

FREE

 www.facebook.com/readmeae

 www.twitter.com/readmeae

 www.youtube.com/readmeae

 www.readme.ae

SEPTEMBER 4-10, 2011 | Issue 12

Read.

**Money remitted to India,
Chutki Mein!**



Bank of Baroda

India's International Bank

Contact: +971 4 3136666



FEELING BLUE

Colour casts off negative image to be the bright highlight of the new fall season

RENAISSANCE FLORENCE



SAVE OUR APPLES!

Fruit and vegetable varieties continue to be hit hard by produce extinction

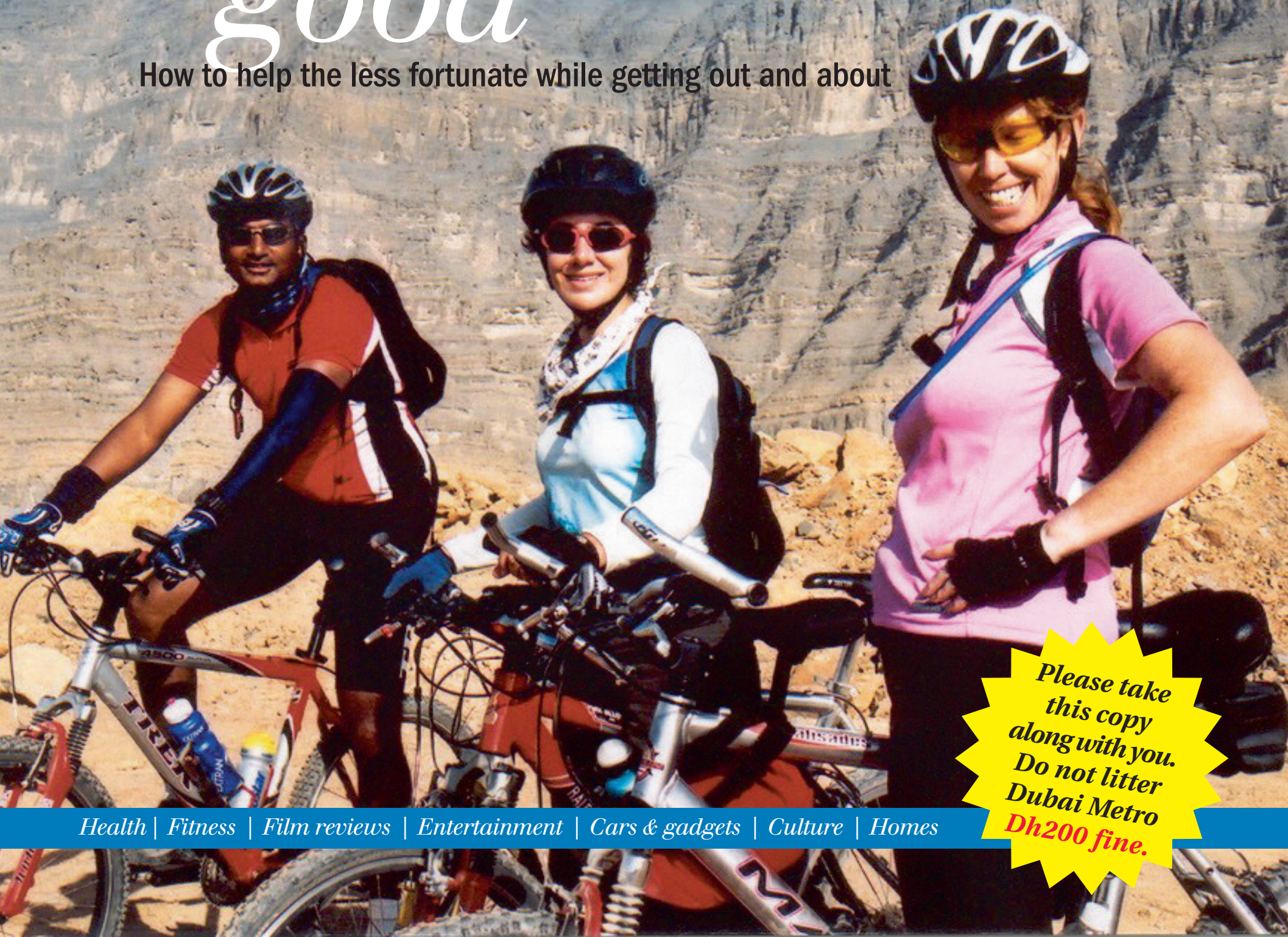


SNAP HAPPY

Anyone can be a photographer, just as long as you know what to do with your equipment

Doing good

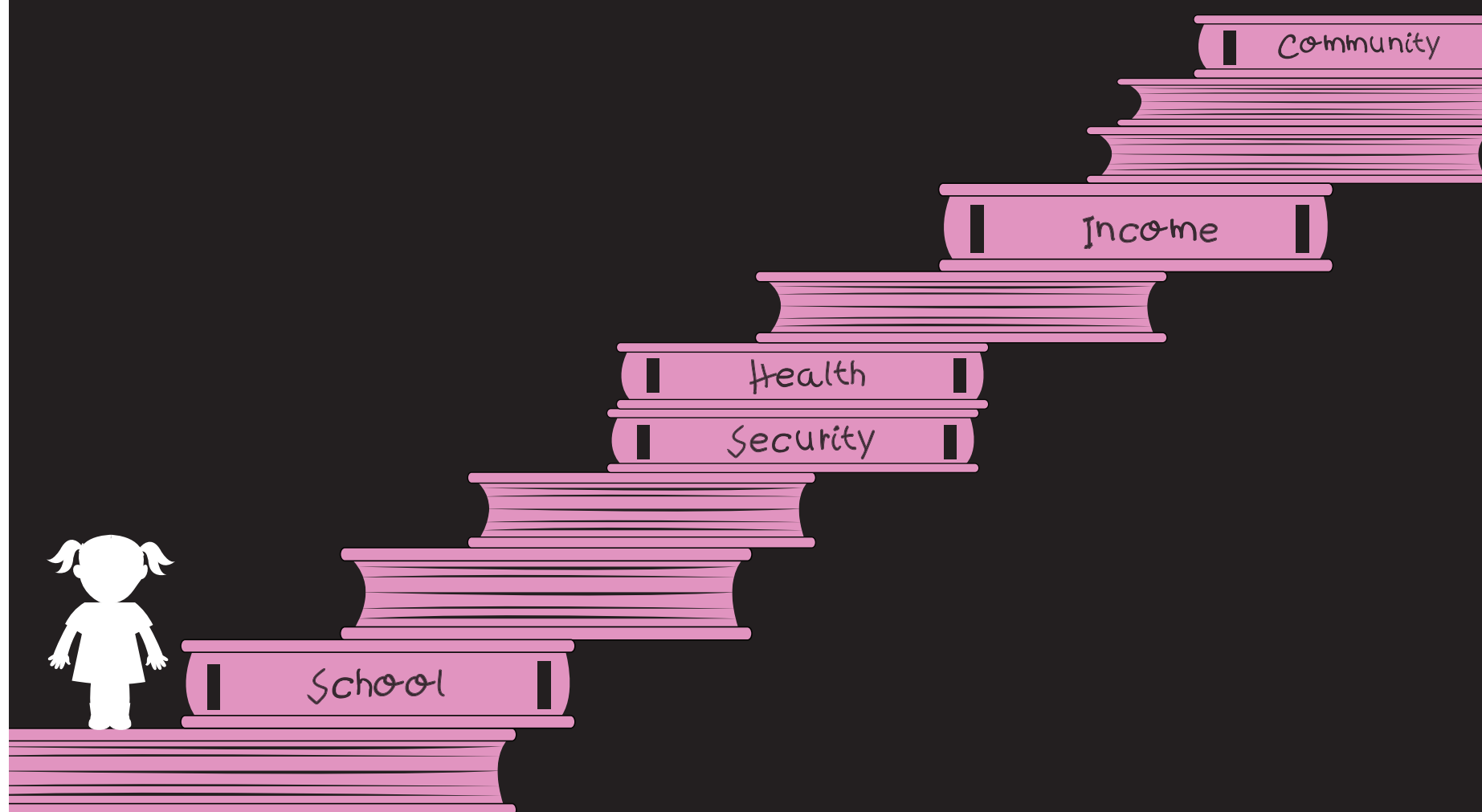
How to help the less fortunate while getting out and about



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

Please take
this copy
along with you.
Do not litter
Dubai Metro
Dh200 fine.

EDUCATE HER. BUILD HER LIFE.



An educated girl is more likely to be healthy and earn a higher income, benefiting herself, her family and her community. However, 42 million girls around the world do not go to school. Your donation can help educate a girl and change her life.



دبي العطاء
Dubai Cares

To donate, SMS 'donation' to these numbers:



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

dubaicares.ae

School Infrastructure | School Health & Nutrition | Wash-in-Schools | Quality of Education

SPACE COURTESY: Read.

Contents

METRO LIFE 04

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

PROFILE 08

Katie Pattison-Hart joins a team of five girls to row unaided across the Atlantic

FASHION 10

Ditching it's boys-colour label, blue will be one of the most popular colours this season

YOU 16

As produce species dwindle, what can we do about the food we eat?

TRAVEL 18

The home of da Vinci to Michelangelo, Florence is packed with beauty and wonder

HEALTH 20

Food allergies can occur at any time in one's life

ARTS 23

Anybody can be a photographer, just as long as they learn the basics

FILM 24

The Smurfs brings back one of cartoonland's favourite groups of blue creatures

LISTINGS 26

Plan your week's movies and entertainment with our big guide for the week ahead

HOME & GARDEN 28

You don't need a garden to grow herbs; a kitchen is all you need

CARS 30

MG is revived and back on the market. We try the sporty new MG 6

SPORT 31

With the Rugby World Cup about to begin, *Read.* previews the first round of matches

TAKE A BREAK 34

Puzzles, recipes and advice to soothe you as you make your way home

Letters

Email: letters@readme.ae

Dear Read., I've only been in Dubai for the best part of two months now and adjusting to the new culture is taking time. I feel I've just become used to the rules for Ramadan and now it's Eid-Al-Fitr. As an expat, obviously even the words are alien to me, never mind what it actually entails. What is it all about?

Miriam Acevedo

Ed: Often abbreviated to Eid, it is a Muslim holiday that marks the end of Ramadan, the holy month of fasting. Celebrations include family meals, especially lunches and late breakfasts, eating sweet foods, wearing new clothes, and giving gifts or money to children. Of course, Eid also includes some days off work.

I'm going on holidays in a few weeks. Problem is, I have two cats and no one to mind them. I've never been too keen on placing them in a cattery, but I don't think I'll have any other option. If I must leave my beloved pets behind, can you at least suggest a decent place to do so? Thanks.

Ruksana Sabir

Ed: Dubai Kennels and Cattery have been operating for 28 years now, so they have a pretty good idea of what they're doing. Your cats



will have air-conditioned accommodation with an individual outside run and a scratching post. You can contact DKC on +971 4 285 1646.

Hi Read., When I was in school, I was very involved in drama groups. I found it to be a great way of making new friends who were interested in the same things as me, and it really boosted my confidence. Now my kids are starting to hit the age when I think their social skills could begin to be developed. Do you know of any drama groups or workshops that might be suitable?

Micaela

Ed: Drama Workshops Dubai offers versatile, drama-based courses for individuals and groups of all ages. For more information, visit www.drama-workshopsdubai.com

Coming from Ireland, there is much emphasis on buying local produce to support local businesses. Now living in the UAE, I would like to carry on that practice by ensuring I buy UAE products in my day-to-day life. Are there

labels on food to look out for that say "made in the UAE" or something similar?

Janice Kavanagh

Ed: Some products do proudly display a "made in the UAE" label, such as products from Park Central, or if you feel like being more adventurous, you could replace your daily rations of milk to camel milk. Compared to cow's milk it has five times more vitamin C, and has less fat and more insulin.

There has been so much news surrounding Steve Jobs stepping down from his post with Apple, and because of it, the company's stock price falling. Surely his replacement will be just as able as Jobs, especially seeing as Apple decided to give the new CEO \$383 million worth of shares when he took on his new role. I don't exactly have the money to buy a large quantity of shares in Apple at the moment, but if I did, I wouldn't be panicking like the stock market predictions expect me to.

Ambhrina Sharma

Ed: Tim Cook, Steve Jobs' successor has been offered the stock as an incentive to stay in the position for the next decade, so Apple don't seem to be too concerned either. Jobs has not exactly left the empire behind him though as he remains on as an Apple employee and chairman of the board.

Please
go to
page 39 to
check out
the QR codes
for the *Read.*
website and
Facebook
page.

Please recycle this
copy responsibly.



The Winners

(Contests in August 28-September 3, 2011 issue)

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

Answer: **Jensen Button**

Winner of an Awazen Spa voucher worth Dh250 is:

Roy P. Daniel

What cheese shares its name with an English gorge?

Answer: **Cheddar**

Winners of Wafi Restaurants vouchers each worth Dh200 are:

David L. Cuaresma, Vergel Almonte

STATION-BY-STATION *guide*

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

CAPOEIRA CLASSES



**Daily classes, times vary
Near to Times Square Mall**
A Brazilian dance-based martial art, Capoeira is great for both adults and children to improve physical fitness, co-ordination, self discipline, and mental awareness. It has a unique and rich history and is both cultural and creative with the inclusion of music. Visit www.capoeiradubai.com or call 050 103 4672 for more information.

FULL MOON FESTIVAL



**September 5-12
Long Yin
Le Méridien Dubai, Garhoud**
At the Full Moon Festival at Long Yin you can sample 'Mooncakes', small pastries filled with lotus-seed paste which are consumed by up to 1.2 billion Chinese people every September in celebration of the Mid-Autumn Festival. Dh60 (per piece) Dh160 (per box of six).

CHANTS FROM PARADISE



**Farjam Collection Gallery
Gate Village
DIFC
September 5-10**

The Farjam Collection Gallery at DIFC opens its latest exhibition, *Chants From Paradise*, and plays host to some of Iran's finest and rarest textiles, each one belonging to the collection of Farhad Farjam, a renowned aficionado of Persian carpets. There are approximately 2,000 Safavid-era carpets throughout the world, with very few remaining in the Middle East, making the exhibition a unique opportunity. Call 04 323 0303 or visit www.farjamcollection.org

EXPRESSIONS OF INDIA



**The Ara Gallery
Sep 7-Oct 1
7pm-9pm**

Expressions of India introduces seven diverse photographers from the Arab world who all embarked on a photographic expedition to India earlier this year. The display provides a reflection

of each individual photographer's unique feelings towards India and promotes the concept of travel and street photography. The artists have also pledged to donate a portion of their proceeds to Harmony House, a non-profit organisation near Delhi, which provides education, food, medication, hygiene facilities and social services to women and children living in the slums of Gurgaon. Call 04 454 2784 or visit www.thearagallery.ae for more information.

SKYDIVE DUBAI

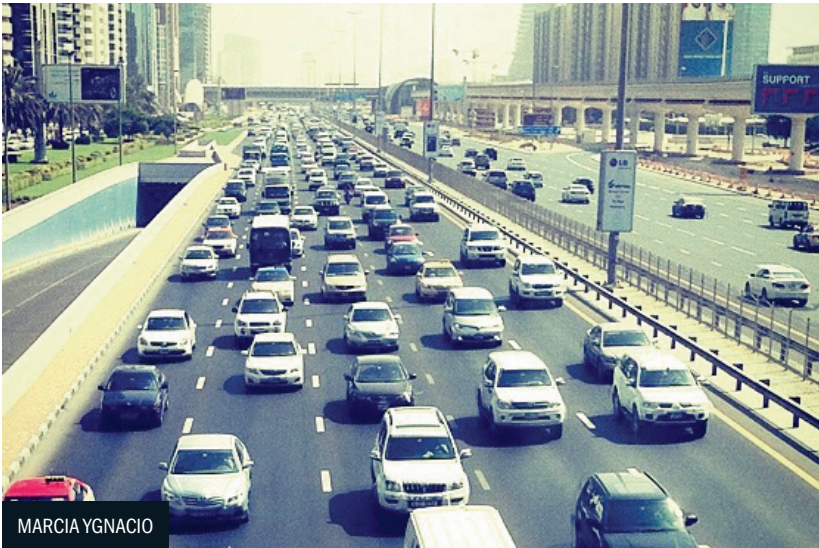


The Palm Jumeirah

Skydive Dubai caters for residents looking for a thrill. Jumps provide a unique view of the Palm Jumeirah and the Dubai skyline. The operator has facilities for both first-time and experienced jumpers. Divers must be at least 18 years old, and the first-time dive costs Dh\$1,750. Visit www.skydivedubai.ae or call 050 153 3222 for more information.

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



MARCIA YGNACIO



ALFREDO MARCO PRADIL



ABHISHEK SUBBA

My Metro life

Mohamed Abdul Mumeen
Cashier, Bur Dubai



I used to take the Metro every day from Khalid Bin Al Waleed to Financial Centre.

