an all-round effect quite like regular swimming does.

“In my view, swimming is awesome for you, cardio-wise,” says *Read.* columnist and fitness instructor Ziggy Darwish. “It’s a great way to increase your lung capacity, making it good for asthmatics or those who are rehabilitating from injuries.”

To begin a swimming routine, the first step is to find somewhere to swim. In Dubai, many apartment blocks or villa compounds have communal pools that can be used by residents. Some will have operating hours, so it is worth

“The big benefit of swimming is that it provides a full-body cardio workout.”

checking this when coming up with an exercise plan.

For those who do not have access to a pool, the fact that Dubai sits on kilometres of unbroken coastline should provide some inspiration. With the weather beginning to cool down, swimming in the sea is the ultimate cheap workout, given the fact that it is more physically demanding than pool swimming—because of the currents and waves—and also that it is free. For safety reasons, it is wise to stick close to the shore when sea-swimming, and always go with a friend.

Alternatively, there are dozens of health clubs dotted around the emirate. Many of these offer day-passes for their pools, though

DID YOU KNOW?

- An hour of vigorous swimming can burn up to 650 calories, making it a more effective form of exercise than walking or cycling.

- An estimated 65,000 in the United States alone do not know how to swim.

- Some experts have compared swimming to meditation or yoga in terms of its soothing effect on the body and mind.

- Swimmers with shorter hair can go faster than those with long hair, due to a lack of friction. This is why competitive swimmers wear caps.



“Start with two or three days a week, and build your routine to include more days.”

some are more expensive than others. For those really looking to push the boat out, a year's membership at one of these health clubs can range from Dh4,000 to more than Dh15,000.

Once a venue has been found, it is time to consider how much you should swim. Most fitness experts advise to start off slowly and then build up to where you want to be. Around 40 to 60 minutes of swimming per session should do the trick. However, Darwish explains

that swimming really works when done in conjunction with other exercises.

“Sure you can get pretty fit just by swimming, but in my view it's best when done alongside other workouts,” he says. “After a hard-core gym session, swimming helps blood flow, and the cold water shocks the body into cooling down swollen joints. It's also a relaxing, fitness-building way in which to wind down.”

In terms of how much swim-

ming to do each week, it is important to keep to a pace that suits you, which can be difficult when exercising alongside faster swimmers, according to health and fitness writer Bill Volckening. The trick is to be honest with yourself about what you can realistically achieve, and to take no notice of anyone else.

“During the first week, try swimming for 30 seconds and resting for 30 seconds,” he says. “Start with two or three days a week, and build your routine to include more days, if you are comfortable. Make sure to take enough rest to catch your breath in between repeats. If 30 seconds rest is not enough between swims, adjust your rest interval.”

When looking to improve, experts often point to the “10 per cent rule”, which is used by long-distance runners. This means trying to complete a 10-per cent greater distance in the same amount of time every week. Of course, some will feel ready to progress more quickly than this, but for most, it is a surefire way of gaining fitness without having to risk overworking the body and developing injuries.

For those who find that they want more from swimming than simply a workout, and are looking to take the sport more seriously, then it is time to begin thinking about technique. The best way to do this is by signing on with a personal swimming coach, or by taking advanced group classes. It can be hard to know how exactly to improve, so a professional trainer will be able to give pointers once he or she has seen how you swim.

By following these rules, there is every chance that a new swimmer will “enjoy it for a lifetime”, according to Volckening. And when there is so much enjoyment to be had out of an exercise, it is entirely possible for the athlete within to be unleashed.

FITNESS FOR REAL



JUMANA QAQISH,
PHYSIOTHERAPIST

“First warm up then cool down”

When exercising, there are a number of things to consider if you want to avoid injury. These include starting off moderately, warming up and cooling down, consulting a professional trainer and exercising with a buddy.

In terms of running, aerobics or a specific sport, a person should not do too much strenuous activity if he or she is a beginner. Begin with a moderate activity level in order to prevent any injury such as sprains and strains due to lack of flexibility, and to avoid what we call Delayed Onset Muscle Soreness (DOMS).

It is a basic rule in exercise that a person should warm up before and cool down after training. Warming up increases the body temperature, enhances blood circulation across the parts you are exercising, and increases the flexibility of muscles and tendons. Cooling down will help dissipate waste products from the muscles (like lactic acid), reduce the potential of getting DOMS and allows the heart to go back to its resting rate.

Consulting a trainer with exercise is like consulting a doctor with a medical issue. The trainer can plan a tailored program according to the person's needs covering all the aspects of fitness.

Finding a work-out buddy and doing something you enjoy will help you comply with your exercise plan and give you motivation to work out regularly and more often.

A partner would also add a competitive factor to exercising which could lead to better results.



Vox pop

How have you managed to stay fit this summer?

Elie Hanna Fawaz
Student, Sharjah



In the summer I don't work out until about 5pm, when it starts to get cooler. Then I walk

about 2km to the gym, do my workout then walk back. I used to do a lot of boxing, so I would go for runs to keep fit.

Abdullah Simon
Musician, Media City



I work at night, so the only way I can exercise during the summer is by swim-

ming in the pool at my place, or sometimes in the sea. I also like to eat more fresh fruit and vegetables when it's hot.

Beverly Calvero
Relationship officer, Sharjah



It is just too hot to exercise outside here. I don't have a gym here and I think

I am starting to put on a little weight. I try to walk as much as I can—which is a workout in itself in this heat.

Jonathan Woodland
English teacher, Dubai Marina



I live in South Korea and I like to go running to keep fit. In Dubai, I try to avoid

going out when it gets this hot. I think the second best option during summer is swimming.



The best source of energy

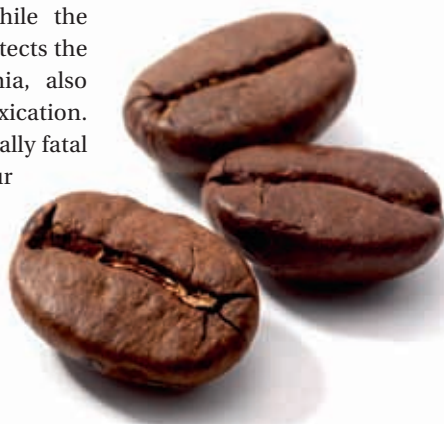
The lowdown on sports and energy drinks, and their effects on the human body.

As the energy drink explosion rolls into its second decade, many of us are still left wondering what the real difference between Gatorade and Rockstar is, or whether or not these drinks are really that 'good' or that 'bad' for us. It seems that almost every drink on the market is claiming to offer some form of 'energy boost', and even smoothie companies are appropriating the energy aura and applying it to their own categories.

Firstly, it is important to distinguish between sports and energy drinks, as the two are often confused. Sports drinks, such as

Gatorade, are designed to meet particular sporting requirements, and though they do offer an 'energy boost', they are not technically energy drinks as they do not contain caffeine. They are made up of water, salt and sugars that help the body absorb fluids and salts lost in sweat while exercising. The sugars provide fuel for muscles to continue performing throughout exercise, while the small amount of salt protects the body from hyponatremia, also known as water intoxication. This is a rare but potentially fatal condition that can occur when drinking a large amount of water without any salt. Sports drinks reduce the risk of hyponatremia by re-

77mg
The amount of caffeine in a Red Bull bottle.



plenishing fluids and electrolytes in a ratio similar to those normally found in the human body, and in that respect are more beneficial than simply drinking water during intense exercise.

Energy drinks, on the other hand, contain high caffeine levels to stimulate alertness. With names like Monster and Rock-On, marketing strategies often focus on a younger, risk-taking generation, and they have successfully filled a niche in the market—the one that lies between coffee and Diet Coke. They are the new generation's answer to a cup of coffee, and have become a staple among college students. There are even posters on the walls of college dining halls with slogans such as, "Nobody wishes

sively marketed, often to kids interested in extreme sports. You can easily imagine people consuming a couple of these drinks and running smack into caffeine intoxication. People can end up not only feeling lousy, but in ER thinking they're having a heart attack."

The cliché of "everything in moderation" holds true, and a single can of energy drink can actually improve concentration, mood and reaction times. However, more than one drink a day can be a cause for concern.

Many people insist that there is a socially constructed double standard that says coffee is an acceptable source of caffeine, while these energy drinks are not. A can of Red Bull may start off with less caffeine (77mg) than a cup of regular coffee (75-150mg), but guarana and other ingredients contain additional caffeine. Healthy adults can consume up to, but no more than, 400mg per day of caffeine, or approximately 2-4 cups of regular coffee, while adolescents and children should not consume more than 100mg per day of caffeine. Adults who drink tea and coffee regularly build up a tolerance to caffeine, but Prof. Griffiths says younger people are at risk of overdosing if they consume highly-caffeinated energy drinks at an early age.

Adverse effects associated with caffeine consumption in amounts greater than 400 mg can include nervousness, irritability, sleeplessness,

SPORTS DRINKS HYDRATE THE BODY DURING EXERCISE



“Energy drinks provide a quick buzz, but this can quickly wear off.”



increased urination, arrhythmia, and dyspepsia. But perhaps more alarming is how easily abuse and dependence can unfold, leading to withdrawal headaches and fatigue, which in turn lead to increased use and increased dependence.

Despite energy drink brands such as Red Bull sponsoring many sporting events, and even handing them out to athletes, energy drinks do not provide electrolytes, and are not advised to be consumed with exercise.

"Most people assume that if you stick something in their hand while they are exercising, that it is good for them," says Dee Rollins, R.D., Ph.D., dietician.

Ultimately then, sports drinks do not provide "the energy" in terms of caffeine, but they work by hydrating the body during exercise, which in turn boosts performance. Being dehydrated by 1 per cent can lead to a decrease in performance of up to 10 per cent. Energy drinks provide a quick buzz, but the buzz can quickly wear off and leave the drinker with less energy than he or she started with. Increased urination can lead to dehydration, and therefore makes energy drinks unsuitable for use when exercising. However, they can boost mental performance, and are safe in small to medium doses; it is simply up to the drinker to make sure he or she keeps within the recommended daily allowance of caffeine.

TAURINE FACTS

- Taurine is an amino acid and is a major constituent of bile. It occurs naturally in the body and is essential, in particular, for cardiovascular function, development and the function of skeletal muscle and the central nervous system. Taurine also occurs naturally in food, especially in seafood and meat.
- Taurine is named after the Latin *taurus* which means bull or ox, as it was first isolated from ox bile in 1827. This is the origin of Red Bull's name.
- A typical can of energy drink contains between 1,000mg and 2,000mg of taurine per serving.
- A 2003 study found no adverse effects for up to 1,000mg of taurine per kilogram of body weight per day.
- Another study in 2008 said that the amount of taurine in energy drinks had neither a positive nor a negative effect, and has not yet been proven that Taurine improves mental or physical performance.

they'd slept more in college." Energy drinks are also cold, which means they can easily be mistaken as thirst-quenching, making them a lot easier to guzzle down than an average hot cup of Joe. They are also convenient, available in multi-packs, and some come in "shots" with websites prominently displaying banners that encourage consumers to "take it in seconds", and "feel it in minutes".

"What we've seen since the first energy drinks arrived on the shelves is a sea change in how caffeine is being marketed," said Roland Griffiths at Johns Hopkins University in Maryland. "These drinks are being very aggressive

ASK THE EXPERT



DR ALLAN RICHARDS
GENERAL PRACTITIONER

How to beat haemorrhoids

Haemorrhoids, also known as piles, are enlarged and swollen blood vessels inside or around the lower rectum and anus. They can cause a variety of uncomfortable symptoms, and the most common complaints from my patients are bleeding, itching and pain. These symptoms occur when the blood vessels in the anal canal become

swollen—often as a result of straining to pass a stool—and can vary in size, occurring internally or externally. The condition is fairly common, with between 4 per cent and 25 per cent of the population being affected by haemorrhoids at some point in their lives.

A person of any age can be affected, but they are usually more common during pregnancy and in people between 45 and 65 years of age. The important thing to remember is that haemorrhoids are, in most cases, not very serious and

25%
The percentage of the population who will experience piles at some point in their lives.

can usually be treated easily with over-the-counter medicines and a high-fibre diet. In more severe cases, a simple surgical procedure can treat or remove the haemorrhoids, but only around one in 10 people with haemorrhoids may need surgery. If you experience any of the symptoms, it is important that you seek advice from your doctor, as bleeding from the rectum can be a sign of more serious conditions. Don't be embarrassed; as doctors, we see it all, every day.

