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SEPTEMBER 11-17, 2011 | Issue 13

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WILD WEST

Daniel Craig stars in *Cowboys and Aliens*, a new kind of western mash-up



VOLVO V70 REVIEWED



SEEING SPOTS

Stripes might be slimming, but Autumn's latest fashion trends show that spots can provide more than a little sophistication



BOWEN THERAPY

The lowdown on Tom Bowen's holistic healing technique, famous for its alternative approach to muscle treatment

Mini maestros

Dubai's new music school
for babies and toddlers



Please take
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Do not litter
Dubai Metro
Dh200 fine.

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

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Letters

Email: letters@readme.ae

Dear Read., I wouldn't consider myself a germaphobe, but I do believe that in a world where something as simple as a cold can be transferred so effortlessly that a little thing like a hand sanitiser can prevent common illness transmitted through close contact. With so many people travelling on the Metro each day, the amount of people that hold the bars and slide their hands along the banisters, placing hand sanitisers as you exit the barriers would be a very nice touch and would put my mind at ease.

Ramraj Singh

Ed: It certainly would be a nice touch, and maybe it will be something that is implemented in the future. In the meantime, consider carrying a small pocket dispenser for hand sanitiser in your bag; that way, no matter what rails or buttons you press throughout the day, you can keep your hands free of others' germs.

I know it has been said before, but the desired result has not been forthcoming. I would like to make a plea once more for men to give women seating preference when it comes to a crowded Metro journey. Too many times now I've seen men avert their eyes and remain in their seats as a woman struggles to maintain a steady balance.

Elena Hamoud

Ed: Unfortunately, we have to rely on chivalry for this to happen. As the Green Line has now launched, there is a higher possibility of spare seating. Come on guys, here's your chance to show your impeccable good manners to make a difference.

My name is Muthu Kumar Thasiah. I lost my purse near Deira on the evening of September 3 after leaving Al Rigga Metro station. The purse contains my labour card, credit



card and salary card, among others. Please help me to advertise this matter in the hope of retrieving the purse. Thank you for your kind help.

Muthu Kumar

Ed: If you have any information on the whereabouts of Muthu's purse, please contact the *Read.* team at info@readme.ae. We will be sure to pass on the message.

Dear team, There are few things that can give you a sense of pride from something so small, but the simple act of donating blood can save lives. It feels great to know that someone is alive from my selflessly providing a pint of my blood every couple of months. I would strongly urge others to do the same. You'll not only give someone the chance to live, but you'll also feel an enormous sense of satisfaction.

Lucia Cortezano

Ed: Donating blood is a wonderful idea. There are certain restrictions on who can donate, such as anaemic patients and those on

antibiotics, but those in need of blood can make requests and access the donor database at UAEDonors.com, where you will also find times and places that you can donate.

I constantly see people driving along Sheikh Zayed Road with young children in the back seat. The children are jumping up and down on the seat and looking out the back window. In extreme cases, I've seen the child sitting in the driver's lap. Are there not laws to combat this reckless endangerment of lives?

Divya Katdare

Ed: The law states that if a child is over 10 years old, they must wear a seatbelt. If younger, they must sit in a child's seat. People don't tend to know that there is a fine for allowing a child under the age of 10 in the front seat, even if they are wearing a seatbelt. We would urge all drivers with children to strap their children in, for both avoiding fines, and, most importantly, for safety reasons.

The Winners

(Contests in September 4-10, 2011 issue)

What is a freshwater lobster called?

Answer: **Crayfish**

Winners of Wafi Restaurants vouchers each worth Dh200 are:

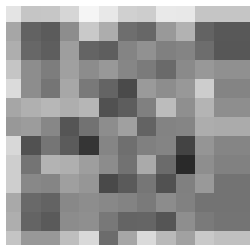
Amar Siddhaye, Sharook Fahim

What is the antonym of the word synonym?

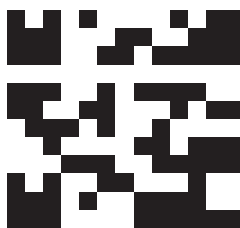
Answer: **Antonym**

Winner of an Awazen Spa voucher worth Dh250 is:

David Raja



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My Metro life



Jiji Panicker K.
Engineering manager, BurJuman

My 40-minute commute is my time for peace, away from the office where I am hectically occupied both in mind and body.

The gentle movement of the train on the tracks, the superb views and the comfort of the carriages gives me an enthralling experience each day. At the same time, I always feel a sense of relief that I don't have to go through the hassle of the heavy traffic of Sheikh Zayed Road. These 40 minutes every

morning and evening provide a distraction from office matters, leaving my mind to be free, peaceful and refreshed. The proximity of the station allows me to enjoy a refreshing walk twice a day, while my preference to use the stairs inside the station provides an easy and cheap way to burn calories. Not only does the Metro provide a quiet, environmentally-friendly way for people to get around, but for me it is a place of tranquility.

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.*

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



NOEMIE MENDOZA CRUZ



ZIA SHAHID



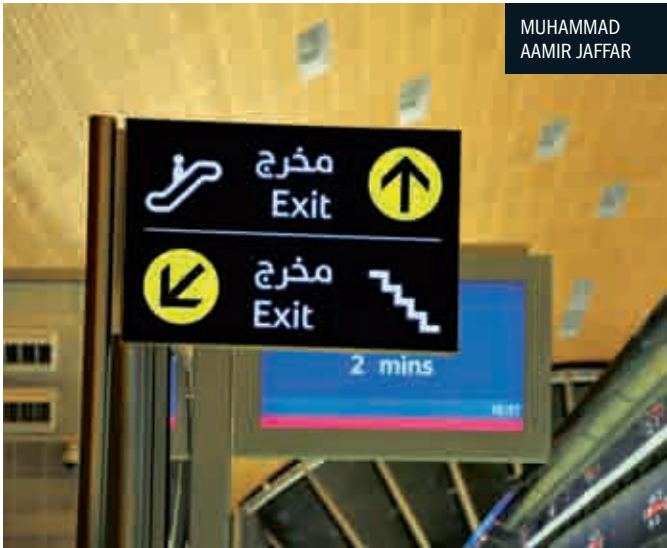
SAMNATH



ABY IDICULA ABRAHAM



ALFIE EMPERADO



MUHAMMAD
AAMIR JAFFAR



EMOBOY CENTENO

Your Facebook

Here's what you were saying on the Read. Facebook page.

(Responses only edited for length)

Are you likely to buy a 3D TV?
i dont support the idea of watching the TV wearing 3d glasses. Even watching a 2hour length film in 3d makes my eyes weary... —Gypsy Saldivia

Would knowing the calories in a Big Mac make you eat less?
everyone knows that we get nothing but calorie from fast-food => but still we're eating and craving for it!
—Remelyn Oaing Cacho

Would you subscribe to an on-line video streaming service?
I wud subscribe, provided the streaming is good and the price that would be within my budget!
—Farah Raza

Parts of Dubai that sound like Michael Jackson songs.
Abu Hail the World
—Desiree Tojino

She's out of Al Naif
—Abdul Sami Mohammed

Another Barsha Me
—Austyn Allison

The Burning Question

Q If you could send a private jet to anywhere in the world, to pick up anything or anyone, what would you get?

Pooja Guria

Graduate

Lives in Jumeirah

I would fly to London to pick up my cousin who is studying over there because I miss her. I would also pick up loads of new clothes while I was there. If I owned a private jet, though, I would save it for holidays with my friends and family.