One day, I was running slightly late for work so I rushed into the Khalid Bin Al Waleed station and ran up the stairs as the train was arriving. I jumped onto the train and it pulled away, but it wasn't until I heard the announcement "the next station is Union" that I realised I had taken the train from the wrong platform. Luckily, it wasn't long until we reached the next station so I managed to change platforms and get back on the train going back the other way. After that incident however, whenever I am in a hurry I double check which platform I am taking the train from.

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*.



VARUNKUMAR UTHARAN



GALEN TEARL D. GUMABON



ABHILASH KUMAR

The Burning Question

Pets give their owners much joy. However, lack of space and time can mean that many animal lovers have to forego owning pets. Yes or no?

Facebook answers

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

What precious items have you thrown out by mistake?

My collection of old cassette tapes dating back to 1985 which were accidentally thrown by my sister because she thought those were rubbish. I manage to get it back though.

—Mike Estrabo Cagurangan

Which movie best tells the story of your life and why?

Only You! A romantic comedy starring Helen Hunt and Andrew McCarthy. It is about believing in your destiny..having "faith" that two soul-mates CAN be united if they find each other through thick n thins of life. I <3 the flick :)

—Ayesha Hasan Syed

What would feature in your lavish party if you had an unlimited budget?

I will call a small party with friends and family then shoot to Africa and feed the hungry in Sumalia and other suffering people

—Ngantanu Roland Hamzah

Elena Baktina

Sales
Lives in Tecom

I really love animals, but I find that living in Dubai, you seem to change apartments often and it's not really an ideal situation for keeping a pet. I would like to own a pet though, most probably I would choose to get a dog.



Maria Hamoud

Graduate
Lives in Tecom

I don't own any pets at the moment and I don't think I would be looking to get a pet right now because I just don't have the time to look after it. I would love to have a pet, most probably a cat, but only if I could dedicate the time that it needs.

Mark Malagao

Nurse
Visitor

I have never had any pets and I don't own any at the moment. It's not that I don't like animals because I really do, but with my job being busy and everything, I just don't have time to look after an animal.



Ramraj Yavday

Cook
Lives in Dubai Marina

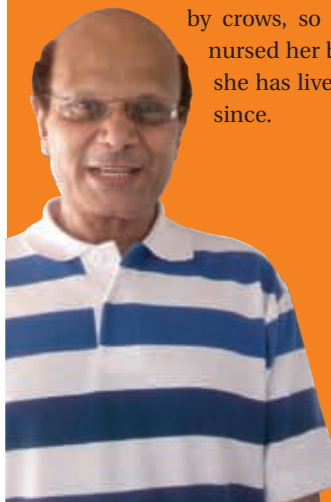
I couldn't really own any pets while living in Dubai because I don't have enough time or space to keep an animal. I would most like to get a dog if I could choose any pet, for the company and for the exercise it gives you.



Farhung Salahuddin

Business owner
Visitor

I am a cat lover. I have always had them throughout my life, and I have had my cat at home for the last six or seven years. I found her after she had been attacked by crows, so I took her home, nursed her back to health and she has lived with me ever since.



Win a
Wafi Restaurants
voucher worth
Dh200

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

What is a freshwater lobster called?

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.

What's happening this week on readme.ae?

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

COMING UP THIS WEEK



TODAY
With the Rugby World Cup about to kick off in New Zealand on Friday, readme.ae takes a look at the history of the tournament, from the first three amateur-era World Cups to the subsequent professional tournaments. We also make our predictions for the seventh instalment as South Africa set out to defend their title.



MONDAY
We try to keep you up-to-date on the latest fashion trends, but have you ever wondered how much it costs to buy the most expensive pieces of clothing? We all know a Hermès bag can fetch a pretty penny, but which designer digs deepest into your pockets to make you look good? Find out who demands the most for their designs on Monday.



TUESDAY
With Eid al-Fitr coming to a close last week, readme.ae contemplates some of the world's other widely celebrated festivals, from St Patrick's Day to the Carnival of Brazil, and figures out the history behind them and what makes them so popular. Visit the web site on Tuesday to see the results of our research for yourself.



WEDNESDAY
A small town in central Italy, Filettino—population 550—is trying to go independent following a government proposal to merge towns with fewer than 1,000 inhabitants to save money. It is a ploy that has worked for other towns in the past. Readme.ae profiles some of the richest and most successful enclaves and exclaves in the world on Wednesday.



THURSDAY
Dubai Metro's Green Line opens on Friday in what is a great addition to Dubai's transport infrastructure. On Thursday, we consider great transport ingenuity through the ages, from all roads leading to Rome to the Channel Tunnel. We also figure out what went in to creating an easier life for the travellers of old.



FRIDAY
Once again our Facebook page has been full of your opinions on our 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 regular Burning Questions.



Six girls Six oars 5,000 km Challenge of a lifetime

Katie Pattison-Hart likes challenges, and she is about to undertake the greatest one of her life. She and a team of five girls intend to break two world records by becoming the first female crew of six to row unaided across the Atlantic. They also want to be the fastest. "I think this will be the most mentally and physically challenging thing any of us has ever done, but also the most rewarding," Katie says.

She admits to be a little nervous. "It's going to be really tough. We'll be in the boat for about 45 days, doing 2-hour shifts of sleeping and rowing and putting

our bodies through an incredible amount of strain, but I'm a positive person and believe that anything is possible. About one-third of the people who have attempted to row the Atlantic have failed but there are two-thirds who have succeeded, and that just proves that it is doable."

One of the greatest obstacles, Katie says, will be the lack of privacy. The below-deck space, she explains, is tiny and if a storm blows up they will all be cramped down there with no room to even sit up until it blows over. "We also have to go to the loo in a bucket at the back of the boat, which isn't ideal but all of these aspects are part of the challenge," she says enthusiastically.

The only personal item the girls plan to take onboard is an iPod; apart from that, only the bare ne-

For more information on Row for Freedom and how to sponsor Katie, go to www.rowforfreedom.com



KATIE (FOURTH FROM LEFT) JOINS HER CREWMATES

cessities will accompany them on the trip. “We’re all pretty nervous about the fact that, inevitably, we will capsize, and then we risk losing the few things we can take on board with us, so we’ll have to be very careful about strapping things down securely. And then there’s the sharks...”

It’s obvious that she relishes the opportunity to put herself to the test in every way. “It’s going to be a real eye-opener. I find myself relishing the basic comforts in life because once on board I won’t have them with me. This experience will strip away all the material things we have come to rely on and prove that we can survive without them.”

“There were a few things I wanted to do, but rowing the Atlantic was not one of them.”



Already, Katie has had to make sacrifices in order to prepare herself for the trip. Her daily routine now includes three strenuous training sessions, which, she says, has given her a love-hate relationship with the rowing machine. Between training, she is busy trying to generate sponsorship, as the girls plan to raise £1 million—around Dh6 million—to boost awareness of child trafficking under the Row for Freedom campaign.

Next week, she is off to England to embark on a series of training courses in sea navigation and survival. “Most of all, the courses in the UK will be a chance for us to bond as we don’t really know each other that well yet. I think we are all pretty determined and headstrong people, so one of the challenges will be dealing with the different personalities on the boat.”

Rowing 5,000 kilometres across the Atlantic is not something that Dubai-based Katie had in mind when she quit her job in banking and business consulting to spend a year focusing on personal aims. “There were a few things I wanted to do, some of which were sport-related, but rowing the Atlantic was not one of them!”

“Then I met a girl who invited me to join the team. She explained that it would entail living in a tiny space for 45 days, undergoing intense physical strain with only two hours of sleep at a time and just army rations to sustain us. I realised then that it would be a once in a lifetime opportunity.”

Who’s hot ...

PETRA ECCLESTONE

The daughter of F1 boss, Bernie, married James Stunt last week in a lavish, Dh30 million wedding at a fairytale Italian castle, where the Black Eyed Peas, Eric Clapton and the Royal Philharmonic Orchestra performed to VIPs and royalty. The UAE is a favourite for the family, and sister Tamara was spotted at The Atlantis this April.



BRITNEY SPEARS

The pop princess won an award at the MTV VMA’s last week, and since then already sparked a rumour that she will be taking her Femme Fatale tour to the UAE over the Abu Dhabi Grand Prix weekend. Middle-East fans have been desperately searching for confirmation as they look to flock to the UAE if there’s any fire to the smoke.

BEYONCÉ

The star announced her pregnancy at the MTV awards last week, leaving the audience stunned. The 29 year old Grammy-winner has had a busy few years and has even made time to visit the UAE, performing at the Abu Dhabi Grand Prix in 2009. In a recent interview, she stated that she would like to settle down and make family a priority.



AL MURRAY

The British comedian, best known for his longstanding stand-up persona, The Pub Landlord, will be appearing in Dubai from September 7 to 9, when he performs his show at The First Group Theatre in Jumeirah. Tickets are all already sold out for what looks to be one of the stage highlights of this month, or at least the funniest!

PRINCE HARRY

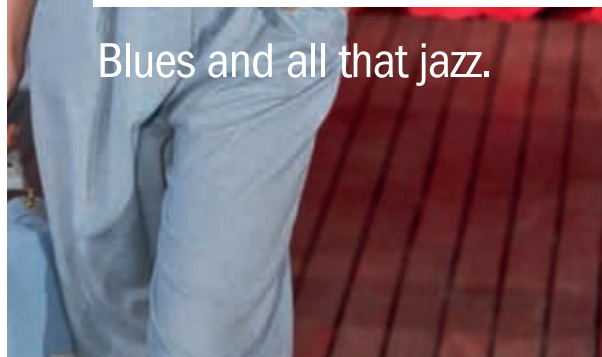
The royal has been in the spotlight since his brother’s wedding, and, recently single, he has been spotted having fun in Croatia. Sadly, the royal postponed a polo visit to Dubai in March, but his spokesman ensured that “Prince Harry looks forward to other opportunities to visit Dubai in the future”.





Out of

Blues and all that jazz.



the blue



Her

Forget ideological constructions that label blue as one for the boys, or its associations with a rather depressing period in Picasso's career. Blue has successfully ditched these affiliations and is one of the most popular and versatile hues on the catwalks this fall.

With countless shades in a wide range of fabrics, from matte silks and slippery satins to 'Eighties-inspired velvet, there is guaranteed to be a shade of this oceanic colour to suit every taste, skin colour and occasion. Velvet and blue have always looked great teamed up together, and Stella McCartney brought out some great velvet dresses in royal blue for her 2011 Winter line. Similar velvet dresses can be found in the malls at Topshop, although these mainly have a higher hemline.

Don't worry about clashing different shades either, as this can look great, as Diane von Furstenberg demonstrated in her fall show. Blue can also be softened with more traditionally feminine shades, such as oranges, yellows or pinks. Cornflower looks particularly great teamed up with bright coral. Midnight and navy are sophisticated and can look great for the office or in the evening.

Either dressed up or down, blue can be tailored to be as conservative or as lively as you like, and is a great choice for carrying vibrant colour into the workplace. Lighter, brighter shades can be very feminine, and until the end of the nineteenth century, blue was considered the colour of choice for girls.



Him

Blue is a safe way for men to inject some vibrancy into their wardrobe this season, and with so many different shades on trend, this is a fashion he can take as far as he wishes. Blue can take him quite literally from a sky blue day, to a mid-night-hued evening and is a look that can be worn both casually and formally, to the office or to a BBQ.

Blue can be adopted by a young preppy, Chuck Bass type, as seen in the all-over-pastels suits by Bottega Veneta or Z Zegna to more conservative, navy blue suits by Prada. Blue often conveys importance, confidence and trustworthiness, without being as sinister as red—this is why shades of blue are often used by professionals or police officers.

Brown accessories, such as a leather belt or brogues, look great teamed up with blue, as do greens, greys or—for the more adventurous—oranges. With more intense blues, it's best to keep things on a smaller scale and both Calvin Klein and Jil Sander teamed up bright cobalt items and accessories with subtle greys and blacks. Bright-coloured chinos are a big trend for men this season, and are a great adaption of the look for the day, rather than a full-on coloured-suit.



FASHION OPINION



TERESA KARPINSKA

WWW.CANDYANDCOOKIE.COM

Glamour fixes on the go

Living my life in the fast lane—both metaphorically and literally, as I whizz down Sheikh Zayed Road in a Wrangler that sounds like an Airbus 340 preparing to take off—I am always on the lookout for express solutions, likewise in the field of glamour and grooming.

Naturally, it is in my genetic code as a woman to enjoy taking my sweet little time getting dolled up, making sure that everything is perfect, but when time is at a premium, I have few instant fixes that deliver a va-va-voom effect that brightens up my days.

For example, my patented “red lipstick trick” is glam, affordable and brings out your inner vixen.

You can even file it away in the “Fail Proof” folder.

Then, of course, there is the “Floor-length Skirt Flirt”, which is not only the *length du jour*, but also there is something very delicate and romantic about the sweeping movement of a silky long skirt—don't you agree?

The “High-heel Feel”, meanwhile, does miracles for your posture, elongates your legs and makes you ooze self esteem—that is, of course, if you have mastered the art of walking in towering stilettos, or else it might have the very opposite effect.

Practice makes masters, ladies, and I dare to claim that housework is just a little more fun with a pair of Louboutins on your feet. And, believe me, this is tried and tested!

P.S. Cheating is totally allowed for this one, encouraged even, as most fashionistas can be found carrying a sneaky pair of flat shoes in their jumbo purses.

Back to school gadgets



Dh200
from most good
electronic stores
for the 500GB or
Dh295 for 1TB.

WD MyPassport

Losing unsaved data is one of the biggest fears students have, so it's best to back up. Expandable hard drives are sleek, portable and inexpensive, and Western Digital's MyPassport fits the bill. If you don't feel like using back-up software, this hard drive comes with "SmartWare" that constantly works in the background. It's also great for freeing up space on your laptop to make it faster.



Dh365
at
livescribe.com

Livescribe Pulse

This smartpen may look like an average ballpoint but, rather impressively, it will store everything you write into digital form so you can sync your handwritten notes onto your PC or Mac, and even share them online. It also comes with a handy voice recorder with up to 2GB of storage.



From
Dh220
at amazon.
com

Philips Wake-up

It's difficult to wake up in the morning, but after a long summer it is even harder to get back into the routine. Philips' Wake-up light takes a gentle approach by gradually awakening a docile student over a thirty-minute period, mimicking a natural sunrise alongside sounds such as twittering birds.

Toddler technology

Kindergarten teacher **Eugenie Fountainbleu** argues that children should start young when it comes to educational apps.

Times they are a changing. Long gone are the days of shatter-resistant rulers and two-toned erasers. Kids nowadays just download the latest app for their iPad or phone and swipe their finger across the screen. There is no debating that the technological world is moving forward at an alarming rate, and for your son or daughter to stay ahead of the pack—no matter how young they are—there is no harm getting them used to the latest app advancements. And to be honest, it is probably more fun than the way we were educated as children.

So the question is not, will you download apps for the youngsters in the house, but when?"

Starting with the youngest in



WE HAD NOTEBOOKS,
THEY HAVE GADGETS

mind, Learning Touch released "First Words: Animals" in 2008 and have continued to tweak it to bring the art of speech and spelling to your toddler. If your child is old enough to ask for your phone, then they're old enough for First Words: Animals. This toddler-

tested app is a sophisticated learning tool that engages your child, encourages exploration and helps them to begin building a deep understanding of the relationships between letters and words.

Maybe you have big ambitions

Work of art or just a rip-off?

Art critic **Zahra Campbell** examines if a controversial piece is worthy of artistic interest.

PIRACY

The online Art 404 gallery recently exhibited the *5 Million Dollars, 1 Terabyte* piece, and caused quite a stir. The artwork featured, quite obviously, a 1-terabyte hard drive containing \$5 million-worth of illegally downloaded software, including Adobe's font collection, a 124GB music collection, a heap of games, books, and a whole lot more.

One can always speculate about the meaning behind a piece of art and while little has been said about the intentions of this work, it is mind boggling to comprehend how so much content, (and money) can be held within such a small space. Perhaps this is a comment on the limitlessness of tech-

nology and piracy. Content is free and available for anybody willing and able to take it and the (anonymous) people behind the work have essentially "stolen" millions of dollars worth of content.

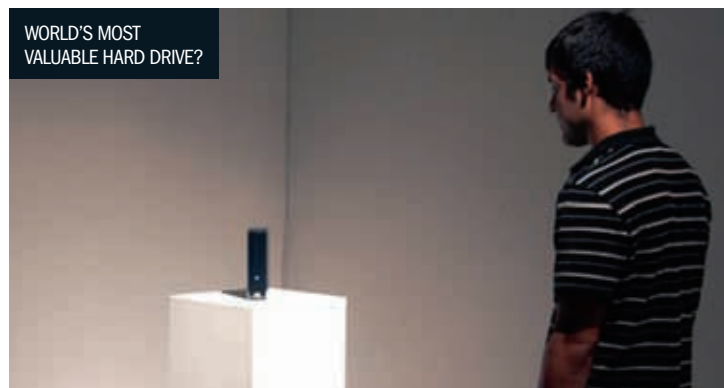
And yet piracy is generally regarded as something of a "vic-

timless crime", with much of the general public having taken part in the practice; it is somewhat socially acceptable because the files cannot be physically grasped, like a CD, or a DVD. It could also represent the artistic side of piracy, and the level of detail, work and intel-

lect that goes into the coding and creation behind these pirated files.