Tom's got the tum but can he fillet?

Read. features editor Tom Paye is challenged to eat a steak as big as his head in this battle of the beef.

EATING

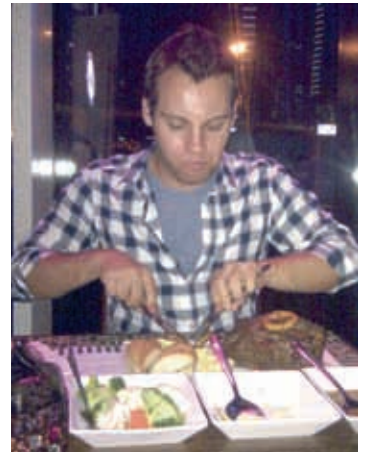
The challenge: to eat a kilogram of steak, along with the numerous side dishes, in under 40 minutes. The reward: Pay nothing for the Dh200 meal. Game on.

I had been confident of my ability to complete the Park Central Steak Challenge. Despite my diminutive stature, I am very capable of stuffing my face full of good food, and I had timed my lunch perfectly so that I was seriously hungry by the time I got to the Sheikh Zayed Road restaurant.

I was given tips by the restaurant's owner, Talal Thabet, on how to attack this monster of a meal. The trick, he said, was to eat the mashed potato and onion rings first, and then begin working on the steak and the vegetables. I took note, and waited for my mountain of food.

When it arrived, my confidence soared. I had been worried about the sides, but the portions seemed reasonably small. As expected, the steak was huge—almost the size of my head—but it looked so good that I reckoned I could finish it all within the time limit.

How very wrong I was. I started well: the onion rings and mash (which were beautifully prepared) were gone within five minutes, and I had made serious headway on the home-baked garlic bread and sautéed vegetables. Against Thabet's advice, I did allow myself a few bites of the medium to



well-done steak, just to mix up my mouthfuls, and after 20 minutes, I was about half way through. Things were looking good.

And then, 27 minutes into the challenge, I hit my wall. I slowed dramatically, my stomach warning me that it was full to the brim, and that anything more would result in an emergency ejection. Each mouthful felt like an Everest to conquer, and when the clock struck 40, the steak left on my plate was still the size of my fist.

I failed, then. But even so, the meal is extremely good value for what it is, so any losers can simply view the challenge as good fun.

The Help

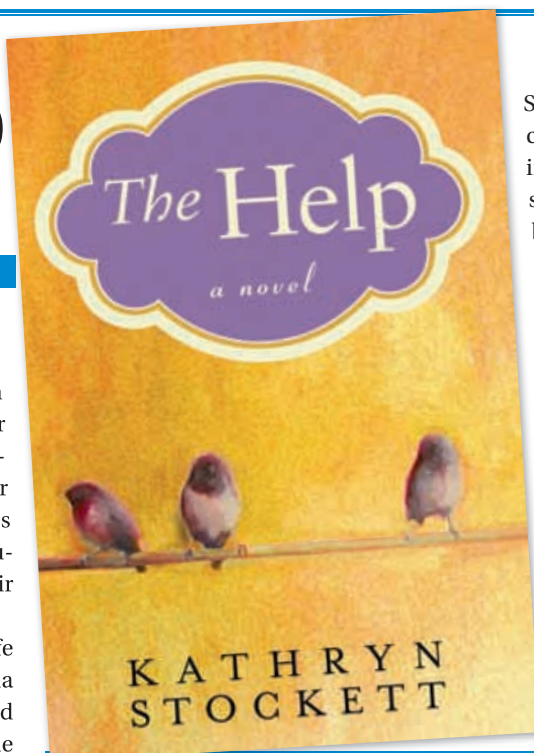
By Kathryn Stockett

BOOKS

Already adapted for the big screen, this gripping novel lifts the lid on the plight of African American maids working for white households in 1960s Mississippi. In *The Help*, author Kathryn Stockett encapsulates the dismissive way these subjugated women are treated by their employers.

Their stories are brought to life by female protagonist Eugenia Skeeter, whose efforts to shed light on the exploited lives of the maids in her town are proved slightly hypocritical by her ulterior aim to establish herself as a writer. Desperate to incorporate their voices into her book, she tries to persuade them to tell their stories, despite the risk of upsetting their employers.

It's not all selfish though:



IF YOU LIKE THIS, TRY...

The Postmistress by Sarah Blake: The lives of three very different women come together against the backdrop of war-torn Europe and small-town America in the 1940s.

The Kitchen House by Kathleen Grissom: When a young servant girl violates the order of the plantation, she unleashes a tragic sequence of events that calls into question the meaning of family.

Skeeter's genuine concern about the suffering of these women sees her forge close bonds with the black community as she strives to alleviate the prejudices that segregate American society at that time.

At the same time shockingly brutal and savagely funny, Stockett delves beneath the social and racial tensions on the surface into the lives of the people who lived under and by them.

Jay Z & Kanye West – Watch the Throne

Def Jam ★★★★★

ALBUMS

Given that his last two albums with R Kelly were complete flops, it is surprising that Jay Z would be interested in entering into another collaboration. However, the prospect of working with the almost unstoppable Kanye West must have been hard for Jay Z to resist, meaning that the pair have come out with the hugely anticipated *Watch the Throne*.

Despite the hype, this album isn't brilliant. For one thing, many songs are peppered with explicit content, giving a feel of the early 2000s. Where other rappers are trying to move away from the gangster image, these two seem bent on asserting that they are the baddest boys in town. What's more, Jay Z's rapping style has hardly changed over the years, meaning he won't win over any new fans with this latest effort.



But this is not to say that *Watch the Throne* is completely without musical merit. Elements of West's fantastic *My Dark Twisted Fantasy* influence many of the songs, making for an interesting listen across the 16-track album.

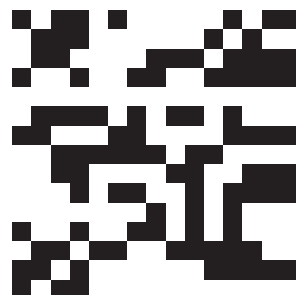
Indeed, it can be imagined that everything good here has come from West; Jay Z is simply an extra.

In a partnership of this magnitude, you would expect both of the stars to shine equally. And that is the album's biggest problem; they do not.

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FIRST
PERSONCHRIS KINSVILLE-HEYNE
BROADCASTERBehind-the-scenes tales
of local radio

I have been involved in radio for about 30 years, since I wrote a film review for a local radio station when I was a student in the UK. I've created two unique shows here in Dubai; *60-Second Cinema* for Dubai 92 and *The A to Z of Movies* for Dubai Eye. Nowadays, I tend to be a guest presenter on Dubai Eye's *Dubai Today* and I've worked with amazing anchors such as Jeff Price, Jessica Swan, Alix Capper-Murdoch, Richard Whitehead, Sticky Fingers and Suzanne Radford—and loved every minute.

I was lucky enough to work with Nanette and Vicks on Dubai Eye's *Speakeasy* some years ago. It was during the early days of talk radio in Dubai and the girls were BBC-trained. I was invited on to talk about films. The atmosphere in the studio was terrific when an older woman called in and accidentally said a word that rhymes with "pluck". The girls held it together but I lost it completely; they had to pick me up off the floor and wipe the tears from my eyes. I had been laughing so hard that I was in physical pain. I had "corpsed", and not for the first time.

The *A to Z of Movies* show was all about preparation. Each week, I had to find 26 aspects about the film industry—one for every letter in the alphabet—write entertaining copy on each topic, find suitable audio clips, record, time and edit the copy, record trailers, work out all the timings to fit with the adverts, and then record the show. It was fantastic fun!

Four days of stars

As part of the Eid holiday, **Shoppiesta** will wow Dubai's residents with its stellar line-up of shows.

Shoppiesta, a consumer lifestyle fair, is the biggest event in the upcoming *Eid in Dubai* festival that will take place during the five-day Eid Al-Fitr holidays from the August 31 until the September 4 at Meydan Racecourse. The Meydan, which has hosted many concerts, as well as the world-renowned Dubai World Cup, is the perfect location for such an event.

Now in its fourth year, the *Eid in Dubai* festivities are organised by the Dubai Events and Promotions Establishment (DEPE), an agency of the Department of Economic Development (DED),



KELLY ROWLAND



T-PAIN

and are becoming increasingly popular social events.

Speaking about this association, Mr Radhesh Menon, director of Shoppiesta, said, "Our association with *Eid in Dubai* will indeed go a long way in establishing this annual event as the must-visit attraction during the Eid Al-Fitr holidays. As Shoppiesta is planned to be a 'consumer fair', where there is something for the entire family, it is ideal for the festive atmos-

For more information on the shows, go to www.shoppiesta.com

phere that *Eid in Dubai* creates. Furthermore, DEPE's sup-

port will pave the way to promote the exhibition and its daily concerts to a much wider audience."

The event organised by Citron, a Dubai-based events, marketing and communication company, is the first of its kind in the UAE, and features a five-day extravaganza complete with shopping, entertainment, adventure sports, and daily concerts. This unique event will attract leading retailers, brands and service providers boasting an array of offerings for both residents and tourists.

The concerts have been tailored to meet the multicultural demands of the emirate, with five themed nights taking place at 9pm every evening. "Arabic Night" will see multi-platinum pop star Nancy Ajram return to the emirate to wow her many UAE-based fans, while Melhem Zein will finish off the night.



SEAN PAUL

"This is a must-visit attraction during the Eid Al-Fitr holidays."



NANCY AJRAM

The second day will be a treat for Dubai's Filipino residents, as Mocha Girls, arguably the most popular girl group in the Philippines, will take to the stage after R&B band South Border. Day three will excite Iranian residents, as legendary Persian singer and actress

Googoosh returns for the third time to the UAE.

The following day is an Indian themed evening, and sees Hariharan and Shankar Mahadevan, favourites for Bollywood film soundtracks, perform *Kings in Concert* for the first time in the region.

But the main attraction of Shoppiesta is saved for the last day, September 4, which is dubbed "International Night".

After the highly-publicised 50-Cent fiasco, in which the American rapper pulled out of the concert, an all new lineup of top international performers, including Sean Paul, Kelly Rowland and T-Pain, has been confirmed to replace him. Initial disappointments have quickly been forgotten as visitors gear up for this even more impressive line up. Kelly Rowland, who is not only a founding member of successful girl group Destiny's Child, is also a Grammy award winning solo artist and has recently been spotted as a judge on Britain's *X-Factor* show. Dubai's residents will be glad to have the chance to watch this "Independent Woman" take the stage. Meanwhile, Sean Paul will certainly raise the "Temperature", which could cause T-Pain to "Take his shirt off". The two artists will play memorable hits and will no doubt dazzle with more recent hits such as T-Pain's *Best Love Song*, on which he collaborated with Chris Brown, or Sean Paul's *Got 2 love U* featuring Alexis Jordan.

Other performances during the International night include Bollywood stars Shahid Kapoor, Priyanka Chopra, Malaika Arora Khan, Deepika Padukon and Jacqueline Fernandez

Shoppiesta will certainly have something to entertain every age and nationality, thanks to its variety of cuisines, shopping discounts and world-class entertainment. In addition to being the first of its kind in the region, the event hopes to break another record, with a Guinness Book of World Record attempt. Visitors have an opportunity to be part of Citron's attempt to create the world's largest photographic collage of human faces on a single mosaic.

Entry to the Shoppiesta fair is priced at Dh5, while the concert tickets start at Dh40 on Filipino Night and Dh100 on International Night. For more information go to www.shoppiesta.com. Tickets are available online or at Virgin Mega Stores.



Masked avenger

Captain America, the first of Marvel's "Avenger" comic book heroes gets his turn on the silver screen.

NEW RELEASE

If you are looking for inspiration for what to watch at the movies—perhaps a mentally stimulating, emotionally profound, thought-provoking arthouse film, then read no further. If however, you are after an entertaining, escapist, action-packed flick that will leave you with the feeling that inside every common man there is a hero, you may do well to find yourself a seat in a cinema screen showing *Captain America: The First Avenger*, the latest superhero romp in an ever-increasing line of Marvel comic-book reincarnations.