Sameen Bashir

Partner

Lives in Deira

If I could charter a private jet to go anywhere and pick something up, I would get the pilot to fly to America to pick up a load of celebrities, so they could come over here and we could have a big party.



Alex Veres

Waiter

Karama

I would like to send a private jet to pick up lots of love from my family back home in Romania. If I had the money to own a private jet, I wouldn't waste it on picking things up, I would use it to travel the world and see new places.



Zaina Naib

Student

Nakheel

My parents are over in Germany at the moment, so if I owned my own private jet I would like it to fly over there and pick them up. If I had the money to own a private jet though, I wouldn't waste it on things like picking up shoes—I was brought up to appreciate the value of things.

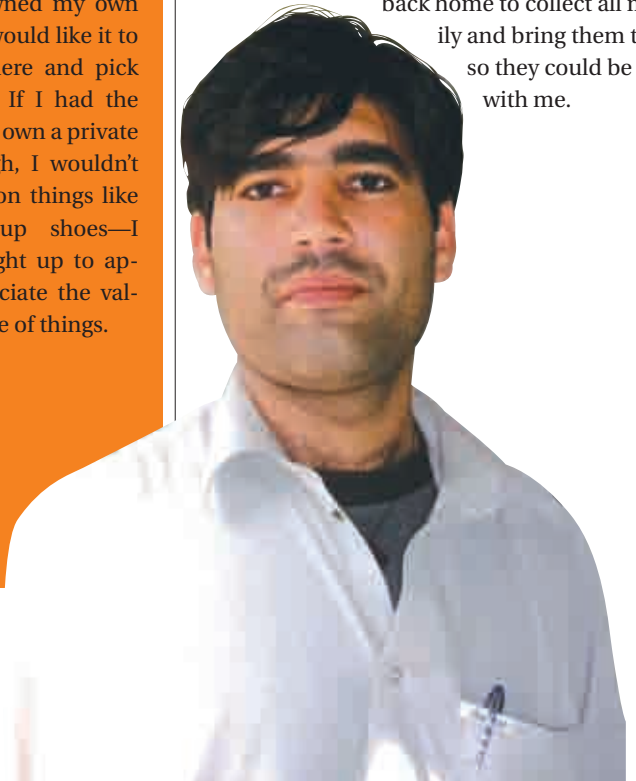


Zameer Lal

Driver

Lives in Media City

I have only just arrived from Pakistan, so if I was lucky enough to own a private jet I would send it back home to collect all my family and bring them to Dubai so they could be here with me.



Answer the following question and win a memorable family portrait voucher worth Dhs250 from Digitally.

What is the metal or plastic end of a shoelace 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.

say bye bye to dark circles
and panda eyes **immediately.**



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2 SHADES



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Anti dark circle care moisturizer:
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Tinted concealer:
Enriched with mineral pigments.

Results:

Instant fairness: dark circles are immediately and visibly reduced.
Your eye contour is fresh and illuminated.

Available in 2 shades:  LIGHT  MEDIUM

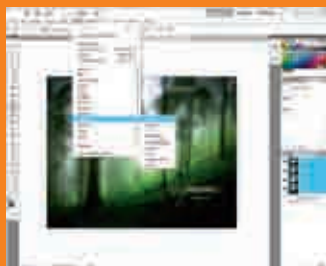
Take care.
GARNIER

STATION-BY-STATION *guide*

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



LEARN PHOTOSHOP



**Sep 17, 10am-2pm,
Zayed University**

Designed for beginners and intermediate-level photographers, this course introduces Adobe Photoshop and promises to help make images appear extraordinary. Participants should have basic Mac or PC skills but no prior Photoshop experience is required. Call 04 360 2365.

SOFIA BALLET



**Sep 15-Sep 17
First Group Theatre
Madinat Jumeirah**

Sofia Ballet was born by the union of the soloists of Sofia National Ballet and created specifically to allow the realisation of tours abroad. This ballet explores the magical world of classical dance from Sleeping Beauty to Swan Lake. Call 04 366 6546 for more information.

COOL ZONE



**Jebel Ali Hotel Resort and Spa
Timing varies throughout the day**

Youngsters of all ages can enjoy a wide range of activities from arts and crafts to fish feeding, camel riding, football and banana boat rides. Baby sitting services are also available if booked in advance for children over the age of one year. For more information call 04 814 5555 or e-mail jags@jaihotels.com

CLEOPATRA'S SPA



**Open daily
Wafi Mall**

Healthcare City is unsurprisingly host to many medical facilities, but it is also home to Wafi Mall and Cleopatra's Spa. If you are feeling a little stressed, why not treat yourself to some holistic healing at Cleopatra's Spa. Choose from an extended menu of treatments enriched by ancient and international cultures of the world. Suitable for both women and men. Call 04 324 7700 for more information.

CREEK



Historic Dubai

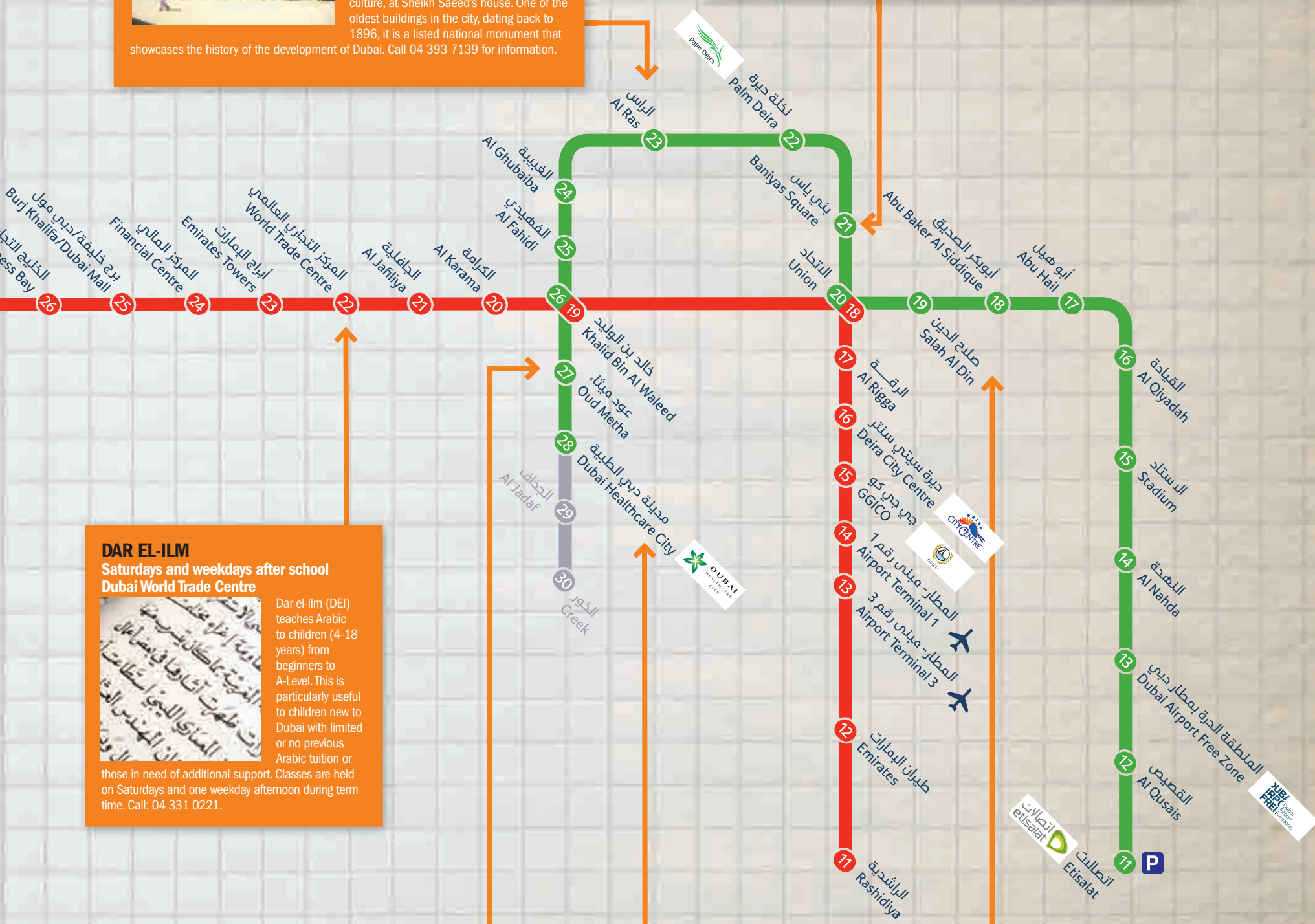
With all the new developments and areas springing up all over Dubai, it can be easy to overlook the older parts of town. But the new Green Line provides easy access to these areas, so why not hop off the metro at the Al Ras station and take a water taxi over the creek to take in some of Dubai's culture, at Sheikh Saeed's house. One of the oldest buildings in the city, dating back to 1896, it is a listed national monument that showcases the history of the development of Dubai. Call 04 393 7139 for information.