While much of the public will hold the opinion that a hard-drive cannot be "art", I am inclined to disagree. This piece of art has started a dialogue on a contemporary issue, and as such is on the same wave-length as many other conceptual and modern works by top artists. It is naive to suggest something is not art simply because the object initially served another purpose. Marcel Duchamp opened up this debate with his infamous *Fountain*, 1917, and perhaps *5 million Dollars, 1 Terabyte* is just a modern adaptation.

If you'd like to examine the content on this hard drive, visit www.art404.com



WORLD'S MOST
VALUABLE HARD DRIVE?



for your child; perhaps he or she has the caring nature and all the attributes needed to be a doctor, even at a tender age. If this much is true, then \$2.99 is money well spent for the “Discover Your Body HD” app. Packed with funny sound effects and stunning graphics, the app gives both you and your child the opportunity to explore major organs and the internal systems of the body, or just have fun playing the skeleton puzzle. Before you know it, you’ll

\$2.99

The cost of giving your child a basic grounding in physiology

be nudging your child towards a career in medicine while also having hours of fun.

No child can breeze through school without getting stuck on a few maths problems, but overcoming those annoying obstacles has never been so simple thanks to “Motion Math HD”. Getting the hang of fractions isn’t easy for everyone, so the Stanford School of Education developed the app, which puts maths problems into a fun context. For example, it includes the heartwarming story of a falling star trying to return to its home in the night sky; however, this is only possible if your child completes a set of fractions.

Apps are all around us and they are there to be used. As your child grows, he or she will become more adept at downloading the apps that best suit their learning needs, and when that happens, your input may be nothing more than a gentle reminder to attain the latest study calendar.

In a previous issue of *Read.*, educator and broadcaster James Piecowye argued that technology should increasingly come to play an integral part in the learning process, with smartphones used as learning devices. “It is time to re-think education with the end-users in mind, and maybe their mobile phones,” he wrote. “We have the tools and the distribution, so maybe it is time that teachers took the classroom to the phone.”

That’s why it is good to prepare your child for a tech-savvy future with early education apps.



Tech beat

FACEBOOK

The social network last week announced improvements to make it easier to share posts, photos, tags and other content with exactly the people you want. The main change is moving most of your controls from a settings page to being inline, right next to the posts, photos and tags they affect. Photos will also need to be approved by you before the tags are displayed on your profile.



APPLE

Co-founder Steve Jobs, 56, has resigned as chief executive and has been replaced by chief operating officer Tim Cook. Jobs, who underwent a liver transplant following pancreatic cancer, said he could no longer meet his chief executive’s duties and expectations and has been on medical leave for an undisclosed condition since January 17. Jobs stated “I believe Apple’s brightest and most innovative days are ahead of it.”

OXFORD ENGLISH DICTIONARY

A number of technologically inspired words have found their way into the latest edition of the *Concise OED*, including “retweet”, a redefinition of “follower” and “cyberbullying”. “We’ve noticed that new words come into currency much more quickly as a result of the Internet, as people see friends, or friends of friends using new words and copy them,” said *OED* editor Angus Stevenson.



GOOGLE

Chairman Eric Schmidt said that Britain has been losing out in the digital media economy. In a speech, he explained how Britons were behind many inventions, but were now no longer world leaders in innovation. He blamed schools in particular: “Your IT curriculum focuses on teaching how to use software, but gives no insight into how it’s made. That is just throwing away your great computing heritage,” he said.

Challenge yourself to do good

Volunteers for Gulf for Good find their exhaustion is equalled by exhilaration and pride in helping others.

CHARITY

Contributors to Gulf for Good, the Dubai-based NGO, are gearing up to raise large sums for children in need by participating in action-packed challenges around the world. You too can join them.

In proof that there are much more rewarding ways of helping others than simply writing a cheque, volunteers can sign up for one of the numerous trips run by the charity every year; these range from Everest Base Camp hikes, and treks through Ethiopia, to cycle trips around Cuba and Thailand.

Those taking part organise their own fundraising events and activities to cover the costs of the trip and, of course, a substantial donation to charity.

Such trips are by no means easy, says Patricia Anderson, communications manager at Gulf for Good. "These are tough physical challenges, which, for many people, prove to be the most difficult but also the most rewarding experiences of their life. Most recently, a group went out into the wilds of Borneo to take part in a six-day multi-challenge that saw them follow an exhausting but exhilarating itinerary of trekking, cycling, kayaking and rafting.

One member of the group, 30-year-old Raoul D'Souza from India, says that it was the physical aspect of the experience that initially encouraged him to sign up. "I went along to a Gulf for Good information evening and heard about some of the trips they've



organised in the past. It was the physical challenge part that really clinched it for me, but when you go and see the charity that will benefit from your hard work, it becomes more about making a difference to others," he says.

The idea to combine fitness challenges with benefiting charity came to founder Brian Wilkie when he was cycling through Cuba to raise funds for guide dogs in the UK. Feeling that there were countries out there more in need of help than Britain, Wilkie decided to raise money to fund an ambulance in Africa, and gathered together a number of friends to gain sponsorship by climbing Mount Kilimanjaro. The project snowballed and together they ended up raising enough

Cycle the Seven Emirates

The five day ride will pass through each of the emirates and some of Oman, covering a distance of 370km. Volunteers will cycle along a mixture of terrains, including coastal roads, mountain trails and desert tracks to return for a triumphant finish on the fortieth UAE National Day. A maximum of 25 participants will need to raise Dh12,000 each to take part. Registration can be done at www.gulf4good.org. Or you can contact 04 368 0222 for more information.

money to fund not one but four ambulances. After this, Wilkie created Gulf for Good, which has since conducted 34 challenges in 20 different countries and raised almost Dh7 million for disadvantaged children around the world.

A huge part of the challenge is the fundraising, as minimum sponsorship fees can start at Dh15,000, although this varies significantly according to the location and type of challenge. "We work out the cost of the trip per person, which is a third of the money they will need to raise, and then double that figure to provide the sum required for the donation. It's not easy but we provide plenty of help and advice on fundraising methods, whether it is holding quiz nights,

approaching companies for corporate sponsorship or collecting and selling unwanted jewellery parts, Anderson explains.

Recently, volunteers have been asking for challenges based closer to home, so next up will be the "Cycle the Seven Emirates" challenge in December. According to Anderson, "The challenge will provide volunteers with the chance to help children in the region, while also offering a great way to get to know lesser-trodden parts of the UAE. At the end of the day, that's what these challenges are about: taking part in out-of-the-ordinary experiences that forge new links between people and places and helps those in need, which is why so many of our participants come back year after year."

Ductac shows off the people who make art

ART

"The artist is the creator of beautiful things" said the Irish writer and poet, Oscar Wilde. "To reveal art and conceal the artist is art's aim."

Now, however, Dubai's art lovers will have the chance to see art in the making when Ductac launches the new "Artists in Residence" programme this September. The Mall of the Emirates gallery, which is one of the big

hot pots on Dubai's burgeoning arts scene, has invited numerous up-and-coming artists to venture out of the studio and conduct their work in the public eye.

First up will be British artist Simon Coates, whose work was exhibited in Ductac's Rotational Gallery earlier this year.

He will be followed by several others, including Emirati painter and sculptor, Khawla Darwish and German-Egyptian designer and painter Mona Fares, who

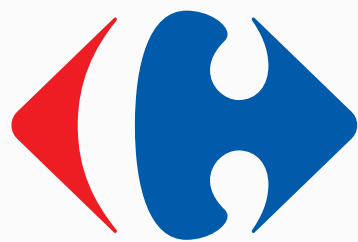


will take up their residency at Artists in Residence.

"The idea is to give under-represented artists the chance to consider their work from new perspectives, out of the context of their regular studios," said Colette Mol, arts manager at Ductac.

"For the visiting public, the open-studio access will help demystify contemporary art making and provide inspiration for their own creative ideas.

كارفور



Carrefour

SUPER SAVINGS ON SCHOOL SUPPLIES

أضخم عروض العودة إلى المدارس

From 28th August until 10th September, 2011

من ٢٨ أغسطس لغاية ١٠ سبتمبر ٢٠١١

Disney

99 Dhs
.00 Disney assorted school set

Hello Kitty Full of Love collection

1 **139 Dhs**
.00 Trolley 18"

2 **75 Dhs**
.00 Backpack 15"
Also available 17" Dhs 95

3 **35 Dhs**
.00 Lunch bag

4 **19 Dhs**
.00 Pencil Case

Ben 10 Alien Force collection

1 **99 Dhs**
.00 Trolley 16"

2 **69 Dhs**
.00 Backpack 16"
Also available 18" Dhs 79

3 **23 Dhs**
.50 Lunch bag

4 **10 Dhs**
.00 Pencil Case

Spiderman collection

1 **109 Dhs**
.00 Trolley 17"
Also available single handle Dhs 119

2 **75 Dhs**
.00 Backpack 16"

3 **35 Dhs**
.00 Lunch bag

4 **17 Dhs**
.50 Pencil Case

Carrefour

Low prices and so much more!

www.carrefouruae.com

Carrefour
toll free number
اتصلو بنا على الرقم المجاني
800 7 32 32

Enjoy online shopping

www.iC4uae.com

The shrinking *supply*

Alarming figures show the rate of extinction of the world's produce. By Olivia Cuthbert.

At the beginning of the twentieth century, there were almost 500 varieties of lettuce. Less than 100 years later, we were down to 36. It's not just lettuce breeds that have died out at this alarming rate as farmers strive to produce high-yield and disease-resistant breeds. Fruit, vegetables and livestock varieties have all been depleted by our efforts to create reliable food products.

This year, the world's population is expected to reach seven billion and estimates suggest that by 2050 it could have increased by two billion more. Some experts claim that we will need



“As consumers, we take it for granted that we can buy anything.”

to double our food production to keep up with the demand as emerging economies require increasing amounts of food.

In the past, farmers have responded to growing demand by focusing their attentions on a small number of high-yield crop types that can be bolstered by chemical fertilisers and protected by pesticides. However, relying on a small number of crops is risky.

food supply has become largely dependent on a shrinking list of breeds designed for maximum yield,” writes Charles Siebert in a recent article on selective breeding for *National Geographic* magazine.

It's not just the farmers that are to blame. “Supermarkets hardly support the cause, and consumers even less so. As shoppers demand ‘perfect’ foods, that are the ‘right’ size, shape, colour and texture, a wide range of regional and seasonal produce is often discarded for nothing more than sales and marketing purposes,” says Michelle Robertson, Dubai-based health and nutrition specialist.

Not only is this an enormous waste at a time when the rapidly growing population requires an ever-increasing amount of food,



“The drive to increase production is pushing out local varieties, diluting livestock [and fruit and vegetable] genetic diversity in the process. As a result, the world's

TYPE OF PRODUCE	NUMBER OF VARIETIES AVAILABLE IN THE EARLY 1900S	NUMBER OF VARIETIES AVAILABLE TODAY
BEET	288	17
CUCUMBER	285	16
SQUASH	341	40
TOMATO	408	79
SWEET CORN	307	12
PEA	408	25

it is also having a detrimental effect on the choice and flavour of what we eat. "As consumers we take it for granted that we can buy anything, whenever we like and wherever we like. However, real flavour comes from regional products that are in season and have been grown without the use of pesticides or herbicides," Robertson explains.

Fruits and vegetables that have been grown organically, without the influence of products designed to increase yield or disease-resistance, tend to have more intense flavours and higher

nutrition levels. The higher price of organic or regional food products, however, puts many consumers off and more and more shoppers fill their baskets from the same pool of widely available and cheaper varieties, decreasing demand for a range of breeds.

In Italy, 1,500 out of 7,000 varieties of fruit will disappear over the next four to five years, while elsewhere in Europe, hundreds of types of apples are grown every year but fewer than 10 varieties are likely to appear in supermarkets. In America, just one variety of apples, the red delicious, com-



prises 41 per cent of the country's entire crop, and 11 varieties account for all but 10 per cent of all apples sold in stores. In total, of the 7,000 apple varieties that were grown in the 1800s, fewer than 100 remain.

It is the same with livestock. Of the 8,000 known breeds, 1,600 are already endangered or extinct, posing a serious threat to our future food supply. "If disease or future climate change decimates one of the handful of plants and animals we've come to depend on, we might desperately need one of those varieties we've let go extinct," says Siebert, citing the example of the virulent and rapidly-mutating Ug99 fungus, against which 90 per cent of the world's wheat is defenceless.

Not only is the potential impact of selective breeding alarming when we consider the threat posed by disease to a smaller range of crops against the backdrop of a growing population, but also, as Robertson points out, for consumers the options are sadly and increasingly limited.

Blowout breathes life into your hair

A new Brazilian treatment for problem hair is ideal to counter the damaged caused by Dubai's humid climate.

HAIR

Frizzy, unruly, dry or just generally unmanageable hair is a familiar woe to many people. And the idea that there could be a miracle cure that produces glossy, controllable locks without damaging the condition of the hair sounds too good to be true.

Almost. A new hair therapy has recently hit Dubai making it possible to head straight from the shower to the office without calculating half an hour for straightening, arranging and blow-drying—all to arrive with picture-perfect tresses.

"Brazilian Blowout", as this new wonder treatment is called, works by placing a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle. For around three months afterwards, the hair is significantly more manageable, shiny and healthy.

Reflections Salon in Dubai, which is one of the first places in the emirate to introduce the new treatment, has been inundated by requests for Brazilian Blowout. "Everybody that has had it done has been really pleased with the results," says Tina Holt, manager



at the salon. "The humid climate in Dubai is not very hair-friendly so a lot of people are looking for ways to manage their hair more easily. Brazilian Blowout gives you frizz-free hair for six to 12 weeks without damaging the follicles, like a lot of other smoothing treatments do," she explains.

It takes around two-and-a-half hours to complete the treatment, which begins with a consultation to analyse the hair and explain what the client can expect. The

hair is then washed in Brazilian Blowout detoxifying shampoo to cleanse it of any old product.

After this, keratin is applied before the hair is blow-dried and then sealed with a flat iron. Finally a mask is put on to seal the keratin, and the hair can then be blow dried according to the client's prefer-



ences. They are also given large bottles of sulphate-free Brazilian Blowout shampoo and conditioner, which won't strip the product from the hair.

According to Holt, "The great thing about Brazilian Blowout is that the smooth, blow-dried look you leave the salon with won't just last till you next wash the hair.

"For up to three months afterwards, the hair will be naturally sleeker, smoother and frizz-free, which is a real blessing for anyone who struggles to cope with unruly locks in the humidity of Dubai."

Kitchen remedies for unruly hair

- Cover the hair in olive oil then wrap in a towel for half an hour to nourish dry locks.
- Apply a small pinch of baking soda to the hair while shampooing to remove product build-up.
- Massage a mixture of beaten eggs and milk all into the scalp to prevent hair loss.

The city of masterpieces



Home of the Renaissance, **Florence's** wonders are there to discover.

It's dusk in the ancient Italian city of Florence and a choir has come out of a small, backstreet church to sing in the open. Passersby pause to sit on the cobbled pavement and take in this innately Florentine scene. This is the city that gave birth to the Renaissance and, while the rest of the world moved on into the modern age, Florence seems to linger in that fifteenth-century heyday of art and culture.

The sounds of choirs and orchestras drift through the cobbled lanes and fill the vast squares, where statues by Donatello, Cellini, Ammannati and other Italian masters pose in majestic silence before crowds of admiring tourists. Music, art and architecture reign supreme in this city, where every turn reveals another breathtaking masterpiece, testifying to the inexhaustible creativity of the renaissance era.

Then, Florence was the centre of European trade and one of the wealthiest cities of the time.

It's artistic scene flourished as a constant stream of painters, sculptors and architects vied for the patronage of a few dominant families who ruled Florence, the most powerful of which were the notorious and wealthy Medici dynasty.

Seeped in scandal, dirty politics and bloody violence, the major legacy of the Medici is nevertheless their patronage of some of the world's most treasured works. In addition to the many iconic paintings and statues they commissioned and collected, the Medici were responsible for some of Florence's most notable architectural features,



including the Uffizi Gallery, the Boboli Gardens and the Palazzo Medici.

Inside the echoing, columned walls of the Uffizi gallery, one of the oldest and most famous art museums of the Western world, lies a treasure trove of priceless Renaissance masterpieces. For once in Florence, where almost every piece conceals a fascinating, and often bloody, history, it

is worth rejecting the offers of a guided tour and wandering these painting-bedecked halls alone to admire seminal works by Leonardo da Vinci, Michelangelo, Titian, Boticelli, Raphael and many more in awestruck silence.

Art is everywhere in Florence, in the buildings, the decorations and even the food, which features Italian cuisine at its finest. Pizzerias line the squares, offer-

INSIDE OR OUT, FLORENCE
OOZES BEAUTY AND HISTORY



THE INTERIOR OF DUOMO



ing fresh toppings in an al fresco setting but many of the best and more affordable eateries are hidden away in back streets, waiting to be stumbled upon as you emerge ravenous from appreciating fifteenth-century portraits in a medieval church.