In the midst of World War II, American Steve Rogers, played by Chris Evans, is the archetypal aver-

age Joe; weighing in as a "90-pound asthmatic", he is considered unfit for military service. However, what he lacks in muscle he makes up for with guts and morals, which leads to the military targeting him as the ideal subject for an experimental super-soldier serum. In no time at all Rogers is transformed into Captain America, a bulked-up and seriously strong fighting machine.

His newly found powers make him the perfect choice to defeat super-villain Johann Schmidt, whose bad-die name is Red Skull,

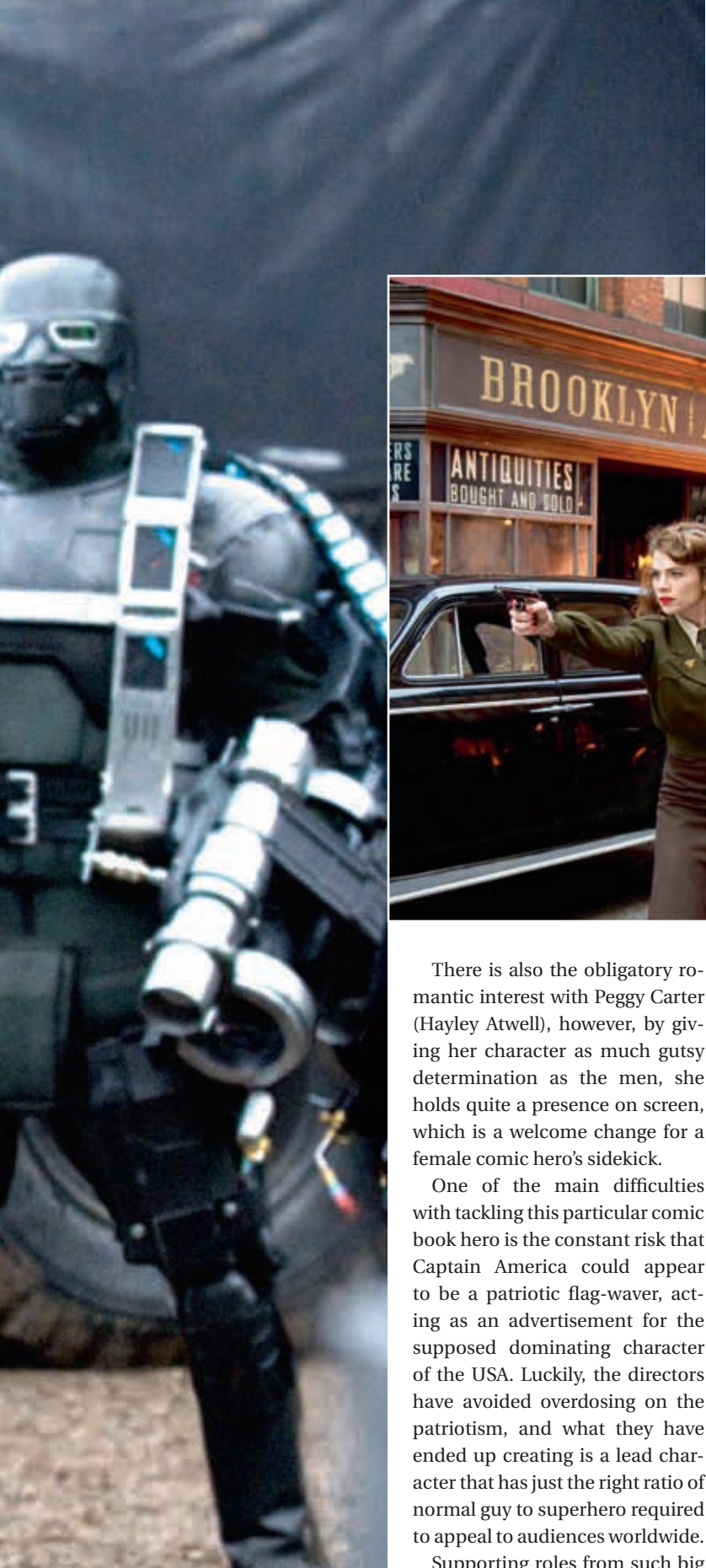
RED SKULL

GOOF WATCH
When Steve Rogers is chasing the German double-agent through New York, he jumps in the air several times, revealing the soles of his feet, which always stay clean and never appear to get dirty.

but when the government decides to use Captain America as a poster-boy for U.S. war bonds instead, this has a negative effect on the troops who are having to do the real fighting.

Fed up with the situation, Rogers rallies his own gang of commandos and embarks on a mission to take on the bad guys in his own unique style. There is just as much action as you would expect when Captain America and his team go head-to-head with Red Skull to try and halt his plans for world domination.

After what could quite possibly be the longest wait of all the superhero films, we finally see our hero in full costume as the action scenes play out in the tried and tested big-shoot-outs-and-massive-explosions manner that this genre has perfected so well.



PEGGY CARTER, THE FEISTY LOVE INTEREST

There is also the obligatory romantic interest with Peggy Carter (Hayley Atwell), however, by giving her character as much gutsy determination as the men, she holds quite a presence on screen, which is a welcome change for a female comic hero's sidekick.

One of the main difficulties with tackling this particular comic book hero is the constant risk that Captain America could appear to be a patriotic flag-waver, acting as an advertisement for the supposed dominating character of the USA. Luckily, the directors have avoided overdosing on the patriotism, and what they have ended up creating is a lead character that has just the right ratio of normal guy to superhero required to appeal to audiences worldwide.

Supporting roles from such big

DID YOU KNOW?

● 12-15 actors were screen tested to play the lead before offering Chris Evans the role. Evans turned it down at first because he didn't want to do another superhero movie.

● The first Captain America comic sold for 10 cents in 1941. If auctioned today, that comic would be worth an estimated \$115,000.

● Captain America was mostly filmed in the UK and its soundtrack was also recorded there. It is the first time that Marvel has filmed outside the United States.

names as Tommy Lee Jones and Stanley Tucci give the relatively new cast kudos, and Jones's character, which is reminiscent of his *Men In Black* role, provides some of the film's best comedy moments.

Visually, all the special effects and big-budget CGI that come as standard for this genre are there, although the slightly rosey 3D appears to have been added as an afterthought and does nothing to enhance the movie.

However, the mix of absurd-yet-entertaining plot, genuinely funny one-liners, solid supporting cast and a definite feel-good factor have all been carefully mixed to produce one of the more successful Marvel movies to come from this summer's comic-book conveyor belt.

SILVER SCREEN

GRANT BISHOP
UAE MOVIE EXECUTIVE

Golden age for comic book

The early 'Fifties were the Silver Age of comic books with the rise of Marvel and characters such as *Spiderman*, *Iron Man*, *Thor* and *The X-Men*. The 'Seventies brought more sophisticated characters in print format, but it wasn't until 1978, that Hollywood finally woke up to the potential of big-budget adaptations, with the original Golden Era *Superman*—whole-some, handsome, a good-guy. This pattern continued through the 'Nineties with the *Superman* series and a succession of superheroes, including a highlight from Tim Burton's *Batman*.

The year 2000 saw the love for comic book movies reinvigorated. Marvel's characters led the way with *X-Men* and *Spiderman*—after the success of which came *Hulk*, *Ghost Rider* and *X-Men United* following the Silver Age path.

In Christopher Nolan's groundbreaking 2005 reboot *Batman Begins*, he used elements of the flawed, damaged and vulnerable hero and finally brought mainstream cinema into the Modern Era of comics. The *Dark Knight* Trilogy brought huge commercial and critical success, but also opened the door for modern-era adaptations including *Watchmen*, *V For Vendetta*, *300* and more.

The future of comic book adaptations seems rock solid for the near future after the success of *Kick Ass* and *Scott Pilgrim vs. The World*, along with Marvel's universe being unveiled over several linked properties and *Spiderman* and *Superman* reboots. Perhaps we are now in what could be deemed as the Golden Age of comic book adaptations.

Bollywood news

MURDER2 FERNANDEZ LANDS SINGH ROLE IN KRRISH

The forthcoming sequel to Indian superhero movie *Krrish*, starring Hrithik Roshan, made headlines recently when Chitrangda Singh was announced as the female lead. However, filming has been delayed until December and Singh is now unable to commit. Luckily, she has been replaced with the up-and-coming *Murder 2* starlet, Jacqueline Fernandez (right).



NEW SHOW BRINGS BOLLYWOOD TO YOUR HOME

If you have ever fancied getting up close and personal with your favourite Bollywood star, an upcoming TV show, entitled *Live My Life*, could provide the perfect opportunity. UTV Stars' latest project will give fans a chance to live the life of a Bollywood celebrity for a day and even receive special surprises such as a phone call or special gift from the star of their choice.



AARAKSHAN STORMING TO BOX OFFICE GOLD

While bans, protests and a long weekend may have had an effect on the opening figures for Prakash Jha's latest offering *Aarakshan*, the

movie about caste-based reservations in the Indian education system still managed to earn a respectable Rs.25 crore in four days. Maybe the surrounding hype helped.

Reviews *in brief*

A quick look at the week’s biggest films.



Point Blank (2011)

★★★★★ **Roschdy Zem, Gerard Lanvin, Elena Anaya, Gilles Lellouche**
Gilles Lellouche plays Samuel, a nurse working at a hospital who saves the wrong guy, a thief (Zem) whose henchmen take Samuel’s pregnant wife (Anaya) hostage to force him to spring their boss from the hospital. Samuel quickly finds himself pitted against rival gangsters and trigger-happy police in a deadly race to save the lives of his wife and unborn child. An exciting, non-stop action film, *Point Blank* has received positive reviews across the board, and is praised for its impeccable acting and relentless pace.



Rio (2011)

★★★★★
Anne Hathaway, Jesse Eisenberg, Jamie Foxx
Rio tells the story of Blu, a domesticated Macaw who never learned to fly and his best friend Linda. From the makers of the hit *Ice Age* series, *Rio* is a colourful animation, which sees Blu and Linda head to Rio de Janeiro, a faraway and exotic land, in search for Jewel, Blu’s female counterpart. The voice work of Eisenberg and Hathaway has been accredited with matching the leading characters perfectly and although the storyline is predictable, it is charming and will certainly entertain the children.

Clash (Vietnamese, 2009)

★★★★★ **Johnny Nguyen, Veronica Ngo, Hoang Phuc Nguyen, Lam Minh Thang, Hieu Hien**
Over the past decade there’s been a real explosion in the popularity of Asian cinema with Western audiences, and Vietnam is the latest to get on board with *Clash*. The story revolves around a young woman who is forced into becoming a mercenary after her daughter is kidnapped by a powerful gangland boss. Considering this kind of Vietnamese film-making is still fairly new and some of the story-lines are somewhat predictable, action fans certainly won’t be disappointed.



Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

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
Disappearance of Alice Creed - 12:20, 14:40, 17:10, 19:20, 21:35, 11:50
Fast Five - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Harry Potter 7 (3D) - 18:00, 21:00, 00:00
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
Point Blank - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Transformers 3 (2D) - 12:00, 14:50, 17:40, 20:30, 23:20
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

Aarakshan - 11:30, 14:30, 17:30, 20:30, 23:30
The Adventures of Pureza - 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
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 Five - 11:30, 14:00, 16:30, 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, 19:00, 21:00, 23:00
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
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
Fast Five - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
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
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
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Transformers 3 (3D) - 18:00, 20:50, 11:40
We Are The Night - 12:30, 15:00, 17:30, 19:40, 21:15, 00:00
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 New Daughter - 11:00, 13:25, 16:00, 18:30, 21:15, 23:35
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

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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, 14:40, 17:10, 19:20, 21:35, 23:50
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
Zindagi Na Milegi Dobara - 10:30, 13:30, 16:30, 19:30, 22:30

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Bridesmaids - 11:00, 13:30, 16:15, 19:15, 21:45, 00:20
Fast Five - 11:30, 14:00, 16:30, 19:00,



THE LAST GODFATHER

21:30, 00:00
Horrible Bosses - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:10
Kung Fu Panda - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:15

VOX CINEMAS - DEIRA CITY CENTRE

Aarakshan - 10:45, 14:00, 17:15, 20:30, 23:45
And Soon The Darkness - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Chatur Singh Two Star - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
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 - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (3D) - 15:15, 18:15, 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, 23:30

VOX CINEMAS - MOE

Aarakshan - 10:45, 14:00, 17:15, 20:30, 23:45
Bridesmaids - 10:30, 13:00, 15:45, 18:45, 21:15, 23:45
Fast Five - 00:00
Giselle - Ballet (3D) - 10:00, 20:45
Hanna - 12:45, 17:30, 22:00
Harry Potter 7 (3D) - 11:45, 12:15, 14:45, 17:45, 18:00, 20:45, 23:45
Hoodwinked Too (3D) - 10:00
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

Kung Fu Panda 2 (3D) - 10:15, **Chatur Singh Two Star** -12:00, 18:00, 22:00
The Last Godfather - 12:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The New Daughter - 10:15, 15:15, 19:45, 00:15
Pirates 4: On Stranger Tides - 12:00, 15:00, 18:00, 21:00, 00:00
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) - 14:00, 20:00
The Last Godfather - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The New Daughter - 10:15, 15:15, 19:45, 00:15
Transformers 3 (3D) - 12:15, 15:15, 18:15, 21:15, 23:00, 00:15
The Wiggles - 10:00, 16:00
X-Men: First Class - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Zookeeper - 10:00, 14:30, 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 - 10:30, 13:00, 15:45, 18:45, 21:15, 23:45
Harry Potter 7 (3D) - 16:00, 21:45
Horrible Bosses - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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
The Wiggles - 10:00, 12:00
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, 17:00, 19:00, 20:00, 21:35, 23:00, 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) - 17:05, 19:35, 22:05, 00:35
Harry Potter 7 (3D) - 15:20, 18:00, 20:40, 23:40
Horrible Bosses - 17:20, 18:00, 19:30, 21:00, 21:40, 23:50, 00:05
The Last Godfather - 17:00; 19:30, 22:00, 00:30
Monte Carlo - 17:30, 20:30, 23:30
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
Transformers 3 (2D) - 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
We are the Night - 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Zookeeper - 15:15, 17:20, 19:35, 21:45, 23:55

REEL CINEMAS - MARINA 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, 19:00, 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.

Georgina Ware
Artist, Dubai Marina



9/10

My husband and I just went to see *Hanna*, which I really enjoyed. It was a really different type of film and I thought that the actress who played the lead character was brilliant.

Mark Caruso
Web designer, Jumeirah



7/10

I just went to watch *Transformers*. It was a pretty good movie and storyline, but I am always more interested in the special effects and CGI than the story itself when I watch action films like this.

Jenny Moore
Nurse, Al Barsha



10/10

I have finally just got around to watching *Harry Potter*. I've watched every one in the series and I definitely thought this was the best. The story was tied up nicely and the acting was pretty good from all the cast, although I particularly liked Neville Longbottom.

A large indoor plant with long, green, sword-shaped leaves is potted in a silver metal bucket. It sits on a white windowsill in front of a window with white frames. The background is bright and slightly out of focus.

The great indoors

Houseplants provide one of the very best ways to improve our indoor environment, but which ones, and how to take care of them?

Plants are good for us, and good for our environment. They absorb carbon dioxide from the atmosphere, and breathe out oxygen. Some even help scrub toxins from the air in our homes, the sorts of chemicals that escape from furniture and appliances and can accumulate in the recirculated air in our living spaces. One of the simplest, most attractive and effective ways of combating this build-up is by having plants in every room. Not only do they add visual excitement, they improve the quality of the indoor environment at the same time.

Obviously, air conditioning is an essential part of living in the

UAE, but apart from keeping our home environment comfortable and livable, it is also very drying. The way an A/C unit works tends to reduce the humidity of the air by condensing out the water as the air is cooled, and this potentially useful water is simply drained away. Houseplants sharing your living space provide a great way to correct a little of this imbalance, though it is worth checking whether a plant you are considering is “tolerant” of dry and moving air.

Some are better than others, and succulents and desert plants such as cacti are not troubled at all, thriving in hot, dry conditions. Ferns and orchids, on the other hand, thrive in shady, damp environments, both cool and hot, and will struggle in our dry homes.





WHERE TO GO...

Dubai Garden Centre

Dubai Garden Centre is a great source of plants, pots and friendly advice about what sort of plants will work well in your home. Talk to any of the staff there and they will help you plan a planting scheme for your home, suggest suitable containers, and arrange delivery and installation if you want.

They offer a full interior landscaping service called Plantscapes, where they will survey your home, supply a range of plants in containers, and a regular maintenance visit service to keep everything fresh and green. www.desertgroup.ae

Planters

Another Dubai company, Planters was established in 1978 and is the largest indoor landscaping company in the Middle East, specialising in large scale indoor installations for malls, hotels and offices. However, they will also quote for smaller domestic schemes. www.planters.ae

Plant Souq

Dubai's original plant souq down by the Creek at Al Jadaf was transplanted to large new premises out at Al Aweer, and though it is a bit of a trek it is well worth the visit. Go past Dragon Mart on Hatta Road, turn right onto Academic City Road, then left at the first roundabout. Loads of garden shops and nurseries stretch up the hill on the left hand side of the road. Go and explore.



“Experts reckon we should have at least one good-sized plant for every 100 cubic feet of space in our home.”

Houseplants need a bit of care and common sense, but get the basics right and you can have a spectacularly green home, even here in the desert. All plants need three things for success: light, water, and nutrients. Usually, that light is sunlight, the water is rain and the nutrients come from the soil in which they are growing. Growing plants indoors is simply a matter of choosing plants that would normally grow in conditions similar to those inside our homes, and making sure they get the right amounts of light, water and food.

Light first. Light is the source of energy plants use to drive the process of photosynthesis, where they take in CO₂, convert it into food and use it to grow. Oxygen is released back into the atmosphere as a byproduct of this process, quite literally improving the air that we breathe. Experts reckon we should have at least one good-sized plant for every 100 cubic feet of space in our home.

Next is water. Not too little, and not too much. Most houseplants do not like to sit in a puddle of water around their roots, so you should only water when the top inch of soil in the pot is dry. Plants with their roots in water can literally drown, as many need circulation of air around the roots for healthy growth. Overwatering, particularly in this part of the world, can cause salt to build up on top of the soil and around the edges of the container—look out for white deposits building up over time—and it is a good idea to get rid of tired, salty soil and repot in a clean container with fresh growing medium every once in a while. Again, know your plants—some actually prefer to be pot-bound, and put on a better display when they are.

Finally, food. All plants need nutrients to survive and grow in addition to the CO₂ they absorb from the atmosphere. Normally this comes from the soil in the pot, but this is usually a relatively small quantity, and plants use it up over time. Top dressing with fresh compost, or better still repotting occasionally with fresh growing medium will help keep nutrient levels up. You should also add fertiliser a small quantity at a time—either a handful of slow-release granules, or a dressing with well-diluted liquid nutrients as often as indicated on the care instructions for the plant.

So, which plants are best for you and your home? Check out our list, right, of some of the most popular and easiest to manage favourites.

HOUSE PLANTS TO CLEANSE YOUR AIR

Lady palm (*Rhapis exelsa*) and **bamboo palm** (*Chamaedorea seifrizii*) are two of the many palms to look out for, and are unbeatable for removing ammonia.

Rubber plant (*Ficus robusta*) out of more than 800 types of ficus plants, tests best for removing toxins, especially formaldehyde.

Boston fern (*Nephrolepis exaltata bostoniensis*) tops the list for removal of toxic formaldehyde. It likes the slightly more humid environments of kitchens and bathrooms.

Peace lily (*Spathiphyllum wallisii*) is one of the leading all-around plants to absorb acetone, alcohols, benzene, ammonia, trichloroethylene, formaldehyde and xylene. Plus it also produces beautiful flowers.

Corn plant (*Dracaena fragrans*) is another popular structural plant, often grouped in planters for dramatic impact. It ranks near the top in all categories, especially for absorbing formaldehyde.

Dragon tree (*Dracaena fragrans marginata*) has thinner stems and leaves than the corn plant, but similar structure, and is an effective air-cleaner of xylene and trichloroethylene.

English ivy (*Hedera helix*) is not only a vigorous climber, but works hard to remove many toxins. Be warned – it can be invasive!

Pygmy date palm (*Phoenix roebelenii*) is one of the most popular indoor palms, and is especially effective at removing xylene and toluene.

Hardy 'mums (*Chrysanthemum*) one of the primary air-filtering plants, helping clear away formaldehyde, ammonia and benzene.

Weeping fig (*Ficus benjamina*) nears the top for removal of formaldehyde. It also works well at purifying the air of ammonia, xylene and toluene.

Juke of all trades

★★★★★

The **Nissan Juke** has something for everyone, especially the twentysomethings.

ROAD TEST

Who allowed the concept car to become the real thing? Obviously nobody, because concepts are meant as an artist's impression of a carmaker's future direction and never hit the roads. But the way the new Nissan Juke looks, it could have come straight from a bearded designer's Moleskine sketch pad.

It's rather bizarre, really. Look at the nose and you will count no less than six headlights—even a full-bling Hummer would struggle to come close. It is quirky in that it matches a retro vibe with a futuristic feel all at the same time. Even the name is slightly weird, yet cool with it. In fact, it is all the things its half-brother, the Qashqai is not—except, that is, strange in the name.

Truth be told, we really did not like the Qashqai. We thought it ugly and gutless, but boy, was it popular, and still is. It looks like Nissan's smaller crossover is going the same way in popularity, at least since it lunched in Europe last year, and there's no doubt it will sell in big numbers over here.

Indeed, Nissan has been walking a curious path under the stewardship of Brazilian-Lebanese supremo Carlos Ghosn. While the Japanese firm used to have a reputation for a conservative output (OK, forget about the GT-R), of three-box saloons and utilitarian hatchbacks, today, it is bringing a lot

more funk to the market. And the Juke is exemplar of this.

Its looks are going to polarise the market as a whole, but as the saying goes, if you don't like it, you probably never would have wanted it in the first place. This car is for a young, funky market that likes to stand out from all the other white cars on the road. Even in white, the Juke is colourful, and that face, with all its lights, stands out like a camel in a tuxedo. The flared wheel arches are extreme, as is the severe rake of the windscreen, and from behind, it is quite like nothing else.

It is as offensive as a New Jersey reality show star, but that is not to say it's ugly—as long as you are a member of the bright, young and cool potential buyership that Nissan craves for this model. In actual fact, if you tick these boxes, you will probably love it. We certainly did, and you do not get much brighter and cooler than us. No, really!



A FUNKY TOUCH IS THE LOLLYPOP GEAR LEVER



Dh 66,000

The Nissan Juke's starting price is good value for what you get.

Inside, there is more of the same. A bizarre centre console is the most eyecatching feature in an interior that is quite a mixed bag, but which still makes a statement. Composed of painted metal, it has a lollipop gearstick coming out of it for maximum futuro-retro effect. The rest of the centre stack follows suit, with shines here and bulges there and not just a few curves. It is a shame that the radio, which is above the control system screen that allows you to adjust car and climate settings, does not sit as snugly, style-wise.

Facing the passenger's seat, the sweep of the dash is super-minimalist, and ends with attractive, round air vents. Very attractive, no matter what your tastes in design. We were not impressed by the driver's side dash, the instrument binnacles being too





Specs
Engine: 1.6-litre 4-cylinder
Power: 117bhp at 6,000rpm
Torque: 110lb-ft at 4,000rpm
Top speed: 180km/h
0-100km/h: 10.6 seconds

THE DASH IS SUPER-MINIMALIST IN DESIGN



industrial-looking and plasticky with materials that are not particularly attractive and look awkward against the rest of the scheme. Being a crossover, the seating position is high and rather comfortable, while the seats come in an attractive cloth as standard with leather as an option. There is no real shortage of space in the front, even for a tall adult, and the multi-adjustable seats are soft yet supportive. There is also good leg, head and lateral room in the rear, with space for a good two adults at least up back. Power comes from the standard 1.6-litre four-pot, or can be upgraded to a turbocharged unit of the same size, which takes output up from 117 to 190hp. Although we only tried the naturally aspirated

version, we would go straight for the blower as the former figure is not a great deal of horses to play with. This is evident when driving in the open; on Sheikh Zayed Road, it is ideal, and you won't hear any complaints from us. But when you need some kick-down and zip, the Juke reminds you that it's still a small car, even if it's in a crossover's body. Still, it feels good, with a capable chassis and able suspension that handles nicely. With good visibility and a smooth ride, it is very easy to drive. Starting at around Dh66,000, it is good value, especially when you factor in the number of headlights you get in the package. It also comes with a decent level of kit and a comprehensive options list.