showcases the history of the development of Dubai. Call 04 393 7139 for information.

THE FISH MARKET



Open daily, 12.30pm-3pm, 7pm-11pm
Baniyas Square
At the Radisson Blu Hotel, just a stone's throw away from the Baniyas Square station, The Fish Market is one of the most popular seafood restaurants in town. It specialises in South East Asian seafood, so be sure to try the prawns in spicy Thai red curry. Call 04 222 7171 to make a reservation.



DAR EL-ILM

Saturdays and weekdays after school
Dubai World Trade Centre



Dar el-ilm (DEI) teaches Arabic to children (4-18 years) from beginners to A-Level. This is particularly useful to children new to Dubai with limited or no previous Arabic tuition or those in need of additional support. Classes are held on Saturdays and one weekday afternoon during term time. Call: 04 331 0221.

ICE SKATING



Open Daily
Al Nasr Leisureland
Oud Metha

This complex hosts one of the oldest ice rinks in Dubai and one of the more established ice skating schools. The school often features ice shows for regulars as well as lessons for beginners, and ice hockey is also popular. Call 04 337 1234 for more information.

SPICE ISLAND



Open daily 6.30pm-11.30pm, Friday brunch Noon-4pm
Deira

Spice Island at the Deira Crowne Plaza is just a short walk from the newly opened Salah Al Din station and offers one of the older all-you-can-eat buffet deals. It caters to both adults and children, with face painting, balloon-making, a wide range of Asian delicacies and live cooking stations. On Tuesday evenings, ladies receive 50 per cent off their bill. Call 04 262 5555 for more information.



Avoid money worries

It is best to get sound advice regarding your finances.

For those who have lived in Dubai for more than a few years, the chances are that they have, at some point, received what is effectively a cold call from a financial advisor claiming to know exactly how to manage money. And for those who have not yet received such a call, the likelihood is that they will at some point.

However, reputable asset management companies in Dubai have recently been warning against speaking to these agents, who many professional, qualified financial advisors describe as “cowboys”.

And one Dubai firm, Holborn Assets, has even gone as far as to launch a radio campaign in order to inform the public about the problems that can come out of

dealing with these cold-callers. “The idea is to let people know that when it comes to financial advice, it’s best to stick to the professionals,” says Keren Bobker, senior consultant at Holborn Assets. “It can be pretty risky taking advice from an unregulated, inexperienced advisor or firm—plenty of people have lost large amounts of money that way.”

According to experts, many advisors in Dubai do not have a background in finance, and, for the most part, simply learn through on-the-job training. While what they offer might sound attractive, their services are rarely personalised, and many will have no idea what to do if an investment goes badly. This is a point that Sean Mahoney, senior advisor at Mondial, talks about at great length.

“A lot of these guys just come out to Dubai for a year or two,

“It can be pretty risky taking advice from an unregulated, inexperienced advisor or firm.”

looking for a good job abroad, and end up in this industry,” he says. “But they will have no background in the industry, and they will show little care for their cus-

tomers after they’ve made a sale.”

Having previously been one of these “cowboys”, Sam Shure agrees with Mahoney’s analysis of many financial advisors in Dubai. “I came to Dubai a few years ago and started what I thought looked like a great job,” he said. “But after two weeks I quit because I didn’t agree with how the company operated. We worked on a commission-only basis and we’d have to call as many people as we could, trying to offer financial advice. I certainly wasn’t an expert, but there I was, selling financial services.”

One way to tell whether you are speaking to a “cowboy”, according to Mahoney, is by asking how they got your phone number. They will invariably say that they were referred to you by an acquaintance, which is a necessity under UAE law, given that cold-calling is illegal here.



Who's hot ...

MADONNA

Madonna has been photographed at the Venice Film Festival on the release of her latest film, *WE*, but the pop star also used the opportunity to announce a new album due in spring. The Queen of Pop was replaced by the pop princess Kylie to open Atlantis in 2008, but we can only hope the star will return on her next tour.



JOSH DUHAMEL

The star has been raising awareness and money for flood victims in his local town of Minot, North Dakota. The kind hearted star visited a sunnier Dubai with his wife, Black-eyed-peas singer Fergie, for their honeymoon in 2009.



SNOOP DOGG

The rapper, who wowed UAE audiences earlier this year in a show-stopping live performance at Yas Island, has hit back against Internet rumours of his death, and announced a video collaboration with fashion designer Karl Lagerfeld.