After hours spent exploring the quiet, dark interiors of Florence's countless churches and galleries, the Boboli gardens offer a picturesque and sunny respite. There are still plenty of statues, along with a few Roman antiquities to maintain the characteristic Florentine aesthetic, but the presence of nature, albeit sculpted into an artistic form, offers a different kind of beauty.

Five must-see masterpieces in Florence

- Michelangelo's David
- Lenoardo da Vinci's Annunciation
- Filippo Brunelleschi's Duomo
- Sandro Botticelli's Birth of Venus
- Donatello's Mary Magdalene

Wander along wide, leafy avenues lined with Roman busts and dive into grottos, nympheums, garden temples and narrow archways cut into the hedges. It is an idyllic, peaceful and breathtakingly beautiful place to while away the afternoon after a morning spent exploring the museums.

Just over the road from here is the magnificent Pitti Palace, the main seat of the Medici and yet another vestry of works by the great Renaissance masters, including Rubens, Correggio and Raphael. It also offers an astounding view of the city from

above, where church steeples and cathedral spires compete for supremacy with the domes of palaces and museums.

The battle of the masterpieces never lets up in Florence. Like the creative rivalry that existed between two of her most famous artists, Michelangelo and da Vinci, the Renaissance wonders that make up the city's infrastructure stand face to face in the squares and streets, vying for the attention of overawed tourists. From the viewpoint at the Pitti Palace, you can admire the greatest masterpiece of them all, the city itself.



Sunrise at Kalba

VISIT

White, rippling sand stretching further than the eye can see on one side and lush mangroves on the other make Kalba beach in Fujairah one of the finest places to camp in the region. As you emerge, bleary-eyed from your

tent, woken by the heat of the rising sun, a spectacular display of natural beauty greets you.

Chances are there will be no other campers on this often deserted beach to disrupt the vast swathe of sand while clear, blue waters that create this peaceful panorama. As the sun climbs over the horizon it

throws a shimmering light onto the waves, inviting campers in for an early morning dip.

With autumn on the way there are few better places to relish the cooler temperatures and spend a weekend enjoying the great outdoors. Breakfast on the beach or at a nearby café on the Fujairah corniche can be followed by a kayak trip around the mangroves that line one end of Kalba beach.

Here, all manner of birds, ani-

mals and sealife wallow in the shallow waters, enjoying the leafy shade of plants and trees.

Nothing but the splash of oars and the cries of birds breaks the sleepy silence as you paddle through the groves, keeping your eyes peeled for turtles and other rare creatures that inhabit these parts.

At low tide, you can explore the area on foot, otherwise Desert Rangers tour company offers eco-Kayak trips throughout the day. There's also the tiny town of Kalba to explore, where the main attractions include the Fort and Saed Al Qasimi House.



Vox pop

Where did you go on holiday over summer?

Lizbeth Luna

Nurse, Sheikh Zayed Road



I stayed in Dubai over the summer, but I have a few days off from

work at the moment so I am making the most of it by going shopping, laying on the sofa at home watching TV, just having some relaxation time really.

Raju Thapa

Secretary, JLT



I went back home to Nepal for twenty-five days over the summer. It

was a really nice break and it was so good to get away from Dubai for a while, relax in my home country and just see all my friends and family.

Erica Catalonia

Accountant, Visitor



This is actually the first day of my summer holiday as I have just arrived in

Dubai. I plan to stay here for one month and while I'm here I will be perfectly happy just to relax, get some sunshine and chill out.

Mhyrfred Dizon

Housewife, Tecom



I've only been here for four months so it's too soon to go away. We did

some good family things, though, like visiting the Burj Khalifa and watching the fountain, although I would most like to go to Atlantis.

The fight against food allergies

Adverse reactions to food are on the increase and can often force us to make changes to our lifestyle.

Migraines, skin rashes and asthma are all common symptoms of an incurable ailment that is affecting a growing number of people. Food allergies are conditions in which the body's system responds abnormally to specific food proteins, and the problem is becoming increasingly widespread as more people find themselves permanently unable to stomach certain products.

"Anyone can develop a food allergy at any time in their life, even to foods that they have enjoyed previously without any problems," explains Dr Carlos Morales-Mateluna, consultant allergist at the American Hospital in Dubai. Theoretically, he says, a person can become allergic to any food product, although the most common food triggers for allergic reactions include milk, nuts and eggs.

Just eight foodstuffs account for 90 per cent of all food allergy reactions in children, who are traditionally more prone to react than adults. These include milk, eggs, peanuts, wheat, soy, tree nuts, fish and seafood. The type and severity of a reaction varies from person to person, although according to allergist Pam Ewan, allergies developed later in life can result in more extreme symptoms.

"Adults who develop allergies for the first time are more likely to suffer extreme reactions if their



Other common allergens

Dust mites
Moulds
Pollens
Penicillin
Latex
Cockroaches

sensitivity is to eggs, milk or nuts – particularly hazelnuts," she says. She also gestures towards recent findings, which have shown an increase in the number of adult sufferers reporting new allergies.

"Over the past three to five years, I have seen a definite in-

crease in the number of older adults developing allergies for the first time. Allergies usually start in childhood and young adulthood, so this is a very surprising new trend and very hard to explain."

In the UAE, a number of food intolerance labs have sprung up over the past few years as people become increasingly aware of the effect certain foods can have on their health. One reason for the growth in the number of documented food allergies might be the way our foods are processed, says Dr Heather Eade, head of the Complementary and Alternative

Medicine Department and the Dubai Mall Medical Centre.

Other causes might be long-term exposure, genetic tendencies or vitamin deficiency. One popular theory posits that our culture's addiction to cleanliness, antiseptics and antibiotics prevents our immune systems from developing the ability to ward off real infections, causing our bodies to overreact to things they should be ignoring.

Explanations for the rise in food allergies around the world abound but scientists have yet to concur on a better way to prevent the onset of allergic reactions other than by avoiding the substances that cause them. As Dr Morales-Mateluna says, "Hopefully, the facts we do have can be used to help explain some of the myths surrounding this complex area of medicine."



ASK THE EXPERT



DR NEIL OKUSU
ORTHOPEDIST

Why do my legs twitch in bed?

Many people can suffer from a mild form of the disorder at times, but Restless Legs Syndrome (RLS) also severely affects the lives of millions of individuals. RLS sensations can be most closely likened to an itching or tickling in the muscles that you cannot get rid of, kind of like an itch you can't scratch. It's the feeling when you are relaxed - laying in bed for example - and ex-

perience an overwhelming urge to constantly move your legs in order to get some relief. The symptoms can vary from mild to severe, and in severe cases, the condition can be particularly distressing and can disrupt daily activities. The exact cause of RLS is unfortunately still unknown, but it is usually considered to be related to an imbalance of the chemical dopamine in the brain.

There are two types of RLS: primary RLS occurs naturally, often during early adulthood, with mild

"It's kind of like an itch you can't scratch."

and infrequent symptoms that can sometimes cause difficulty sleeping. Secondary RLS occurs as a complication from another health condition, such as Parkinson's disease, iron deficiency or kidney failure. If the symptoms are mild, no treatment will be necessary, but in cases where symptoms are more serious, simple lifestyle changes can often ease the symptoms. For severe RLS sufferers, a combination of lifestyle changes and medication can usually provide some relief.

Mental and physical

Controlling muscle ailments through the mind and exercise is ideal for a busy lifestyle.

PILATES

Pilates, says Dubai-based instructor Kim Lambert, is a method of exercise that does it all. “It allows you to connect, both mentally and physically, so it is a fantastic way to exercise and relieve stress. Not only that, but pilates can also be used to combat injuries. I have seen many clients relieve their lower back pain, reduce headaches and help their asthma through pilates.”

Catherine Olivette began attending regular session at the beginning of the year, after a chiropractor told her it was the best way to reduce pain in her lower back. “He told me that I needed to improve my posture and learn to sit up straight, rather than slouching, which pilates teaches you to do by strengthening the core muscles.”

“After twice-weekly sessions over a period of about eight months I have noticed a definite improvement. I now sit up properly without even trying, whereas before it was a real effort to maintain a good posture over long periods at my desk. I still suffer from some lower back pain but it is definitely reduced,” she says.

The pilates method was developed by Josphe Pilates in Germany in the early twentieth century. He believed that mental and physical health are inter-related and created a system of exercises that call on the mind to control the muscles and help build flexibility, strength, endurance and coordination in the legs, the abdominal



muscles, the arms and the back.

It’s not the kind of exercise that can be done half-heartedly. “When doing pilates you really need to be 100 per cent present and focused on what you are doing, which is actually very relaxing as it allows your mind to take

a break from daily stresses and concentrate wholly on the body,” Lambert explains.

Just teaching it, she says, is an extremely relaxing and therapeutic experience. “Practising pilates is a kind of physical meditation. The emphasis on breathing,

concentration and finding your centre helps people to relax and de-stress to focus on nurturing themselves in a hectic and fast-paced world.”

In Dubai, the popularity of pilates has escalated dramatically over the past few years as more and more studios spring up to cater for a growing number of advocates eager to sculpt the body, combat aches and pains, and ease the mind in one go, and at a level appropriate for them. It is, as Lambert says, an intelligent, not to mention enjoyable, way to exercise.



PILATES STUDIOS IN DUBAI

- EXHALE**
JBR Walk and Motorcity
- REAL PILATES**
Palm Strip Mall, Jumeirah
- ZEN YOGA & PILATES**
Media City, Emirates Hills and Jumeirah Town Centre

FITNESS FOR REAL



Get out of town to get into shape

I am really excited at the moment about a new project we are about to launch at b2b fitness, whereby we will be hosting an out-of-town, week-end retreat offering fitness training, life coaching, seminars and nutritional advice for people in Dubai who feel they need a jump start their way back into fitness.

Many people seem to be almost scared to start a healthy regime, so we have devised the retreat as a way for those people to get away from the city for a couple of days, come up to Hatta Fort and get a real positive injection of knowledge and training towards their new lifestyle.

We intend to run a retreat every couple of months and the courses will be open to anyone who wants to attend—they can be any age and any fitness level; they just need the desire to achieve results.

It will by no means be an airy-fairy weekend away, however.

We want not only to provide a rigorous training programme, but we are setting out to educate people and send them home feeling confident and knowledgeable about what will be their new way of living.

We have a team of excellent fitness experts, as well as some fantastic motivational speakers, involved, and they will really be able to get behind the participants and give them the tools they need to leave after the weekend and continue to independently lose weight, get fit and feel good.

Water good way to beat the heat!

Lucy Torchia discovers that it is not only tourists who can have a great time at Wild Wadi.

WATER

Dubai has no shortage of tourist attractions, but after living in the emirate for a while, how many of us actually take the time to visit these places and feel—if just for a shirt while—as though we were on holiday too?

One of the big-name hot-spots for visitors is Wild Wadi, a firm family favourite and a perfect place to spend a hot Dubai day. While any other outdoor activity during the late summer months brings on a serious case of the sweats, floating around on the lazy river and zooming down a few of the rides provides the ideal escape from the sauna that hangs over Dubai at this time of the year.

Though most well-known for its adrenaline-pumping slides such as the Jumeirah Scarer and Tantrum Alley, the park is not just for thrill seekers. For those who perhaps don't fancy a 108-foot drop at 80 km/h, the slides that take you on a scenic route around the park are something else altogether. Who knew water slides could go upwards? The sheer entertainment value of watching your friends and family shoot off with a look of surprise on their face is worth the

entrance fee alone, and whizzing past the Burj Al Arab on a rubber ring provides a view that you won't get from anywhere else. For those not quite tall enough to go on the big slides, Wild Wadi has provided a kids' water play area that is so jam-packed with water cannons, mini slides, tipping buckets and



fountains that most of the adults stand looking at with envy through being too grown-up to join in.

When your bottom can't take much more sliding and your hands have turned to prunes, a selection of food outlets are dotted around the park to stop off and grab a bite while the hardcore riders continue on until dark. With a discount rate for a "sundowner" ticket, the park takes on a whole new lease of life as the sun sets, when people cast off a hard day at the office to get wet 'n' wild. So why not join them? After all, the best thing about living in a dream holiday destination is that the tourist attractions aren't just for tourists—we know how to have fun too!

The Disappearing Spoon

And Other True Tales of Madness, love and the History of the World from the Periodic Table of the Elements

By Sam Kean

BOOKS

For anyone with the slightest interest in science, *The Disappearing Spoon* is a must-read. The engrossing tales in this volume follow carbon, neon, silicon and gold as they play out their roles in human history. There's a fair amount of mind-boggling science, but Sam Kean employs lively metaphors to explain it all in layman's terms.

The collection of stories gives a singular insight into human history: everything from the Big Bang to the present day is packed into it, overflowing with accounts of crime, alchemy, poison, love, money, insanity and innovation.

Divulging fascinating details about some of history's most famous, overlooked or totally deranged scientists, Kean weaves together the disparate strands

of scientific discovery that eventually resulted in The Periodic Table of Elements, one of mankind's crowning scientific achievements.



IF YOU LIKE THIS, TRY...

Molecules of Murder: Criminal Molecules and Classic Cases by John Emsley

Focused on ten highly toxic molecules that have played a central role in notorious murder cases, this book is just as interesting for the forensic scientist as it is for the crime fiction reader.

Periodic tales: The Curious Lives of the Elements by Hugh Aldersey-Williams

A fascinating tour through the history of the elements that explores the integral part they have played in the lives of man from ancient civilisation to contemporary culture.

Tinariwen: Tassili

V2 ★★★★★

ALBUMS

For their fifth album, the former Touareg rebels lay down their electric guitars and return to their acoustic, campfire roots. Recorded in a desert town in southern Algeria, Tassili captures the soul of this eclectic group, whose colourful story and infectious, desert bluesy sounds have entranced audiences all over the world.

Incorporating a number of high-profile collaborators into the mix, including TV on the Radio, Dirty Dozen Brass Band and Wilco's Nels Cline, Tassili sounds like the culmination of their characteristic blend of Malian grassroots and modern psychedelia.

The mournful melodies are there, with the usual atmospheric backdrop of freeform guitar and rhythmic handclaps, but this time



there is less hype as the band delve beneath the contemporary overlays to reveal their music in its purest form.

Despite this, their music loses none of its hypnotic magnetism, retaining the ability to evoke the arid landscape of their Saharan home while throwing in djinn-conjuring drum loops that hook you in and refuse to let go. If Hendrix was a nomadic spice trader, he would probably have sounded something like this.

Picture *perfect*

It doesn't matter which camera you own, it's knowing how to use it that counts.

How often do photos really do justice to the subject? Many people are familiar with the frustration of returning from holiday to find that their snaps don't quite capture the beauty of that idyllic beach, or uploading an event album onto Facebook where nobody looks quite as good as they really did on the night.

However, a good photo doesn't take much. "Great photography is not about spending lots of money on a camera or having in-depth knowledge of the technical side; it's about unleashing your creative vision through the lens," says photographer Mohamed Somji, who is based in Dubai.

"People get carried away and buy the best camera and accessories, assuming that this will improve their images, but the only real way to do this is to produce a photo that reflects your interpretation of the scene



MOHAMED SOMJI'S TIPS FOR GREAT PHOTOGRAPHY

- 1. Don't shoot the subject in the centre of your frame. If you look at a lot of magazine and newspaper images you will notice that they often shoot the subject slightly off-centre as it produces better visual cohesion about the image.**
- 2. Experiment with different creative effects to see what works best for each image. This doesn't always have to be done at the time of shooting. You can adapt colour and other aspects later on through a computer programme.**
- 3. Move around to get the best angle. Technology makes us lazy and it's easy just to stand there and click, but often the best angle requires you to stoop down, stand on a table or even lie on the floor to get the image you want.**
- 4. Get close to your subject. People often stand too far back to capture the essence of the subject. Use the zoom or move closer to focus on your subject and leave out any background elements that don't contribute something significant to the image.**
- 5. Avoid the F-word. Photographers don't like the word flash—using one tends to take the atmosphere out of a picture and cast the subject in an unflattering, bright light. Instead, increase the ISO speed and leave the shutter open for longer to allow more natural light into the camera.**

before you," he explains. This does require some technical know-how. At Somji's photography studio and training centre, Gulf Photo Plus, people can take one-day classes that teach them the basics of good picture-taking in one eight-hour sitting. The digital photography level 1 workshop covers pixels, resolution, ISO, exposure and a number of other factors that photographers take into account.

"People come here to learn about different composition techniques and what the various buttons on their camera do, but after that, the only real way to develop your photography is by practice. You have to get out there and take all kinds of pictures to train your eye and develop your skills" says Lindsay Kirkcaldy from Gulf Photo Plus.

This can't be done, however, if you have no idea how to use your camera. "We find that, especially here, a lot of people buy an expensive camera only to find it

impossible to operate. There's a big difference between a normal point-and-shoot camera and a digital SLR and often people complain that their pictures look worse than they did on their little camera," she says.

According to Kirkcaldy, "The digital SLR manuals are practically written in another language and if you don't have any photography training, then it is extremely difficult to navigate the settings. With a little help from professionals, people can easily learn how to use the options available on their camera to create a nicely exposed image that really expresses what they intend to convey."