Great girly gadgets

GHD Pink Orchid Limited Edition hair straighteners



Dh 780 + p&p

From the world's favourite hair straightener manufacturer comes this limited edition set from the GHD Gold Series. Developed in association with the Breakthrough Breast Cancer charity, the contoured pink plates glide effortlessly through the hair to provide a perfect, professional shine. The lighter body means that the plates stay cooler for longer, and its rounded barrel makes it particularly easy to create unique styles. However, it will be difficult to find this set in Dubai, so it is best to order online.

Available at: www.ghdhair.com

BaByliss Eco Hair Dryer



Dh 109

One for the environmentally friendly girl, this new BaByliss hair dryer is proven to dry hair as quickly as any normal dryer by using only half of the energy. The eco-air system uses advanced heater and airflow technology to conserve power, and it makes use of ionic conditioning for no-frizz smoothness. There are two heat settings, as well as a cool shot, so saving the planet has never looked so good.

Available at: [most good electronics stores](#)

Clarisonic Classic Sonic Skin Cleansing System



Dh 599

While this product might come at a considerable price, it is the industry leader, being a professional skincare brush. Using the same technology that is seen on an electric toothbrush, this uses sonic frequencies to move the gentle brush back and forth at a rate of more than 300 times per second. The Clarisonic removes makeup six times better than traditional methods and is great for clearing pores and creating healthy-looking skin.

Available at: [most good beauty salons](#)

Remington Ci76 Pro Spiral Curls Tong

Dh 119

With curly hair back in fashion, this professional-grade set of curling tongs is sure to provide the perfect à la mode look. The combination of ceramic, tourmaline and Teflon coating means silky smooth hair and heat that spreads evenly across the head. The variable heat control makes this tong ideal for any hair type, and the 60-second heat-up time means no waiting around.

Available at: [most good electronics stores](#)



Peaceful *paradise*

With sandy beaches, peaceful coves and amazing countryside, the **Philippines** offers much more than Manilla.

With over 7,000 tropical islands to its name, the Philippines should be one of the top sun, sea and sand destinations for summer holidays. Happily for travellers looking to kick-back on isolated beaches and revel in the sight of endless coral-fringed coastline, this idyllic country lies a little off the mainstream tourist map.

For those who are willing to venture away from the beaten track and go the extra distance to reach this out-of-the-way archipelago, the rewards are multifold. Among other things, this string of palm-fringed islands offers some of the world's best scuba diving in clear, warm seas that lap against its countless sandy, white beaches.

Malapascua Island, just north of Cebu, offers divers a choice of three wrecks to explore and the nerve-wracking but exhilarating

experience of swimming with the rare thresher shark. On nearby Gato Island is a famous sea-snake breeding ground, which attracts hundreds of curious tourists to its shores.

At the moment, Malapascua Island is still a peaceful haven, with few roads and even fewer tourists. In recent years, however, its fame has grown as more and more people come

to relax on its beautiful beaches, taste its food and relax in the laid-back atmosphere that pervades the warm air.

Busier, but no less beautiful

for its bustling tourist scene, is Boracay, the party island of the Philippines. A perennial favourite for travellers seeking a good time in an exquisite spot, this lively pinprick of land, which lies just off the northwestern tip of Panay, has long lured tourists to its shores with an array of hotels, restaurants and bars.

By day, people wander lazily along White Beach, stopping to

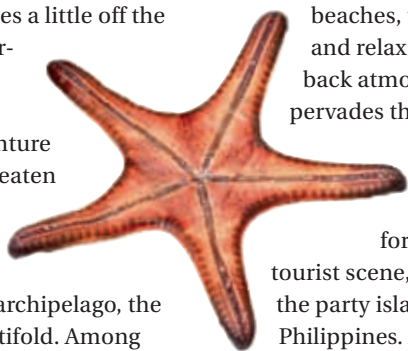
“For those who are willing to venture off the beaten path, the rewards are multifold.”

buy colourful jewellery from a consistent stream of eager vendors before flopping into one of the many beachfront restaurants for fresh fish and fruit shakes. Those feeling more active can join in with the occasional afternoon game of beach volleyball or sign-up for a boat trip around the islands.

As the sun sets, White Beach springs alive with the colours of a hundred neon signs announcing bars and parties. Music thumps from speakers on the beach and tourists relinquish themselves to a night of fun and frivolity. When the wild nightlife

becomes too much, you can escape to the comparative serenity of Bulabog Beach, a favourite spot for windsurfing, or the quiet and beautiful Puka Beach in the north.

But the Philippines is not all beach parties and sunbathing. Despite its status as the world's second-largest archipelago, there is much more to this diverse country than miles of coral-fringed seafront. Inland, near Banaue, are the famous Ifugao rice terraces, listed as a Unesco World Heritage site because of an ingenious irrigation system built over 2,000 years ago with



SOME ISLANDS OFFER A PEACEFUL WAY OF LIFE



THE IFUGAO RICE TERRACES ARE A SPECTACULAR DRAW

only the most primitive tools to hand.

It's a breathtaking sight and you can lose yourself for hours around here, wandering through miles of peaceful paddy fields and clambering up steep slopes

to admire the panorama from above. For some of the best mountain scenery in the Philippines, head to the tranquil town of Sagada, which couldn't be more different from the noise of hectic Manila.

Landing in Manila, it's hard to believe that this crazy capital city is part of the same tropical paradise evidenced by the picture-perfect beaches and peaceful mountain views of the islands. If manic Southeast Asian cities are your thing, then Manila will live up to your every expectation and more but for the majority of tourists that do go out of their way to visit the Philippines, it is the archipelago's untouched beauty and laid-back lifestyle that provides the lure.

Which is the island for you?

Natural beauty: Bantayan, El Nido, Camiguin
Beach party: Boracay
Water sports: Malapascua, Panglao, Siargao

Oman's green gateway

VISIT

With the summer on its way out, and the temperature returning to bearable levels, thrill-seekers, hikers and adventurers can once again be tempted by the wonders

of the Hajar Mountains, which lie on the UAE's eastern border with Oman, and carry on well into our neighbour's mainland.

For the best look at this stunning range, most travel across the border and navigate the de-

sert plains of central Oman before heading north back into the mountains. In this central part of the Hajar lies the Jebel Akhdar range, which sports the tallest peak at 2,980 metres, as well as the toughest terrain, making

it a favourite for those looking to conquer the outdoors.

If you are looking for a little more serenity, the ranges further east provide a much more welcoming setting, with some areas even featuring gravel tracks and picturesque beauty spots. Adventure further into the mountains, and there are magnificent wadis and rock pools, which rarely dry up due to consistent rainfall throughout the year. These cold pools provide a perfect way to cool down after a tough day's navigating through the narrow canyons.

The Hajar mountains are also a favourite among nature lovers, who visit to see the vast number of endemic flora and fauna species. There are wild fig and olive trees around the 1,600-metre mark, while higher up grow stunning junipers. For wildlife enthusiasts, watch out for mountain gazelles, the Arabian tahr and all manner of lizards and geckos.



THE HAJAR MOUNTAINS CAN BE SURPRISINGLY GREEN

Vox pop

How do you pass the time on a long journey?

Sayed Maqsood

Business development executive, International City



If I am not driving I like to relax by reading a book or maybe listening to

the radio. If I am taking a long journey by aeroplane though, I always enjoy watching films, as I'm sure most people do.

Uttam Saklani

Business head, Bur Dubai



If I am driving for a long distance I find it's the perfect time to

think about things, which makes sure I keep my brain active while travelling. If I am a passenger, though, I like to read a book or magazine to pass the time.

Rowena Deocariza

Sales, Deira



I just bought an iPhone, so I like to put my headphones in and listen

to music. Back home in the Philippines, when I take my kids on a long journey, we tell stories to keep them occupied.

Subin Sreedharan

Banker, Abu Hail



Listening to music is a good way to pass the time, whether you are the

passenger or the driver. I find listening to the radio keeps your mind occupied and lets you to concentrate at the same time.



High Opinion

**Win a
Wafi Restaurants
voucher worth
Dh200**

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

What cheese shares its name with an English gorge?

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.

Godolphin-trained Opinion Poll has backed his vote of confidence by performing consistently under jockey Frankie Dettori this season.

Dubai's hugely successful racing-horse stable, Godolphin, last week made a huge impact in York, England, where its lead jockey, Frankie Dettori, gained a win at the Group Two Lonsdale Cup, riding atop the fiercely competitive Opinion Poll.

After the second race, Dettori spoke about the horse that took him to victory, explaining that he thrives when faced with stiff competition at big venues.

"The great thing about Opinion Poll is that you know that he is go-

ing to try for you," said the Italian jockey. "He was getting a bit lazy at the end, but he stuck his neck out and won. He's a lovely stayer to have in the yard."

To begin with, Opinion Poll gained a good start, but had only moved up to fifth place after the first quarter-mile, and had not moved up by the time the race had moved onto the home straight. Even so, with just half a mile left, the Godolphin horse moved up to second, and entered a fierce battle with the Normandie Stud-bred Duncan. The two collided briefly, but it was Opinion Poll who came out on top, winning by three-quarters of a length.

"Both horses got a bit close together—we were both trying—but Opinion Poll was going away again in the end," said Dettori. "I have done so well on this horse and he tries really hard."

Dettori was pulled up by the race stewards over the collision, but, following an inquiry, he was let off. The victory, Godolphin's first at the Lonsdale Cup, has solidified Opinion Poll's credentials as a leading contender in the long-distance division of the British Champion Series, as well as showcasing, once again, Godolphin's commanding position within the international horse-racing community.

Earlier in the summer, Opinion

“The great thing about Opinion Poll is that you know that he is going to try for you.”



Poll edged a close victory against fellow Godolphin horse, Lost In The Moment, at the Group Two Artemis Goodwood Cup on July 22, providing the Dubai stable with its fiftieth British win for the 2011 season. This was after the star horse had only just come second against the world-famous Fame And Glory at the Group One Gold Cup at Royal Ascot on June 16.

These results add to Godolphin's already impressive statistics. Of the 676 individual runs the stable has entered, it has gained 110 wins and 83 seconds, winning almost \$15 million (Dh55.1 million) in prize funds.

Aiming to build on this success, Opinion Poll's trainer, Mahmood Al Zarooni, said that the stable is looking to run him at the Group Three QIPCO British Champi-

ons Long Distance Cup at Ascot, which will take place on October 15. Zarooni is keen to keep Opinion Poll running well, given that the horse gained him the Leading Trainer title thanks to the victory at Lonsdale.

Analysts say that the Godolphin horse could also be run at the Group Two Doncaster Cup Stakes in September as a warm-up for the Ascot race, which carries a £200,000 (Dh1.2 million) prize.

A win here would certainly do wonders for Opinion Poll's odds. Even as the statistics stand, Paddy Power puts the odds of Opinion Poll winning at Ascot at 10-1; The favourite, Fame And Glory, might have odds of 5-2, but it must be conceded that the Godolphin horse seems to be on a winning streak.

Indian F1 tickets hit the streets

The track may not yet be fully complete, but fans are still snapping up tickets for the inaugural race in October.

FORMULA 1

Last week, Jaypee Sport International (JPSI) announced that tickets had gone on sale for India's first Formula 1 race, the Airtel Indian Grand Prix, and within three hours of the announcement, over 12.5 million rupees' (Dh1.04 million) worth of tickets had been sold. Clearly, then, there is a great deal of excitement surrounding the Delhi-based race which will be held on October 30.

And going by early estimates, the exclusive vendor for this first batch of tickets, BookMyShow.com, expects the Indian Grand Prix to be a sell-out show. Given the fact

that the brand new Buddh International Circuit where the race will take place, has seating for around 120,000 people, a full house would be extremely impressive.