**I AM THE DISCOUNT HUNTER
I AM ICONIC**

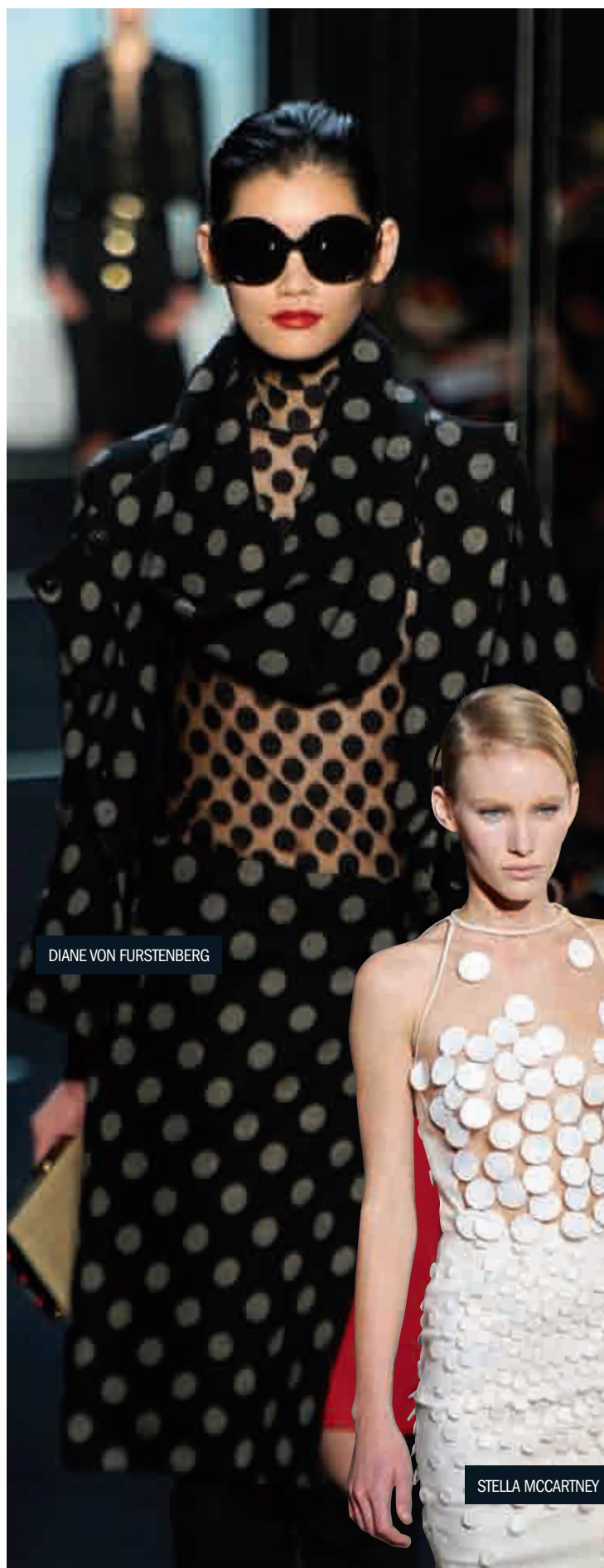
ICONIC FASHION FOR THE EVERYDAY ICON

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METRO ENTRANCE / CINEMA PARKING

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Going dotty

Alexa Soar sees spots on the catwalk.

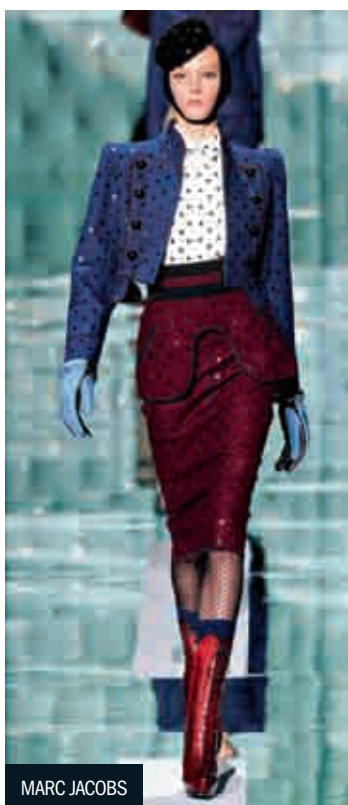


DIANE VON FURSTENBERG

STELLA MCCARTNEY



KATE WINSLETT IN
STELLA MCCARTNEY



MARC JACOBS

Her

POLKA DOTS

I must confess I have always preferred polka dots' arch nemesis, the stripe, for my pattern fix. Perhaps it was a disastrous calf-length prom dress or Cruella De Vil that put me off, but either way, dots tend to have more associations with Minnie Mouse than Coco Chanel. But this autumn's runways have been awash with evidence pointing to the contrary; spots can be both sexy and sophisticated.

No puppies were harmed in the creation of animal lover Stella McCartney's monochromatic and spotty line, which was brought up to date with the inclusion of other trends,

such as cut-out dresses and sheer fabrics. Sheer has been a big trend this season and spots add a little fun and interest to a otherwise basic and sophisticated look. McCartney also included larger dots, which are more clustered than evenly patterned, adding a bit of variation to the trend. Kate Winslet wore one of McCartney's one-sleeved sheaths to the premiere of *Mildred Pierce*, and Topshop has already adapted this style to its high street line. Circles can also be in keeping with the Mod trend and look great with retro accessories and shoes.

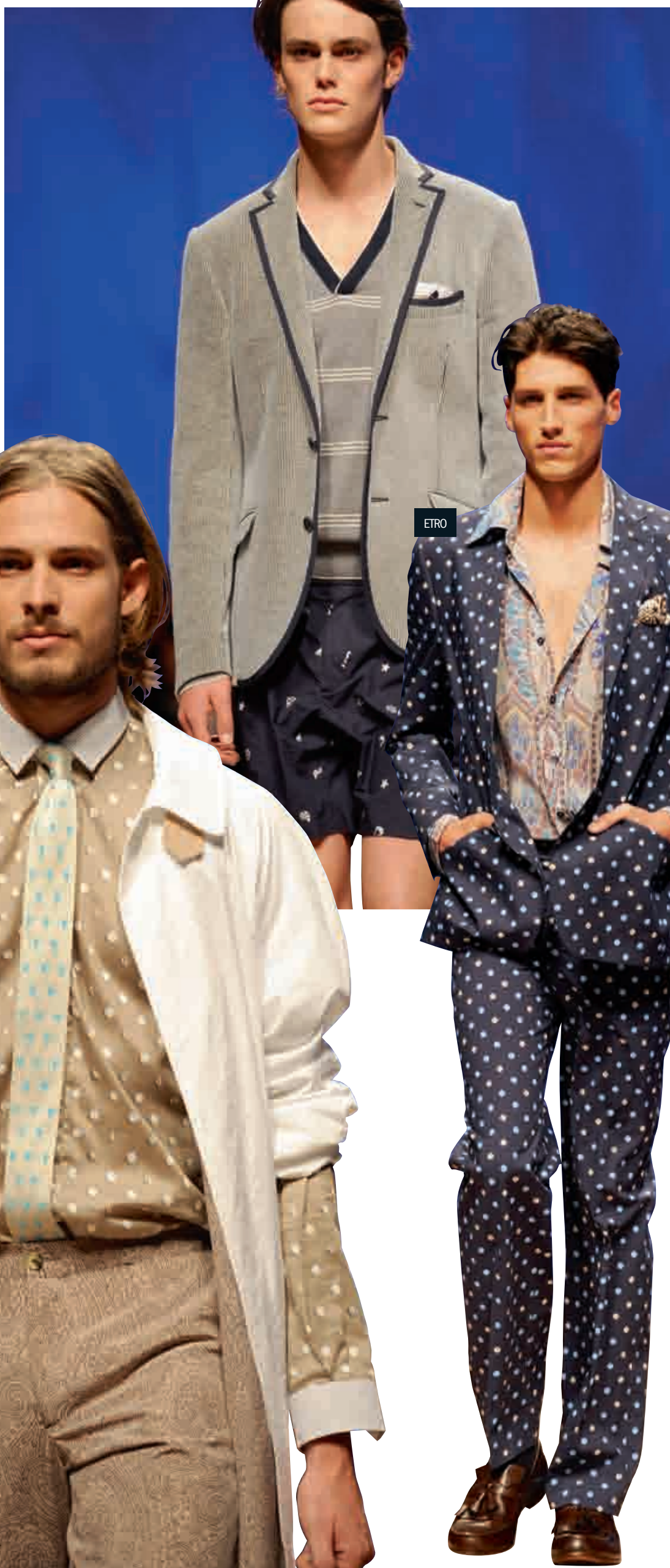
Don't be too afraid to add some colour for a more casual look, or to pair the dots with clashing stripes or florals. Marc Jacob's Autumn line had dots throughout, with some interesting tights acting as the foundation to every ensemble. Tights or socks worn with wedges can be quite a fun and quirky way to go dotty. Whether fun or sophisticated, formal or casual, prepare to see spots this Autumn!