There's a saying in the photography world that the best camera is the one you happen to have with you. As Kirkcaldy explains, "Even if it's just a camera phone, you can still get a great shot so long as you understand the way that particular camera works and how to compose the picture you want."

How do you blue?



More than just a saccharine family flick, *The Smurfs* will entertain families without breaking any moulds.

NEW RELEASE

Those who remember the original 1980s cartoon will probably recall how the Smurfs lived a simple life, happily smurfing along from day to day with the odd adventure thrown in for good measure. Cut to 2011, however, and we find the evil wizard Gargamel has discovered the Smurfs' secret world, and is intent on chasing them out of their village. In the process, they tumble from their magical world and into ours, landing straight in the middle of New York's Central Park. Being a lost Smurf in the Big Apple is no fun—not when you're only as big as “three crab apples” yourself. Luckily, father-to-be Patrick is on hand to give the small, blue visitors a temporary home, which leads to an unlikely friendship as he helps them in their quest to save Smurf village from Gargamel.

This modern version of a clas-

sic cartoon is another in a long line of “family-fun” films, where the Hollywood big boys take a popular children's series from days gone by and turn it into a big money spinner—just as the summer holidays are coming to a close. Luckily, the mix of computer-generated graphics with real-life footage gives this movie an edge against its competi-

tors, and makes for a captivating and enjoyable film experience.

As with most animated movies, one of the big draws is always the voice actors who lend their talents to the cartoon creations. With acting legend Alan Cumming and pop star Katy Perry among the voices bringing the Smurfs to life, and *The Simpsons'*

Hank Azaria in the role of

GOOF ALERT
Patrick points out that the Smurfs will have to invent paper before they can send a thank you note. Later on, Brainy Smurf pulls out a strip of parchment he has written on.



Gargamel, the cast is not necessarily as star-studded as *Toy Story*, for example, but this does work in the movie's favour due to the fact it allows the Smurfs, themselves, to be the main stars.

There is no doubt that *The Smurfs* fulfils its main objective: kids will absolutely love it. Parents however, will also be entertained by the standard, modern-day family movie format, where the script includes a few in-jokes that the children won't understand but the adults will. This is by no means an Oscar-winner, but it is definitely not the sickliest family film to ever be made. The animation deserves applauding and the live action scenes become quite intriguing when you realise the actors are working with invisible characters before the graphic artists come along to work their magic on the animation.

The film's standout perfor-



ISMURF

One of the most popular iPhone apps in 2010 was *Smurf Village*, which allowed iPhone users to make their own village for the Smurfs, and then rebuild it after Gargamel's destruction. While the app was free, users could buy extra items like mushroom houses, wheelbarrows and smurfberries, which varied in price from a few US dollars to nearer the \$100 mark. However, players could purchase these things just by tapping on them without any warning that their iTunes account would be charged. This meant kids ended up racking up huge bills for their parents without even knowing about it, like one woman who was charged \$7,800 (Dh28,000) for her child's Smurf shopping spree during one single car trip.

mance has to go to Hank Azaria for his portrayal of the baddie. Famous for his voice roles in *The Simpsons*, he is perfectly cast as a mischievous, quirky and comic character, yet remains creepy enough—and slightly scary at times.

The storyline, though predictable, is a sweet and moralistic tale. Spattered with slapstick comedy and a few touching moments, *The Smurfs* does exactly what you would expect it to do—it is a film for children, aimed at children, and which appeals to children.

Through his friendship with the Smurfs, Patrick's worries about becoming a father become a thing of the past and he learns to stand up for what he believes in.

On the Smurfs' side of the coin, they learn what it means to work as a team and how to cherish each other for their talents rather than get hung up on their weaker points. In a world filled with films that punch way above their intended audience's age group, this is a pretty nice message to be giving kids through the medium of cinema, wouldn't you agree?

Bollywood news

SHETTY SUPPORTS UPCOMING TALENT

Rohit Shetty, famously a judge on *Jubilee Comedy Circus*, has signed contestants VIP and Krishna, alongside his co-judge, Archana Puran Singh, for roles in his upcoming film, *Bol Bachchan*, starring Ajay Devgun, Abhishek Bachchan, Asin and Prachi Desai. Shetty has always supported VIP and Krishna for their talents and seems to be living up to his word by offering them the roles.



SALMAN GOES STATESIDE FOR TREATMENT

The big-name blockbuster *Bodyguard* may have hit the cinema screens this Eid, but the film's star, Salman Khan (left), was unable to be there for the release. The star has been suffering from acute pain in his jaw for the past three months, and, after being diagnosed with trigeminal neuralgia, the actor has sought further diagnosis and treatment in the US. We wish him all the best.



BAD TIMES AT THE BOX OFFICE

Last week's four big releases provided disastrous takings at the box office. *Chitkabrey - Shades of Grey*, *Shabri*, *Standby* and *Yeh Dooriyan* only accounted for two to three per cent of the total takings, in

some cases. Pivotal reasons for their failure to shine include a lack of famous faces and a minimal pre-release buzz. However, takings are expected to pick up again with the release of the much anticipated *Bodyguard* (above).

SILVER SCREEN



MATHEW HAMILTON GREEN
FILMMAKER

Be patient, stay committed

Getting started as a filmmaker certainly isn't an easy business, especially as it can provide a whole host of obstacles before you manage to settle down into some kind of normality.

First, you need to have the drive and determination to do it. Making a film is not a normal job, and this becomes apparent when you find that you are shooting in an empty warehouse at 2am, and then you have to get up at the crack of dawn to capture the right light needed for a crucial scene.

Obviously, the most important thing on the practical side is the equipment. But the good news is that anyone can make a short film now, with all sorts of easy-to-use cameras available at a reasonable price. Indeed, many aspiring filmmakers have even been using their iPhone 4s as HD cameras—and producing some pretty good results—and with the prices of decent video cameras fairly accessible these days there is a choice for every budget.

Finally, it is essential that you have some good ideas—you could always try teaming up with a local scriptwriter if words aren't your thing—and willing participants to play the roles.

Again, here I would suggest tapping into community drama groups or maybe even rope in a few friends who are willing to give you an Oscar-worthy performance.

With these three basic ingredients, plus a good dose of patience, willingness and an eye for a good shot, you could find the awards nomination panels come knocking sooner than you think.

Reviews *in brief*

A quick look at the week’s biggest films.



Crazy Stupid Love, 2011

★★★★★ Steve Carell, Ryan Gosling, Julianne Moore

Fortysomething Cal Weaver (Carell) is living the dream life, with a nice house, a good job and great kids. He is even still married to his highschool sweetheart. But when Cal learns that his wife, Emily (Moore), has cheated on him and wants a divorce, his perfect life quickly unravels. Cal, who hasn't dated in decades, isn't exactly smooth. Meanwhile, a handsome player, Jacob Palmer (Gosling), decides to take Cal under his wing and introduces him to modern dating, which leads to a series of humorous events. Reviews have been very strong, praising the film for its fresh take on the romantic comedy genre. It successfully manages to be romantic, touching, as well as a little risqué and funny, yet reassuringly down-to-earth.



Mankatha (Tamil)

Mankatha is a Tamil action thriller starring Ajith Kumar in the lead role, along with an ensemble cast including Arjun, Trisha Krishnan, Vaibhav Reddy, Lakshmi Rai, Andrea Jeremiah and Anjali. Produced by Dhayanidhi Alagiri, Mankatha's story revolves around a Mafia gang gambling during the Indian Premier League (IPL) cricket season. With an interesting plot and huge fan-base in the UAE, the film should be a success. Let us know what you think. letters@readme.ae

Bonne Soiree (Arabic)

★★★★★

This Egyptian film stars Ghada Abdel Razek, Mai Kassab and Nahla Zaki as three sisters, Hoda, Iman and Afaf and is produced by El Sobky and directed by Ahmed Awad. The three sisters are spoilt and rich, completely oblivious to the realities of the world. But when their father dies, leaving behind a large debt, they are stripped of all their worldly possessions. A series of events unfolds as the girls try to adapt to a life without money. Reviews have not been particularly strong, with many criticising the film for a lack substance and failed attempts at humour.



Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

And Soon The Darkness - 21:50, 00:00
Bodyguard - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Captain America (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Conan The Barbarian - 11:00, 13:20, 15:40, 18:00, 20:15, 22:35, 00:55
Conan The Barbarian (3D) - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Point Blank - 11:00, 13:10, 15:20, 17:30, 19:40
Smurfs - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The Last Godfather - 10:30, 14:30, 18:30, 22:30
We Are The Night - 12:30, 16:30, 20:30, 00:30

GRAND MEGAPLEX - IBN BATTUTA
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Bridesmaids - 11:00, 13:30, 16:15,

19:15, 21:45, 00:20
Captain America - 10:00, 11:00, 11:30, 12:30, 13:30, 14:00, 15:00, 16:00, 16:30, 17:30, 18:30, 19:00, 20:00, 21:00, 21:30, 22:30, 23:30, 00:00, 01:00
Captain America (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Conan The Barbarian - 10:00, 10:20, 11:40, 12:20, 12:40, 14:00, 14:40, 15:00, 16:20, 17:00, 17:20, 18:40, 19:20, 19:40, 21:00, 21:40, 22:00, 23:20, 23:55, 00:20
Conan The Barbarian (3D) - 20:20, 22:40, 01:00
Crazy Stupid Love - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
Harry Potter 7 (3D) - 13:20, 18:40, 00:00
Kung Fu Panda 2 - 10:15, 12:30, 14:45, 17:00
Mankatha - 11:30, 14:20, 17:10, 20:00, 23:00
Smurfs - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Smurfs (3D) - 10:30, 12:30, 14:30, 16:20, 18:10
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Transformers 3 - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (3D) - 10:40, 15:50,



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

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

21:20
We Are The Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 12:15
Zookeeper - 19:15, 21:30, 23:45

GRAND CINEMAS - FESTIVAL CITY
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Bridesmaids - 19:00, 21:30, 23:55
Captain America - 11:30, 14:00, 15:00, 16:30, 19:00, 20:00, 21:30, 00:00
Captain America (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Conan The Barbarian - 11:00, 12:30, 13:20, 15:40, 17:30, 18:00, 20:15 22:30, 22:35, 00:55
Conan The Barbarian (3D) - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00 23:30
Mankatha - 11:30, 14:20, 17:10, 20:00, 23:00
Point Blank - 13:10, 17:30, 21:50
Smurfs (3D) - 10:30, 12:30, 14:30, 16:20, 18:10
Smurfs - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The Last Godfather - 11:00, 15:20, 19:40, 00:00
Zookeeper - 10:00, 12:15, 14:30, 16:45

GRAND CINECITY - AL GHURAIR
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America (3D) - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Conan The Barbarian - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 00:00
Conan The Barbarian (3D) - 20:15, 22:30, 00:45
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Smurfs (3D) - 10:30, 12:30, 14:30, 16:20, 18:10
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15

GRAND METROPLEX - METROPOLI-TAN
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Conan The Barbarian - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 00:00
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Smurfs - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The Last Godfather - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

CAPTAIN AMERICA



GRAND MERCATO
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Captain America - 11:30, 14:00, 16:30, 19:00, 21:30, 23:55
Captain America (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Conan The Barbarian - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 00:00
Conan The Barbarian (3D) - 22:30, 00:45
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Smurfs (3D) - 10:30, 12:30, 14:30, 16:20, 18:10, 20:10
Tak Tak Boom - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15

VOX CINEMAS - DEIRA CITY CENTRE
Bodyguard - 10:00, 11:30, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 23:30, 01:00
Bol - 10:45, 14:00, 17:15, 20:30, 23:45
Bon Soiree - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Captain America - 15:00, 20:30
Captain America (3D) - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45, 01:15
Conan The Barbarian - 10:00, 12:30, 18:00, 23:15
Conan The Barbarian (3D) - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Crazy Stupid Love - 11:15, 13:45, 16:15, 18:45, 21:25, 23:45
Mankatha - 12:00, 15:00, 18:00, 21:00, 00:00
Smurfs 3D - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Tak Tak Boom - 11:15, 13:45, 16:30, 19:00, 21:30, 00:00

VOX CINEMAS - MOE
Bodyguard - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Bol - 10:45, 14:00, 17:15, 20:30, 23:45
Bon Soiree - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Captain America - 10:30, 13:15, 16:00,

18:45, 21:30, 00:15
Captain America (3D) - 10:00, 12:45, 15:30, 16:30, 17:15, 18:15, 19:00, 21:00, 21:30, 22:15, 23:45, 00:00, 00:45
Conan The Barbarian - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Conan The Barbarian (3D) - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Smurfs - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Smurfs (3D) - 09:00, 09:45, 10:30, 11:15, 12:00, 12:45, 13:30, 14:15, 15:00, 15:45, 18:00, 20:15, 22:30
Tak Tak Boom - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

VOX CINEMAS - MIRDIF CITY CENTRE
Bodyguard - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Bon Soiree - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Captain America - 10:00, 12:45, 15:00, 15:30, 18:15, 20:30, 21:00, 23:45
Captain America (3D) - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Conan The Barbarian - 10:00, 12:30, 18:00, 19:00, 21:30, 23:15, 00:15
Conan The Barbarian (3D) - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Crazy Stupid Love - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Smurfs (3D) - 09:45, 12:00, 14:15, 16:30, 18:45, 21:15, 23:30
Tak Tak Boom - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

REEL CINEMAS - DUBAI MALL
Bodyguard - 13:00, 15:45, 18:30, 21:15, 00:05
Bon Soiree - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
Captain America - 11:40, 14:15, 14:30, 17:00, 16:50, 19:25, 19:30, 22:00, 00:30

Captain America (3D) - 11:00, 13:45, 16:20, 18:55, 20:30, 21:30, 23:05, 00:05
Conan The Barbarian - 12:00, 14:20, 15:00, 16:40, 17:30, 19:00, 20:00, 21:20, 22:30, 23:40, 01:00
Conan The Barbarian (3D) - 13:15, 15:35, 17:55, 20:15, 22:35, 00:55
Crazy Stupid Love - 11:30, 12:15, 14:00, 14:45, 16:30, 17:15, 19:00, 19:45, 21:30, 22:15, 00:15
Hanna - 14:25, 16:45, 20:05, 22:25, 00:45
Horrible Bosses - 13:45, 15:55, 18:05, 20:15, 22:25, 00:35
Mr Popper's Penguins - 13:25, 15:35, 17:45, 19:55, 22:05, 00:15
Pomegranates and Myrhh - 14:15, 16:30, 19:15, 21:30, 23:50
Smurfs - 11:20, 12:20, 13:40, 14:50, 16:00, 17:10, 18:20, 19:30, 20:40, 21:50, 23:00, 00:10, 01:20
Smurfs (3D) - 11:00, 13:15, 13:35, 15:30, 15:50, 17:45, 18:05, 20:00, 22:15, 00:30
Tak Tak Boom - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:30
Zookeeper - 13:10, 15:25, 17:40, 19:55, 22:10, 00:25

REEL CINEMAS - MARINA MALL
Captain America - 11:40, 14:15, 16:50, 19:25, 22:00, 00:35
Captain America (3D) - 11:10, 13:45, 16:20, 18:55, 21:30, 00:05
Crazy Stupid Love - 11:30, 14:00, 16:30, 19:00, 21:35, 00:20
Horrible Bosses - 11:30, 14:00, 16:30
Smurfs - 11:20, 13:35, 15:50, 18:05, 20:20, 22:35, 00:50
Smurfs (3D) - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Alex Knox
Dancer, Dubai Marina



8/10

I have just been to watch *Crazy Stupid Love* and I really enjoyed it. It was pretty funny and I think men would definitely like it for the whole “bromance” thing.

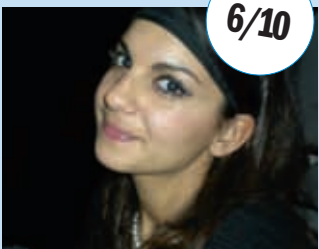
Joseph Taylor
Bar attendant, JLT



9/10

I just watched *Captain America* and absolutely loved it. I am a big fan of all the comic book films but I thought that this one was done well, with some really good one-liners and loads of action.

Simran Bhullar
Vocal tutor, visitor



6/10

I just went to see *Bodyguard*, the new film with Salman Khan. I thought it was OK and quite entertaining, but I've seen better films with him in them, and the storyline wasn't as good as some of the other movies he has done.

The garden *(in your)* kitchen

Even if you don't have an inch of garden space, you can still enjoy the full flavour of fresh herbs by growing them indoors.

Few things live up to a lovingly prepared meal than a handful of fresh herbs, stirred in at the last moment, or finely chopped and sprinkled over as the finishing touch. Nothing beats fresh lemongrass for Thai authenticity, or basil for an Italian flourish. But there are many, many more herbs and sprouts that you can grow indoors; even get adventurous and try tomatoes and chillies for the bold and brave.

As a region, we are very fortunate in having an excellent supply of cut-fresh herbs on sale each day in our supermarkets and corner stores. Better still, go for a wander round the fruit and vegetable market at Al Aweer

and come back with armfuls of delight. But for those of us who don't have the time to make such a daily trek, juggling job, home and family lives, why not enjoy the freshest herbs possible, right here in your very own kitchen?