Many Indian residents in Dubai are particularly looking forward to the upcoming race, despite knowing that a grand prix has been hosted on their doorstep in Abu Dhabi for the past two years.

"I'll definitely try to get myself a ticket," said Ashish Gupta, a Dubai-based Formula 1 fan. "I haven't managed to make it over to Abu Dhabi, but there'll be something special about seeing a grand prix in my home city."



CHANDOK (LEFT) AND KARTHIKEYAN HAVE HELPED RAISE F1'S PROFILE IN INDIA

Formula 1 has never traditionally made a huge impact in the subcontinent, but with the rise of Indian racing drivers such as Karun Chandhok and Narain Karthikeyan, popularity for the sport has soared.

"Getting F1 to India has been a challenging task but we are confident that the results will be well worth it," said Sameer Gaur, CEO and managing director of race organiser JPSI. "Come October, we will have an event that the nation can be proud of."

The second batch of tickets for the Indian Grand Prix will go on sale this week, and will be available from a number of other vendors.

Ruler to open Green Line on 9.9.2011

Second Dubai Metro line will comprise 18 stations and operate in areas of high population density.



SHEIKH MOHAMMED



A GREEN LINE STATION

His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-president and Prime Minister of the UAE and Ruler of Dubai, will inaugurate the Green Line of Dubai Metro on September 9, 2011.

Stretching 23km, the line will comprise 18 stations and form a link with the existing Red Line at Union and Khalid bin Al Waleed stations.

On the day of inauguration, all Green Line stations will be fully operational except for Al Jadaf and Creek stations, where local property and commercial developments have not yet reached completion, although both of the stations are ready for operation. The opening of the Green Line marks the completion by the RTA of the biggest vital transport project ever undertaken in the Middle East.

By linking the two lines, Union

Station will become the biggest underground metro station in the world, spanning an area of 25,000 square metres.

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, said, "The completion of the Dubai Metro project comes through the continual support and attention of Sheikh Mohammed, and is part of the RTA's strategic plan, which is part of Dubai's wider plan to provide an integrated roads and transport system to ensure smooth mobility and the highest levels of safety.

"The completion of this project is also a result of the continuous interest shown by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of the Executive Council, and His

Highness Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai."

A total of 14 trains will operate on the Green Line during peak hours, with 10 trains running at other times. This will equate to a service frequency of between 6 and 8 minutes. In total, the number of trains on both lines will increase to 50 over peak hours and 28 off-peak.

Al Tayer emphasised that passenger numbers are expected to increase considerably under the two lines, particularly as the newer track will serve high-density commercial, government and residential areas.

He added: "Etisalat station will form the starting point for the Green Line. It is linked with a multi-level Park-and-Ride terminal with a capacity to house 2,350



MATTAR AL TAYER

vehicles, as well as a bus station. At the other end of the line, Dubai Healthcare City will form the second terminus under this initial operational stage."

Al Tayer pointed out that the RTA had opted not to open Al Jadaf and Creek stations because, though they are ready for operation, there

is not sufficient demand due to the non-completion of property projects to be served by the two stations and the lack of passengers to use them for the time being. He added that RTA would consider opening them at the next stage of the Metro's development.



RTA extends the operational hours of Dubai Metro from September 3

The Roads and Transport Authority (RTA) has announced the extension of the operational hours of the Dubai Metro as of September 3, 2011 to 12am on weekdays (from Saturday to Wednesday) and up to 1am on weekends (Thursday and Friday). This timetable is synchronised with the impending operation of the Dubai Metro Green Line.

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, said: "Dubai Metro will be operated during weekdays from Saturday to Wednesday from 6am to 12am (midnight). On Thursday, the service will start

from 6am and continue up to 1am (after midnight), and on Friday the operation time will start at 1pm (at noon) and continue running up to 1am (after midnight).

"The decision to extend the metro operational hours is synchronised with the RTA's preparations for the launch of the metro Green Line on 9.9.2011 as this line will serve vital areas with high population density and malls visited by citizens, residents and visitors. The decision has been taken in the light of a survey carried out by the RTA among the metro riders to study their views and needs as far as the service hours



of the metro are concerned. "The survey revealed that passengers prefer the extension of the metro operations to match the working hours of malls and recreational facilities. The RTA is keen to address all the needs of different community segments in terms of mobility and smooth travel across Dubai, particularly as the metro is considered one of the vital public transit means given its short-cut travelling routes offering speedy access to the intended destinations across Dubai.

"In view of this extension of the metro working hours coupled with the operation of the Green

Line on 9.9.2011, the total number of trains to be deployed on both the Red and Green Lines will rise to 50 during peak time and 28 during off-peak time. Some 36 trains will be deployed on the Red Line during peak hours and 18 trains during off-peak hours, while 14 trains will be operated on the Green Line during peak hours and 10 trains during off-peak hours, with a service frequency (headway) will be from 6 to 8 minutes. The extension of the metro operational hours is set to bring about a considerable increase in the metro ridership in the near future," said Al Tayer.



GOVERNMENT OF DUBAI

هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY



Roads & Transport Authority working hours during Eid Al Fitr holidays

Customer Service Centers:
All RTA Customer Service Centers will be closed during Eid Al Fitr holidays and regular timing will resume on Sunday 4/9/2011.

Parking fees:
Paid Parking Zones will be free starting on Sunday 28/8/2011 till Thursday 1/9/2011 except the Fish Market Parking Zone.

Dubai Bus

Categories	Bus Stations	Working Hours	Days
Main Stations	Gold Souk, Al Ghubaiba 1 & 2, Al Satwa	6:00 am - 12:00 am	All Week Days
Sub Stations	Jebel Ali, Hor Al Anz	6:00 am - 10:00 pm	
Metro Feeder Bus Stations	Al Qusais, Al Quoz Industrial	6:00 am - 12:00 am	
	Al Rashidiya, Mall of the Emirates, Ibn Battuta, Burj Khalifa	6:00 am - 1:00 am	
Categories	Intercity Bus Stations	Working Hours	
Main Stations	Al Ghubaiba, Sharjah	24 Hours	
Sub Stations	Al Sabkha, Abu Dhabi	6:00 am - 12:00 am	
	Hatta, Al Fujairah, Ajman, Al Karama, City Center	6:00 am - 10:00 pm	
Metro Feeder Bus Stations	Union Square	6:00 am - 12:00 am	

Dubai Metro

Stations	Working Hours	Days
All Metro Stations	5:50 am - 1:00 am	First Eid Day till Thursday 1/9/2011
	1:00 pm - 1:00 am	Friday

Marine Transport

Stations	Working Hours	Days
Water Bus	7:00 am - 11:00 pm	All Week Days
Water Taxi	10:00 am - 10:00 pm	
Dubai Ferry	11:00 am - 9:00 pm	

Driving Centers / Institutes

Centers / Institutes	Holidays	Work Resumption
Emirates, Belhasa, Al Ahli, Dubai, Galadari	First and Second days of Eid	Third day of Eid

* Registration Offices in shopping malls working hours is as per the malls timing. * Drivers testing and licensing is on holiday from 28/8/2011 till 3/9/2011.

Vehicles Licensing & Registration

Locations	Holidays	Work Resumption
All Service Providers	Tuesday 30/8/2011	Saturday 3/9/2011

ROADS & TRANSPORT AUTHORITY
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Satisfaction in RTA continues to rise

Recent figures show customer satisfaction rate exceeded 85 per cent, taking authority into top 10 of services.



REPRESENTATIVES OF THE RTA AND DUBAI EXECUTIVE COUNCIL REVIEW PERFORMANCE

A report has revealed that the RTA ranked eighth out of all government bodies across Dubai in terms of improvements that have been made to its services. The findings contained in the Customer Service Satisfaction Survey, which was overseen by the Dubai Executive

Council, continues a significant trend in advances that has seen the authority improve from twenty-second position in 2007 and 2008, and fourteenth in 2009.

The Executive Committee of Upgrading Customer Service, headed by Ahmed Hashim Bahrozian, CEO

of the Licensing Agency of the RTA, recently conferred with Ulaaa Mabideen, representative of the Dubai Executive Council, during which it reviewed the evolution of RTA's service delivery from 2007 to 2010.

Also representing the RTA in the meeting were the CEO of the

Corporate Administrative Services Sector, Yousef Al Rida, director of customer service Ahmed Hassan Mahboob, and the director of driver licensing, Sultan Al Marzooki, among others. Abdo Mohammed Fahad, a senior analyst in the Development and Corporate Performance division within the Strategy and Corporate Governance Sector, made a visual presentation about the evolution of RTA services.

"The RTA is always intent on delivering excellent services to all customers and achieving top-class global standards within an environment that ensures transparency, speed and efficiency. It is our responsibility to actively contribute to building the future of Dubai, and lend support to all economic, tourism, service and trading interests.

Such a drive marks the RTA's efforts to help improve the welfare and living standards of Dubai residents, visitors and tourists," said Bahrozian.

The RTA's customer satisfaction rating exceeded 85 per cent, which he said reflected the attention that senior management had paid to customer service—one of the key pillars on which the overall performance of the RTA was based.

Bahrozian also stressed the need to expand and boost communication channels between the RTA and the Executive Council by bolstering relations and conducting workshops aimed at identifying the points of strength and weakness in the level of services delivered to public transport users and recipients of other services, such as the e-services.



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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