GUCCI

Him

This year has seen the boundaries between women's and menswear pushed further than ever before, with lively patterns, bright colours and even skirts being spotted on menswear runways. Although they have not been quite as abundant in menswear, polka dots are a relatively tame pattern for men to adopt, especially compared to some paisley patterns. Paired with masculine tailoring or muted colours, the dots can add just the right amount of visual interest and stimulation to an outfit. Etro sported some rather interesting navy polka dot suits as well as some unusual shorts. The shorts were interesting as from a distance they looked like polka dots, but on closer inspection they were little stars and boats. Polka dot accessories such as ties and bow-ties are a safe option and a slightly less-committal way to go spotty. Keep the spots in moderation and there is no reason why men can't have a break from the stripes this season too!



FASHION OPINION



CLAIRE STAPLEY
MUMSINHEELS.COM
@MUMSINHEELS

School-run fashion fun

The school run has returned, and with it the drop-off catwalk has made a comeback.

Five years and two children earlier, no-one could have prepared me for how fashionably competitive mums can be at the schoolgates—or not.

I am certain that there are mothers in this town who are not only making sure their little darling's uniform is spot on, but are going all out to ensure that they also look good—and better than their peers.

Highlights, low-lights, a new outfit—maybe even a spray tan! From my experience, some mothers can come out in a cold sweat as they decide on their “look-strategy” for a new school year.

We've all seen photos of celebrities looking fabulous on the school run, which only fuels the fashion flames on the importance of looking good at the gates. I mean, school run mums mean business: Heidi Klum launched a range with New Balance last year, and Claudia Schiffer has a range of cashmere dresses and sweaters for the more demure mother, I'm sure!

Whatever your style, the pressure is on for maximum effect at the school gate. All I hope is that I don't see harem pants, grey jogging bottoms with elasticated ankles, VPLs, maternity trousers on non-pregnant women and crocs.

Of course, many regard this competitiveness as utter nonsense—and that's true—but we all get sucked in and, I must admit, in some cases I say thank goodness.

BYTES & PIECES



ALEXANDER MCNABB
DIRECTOR, SPOT ON! PR

It's all a game of tech patents

Google's recent \$12.5 billion acquisition of Motorola Mobility surprised many industry watchers. The mobile company has been losing money as well as market share in the vibrant Android mobile device market, despite having introduced a variety of new products that have generally been welcomed as "cool".

But why would Google get involved in the handset hardware market at all? One answer could lie in Motorola's long track record of pioneering innovation in the wireless market—the company is sitting on something like 18,000 patents, with a further 7,500 patents currently under application. Some of those patents are critical to modern handset makers, particularly Apple, which has recently been lodging court cases against Android mobile manufacturers, such as HTC, alleging patent infringements. Patents are being used by the various players in the mobile market not only as barricades but as revenue earners: if a device uses a patented technology, the maker of that device typically has to negotiate and pay a royalty to the patent holder. So companies actually make money from the sale of their competitors' products. It's one of many aspects of the technology world that don't seem to make an awful lot of sense, but with a potential basket of 25,500 patents to tap into, you can perhaps start to see why Google was so interested in Motorola Mobility.

Lessons *in technology*



Some teachers want a greater role for tech in the classroom, but are kids ready for it?

Even though it has been more than a year since its much-vaunted launch, the Apple iPad's potential is still being assessed by all sections of the technology world.

It's true that the tablet PC, which made the format a must-have accessory, has proved itself to be a very capable portable media player, web browser and games console, but what else could the technology be used for?

According to Ian Wilson, an educational consultant who advocates using technology to stimulate learning, the next logical step is to bring the iPad into schools.

"It is widely recognised the one-to-30 one-way knowledge-transfer model [used in class-

rooms] is fast becoming redundant," he says. "As teachers and lecturers begin to create new ways of tackling this issue, the iPad could play a useful role in this transformation."

Over the past year, educational institutions have increasingly been keen to showcase their technological approaches to education, almost invariably including use of the iPad. Aside from this, many classrooms have also forgone the traditional blackboard for modern, interactive white boards, while online programs have also made their way onto school curriculums. What is more, many universities use online portals to share content and information, and these are usually hosted by the institution itself.

"A lot of people are doing some pretty neat stuff," says James Piecowye, a communications pro-

“You have to mirror the world your students live in. So you need more bells, whistles and multimedia in your lectures.”

fessor at Zayed University. "You have student devices, like iPads and smartphones, and then you have the teaching devices such as smartboards. You can also pretty easily turn a Nintendo Wii into what's essentially a smartboard for next to no money."

The fact that technology is making its way into education is unsurprising, given that technology is infiltrating many other aspects of daily life. Indeed, some have even said that the current classroom model is becoming outdated, and that schools need to step up their games in order to get the best out of their students.

Wilson criticises the way in which many schools still treat their technology needs. He points towards secluded IT suites, teachers who are over-reliant on technicians and the need for expensive maintenance as part of



the problems faced in engaging kids with technology.

"Too many schools segregate their technology from everyday teaching and learning by placing it in a dark, windowless room and then timetabling when learners can access computers," he says. "Children are then herded in large groups along the corridor to use the computers. Thus technology becomes compartmentalised and discrete rather than ubiquitous and generic."

Most experts agree with Wilson about the problems, however, many differ in their solutions. Wilson heavily advocates the use of iPads in classrooms, whereas others, such as Piecowye, are more sceptical about the practical uses of tablet PCs in education.

"I used to use a lot more technology in the classroom," he says. "But I think we're starting to get ahead of ourselves in how it can be used, and I'm not sure how to integrate things like iPads into what we're doing."

"Sure, it's a great thing that some teachers are finding ways to integrate technology into their lessons; it's a brave frontier on how to do things. But teachers are already overworked, and they're not exactly paid well, so if it takes longer to put together a lesson that incorporates technology, then you have to ask yourself if it's worth it."

This is not to say that technology has no place in the classroom. Piecowye agrees that there are big challenges facing teach-

ers and professors in the modern world, particularly when it comes to reaching out to students.

"You have to mirror the world that the students live in," he says. "So you need more bells, whistles and multimedia in your lectures, just to keep up with the short attention spans of the kids. Incorporating things like iPads into your classes can make learning more involving. But, that said, if a teacher doesn't know how to use

the technology properly—and many don't—then they'll do what they've always been doing."

Incorporating plenty of technology into education can be a headache for teachers who are not tech-savvy, then, but according to one student's point of view, more interactive lectures can provide great benefits to learning.

"I had a couple of lecturers who would really work on their Pow-

erpoint presentations, and make their lectures interactive," said Vee Kerklaan, a recently graduated student from Middlesex University, Dubai. "Those lectures were definitely more enjoyable, but even so, the regular lectures weren't too bad."

Let us know your experiences of technology in the classroom, either as a parent or as a student. Email your comments to letters@readme.ae



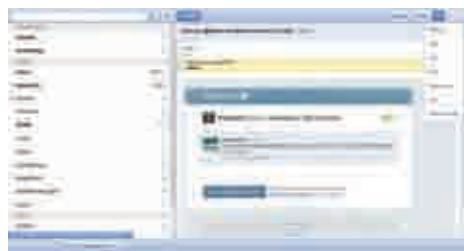
Tech beat

IPHONE 5



In what turns out to be a carbon copy of an incident last year, an Apple employee has once again mislaid a prototype iPhone in a public place. The forerunner of the unre-

leased iPhone 5 went missing in a bar in San Francisco this summer, and although it was electronically traced to a house, Apple employees—who allegedly posed as police officers—found nothing. The prototype is said to look identical to the previous iPhone, and was possibly mistaken as an iPhone 4.