In fact, many herbs grow extremely well indoors, and most need little more care than correct watering and plenty of bright, indirect light. Some will thrive on a shady balcony provided they are protected from wind and direct sunlight, and you'd be amazed at what else can be cultivated with a large pot and not a lot of space—peppers, aubergines, tomatoes and beans are all possible harvests.

Best to start with herbs, though, as they give the best results with the least effort. So, where to begin?

CREATE AN INDOOR HERB GARDEN

Herbs grow equally well in pots and window boxes, though it is better to use a non-porous container with drainage holes than a clay pot, as these tend to dry out faster. But be careful—take care not to overwater your plants and leave the roots sitting in a puddle of water. Roots need proper drainage and air circulation to keep them healthy, and overwatering drowns a plant, causing the roots to rot.

So, choose a suitable container, a long plastic tray or a wide basin big enough to hold your chosen selection of herbs. Fill this with gravel, into which you will set individual plant pots, both to hold them in place and ensure good drainage. For the pots themselves, go to your local garden centre or plant seller and they should be able to sell you a bag or two of good quality soil mix for your herbs. It is always better to use a proprietary mix rather than soil scavenged from waste ground as the shop-bought material will be sterile, disease-free and full of the necessary nutrients for a good crop.

PLANT YOUR INDOOR HERB GARDEN

When it comes to potting your herbs, drainage is important. In addition to the gravel bed, place a bit of broken pot or a few small stones in the bottom of each pot to ensure proper drainage. Next, partly fill each pot with some potting mixture, make a hole for the herb's root and gently place it in the pot. Add more of the potting compound around the stem

and fill to within about 1cm from the top of the pot. Water lightly and keep your herb garden away from drafts for the first week or so in order to let the plants establish.

If you prefer, go along to the garden centre or nursery and see what they have in the way of pot-grown herbs. These are fairly seasonal so it's worth checking back regularly, and you might also find potted herbs in large hardware stores such as ACE at Festival City, where they have a large garden section.

So what type of herbs can you grow in an indoor herb garden? It really is down to your personal taste but some of the ones to consider include chives, lemon balm, mint, sage, tarragon and thyme. Basil can grow indoors, and the shop-bought supermarket herbs will eventually establish in a larger pot, but it takes time and care. Parsley likewise, will grow indoors, but prefers to be out in a shady garden. Lemongrass grows very well on a balcony, but needs a large pot.

Once your herbs are established they only need light and water. Don't put an indoor herb garden on a windowsill in direct sunlight—they could frazzle within a single Dubai day. Try to find a handy shelf or a brightly lit corner where they're out of direct sunlight but still get plenty of daylight. Herbs do not need a lot of watering, but keep an eye on them regularly and only water when necessary—once or twice a



“Nothing beats fresh lemongrass for Thai authenticity or basil for an Italian flourish.”

week should be adequate for most conditions. If the top centimetre of potting compound feels dry then it is time to water. It is also worth investing in one of those water spray misters just to give the leaves an occasional drop of moisture to keep them fresh.

Every herb garden is different, but take your time, be observant and with patience you should be rewarded with abundant flavour all year round.

CONTROL TEMPERATURE AND HUMIDITY

Herbs will be happy in the same indoor atmosphere that you prefer to live in yourself. Difficulties that arise with herbs indoors are often due to air that is too hot and dry, as is the case in many kitchens. Normal room temperature is best (around 24C), but beware the dangers of air conditioning. AC tends to dry the atmosphere in our homes, so the gravel base around your pots is a good way to provide a little local humidity for your plants. Also, try to ensure they are not in a direct blast from the AC, as this can cause problems for some of the more tender plants. It is also worth turning plants around occasionally so that all sides get the same amount of sun and grow into a balanced shape.

SOME HERBS AND PLANTS TO TRY

There are many seeds and plants available in our garden centres to suit most ambitions, but there are some easy and obvious ones to have a go with first.

Pea shoots: these seem to be

MUSTARD AND CRESS

used in all the best gourmet restaurants, so why not try them for yourself? They are sweet, tender and quite strongly flavoured, so they make a nice addition to a mixed salad. They are also fairly easy to grow indoors—just choose a packet of untreated sprouting peas (try the organic shops), spread them on a tray and soak them. You'll get two or three cuttings from each seedling, making this a good-value salad crop.

Long-lasting herbs include such favourites as chives, sage, oregano and mint. Once these are established they will provide enough growth for cutting right through a season, and you can easily start another pot if an old one gets tired.

Good, old-fashioned mustard and cress: a firm favourite and still a great choice for an indoor salad garden. These microleaves are ready in a week, and lend a punchy flavour to salads and are essential ingredients in a classic egg and cress sandwich.

Don't forget about sprouting seeds: a fun project for children to try. You can buy mixed or individual packets of seed for sprouting (such as alfalfa, mung beans and chickpeas). Use a clean jar and fill it to one quarter full with seeds, then top up with water. Cover the jar with muslin held in place with a rubber band, and place it in a cool dark place overnight. Strain off the old water every day, and replace it with fresh. You'll have sprouted seeds to enjoy in a few days!



YOU CAN EVEN GROW TOMATOES INDOORS

Phoenix from the flames

★★★★★ Richard Whitehead finds that even though MG has been repatriated to China, the 6 is surprisingly good.

MG 6 ROAD TEST

This is a car I wanted to hate. Having been dragged from pillar to post, MG had departed from producing cheap and fun little sporty numbers (even though that time is now a distant memory for those whose age is approaching 50).

Instead, Shanghai Automotive Industry Corporation, which bought MG Rover group after its tumultuous collapse in 2005, has turned MG into the beginnings of a range of family cars, taking the badge but removing its heritage.

But in spite of my malevolence towards what the Chinese had been doing to my brand, I was quite quickly won over.

For a start, the quality was really rather impressive. Having driven Chinese cars before—the less said about the Chery and Haima the better—the MG 6 is a world away in terms of build and fit and finish. It boasts the quality of at least a Renault or Peugeot, although some interior features, such as poor plastics on the steering wheel, questionable wood substitutes and not-quite-there leather seats let it down.

Looks-wise, it is thoroughly European, as you might expect considering that it was designed at MG's former headquarters in England. More than that, it is actually rather stunning in shape. Remarkably, with just a few design cues left over from the past, you can believe from looking that the 6 still possesses some of the old MG DNA.

It might be sportier than other models in its class—an unusual one that is just a little bigger than the Golf or Focus—but even though it



THE MG 6'S FLUID LOOK IS RATHER IMPRESSIVE

Specs

Engine: 18-litre, 4-cyl, turbo
Power: 160 bhp at 5,500 rpm
Torque: 160 lb-ft at 2,500 rpm
Top speed: 205 km/h
0-100 km/h: 8.4 sec
Price: Dh74,000



possesses a 1.8-litre, turbocharged four-pot, you would certainly never accuse it of being a dragster (a naturally aspirated 1.8 is also available). There is certainly room for adding a tearaway to the range as the engine certainly has room for a V6, but we'll have to wait and see.

Priced at Dh74,000 you get a lot of kit for your money, including leather seats, 18-inch alloys and plenty of electric. The model we tested was the second trim level down in the hatchback variant (for an additional Dh5,000, you get rear-view camera, fully electric seats, dual-zone aircon, sat nav and various other goodies).

The interior is roomy, as you would expect for its size, and the seats are supportive, even if they lack sufficient thigh bolster. The boot has masses of space, and there's more than enough space in the rear to fit two big adults.

The 6 offers a very firm ride, perhaps to go alongside its sports credentials of the past, and excellent dynamics that keep it planted on the ground even when accelerating heavily around bends. Unfortunately, the ride is let down by excessive wind noise, and it might be a little too hard for some.

Below 2,500 revs, the engine

“A very impressive start by a brand on its way to world domination.”

doesn't have much, but once you get to this sweet spot, the turbo begins to blow and you can feel a goodly amount of thrust carrying you forward. You can also hear it, the engine becoming apparent with a sound that is more Tom Waits than Pavarotti.

For the price, the looks, the spec and the drive, the MG 6 represents a watershed within the Chinese motor industry. True, 20 per cent of it is built in England, but the remaining 80 is done rather well. Indeed, this is what the pundits are talking about when they suggest that China will provide the next big automotive invasion as the Koreans and Japanese did before.

As an MG lover, it still hurts to see it as a family car, but I'll take it. This is a very impressive start by a brand on its way to world domination.



THE OLD NAME LIVES ON IN THE MG BADGE

Gearing up for World Cup

Ross Guinane assesses the teams' chances in the first round of the Rugby World Cup 2011 in New Zealand.



SOUTH AFRICA WILL HOPE FOR A GOOD START AS THEY DEFEND THEIR TITLE

able pool winners England and Argentina, future competitors in a newly expanded Four Nations against the top, three sides in the world. The meeting between England and Argentina threatens to be the best game of the week.

Italy may feel peeved at being written off before the tournament even begins, especially after defeating France in this year's Six Nations, but their inventiveness is limited and they lack strength-in-depth. Australia, recently crowned Tri-Nations champions for the first time in a decade, will feel that if they can beat the All Blacks, they can beat anyone, especially an Irish team that has slumped to four consecutive defeats and their lowest ranking of eighth in the world, but that match will have to wait until next week.

The final match of the New Zealand weekend sees old rivalries renewed as the Springboks take on the Welsh in what will be another humdinger of a game. Both teams should be in the last eight when the quarter-final positions are decided, but who gets the easier side of the draw will be dependent on how this game ends.

RUGBY

As the oval ball's biggest tournament prepares to take centre stage, things do not bode well for the northern hemisphere's toughest teams. Although the points gap at the top of the ranking's table is not insurmountable, the big three of world rugby pose a daunting task.

The opening weekend should bring easy wins for New Zealand, France, Scotland, Australia, Ireland, and on recent form, England. The two matches that could potentially go down to the wire will be defending champions South Africa facing a resurgent Welsh side, and two of their Pool D opponents, lowly ranked Fiji and Namibia.

A third-string All Blacks side would probably run amok against a Tongan team that won't expect to advance to the knockout stages, while France should steam roll over the much smaller Japanese pack. Realistically, this pool won't create a dogged, hard fought match until the third-round of matches when the All Blacks and Les Bleus lock horns in Auckland.

POOL A

New Zealand
France
Tonga
Canada
Japan

POOL B

Argentina
England
Scotland
Georgia
Romania

POOL C

Australia
Ireland
Italy
Russia
USA

POOL D

South Africa
Wales
Fiji
Samoa
Namibia

FIXTURES (Dubai time)

POOL A

New Zealand vs Tonga
Auckland
Sep 9, 12:30
France vs Japan
Auckland
Sep 10, 10:00

POOL B

Scotland vs Romania
Invercargill
Sep 10, 05:00
Argentina vs England
Dunedin
Sep 10, 12:30

Pool C

Australia vs Italy
Auckland
Sep 11, 07:30
Ireland vs USA
New Plymouth
Sep 11, 10:00

Pool D

Fiji vs Namibia
Rotorua
Sep 10, 07:30
South Africa vs Wales
Wellington,
Sep 11, 12:30

Pool B pits the uninspiring Scots against Romania, but neither side will be a serious title contender. Only two—albeit successful—warm-ups for Scotland will prove to be two games too few when it comes to tackling prob-

Win an
Awazen Spa
voucher worth
Dh250

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

What is the antonym of the word synonym?

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.

RTA aims to boost public awareness

The RTA has announced the launch of the second phase of its campaign to improve passengers' knowledge of Dubai Metro, its facilities and the areas around the new stations.

With the launch of the Green Line, the Metro will accommodate more passengers than ever before, and the RTA is aiming to make the network completely accessible for all.

Aisha Al Busmait, the RTA's director of marketing and corporate communication, explained the initiative. She said, "The RTA has been keen to develop an awareness campaign that targets the public and aims to familiarise Metro users with the best ways to use the service, starting from their arrival at the station and ending at their point of destina-



AISHA AL BUSMAIT

tion. It covers their safety, security and comfort, while acquainting them with the regulations that must be followed at all times on the Metro system."

The first two phases of the campaign include basic information about the Green Line, including details about the new areas served by the Metro, points of attraction and service intervals between stations. This is in addition to complete information on Metro working hours, prices and how to use the Nol cards.

"We are also communicating with passengers about key stations, such as Etisalat, with its park-and-ride facilities, and those stations that integrate with other public transport services, such as Al Ghubaiba and Abu Hail."

Passengers can learn more

about the campaign through a number of sources, such as audio-visual and printed media and indoor and outdoor advertising.

Last May, the RTA launched the first phase of the campaign, which focused on reminding the public of how to use the Metro, and provided information related to tariffs and the different types of Nol cards.

This was followed by an etiquette campaign that focused on educating passengers on the rules and regulations of riding the Metro, and simple good manners that should be followed at stations and on carriages.

Al Busmait also called attention to key messages displayed on screens in carriages, such as those calling attention to seat priority and refraining from eating.



NAZIM FAISAL

Environmental safety campaign made sure that Dubai shone for Eid holiday

A campaign has been conducted by the RTA to target environmental safety across a number of areas of the transport network. The Right of Way initiative was designed to coincide with Eid Al-Fitr.

Engineer Nazim Faisal, director of roads and facilities maintenance at the Traffic and Roads Agency, said, "The campaign comes in the context of sharing the celebration of Eid Al-Fitr with the community, and the need to showcase the city on this occasion in the most scenic way possible. This move also reflects the RTA's determination to provide

clean, healthy and pure environment for the community and visitors to the city. This was even more important given the number of visitors who come to Dubai for the holidays."

According to Faisal, "A program was implemented to carry out preventive maintenance and cleanliness around Eid prayer places, as well as bridges and tunnels, with special attention to washing major tunnels, the metal barriers on bridges, and removing dust from pavements. Road and footbridges, and directional signs also received attention.

"A team of engineers and inspectors from the Roads and Facilities Maintenance Department, in collaboration with the Traffic and Roads Departments surveyed the areas surrounding Eid prayer places, and took corrective measures to fix the defects in the roads, pavements, road markings, and directional signs, as well as cleaning road project sites.

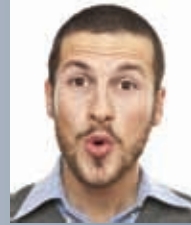
"The team also saw to it that all signals and signs were visible and clear, ensured contractors had equipment to carry out maintenance works and made certain of safety of road elements."



ENJOY A LOT MORE TRAVEL FOR A LOT LESS.

FREE

for disabled people



EXPIRES / تاريخ الإنتهاء CATEGORY / الفئة
DISABLED/
ذوو الإعاقة
NAME / الاسم

هذه البطاقة خاضعة لأحكام وشروط الاستخدام
Issued subject to terms and conditions of use.
Details at: www.nol.ae. ☎ 800 90 90
Found cards should be returned to any RTA ticket office.
This card should be returned for replacement or refund.
Do not return if card has been misused or tampered with.
0000000000

RTA

50% OFF

for senior citizens
(UAE nationals)



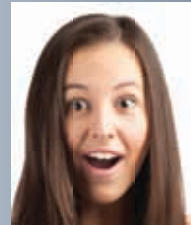
EXPIRES / تاريخ الإنتهاء CATEGORY / الفئة
SENIOR CITIZEN/
كبار السن
NAME / الاسم

هذه البطاقة خاضعة لأحكام وشروط الاستخدام
Issued subject to terms and conditions of use.
Details at: www.nol.ae. ☎ 800 90 90
Found cards should be returned to any RTA ticket office.
This card should be returned for replacement or refund.
Do not return if card has been misused or tampered with.
0000000000

RTA

50% OFF

for students



EXPIRES / تاريخ الإنتهاء CATEGORY / الفئة
STUDENT/ طالب
NAME / الاسم

هذه البطاقة خاضعة لأحكام وشروط الاستخدام
Issued subject to terms and conditions of use.
Details at: www.nol.ae. ☎ 800 90 90
Found cards should be returned to any RTA ticket office.
This card should be returned for replacement or refund.
Do not return if card has been misused or tampered with.
0000000000