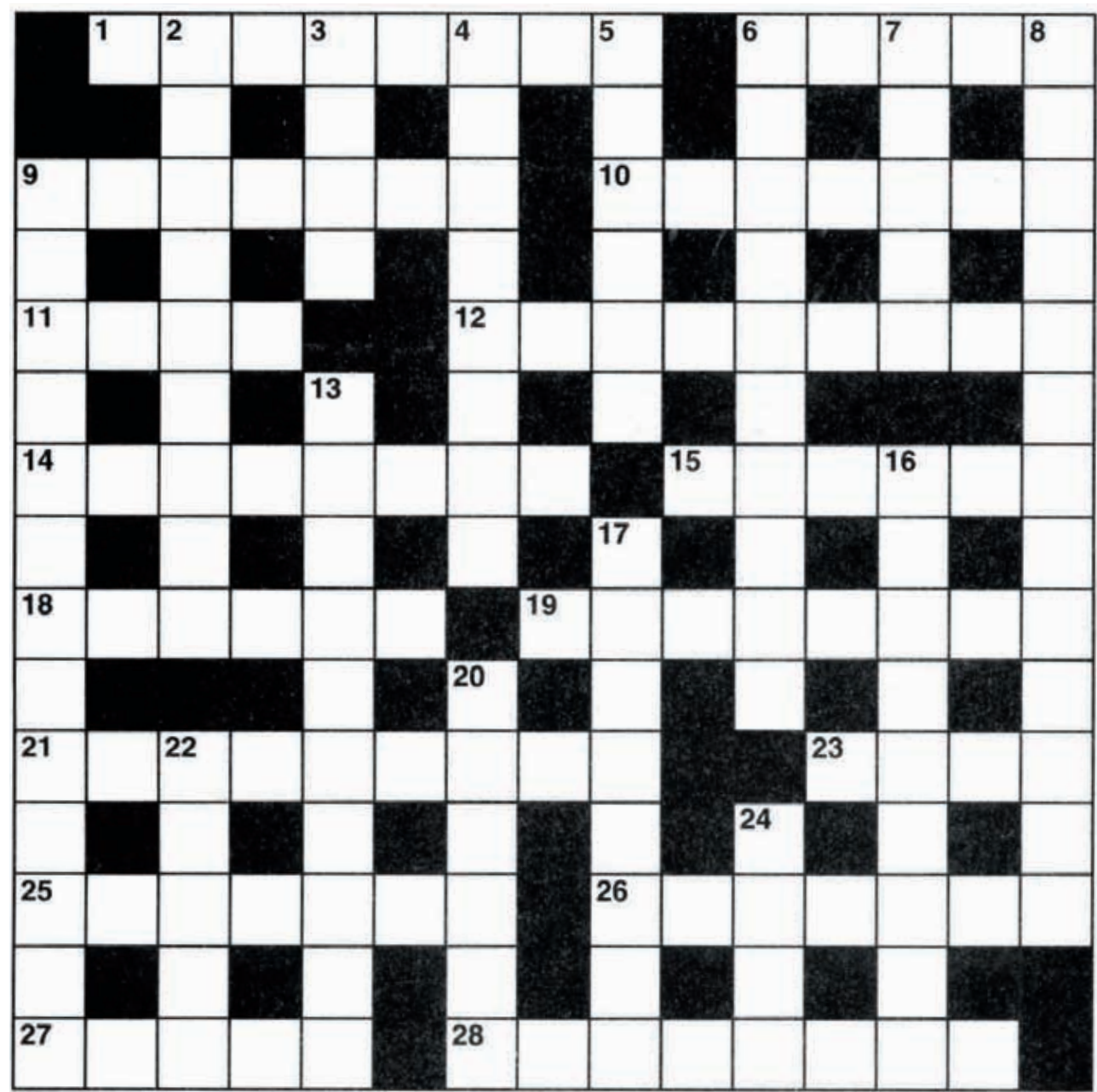


Nearest Landmarks

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
- 1 Walks awkwardly (8) 6 Defendant's explanation (5) 9 Hand-reader (7) 10 Ancient, old fashioned (7) 11 Candid (4) 12 Bandit, crook (9) 14 Start off (8) 15 Goodness(6) 18 Register your presence at a place in writing (4,2) 19 So on and so forth (2,6) 21 Everglades reptile (9) 23 Attached house (4) 25 Place apart (7) 26 Make clear (7) 27 Birds collectively known as a gaggle (5) 28 Compassion (8)
- Down
- 2 Calling (9) 3 Female domestic servant (4) 4 Well-read (8) 5 Pose (6) 6 Certified officially (10) 7 Extremely angry (5) 8 Imprisonment (13) 9 Way in which a company can reward its workers (6-7) 13 Salary that is adequate for survival (6,4) 16 In our era (5,4) 17 Fish, source of caviar (8) 20 Ragged line of paint (6) 22 Unfettered (5) 24 Form (a web) (4)

Answers



Vegetable *Jalfrezi* A mildly spiced, colourful and sizzling vegetable recipe.



RECIPE

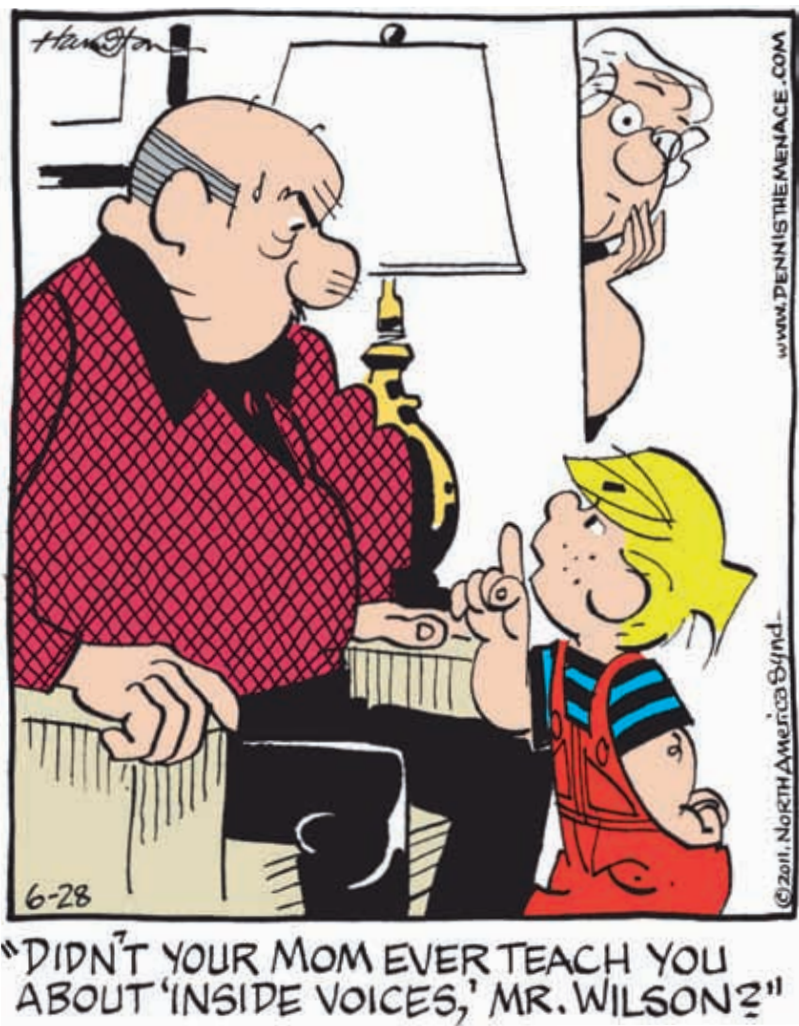
- Ingredients
- 2 cups mixed boiled vegetables (French beans, potatoes, green peas, and carrots) 1/2 cup chopped capsicum 1 tbsp cooking oil 1/2 tsp cumin seeds 1/2 cup chopped onion 1/4 cup tomato puree 2 tsp minced ginger-garlic 1/4 tsp turmeric powder 1 tsp coriander powder 1/2 tsp chili powder 1/2 tsp garam masala Salt to taste Lemon/lime juice to taste Coriander leaves to garnish

Serves 3

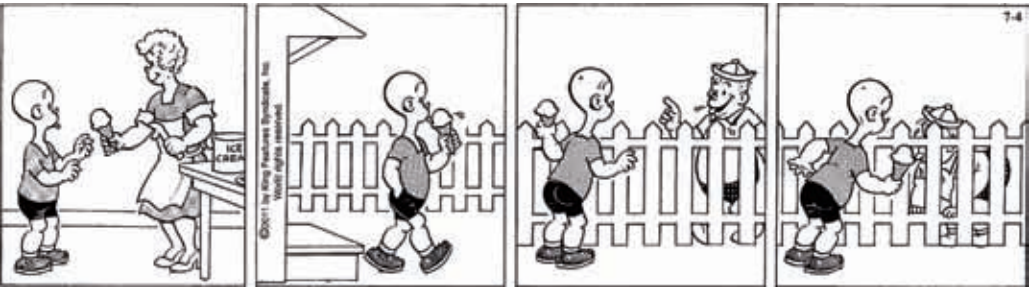
- Method
- Heat the oil in a non-stick pan, add the cumin; then when it splutters add the chopped onions and sauté until light brown. Add ginger and garlic and sauté for 1 minute, then add the tomato puree and cook until the oil separates. Add the capsicum and cook for 2-3 minutes before adding all the spices, boiled vegetables and salt. Mix well and cook until the veg is tender but not mushy. Sprinkle a little water over the veg occasionally to provide moisture so that the dry spices do not burn. Cook for 2-3 minutes. Sprinkle lemon/lime Juice, garnish with chopped coriander leaves and serve hot with chapati or naan bread.



Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Recently, I have been getting little red bumps on the back of my knees and the tops of my arms which last for a week or so and can be really itchy. What could it be?

Read. It sounds like prickly heat, which is common in a climate like ours. When the skin gets hot and sweaty, the sweat glands can become blocked, which will trap sweat beneath your skin and cause irritation. It is not serious, but it is uncomfortable, so try an antihistamine tablet or cream to ease the symptoms.

I am just about to start the last year of a degree in physics, but I really want to be an actress. My parents are against the idea, what can I do?

Read. If you are in the final year, then think seriously before making any snap decisions. It would be worth finishing your degree, even if you choose to follow a



different path after graduating. In the meantime, you can always find part-time projects where you can satisfy your desire to act and gain experience—maybe join a theatre group or sign up to an extras agency.

Q My job is really demanding and I strongly rely on coffee to see me through each day. I'm really worried that I've become addicted, how can I wean myself off?

Read. Coffee stimulates the

central nervous system, which might help you through the day but can lead to physical symptoms if you consume too much. Try switching to decaf every other cup, then gradually cut down by one cup a day. Stopping your caffeine intake straight away could make you feel unwell, so do it gradually and stay hydrated by sipping water.

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

Who's this?