GOOGLE CHROME

A new app for Chrome, Google's web browser, will now allow Gmail users to send and view email offline, traditionally one of the drawbacks of this internet-only service. Available from the Chrome Web Market, the app stores email onto your computer's hard drive and makes it available via a tablet-style Gmail interface. It can be used whenever the computer is not connected to the internet, and will save drafts of email ready to send when a network is available. Also available is an offline Calendar app for Google Apps users, while offline Google Docs will be released very shortly, according to Google.



SONY ERICSSON

Sony Ericsson has announced that its latest smartphone, the Xperia Arc S, will take 3D pictures with its standard, 2D, 8.1 megapixel camera. By taking multiple images and stitching them together, it will simulate 3D images on a 3D television, although the snaps will only be seen in 2D on the phone. Using the Android operating system, the phone will be released from October. In a move to integrate Sony's product range, the Arc S will also act as a remote for Sony televisions.



FACEBOOK

Rumours are growing that Facebook will shortly announce the launch of its music service, which will operate alongside Spotify, MOG and Rdio—perhaps as soon as its f8 developer conference on September 22. The service will allow users to listen to music within Facebook.com, and while the site will not directly host or stream music, it will likely invite partners to provide the content. Facebook plans to become a platform for media content in the way it hosts applications and games, and the move could eventually open the door to other media like streaming movies.

Gags and gigs and funny things

Dubomedy, Dubai's homegrown laughter school, has proven that the growth of comedy in the emirate is no joke.

LAUGHS

The ability to make a room full of people laugh is a talent few people are born with. It is, however, a skill that you can learn. The comedy scene in Dubai has taken off over the past couple of years and a growing number of residents have started to enrol in classes to perfect the art of humour.

When comedienne Mina Liccione first moved to Dubai four years ago, the local comedy community did not exist. "There had been a few shows when American stand-up comedians flew in to perform, but there was nothing local and homegrown," she says.

So Liccione launched Dubomedy Arts School to provide training and performance opportunities for local artists and sow the seeds for a supportive, creative comedy community. "We have since had hundreds of students go through our comedy programme and recently our dream of exporting homegrown Dubomedians has come true as a number of our students have gone on to perform internationally," she says.

One of these students, Omar Ismail, swapped a career in the investment business for a future in stand-up. The 27 year old Emirati had



been reluctantly dragged to his first Dubomedy class by a friend who spotted his potential; he now performs around one show a month and has appeared abroad several times.

"I've always loved comedy but I never saw myself onstage. I saw myself watching rather than performing but now I've realised that I have a real passion for it," Ismail says. "It's an exciting time for stand-up comedians in Dubai because the scene here is really starting to develop."

There are still a few barriers to overcome. Ismail mentions the censorship of material, although some people can push the bound-

aries more than others he says. "Emiratis can get away with more because they are not seen as people coming over and slagging off the country or flouting its values, but rather as people on the inside who know what they're talking about, so it's more acceptable."

Another challenge local comedians have to confront stems from the novelty of their profession. "There is no word for stand-up comedy in Arabic. Part of our job as comedians in Dubai is to explain to people what we do and show them the benefits of it, as a lot of people don't understand what stand-up is. My grandfather still thinks I'm a singer," Ismail laughs.



Benefits of laughter

- Laughter eases the mind by reducing the level of stress hormones
- It provides a physical and emotional release
- A good belly laugh exercises the diaphragm and contracts the abs for an internal workout
- Laughing with people is a great way to forge a connection and cement a social bond
- Giggling at a difficult situation can put it in a positive light and ease the tension

Mastering the local tongue

LANGUAGE

It is not necessary to understand Arabic if you live in Dubai but an increasing number of people are taking lessons to learn the region's local language. "There isn't the pressure to learn Arabic because people here can get by without speaking it but there are many advantages to doing so," says Jenny Hunt of the Arabic Language Centre (ALC) in Dubai.

Most people who apply for courses at the ALC are learning

for business or for pleasure, Hunt says. "Speaking Arabic helps people get a deeper understanding of the local culture and communities, particularly if they have recently moved here," she adds.

Many expats are put off by the challenge of mastering a new language that not only requires learning a new vocabulary but also getting to grips with a different alphabet, grammatical system and structure too. However, few students at the ALC fail to get their certificates at the end of each course.

"I imagined it would be really difficult and was surprised to find that within about five weeks I could already read and write in Arabic at a basic level. I had great fun impressing my family by writing all their names in Arabic and reading my father's parking ticket for him," says Cara Jameson, a UK expat who recently took up Arabic a year after moving to Dubai.

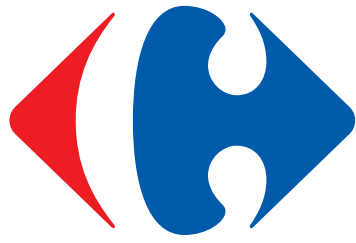
Success stories abound, particularly at the ALC, which has just received 100 per cent pass rates for its GCSE students. "At the end



of the day, learning Arabic makes life easier when you live in Dubai. It might not be absolutely necessary but if you can speak Arabic then you will get better service,

work better with local organisations, improve your position in the workplace and have a better understanding of the culture you live in," Hunt says.

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Time for *tea*

The humble brew is enjoying a resurgence around the world, with a number of varieties beneficial to health.

Tea-drinkers are moving away from traditional black teas towards more exotic, organic varieties as they become increasingly aware of environmental, health and wellness factors associated with the drink, experts claim.

Second only to water as the most highly consumed beverage worldwide, tea is currently experiencing a boom in exports around the globe as herb-based varieties become increasingly popular.

At present, the Unilever tea factory in Jebel Ali produces 1.1million tea bags per hour, every day of the year, but this will have to increase dramatically if it is to



1.1 million

Tea bags produced
per hour by
Unilever tea factory
in Jebel Ali



keep up with growing demand. Within the next four years the plant aims to double its output to become the largest tea factory in the world. “Our challenge is to continue to grow our black tea core while extending segments like green, fruit and milk tea,” said Cees Talma, global vice-president for Lipton, one of the main brands produced at Unilever.

“Tea is very much on the health and wellness trend, and we expect the market to continue to grow between five to seven per cent a year,” he added, pointing out that as consumers become more environmentally aware, the demand for greener tea is growing.

According to Kurush Bharucha, director at Unilever and a world authority on tea, the industry must become more sustainable



if prices are to remain steady. At present, tea prices are more volatile than ever as climate change begins to affect crops, particularly in major tea-producing nations like Kenya, India and Sri Lanka, where droughts in recent years have caused crop failure.

The financial health of the industry has received a major boost from green tea, which has experienced a surge in popularity in the region. "Green tea was relatively unheard of 25 years ago in many

HEALING PROPERTIES OF HERBAL TEAS

Ginger: Said to be an excellent remedy in the early stages of infection due to its spicy properties, and can also relieve rheumatic pains by stimulating blood circulation.

Lemon verbena: Commonly used as a digestive aid because the citrus content helps to break down fats.

Camomile: An amino acid called tryptophan that's found in camomile buds is known for its tranquilising effects, which is why many people drink this tea before bed to prevent insomnia.



Middle Eastern countries, but this has changed rapidly in the past five years," he said.

"Green tea has got a lot of good press...its health properties are well known and women, in particular, are embracing green tea in a big way and really going for it as a refreshing, healthy beverage choice."