RTA



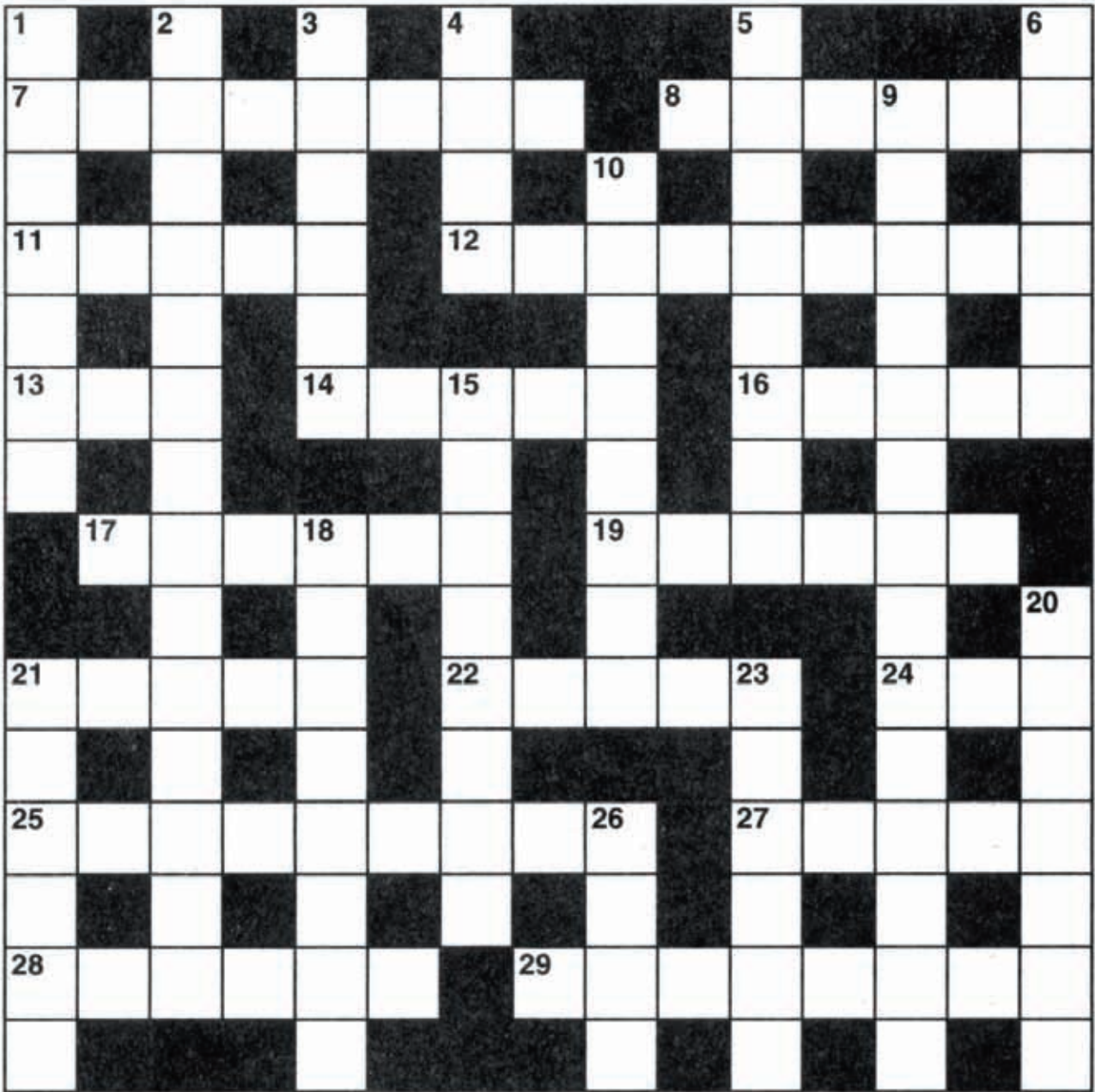
Introducing the NOL blue card.

Disabled people travel free-of-charge on Dubai Buses and Metro. UAE national senior citizens and students from all nationalities get 50% off. All with the new NOL Blue Card.

Get yours now at Metro stations, public transport bus stations or at www.nol.ae.

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**
- 7 High, uncultivated area (8) 8 Having a good knowledge of (2,4) 11 Push with the elbow (5) 12 _ correctness, avoidance of discriminatory language (9) 13 As well (3) 14 Launch an assault upon (5) 16 Acute infectious disease (5) 17 Wince with embarrassment (6) 19 Tortoise-like creature (6) 21 From what source? (5) 22 Green sauce used in Italian cooking (5) 24 Formal address to a gentleman (3) 25 Flake off (9) 27 Fiend (5) 28 Cadaver (6) 29 Well-defined (8)
- Down**
- 1 Useful feature (7) 2 Refuse to support (4,2,5,3) 3 Toolbox item (6) 4 Quick photo (4) 5 Shopper (8) 6 Ways of climbing over walls in the country (6) 9 Skill in an activity (14) 10 Large-flowered climbing plant (8) 15 Ham up (8) 18 Non-essential (8) 20 Rock (7) 21 Adjustable spanner (6) 23 Available for work (2,4) 26 Depart (4)



Thai Red Chicken *Curry*

A simple and delicious Thai recipe, which tastes great with steamed jasmine rice or egg noodles.



RECIPE

Recipe by: Bimi Firoze, *Read*. reader

- Ingredients**
- 500g boneless chicken breast
 - 2 finely chopped onions
 - 2 tbsp ginger garlic paste
 - 2 tbsp Thai red curry paste
 - 1/2 – 1 can coconut milk
 - 2 chopped green chilies
 - Coriander leaves
 - 1 cup water
 - Salt to taste
 - 4 tbsp oil

Method

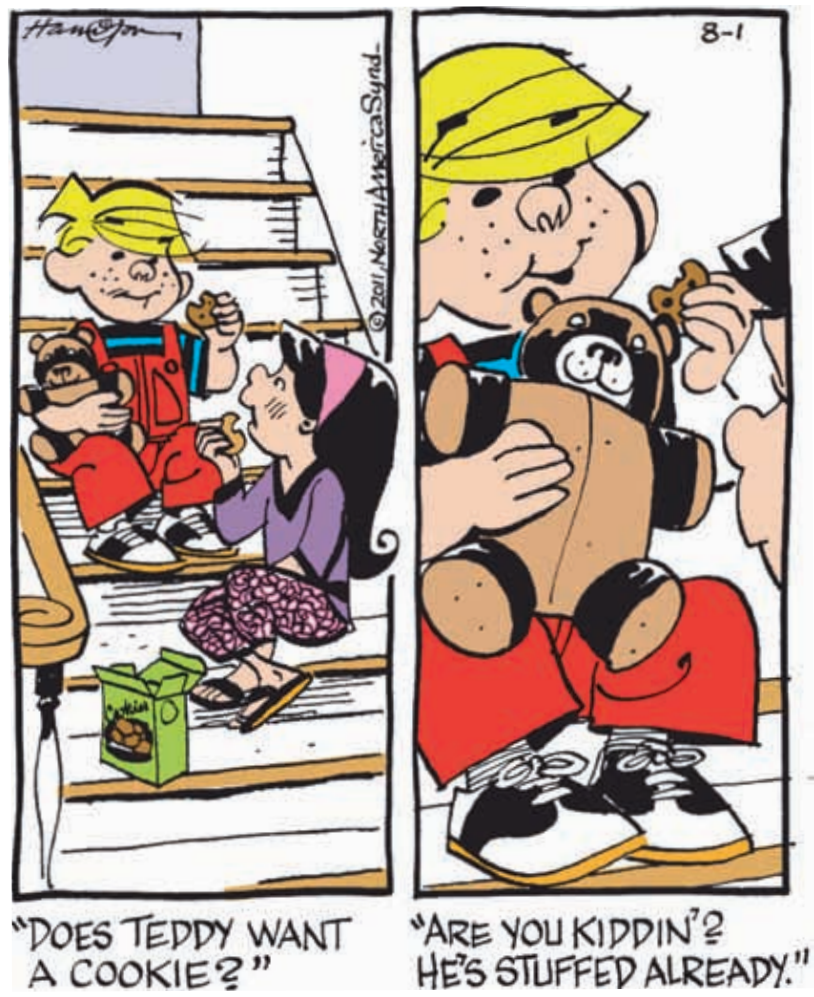
Cut the boneless chicken into pieces and keep aside. Heat the



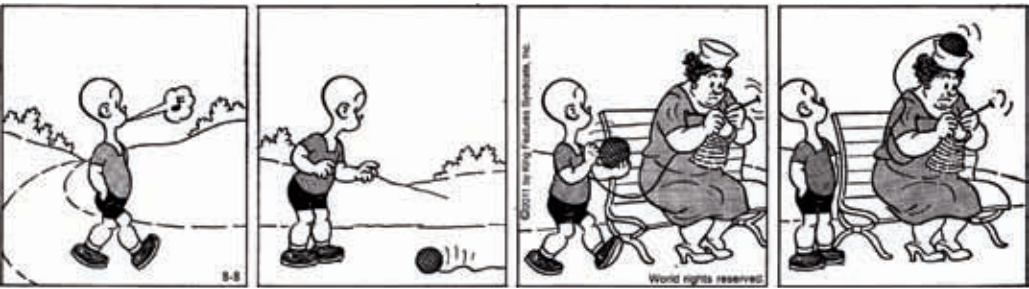
Serves
3

- oil in a wok then add the onions and fry until they start to go brown.
- Stir in the ginger garlic paste and fry for a further 2-3 minutes.
- Add the red curry paste and the water, then bring to boil and add the chicken pieces. Leave to simmer until the chicken is cooked through.
- Add the coconut milk and capsicum, then cook for 2-3 minutes. Be careful not to overcook at this point.
- Finally add the green chilies and chopped coriander leaves, then serve while piping hot over jasmine rice or egg noodles.

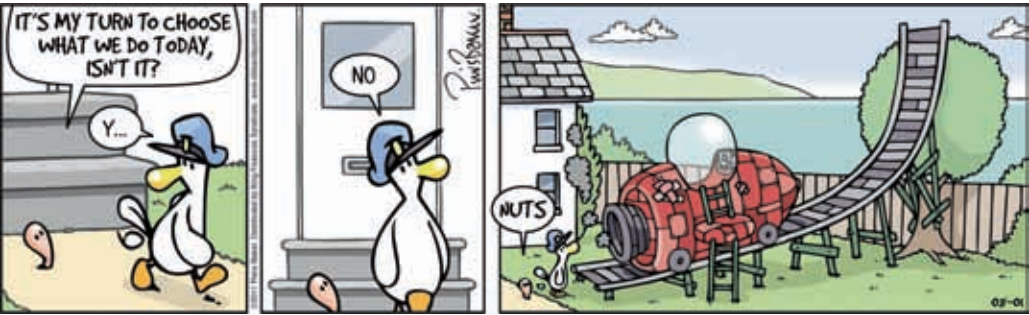
Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I had all my household devices shipped to Dubai when I moved last year and am finding it hard to find parts to maintain them. I'm reluctant to buy new ones but it's proving impossible to source the correct Hoover bags or microwave dishes here. Any ideas?

Read. Large stores like Carrefour and Geant stock a wide range of household products, or you could try trading sites like Dubizzle. Another good way to stock up on goods from home is to ask any friends or relatives to pick them up when they go back for a holiday. Alternatively, contact the company directly and order the products online.

Q For the last few months the skin on my face and hands has become dry and flaky. It used to do this during the winter in Ireland but I am surprised to see it in the summer here, what might it be?

Read. Extreme summer temper-



atures, particularly when combined with the constant change from hot to cold, can have a drying effect on the skin. However, it's always wise to consult a doctor when any unexpected symptoms present themselves and see if they can prescribe a suitable treatment.

Q There is a lot of construction work going on around the building I live in and my flat frequently smells of sewage. The building company assures me that this is a temporary situation but what can I

do to withstand the pong in the meantime?

Read. If keeping the doors and windows closed is not enough to vanquish the smell then your best bet is to cover it. Incense sticks and scented candles are a great way to hide unpleasant smells and you could also try using diffusers (Zara Home has a great selection).

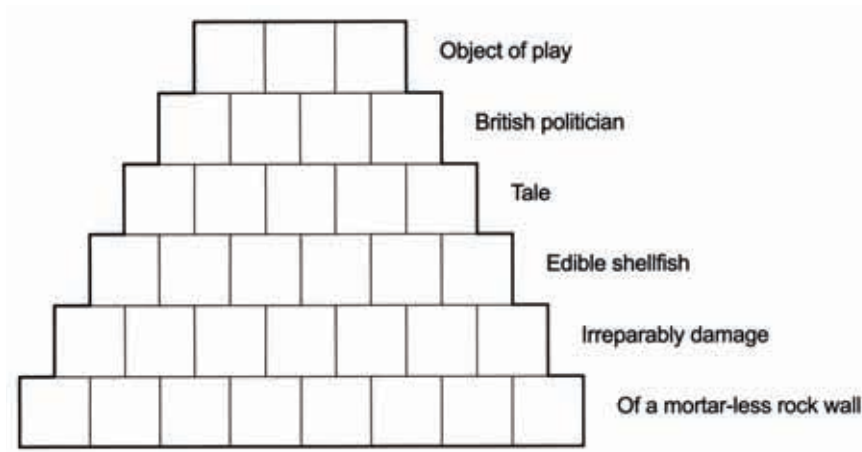
At Read, we are happy to help with any advice you might need to live your life to the full. If you have a problem we can help with, email us at letters@readme.ae

Who's this?

Answer
Turn to page 36



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 one new letter.

Wordsearch



TEENAGE YEARS

- ADOLESCENTS

BIKES

CAMPING

CHIPS

CHOICES

DESIRE

EXAMS

FIFTEEN
- FUN

GOING OUT

HEROES

IDEAS

JOB

MOBILE

MONEY

MUSIC

NETWORKING
- PARTIES

PIZZA

SCHOOL

SCHOOL BUS

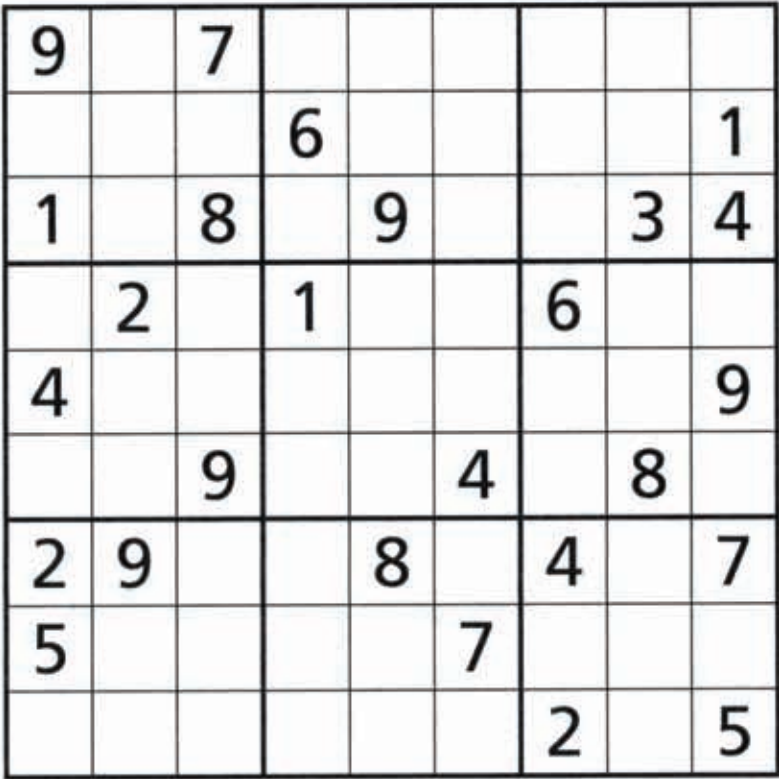
SIXTEEN

SPOTS

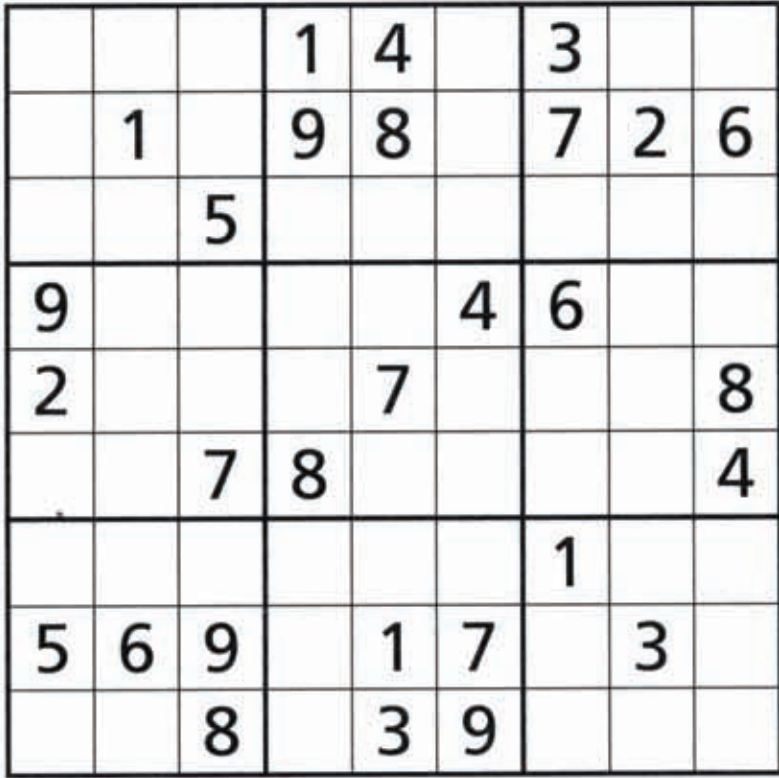
THIRTEEN

TUTOR

Sudoku 1



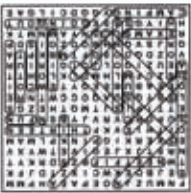
Sudoku 2



Word Pyramid answers



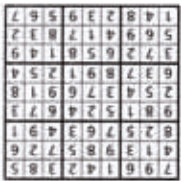
Wordsearch answers



Sudoku 1 answers



Sudoku 2 answers



Who's this? answer - Kim Kardashian, who tied the knot last week

Classified Services

AUTO

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

Kia Soul, 2010 model for sale. Green no. specs, 43,000km, full service history, accident free. Price 37,000AED. Call 0554785005.