Answer
Turn to page 44



Wordsearch



- HALF MAST
- BANDEROLE

BANNER

BICOLOR

BUNTING

CIRCLE

COLOURS

CRESCENT
- CROSS

DRAGON

EMBLEM

ENSIGN

FLAG

GLOBE

HALYWARD

HOIST

PENNANT
- POLE

SALTIRE

SEMAPHORE

STANDARD

STARS

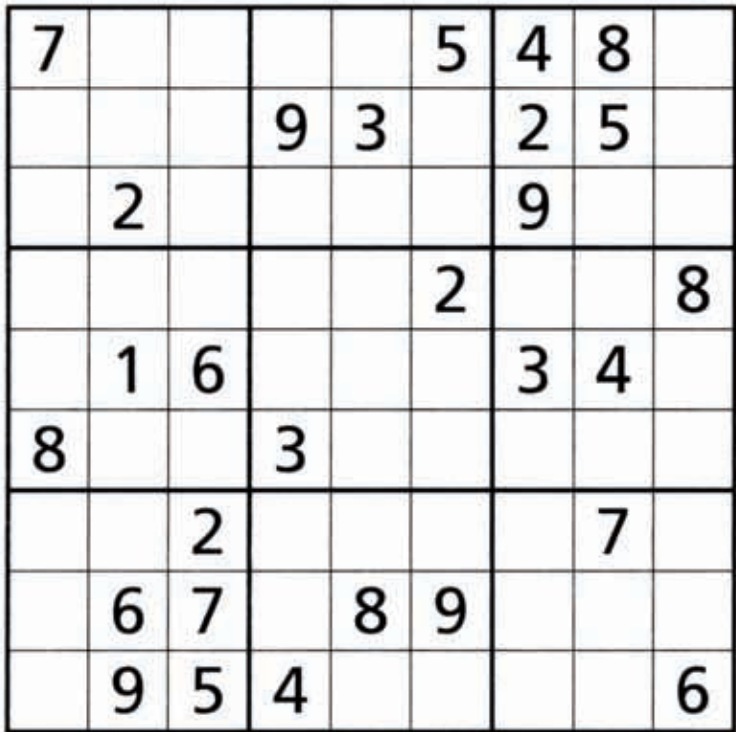
STRIPES

TRIANGLE

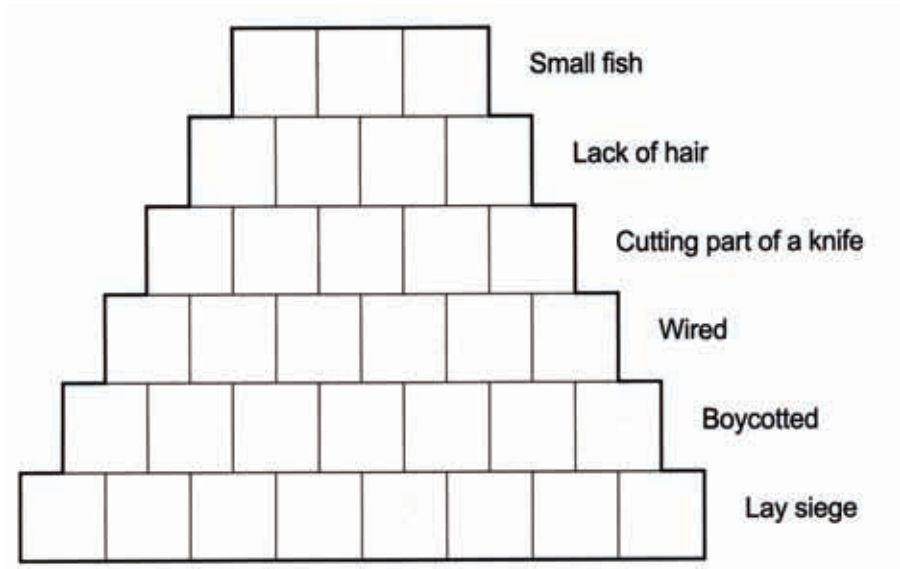
TRICOLOR

UNION JACK

Sudoku 1

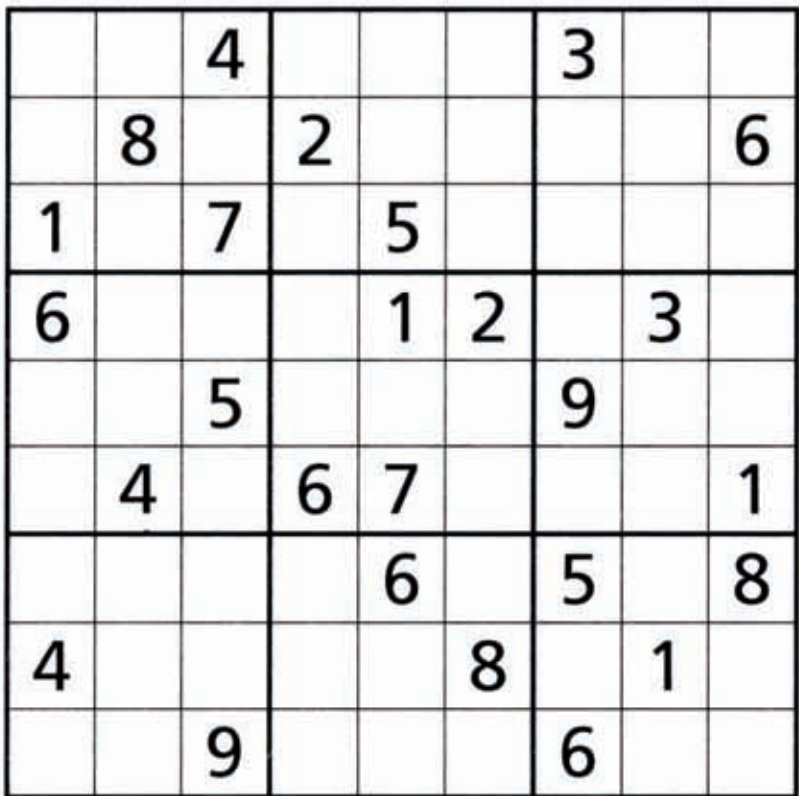


Word Pyramid

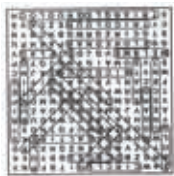


The aim is to get from the top to the bottom of the puzzle, using the clues to help you. Each step is an anagram of the previous clue plus a new one

Sudoku 2



Wordsearch answers



Word Pyramid answers



Sudoku 1 answers



Sudoku 2 answers



Who's this? answer - Indian cricketer, Rahul Dravid

Classified Services

AUTO

Nissan Sunny, 2005 model for sale. 1.6 engine, full options, 86,000km. White colour, well maintained. For AED17,500. Call 0557992414.

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

Peugeot 307SW, 2006 model. Available for sale. Full automatic. For AED22,000. Call 0502368829.

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

Mercedes Benz S550, 2008 model. Grey interior. Night vision, cooling & heating seats, new tires, new wheels. Call 0504813338.

Nissan Pathfinder, 2008 model. 4x4. Leather interior. Perfect condition. DVD in back seat. Additional two seats at the back. Call 0558288205.

Hummer, 2009 model. Available for sale. Cooper with red interior. Automatic transmission. Direct from owner. Call 0502856640.

Mitsubishi Lancer GLX, 2004 model. Full option. Low Mileage . Single owner. Lady Driven. Call 0553950755.

Toyota Fortuner, 2008 model . 2.7 engine, silver. 75,000km, mint condition, new tires, one owner. For AED70,000. Call 0509196523.

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

JOBS AVAILABLE

Cashier, hostess, waitress, food runner needed. Ladies only. At least one year of experience. Pleasant personality. Send CV to may_051574@yahoo.com

Assistant Commi/Commi (Gent – preferably from Nepal). Knowledge in international/continental cuisine. 1 year experience. Send CV to may_051574@yahoo.com

Experienced sales lady (Filipina/Nepali) required for a hypermarket chain and supermarket. Call 067455125/0557910658.

Sales executive (male/female) required. Knowledge in finance / banking for a management consultancy company. Send CV to info@suvik.ae

Looking for a house maid who can cook,

and clean. As part time or full time. Call 0556486655.

Looking for female sales assistant. To have experience in retail companies for high end brands. Email CV to info@alsadaconsultancy.com.

Looking for team leader cum packer for a relocation company. UAE driving license is a must. Email CV to marj@alsadaconsultancy.com.

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

JOBS WANTED

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

Computer technology graduate seeks job. 3 years experience in sales and technical positions. Email: cris_chie_lilow@yahoo.com or call 0552721336.

Indian male graduate seeks job. +2 years of work experience. Computer literate. Free Zone visa. Call 0554429627, email:rinupunnoose@hotmail.com

Egyptian seeks job in accounting. 2 years experience in the UAE, proficient in Tally, MS Office. Own visa free zone. Call 0554741782.

Accountant BCom/ACCA seeks job in free zone company. 4+ years experience. Knowledgeable in computer accounting. Emailfahad.doost@gmail.com. Call 0567094874.

MBA graduate seeks job. 2+ years of experience as accountant. Knowledgeable in SAP Business One, Tally, MS office. Call 0556774736.

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

Insurance Underwriter (male). 3 yrs 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 yrs experience as Accountant in India. Good knowledge in computer application. Call 0556372751.

Indian IT Professional seeks job in Software Quality/Test Engineer. 3 yrs experience. Good knowledge in QTP &

amp. Call: 0557781800/emailsathithi1@gmail.com.

Graphic Designer seeks job 6 yrs experience in UAE based company. Strong knowledge software, Emaildxbcreation@gmail.com.

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

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

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

Senior sales executive officer / collection executive officer. 11 yrs of experience. Own Driving License. Call 0558160525.

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

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

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

Civil Engineer, 7 years experience in UAE, Indian, Specialist in Landscaping, Swimming Pools, Water Features, seeks suitable job. Call 0506307587 / 0557794472 or email: najeebpl@yahoo.com

ITEMS

LG washing machine combo silver color. 7 kg washer. Dryer. Original price for AED2,499. In perfect condition. Call 0503469404.

Whirlpool ceramic cooker. Steel body, extremely safe, fan included. Original price for AED2,300. Selling for AED1,000. Call 0555833758.

Samsung Refrigerator. Silver color, top mounted freezer. Height-1,770mm, width-670mm, breadth-650mm. Call 0558307539.

SERVICES

Car lift services available. From International City to various locations/ groups of people. Discounts can be discussed. Call 0557718940.

To all iGCSE and A-Level students! Looking to improve your CV? Here is a great chance to work for a dynamic developer. Call 043213666.

Debt Recovery Officers - Farsi or Arabic speaking female ideally on father's sponsorship. Previous experience not required. Email: bangash@eim.ae.

Professional movers. Available service in packing, transportation, moving & shifting in UAE. At reasonable cost. Call 0554750048.

Car lift available from International city to various locations. Call 0557718940/0556486655.

Transportation needed from Old Pakistani Consulate (Bur Dubai) to Al Garhoud. Weekly, with two off days. Call 0552451213.

Computer repairing services. All for half price. S/W troubleshooting & H/W solutions & Network. Call 0502958878.

Car lift service available for two. From National Paints, Sharjah to Ghusais, Bur Dubai. Morning timings. Call 0552424872.

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

Video & photography services, for advertisement, live event web cast, corporate events and much more. Call0561220363,email-festidays@hotmail.com

PERSONAL

Housemaid. From 9am to 5pm. Can clean and cook. If interested call: 042809769 / 0503947629.

Freelance female writer. Available at any time. For more information please call: 0505250476.

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 com-

puter, accounting software, MS Office, Peachtree, Tally. Call: +923123827253.

ACCOMMODATION

Room available for rent near Spinneys and Burjuman. For maximum 4 people. Filipinos only. Call 0509436634.

Bed space available for rent in Bur Dubai. South Indian bachelor only. Beginning Sept. 1, 2011. Rent AED625 (Dewa, internet). Call 0554023691.

Executive office furnishings for sale. Dubai Media City (2 Managerial + 6 Executive Desks + 12 Executive chairs). Call 0506405837.

Furnished bed space available for rent. Indian executive bachelors only . Near Al Rigga metro station. Internet available. Call 0505145974/0508753153.

Bed spaces available for two Filipinas only in Al Jafiliya near Al Yasi grocery store for AED500. DEWA included. Call 0556492382/0558679040.

Bed space available for rent. For executive bachelor. Near Al Rigga Metro Station Internet + DEWA included. Rent AED550. Call 0506987229.

Bed space available for rent. 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. 2,200 00 excluding DEWA. FREE Internet. Call 0551994047.

Furnished Room/Beds pace available for rent. Filipinos only. Near metro station in Rigga street. Call 0508736048.

MISCELLANEOUS

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

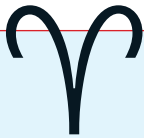
Wedding gown for sale. Affordable for AED900. Call 0556997045.

Science IGCSE textbooks. For sale. With past papers available, if interested call 0554695366.

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please email *advertising@readme.ae*

What's in your *stars*?

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



ARIES
(MAR 21 - APR 20)

You need to work on getting along with that tricky work colleague. Their exterior may be rock hard, but they are actually quite lonely underneath and would appreciate a friend right now. You may find a bond that could last a long time once you crack the surface.



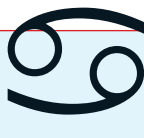
TAURUS
(APR 21 - MAY 21)

You can start to amaze people with your confidence and versatility, thanks to a new opportunity that is quickly heading your way. If you can let go of the inner doubts that have plagued you for some time now, a long-term ambition could finally be fulfilled.



GEMINI
(MAY 22 - JUN 21)

Home can become something of a sanctuary now, providing an escape from what seems to have been a hectic few weeks. Being able to spend some time stepping back and picking up threads with the most important people in your life is a much welcome relief.



CANCER
JUN 22 - JUL 23

You could find yourself in the mood to venture out and have fun, so go with it. This week is also proving to be an ideal time for you to start thinking about learning new skills. Alternatively, if you have any that you can share, maybe you could teach them to others.



LEO
(JUL 24 - AUG 23)

One plan that was previously put to one side could be resurrected, but will be heading in a completely different direction. You always appreciate the good things in life and look for quality, which is no bad thing, as it may make you more wary of how much money you spend.



VIRGO
(AUG 24 - SEP 23)

You may have been feeling overly sensitive recently and your energy levels have been relatively low. Luckily, this lack of drive will start to fade out over the course of the week, and your confidence could return quickly due to an unexpected compliment.



LIBRA
(SEP 24 - OCT 23)

There may be a special someone you have always had a close friendship with, and you may start to find yourselves spending some quality time together, which can deepen the bond between you. However, someone from your past could also feature in your thoughts.



SCORPIO
(OCT 24 - NOV 22)

As one door shuts, another one always opens, so bear this in mind when faced with any setbacks, particularly at work. A group of acquaintances that you feel comfortable to be around can provide good opportunities for some much-needed fun and adventure.



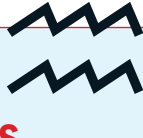
SAGITTARIUS
(NOV 23RD - DEC 21)

A long-running saga with a family member could finally be cleared up, which will allow you to let out a sigh of relief. A financial or work situation could begin to build on firmer foundations, thanks to a complete rethink about where you want your career to head.



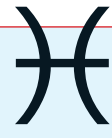
CAPRICORN
(DEC 22 - JAN 20)

You could find a change of scenery tempting, but it may not be as easy as you would like. Your usual dose of caution could be thrown aside as you make the decision to go for something out of the ordinary. Just go with your gut instinct; who knows where you will end up?



AQUARIUS
(JAN 21 - FEB 19)

You may need to just give in to a loved one this week and agree to disagree. This is, in fact, the best approach, and you will both quickly move on from whatever the original issue was. Your clearer mind could also lead to a more productive time at work.



PISCES
(FEB 20 - MAR 20)

Something which started out as a minor glitch has now become much more of a problem. It can all be sorted easily, but you may find your nerves will be left jangling. Your personal life will benefit greatly, though, so it is important to deal with the issue at hand.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 th	29 th	30 th	31 st	1 st	2 nd	3 rd
						
Sunny High 39C Low 34C Humidity 47%	Sunny High 38C Low 33C Humidity 51%	Sunny High 39C Low 33C Humidity 49%	Sunny High 38C Low 32C Humidity 50%	Sunny High 37C Low 32C Humidity 49%	Sunny High 38C Low 32C Humidity 42%	Sunny High 39C Low 33C Humidity 37%

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