Green tea comes from the same bush as black tea but is produced in a slightly different way. While black tea goes through a process of fermentation that changes the colour of the leaves from



green to black, green tea production halts the fermentation and retains the natural colour of the leaves.

Now other varieties are making their way into the mainstream tea market, with jasmine, camomile, lemon and mint teas among the most popular varieties. Much of this is due to the various healing properties associated with different types of teas.

According to Susan Curtis, a homeopath for Neal's Yard Remedies, herbal teas are more beneficial than fruit teas from a healing perspective, because the latter tend to be blended from synthetic ingredients while herbal teas often contain real herbs.

"This means they make effective remedies if drunk at least three to four times a day. The best quality herbal teas tend to be organic—avoid any teas with artificial flavourings," she advises.

Sunscreen coral is new barrier reef

Scientists believe they may have found an effective way to protect the skin by harnessing the powers of seafife.

SKIN PROTECTION

Sunscreen may soon be available in pill form with scientists at Kings College University in London hoping to harness the power of coral to create an effective solution for people in sunny climates.

"There is a need for better sunscreens," said Dr Paul Long, who is in charge of the team investigating the genetic and biochemical processes behind coral's natural ability to stimulate a body's defences against harmful UV rays. The scientists have recently returned from a trip the Australia's Great Barrier Reef, where the species in question, the endangered acropora coral, is found.

He added that, for some time, scientists have been aware that certain coral and algae breeds could protect themselves from the harsh UV rays in tropical climates by producing their own sunscreens, but until now they didn't know how this occurred. Now, a single pill could be created to provide up to a week's protection from the sun.

"What we have found is that the algae living within the coral

make a compound that we think is transported to the coral, which then modifies it into a sunscreen. Not only does this protect the coral from UV damage, but we have seen that the fish that feed on the coral also benefit from this sunscreen protection," he explained.

Ultimately, this discovery could be used to create a tablet from the compounds used by coral to provide inbuilt sun protection for humans. "We couldn't and wouldn't want to use the coral itself as it is an endangered species."

This research comes in the



THE FUTURE OF SUNSCREEN COULD LIE IN CORAL

"We have seen that the fish that feed on the coral also benefit from sunscreen protection."

wake of a warning from a leading group of doctors that guidelines for sun cream do not suggest a high protection enough factor. According to one of these doctors, Dr Ike Iheanacho, the current recommendation to use a minimum of SPF 15 does not reflect the way people actually use sunscreen.

"Whole body coverage for a single application for an adult requires around 35ml of sunscreen. Applying this much at least every two hours, as the current guidelines recommend, would require a standard 200ml bottle of sunscreen every two to three days," he said, pointing out that the majority of people use far less than this.

A sunscreen pill would provide full body coverage without the risk of leaving some areas of skin exposed during a speedy application. "I would feel a lot better about using a pill that provides full-body protection for a set period of time," said Dubai resident and mother of three, Padma Ramalingam. "It's hard to know how often to apply sunscreen and to gauge the correct factor for each particular day."



A Dam fine city

From cruising along the canals to admiring the hanseatic architecture and taking in the multitude of poignant museums, a visit to **Amsterdam** offers much more than you would expect from one of the party capitals of Europe.

Though it might have a reputation as a place mostly suitable for stag and hen tours, the capital of Amsterdam has plenty to offer for the discerning traveller. With its wonderful network of seventeenth-century canals, its chic way of life and its vast array of museums, this city is a must-see for anyone who holds even a small amount of interest in art and culture.

One of the best ways to sample all of what Amsterdam has to offer is to rent a boat for a week or so, traversing the complicated waterways to your heart's content. Reportedly, the first ever pleasure cruise on the canals of Amsterdam was completed by Queen Elisabeth Stuart of Bohemia in 1621, and soon after it became a national tradition to treat royal visitors or VIPs to a spot of boating. Now, the city's waterways

serve over three million passengers a year. This is no wonder, given that, for the most part, every major point of interest is easily accessible by water. And due to the scope of Amsterdam's canal systems, a boat tour of the city provides so much more freedom than simply staying at a hotel or rented apartment. With the latter options, it is possible to see the area in which you are staying, plus the city centre. Anything beyond

“Navigation is easy, and fellow water-dwellers are only too happy to help out.”

this, though, takes prior knowledge of the city, or some seriously good orientation skills, due to the city appearing as little more to a tourist than a complicated maze of narrow alleys punctuated by beautiful town squares. On the water, though, navigation is easy, and fellow water-dwellers are only too happy to help out if the going gets tough.

Boats for rent can range in size from nothing more than a two-seater paddleboat to a mansion-esque houseboat. For a week-long excursion, though, a narrowboat-style

cruiser is ideal, given that most come with kitchens, bathrooms and bedrooms, and are still small enough to manoeuvre through the water without too much hassle.

The possibilities for destinations are endless. Amsterdam is home to more than 50 museums, and within five minutes' walk of each other reside the Anne Frank Museum, the Van Gogh Museum and the Amsterdam Dungeon, along with all manner of smaller, niche exhibitions and galleries, ranging from the Torture Museum to the Museum of Bags and Purses.

The Anne Frank Museum makes for a particularly poignant



THE ROYAL PALACE
ON DAM SQUARE



CANALS SIT SIDE BY SIDE WITH WONDERFUL ARCHITECTURE

experience, as it is built around the office block in which Frank and her family hid from the Nazis during the German occupation of Holland during World War Two. Visitors can see how the Frank family survived during their two years in hiding, while also catching glimpses of the original diary.

The Van Gogh museum is similarly impressive for its historical merit, given that it is home to the largest collection of paintings and drawings by the Dutch painter Vincent van Gough.

But in terms of history or culture, these attractions are dwarfed by what can be found at Dam Square, one of the most important and well-known areas in Amsterdam. The most nota-

ble building in this square is the neoclassical Royal Palace, which was converted from a city hall into a royal residence in 1808, but has, since 2009, been open to visitors. And next to this sits the fifteenth-century Gothic *Nieuwe Kerk*, or New Church.

Both of these buildings are nothing less than staggering to behold from the outside, and inside both offer perfect glimpses into the last few centuries of Dutch life. And aside from these, Dam Square is home to Madame Tussaud's wax museum, the National Monument and scores of bars and restaurants, making it well worth a visit.

A little further south in the city sits the renowned party area, Leidseplein, which has made a

name for itself as the go-to place for anyone looking for a good night out on the town. The area gives the impression of an urban jungle bursting with life. There are bars, clubs and restaurants stuffed into the tiniest spaces, while outside, the streets are completely packed with revellers and tourists sampling the nightlife.

Whether looking for a cultural infusion, a never-ending party or simply a romantic canal cruise, Amsterdam can provide the perfect destination. With its huge array of attractions, the city is much more than a simple good-time venue, but is also a glimpse into the history behind one of Europe's most impressive cultures. It is wasted on the stags and hens.

Vox pop

Have you ever flown first-class?

Perps Hutchison

Hospitality, Financial Centre



I have never flown first-class before, but I would definitely like to do

so one day so that I could experience a comfy seat, special treatment, good air conditioning and a much less congested environment.

Parvez Ahmed

Admin assistant, Deira



No, unfortunately I have never flown in first-class. If I was given a

first-class ticket to travel anywhere, though, I would like it to be a ticket back to Bangalore, which is where I am originally from.

Jeffrey Shyne

Senior partner, JLT



I fly quite often for work, usually in business class or first-class. I

prefer to travel this way instead of flying economy, and I would say the main perk has to be the extra space and the overall comfort.