Nissan Sunny, 2005 model for sale. 1.6 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.

JOBS AVAILABLE

Female Tailor required for a fashion designing company. With Gulf experience & knowledge in Bridal dresses, Abaya, Party dresses , Haute couture. Email palaisdupaon@gmail.com.

Master Cutter, Male / Female tailor, required with knowledge in Bridal dresses, Abaya, Party dresses, lady clothing. Computer knowledge is asset. Email palaisdupaon@gmail.com.

Indian Motorbike rider and Car Driver required for a restaurant in Dubai. UAE driving licence is must. Email CV to marj@alsadaconsultancy.com.

Kitchen Helper required for a restaurant in Dubai. Relevant experience required. Email CV to marj@alsadaconsultancy.com.

Indian or Bengali Shawarma Chef required for a restaurant in Dubai. Relevant experience required. Email CV to marj@alsadaconsultancy.com.

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

Senior Accountant seeks job. Indian, With 7 years of experience. Proficient in MIS Reporting, AR/AP,WPS, day to day accounting. Call 0554399801.

Web Developer seeks job. With +5 years of experience in the field. Could work as freelancer. Knowledgeable in website development. Call 0557341920.

Filipino male seeks suitable job in warehousing/storekeeping. 12 years experience. Computer literate. Call 0555630133.

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/emailsathite1@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.

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: najeebppl@yahoo.com

SERVICES

Professional movers, packers, transportation & shifting in UAE. Ready to help you shift office or apartment at reasonable cost. Call 0554750048.

For struggling students. Professional Indian Teacher with 15 years of experience. Fees are reasonable. Improvement guaranteed. Call 0505946693.

Car lift services available. From International City to Media City, Internet City, JLT , Knowledge Village. For individuals or companies. Call 0507199400.

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

ITEMS

Multi Purpose 3 Tier Storage laminate shelf: AED30. Color Oak frame, black shelf dimension (mm): 389(L) x 304(W) x 802(H). Only a few months old. Call 0503532097.

Foldable Laminate Table and Chair: AED50 Color: Woodgrain Beige Table. Dimension (mm): 800(L) x 500(W) x 720(H). In good condition. Call 0503532097.

Refrigerator: AED300. Brand: Afton: AFR-525F Color: White. Dimension (mm): 444(L) x 444(W) x 700(H). In perfect condition. Call 0503532097.

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

ACCOMMODATION

Fully furnished room available for rent. Indians only. In Meena Bazar, Bur Dubai. Call 0557284528, 0503751527.

Furnished accommodation available for rent. Executive bachelors/ladies/couple shared with a Hindu family. In Bur Dubai. Call 0507743015.

Spacious bed space available for rent. In Bur Dubai. For executive bachelor preferably Christian. Wi-Fi and other facilities included. Call 0508504224.

Bed space available for rent. In Abu Hail, Deira. For Kerala Muslim bachelor. Free parking. Call: 0559267292.

Bed space/ partition available for rent. For Filipina Lady only. DEWA included. Near Al Rigga & Union Metro Station. Call 0558343969.

Flat available for rent. 2 bedrooms. Spacious, well maintained. Near Karama metro station. Call 0559469082.

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.

MISCELLANEOUS

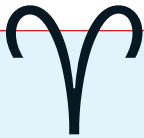
Tuition available in Bur Dubai for all subjects up to Grade 8. (Also available for Accountancy & computer). Call 0507743015.

Light and heavy transport vehicle company licensed for immediate sale. For more information. Call 0507743015.

To place your classified ad
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)

Don't see keeping fit or looking after your health as a chore; you have been putting it off for too long. You could find yourself having a really fun time by linking a new activity with a couple of friends who share your desire to get in better shape.



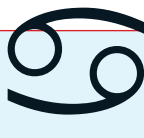
TAURUS
(APR 21 - MAY 21)

A family misunderstanding can, with some patience and understanding on all sides, be smoothed over quite easily. Creatively, you are feeling more productive than you have in a long time, so don't hold back in showing the world what you can do.



GEMINI
(MAY 22 - JUN 21)

Home is where the heart is, so why not spoil a loved one or family member with a nice meal or spa day? If you are moving home, this is an excellent time for new beginnings, but if you are settled then a lick of paint or a rearrangement could help freshen things up.



CANCER
JUN 22 - JUL 23

You usually rely on your intuition but this can make you more subjective and perhaps even moody, so try to avoid becoming stuck in a rut—the more you do, the more you will learn. A conversation with someone special could also turn out to be beneficial.



LEO
(JUL 24 - AUG 23)

You love the finer things in life and you may find that your resistance levels are dropping. Keep an eye on your self-discipline as you may need to start consolidating your finances. With a few treats, hopefully you can be thrifty but still indulge yourself.



VIRGO
(AUG 24 - SEP 23)

If you are thinking of giving yourself an image makeover, or embarking on any new ventures or career paths, this is the perfect time to do so. There has never been a better opportunity and it falls on your shoulders to be a trendsetter, not a follower.



LIBRA
(SEP 24 - OCT 23)

Some highly sensitive issues could arise or someone close to you may be very changeable or restless. What is needed right now is your support, not criticism. A friendship that has stalled could soon settle down back into the old and comfortable routine.



SCORPIO
(OCT 24 - NOV 22)

This is a good time to think more positively about the future and a career issue that has been bugging you for a while can be swiftly resolved. Networking with new—and old—acquaintances can be hugely helpful to you both socially and professionally.



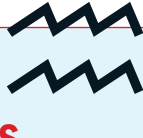
SAGITTARIUS
(NOV 23RD - DEC 21)

At work your personality can take you far. Diplomacy can be the most effective way to deal with difficult people and you have tact by the bucket load. Developments surrounding a property sale or purchase could also suddenly take a big step forward.



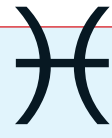
CAPRICORN
(DEC 22 - JAN 20)

You are usually a steady person, but now could be the time when a change is as good as a rest. A small financial windfall might well be coming your way, so make sure you use the profits to try something you would perhaps be too cautious to spend money on.



AQUARIUS
(JAN 21 - FEB 19)

If things are not going so well in a close friendship or relationship, this may be the time when you make a snap decision to break free. Fortunately, you are in the frame of mind to go about this the proper way and discuss the issue logically with the other party.



PISCES
(FEB 20 - MAR 20)

This could be the time of new and important beginnings with someone who already has a strong presence in your personal life. Timing is always important in relationships and now, at the end of a long road, you finally feel ready to reach out to this person.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 th	5 th	6 th	7 th	8 th	9 th	10 th
						
Sunny High 39C Low 32C Humidity 28%	Sunny High 39C Low 31C Humidity 29%	Sunny High 38C Low 31C Humidity 39%	Sunny High 37C Low 31C Humidity 36%	Sunny High 38C Low 32C Humidity 37%	Sunny High 38C Low 31C Humidity 36%	Sunny High 37C Low 31C Humidity 34%

THE READ. TEAM

EDITORIAL
Arnold Pinto
Managing editor

Richard Whitehead
Editor

Tom Paye
Features editor

Jonathan Castle
Home & Garden editor

Lucy Torchia
Staff writer

Alexa Soar
Feature writer

Ross Guinane
Web editor

DESIGN
Angela Ravi
Art editor

Sunil Kumar
Senior designer

ADVERTISING
Bechir Chehab
Sales manager
E: bechir@continentalmultimedia.com
T: +971 4 390 2904

CONTACT US
info@readme.ae
editorial@readme.ae
letters@readme.ae
advertising@readme.ae
contests@readme.ae
mymetrolife@readme.ae
pics@readme.ae
stories@readme.ae
distribution@readme.ae



Continental Multimedia FZ LLC
Dubai Media City
Building 6
Office No. G03
T: +971 4 390 2904
F: +971 4 445 6753
E: info@readme.ae
W: www.readme.ae
PO Box 502824, Dubai, UAE

BRANCHES
ABU DHABI:
T: +971 2 622 7880
F: +971 2 622 7881

KSA (JEDDAH):
T: +96 62 657 3161/36
F: +96 62 657 3152

BAHRAIN:
T: +97 31723 3499
F: +97 31 723 3199

OMAN:
T: +96 82 456 4015
F: +96 82 456 0349

EGYPT:
T: +20 23 762 2914
F: +20 10 228 1615

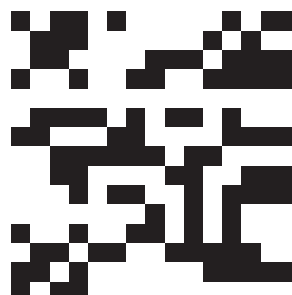
JORDAN:
T: +96 26 565 3601
F: +96 26 566 4884

Printed by Masar Printing & Publishing LLC
Images supplied by Getty Images and Thinkstock
unless otherwise stated

Scan these QR codes with your smartphone to go to the *Read.* website or Facebook page



Read. website



Read. Facebook page

How to use QR code

1

Download any free QR code reader app onto your smartphone.



2

Scan the QR code with your smartphone using the QR code reader app.



3

You will be directed to the *Read.* website or Facebook page (depending on which QR code you scanned).



Read.
THE WEEKLY
DISTRIBUTED EXCLUSIVELY IN THE DUBAI METRO

**Target tens of thousands
of commuters on the
Red Line & Green Line
of Dubai Metro**

**To advertise
please call 04 390 2904
or email advertising@readme.ae**



www.facebook.com/readmeae



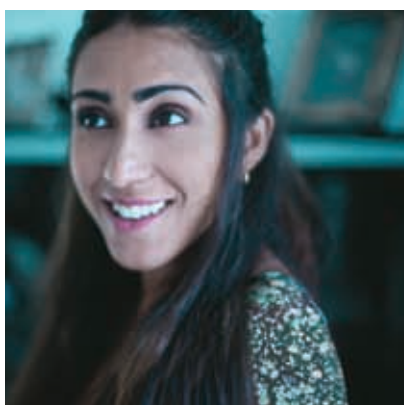
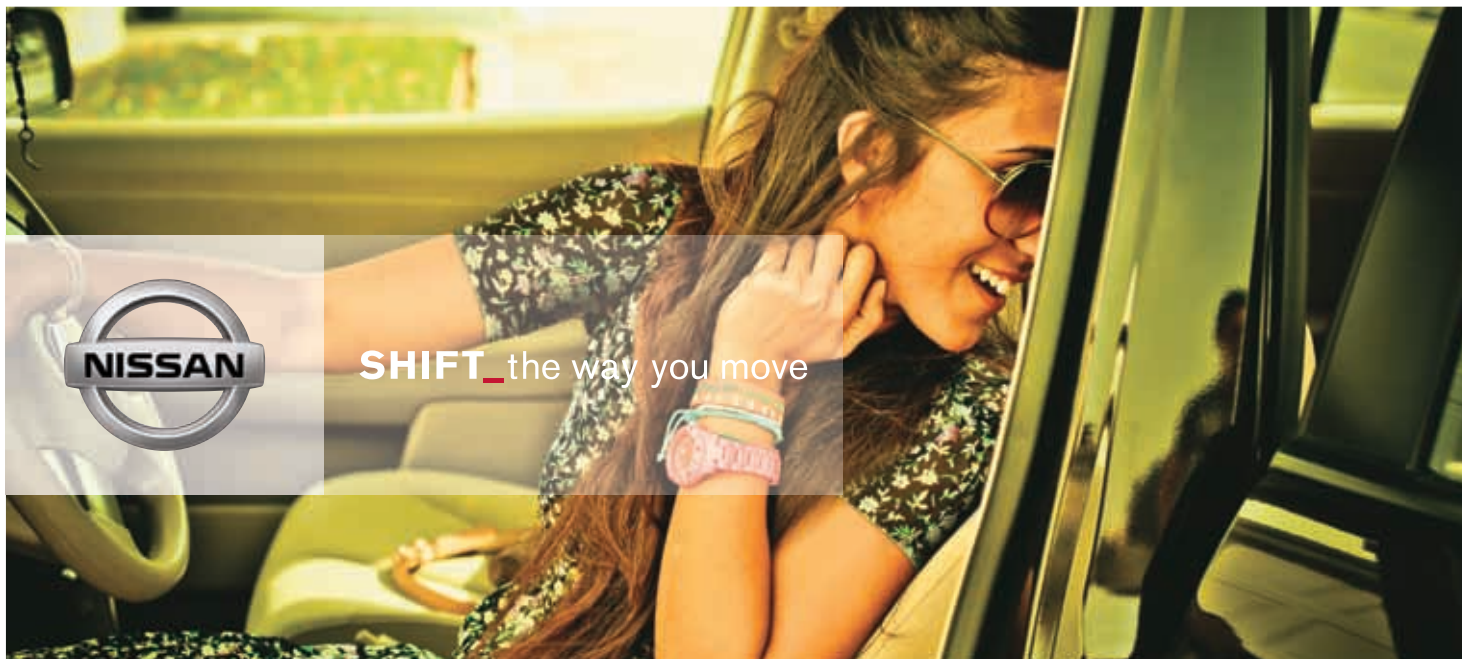
www.twitter.com/readmeae



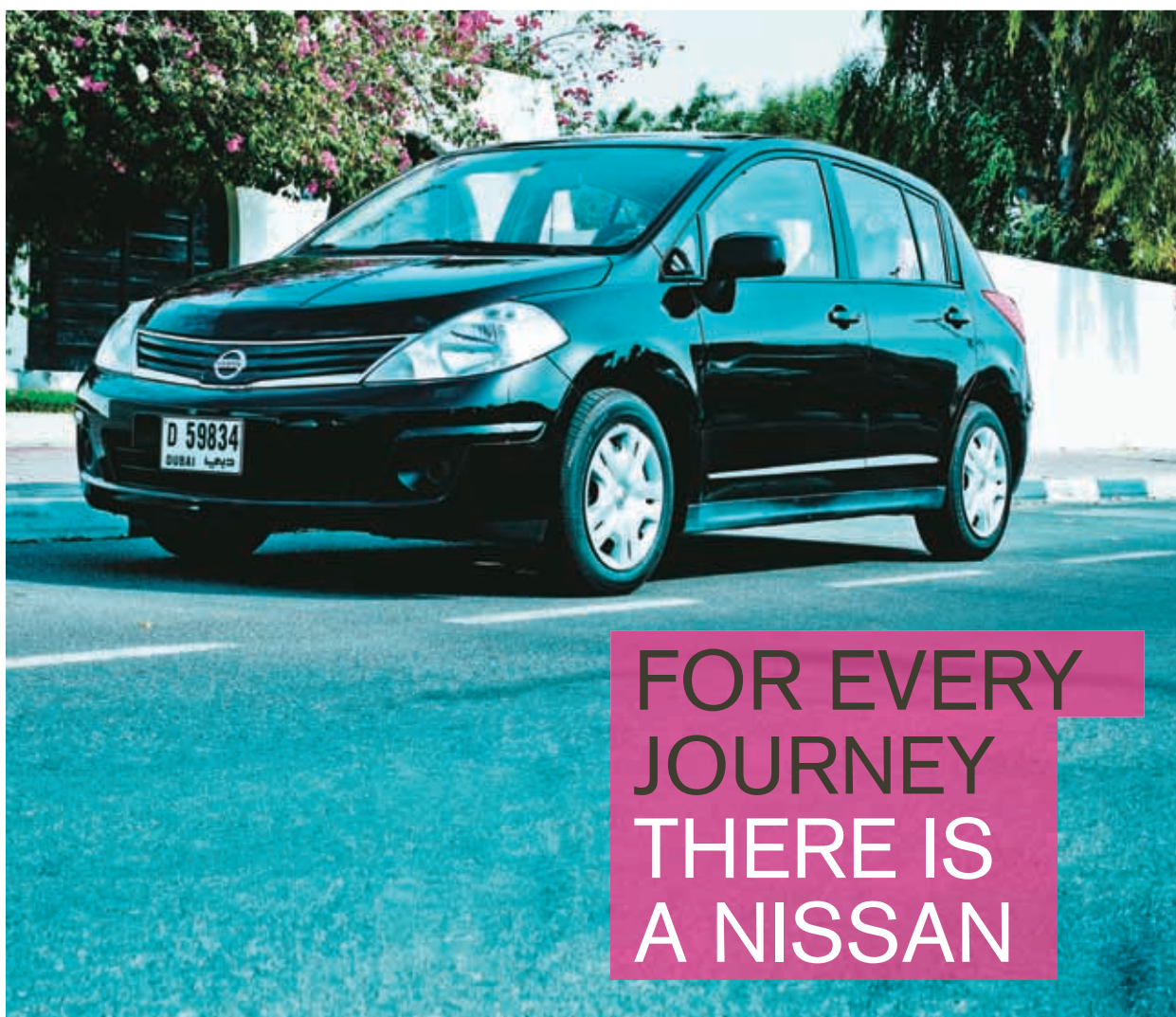
www.youtube.com/readmeae



www.readme.ae



Tiida. One of the three youthful-designed City Cars from Nissan. To find your true match, visit nissan-me.com.



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