Maduka Jayawardena

Support agent, Discovery Gardens



I have not flown first-class yet but I would really like to. I would fly

first-class to California if I could go anywhere in the world. I have always wanted to visit the west coast of America, and also my brother is living over there at the moment.

Get back to nature in Dibba

VISIT

There aren't many places in the world that sit across three states but the small, coastal town of Dibba manages to be in Oman, Fujairah and Sharjah at once. The geographical quirk is not the only point of interest in this colourful spot.

The main tourist area lies in the Fujairah section of Dibba, which

contains a large seaside town and several outlying villages that offer an interesting insight into the local way of life away from the bustle of the major UAE cities.

Particularly popular among campers, the area features some of the best beaches in the country, with deep, white sand that makes a comfortable change from the rockier campsites found in the



nearby Wadis or mountains. There are plenty of watersport activities too to keep visitors occupied in the day, while at night many of the beaches spring to life with the glitter of campfires as friends and families gather together for a meal under the stars.

It's a magical setting that attracts visitors from all over the UAE and the perfect place to escape the noise of the city and get back to nature. There are also plenty of hotels in the area and many offer excellent deals for families or couples seeking a comfortable base from which to explore this relaxing region.



On the bounce

Alexa Soar investigates whether or not amateur trampolining can be more than simple child's play.

Trampolining was something the less co-ordinated of us would come to dread, while the more adventurous types would relish the opportunity to play on a suped-up version of a bouncy castle. Personally, I was always incredibly mindful that a simple, mismatched jump by my sister could send me flying over the edge and onto the ground at any given moment. But today, trampolining is more than just a toy or dreaded activity; it is considered both a sport and a healthy form of exercise to be taken seriously. And if practiced

correctly, it can be both physically beneficial and something to be enjoyed by everybody, not only by children.

More than just a photo opportunity, it offers an all-round workout for the legs and certainly gets the heart thumping.

"Trampolining helps your core strength and balance," says Suzanne Wallace, a qualified trampoline coach from Dugym in Dubai.

But trampolining is serious and I was right to be wary of the other children's energetic jumps. Wallace warns that people are wrong to treat a trampoline as a harmless activity to keep the kids occupied, and that it can be dangerous if not practiced under qualified supervi-

sion. Indeed, trampolining has the same insurance rating as activities like sky diving.

"I do not advocate trampolines in back yards," says Wallace. "The safety net for children is a false sense of security and people can easily harm themselves if they do not know what they are doing. Children often get carried away bouncing into each other."

I learn that while anybody can simply "bounce", more advanced moves should be saved for qualified supervision. To learn more complex techniques and to trampoline competitively requires significant training and fitness. The sport is incredibly physically demanding and tiresome and it is



not recommended to spend a long period of time bouncing.

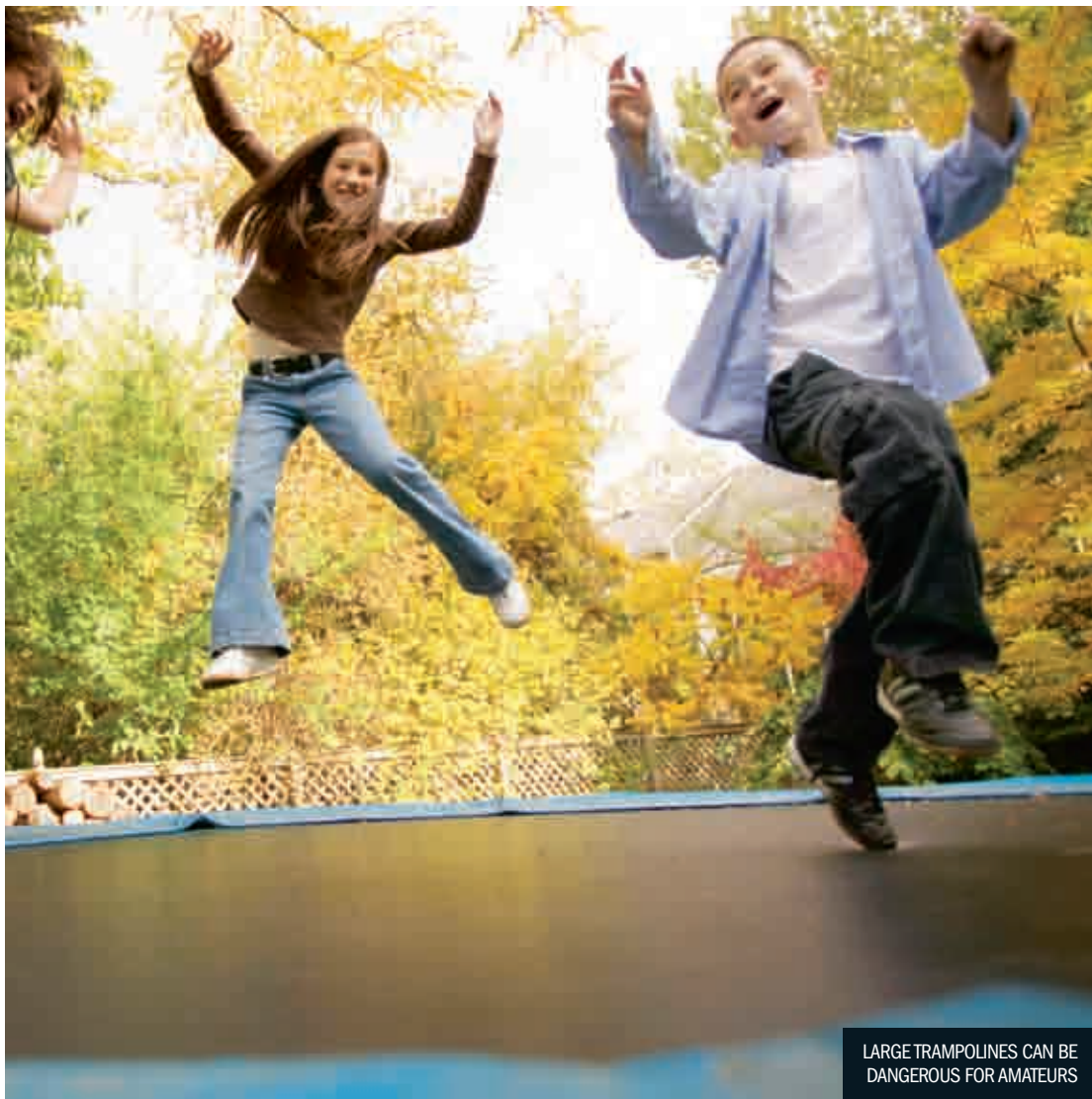
“Most of the people who come to us are already gymnasts, so they can progress quickly,” says Wallace. “To take trampolining seriously as a sport requires a high level of fitness as muscles can tire easily, which can be dangerous.”

However, trampolining can be safe if users stick to their own abilities, act sensibly and learn a few basic techniques. And because it is something to be taken seriously, adults are often better suited to trampolining as a form of exercise than children.

“Older people are happy to learn the skills and are patient while watching others,” Wallace explains. “As a limited number can trampoline at a time, children can often become bored.”

However, while Wallace has tried to run adult classes in the past, there are currently no specific adult classes in Dubai. “Unfortunately adults were not as forthcoming and can often be unreliable,” she says. “But we welcome adults to join our older teen session, which has been successful in the past.”

There is little risk of jarring the load-bearing joints or spine, which



“To take trampolining seriously as a sport requires a high level of fitness.”

can occur with high-impact exercises such as jogging, and in that respect, trampolining is comparable to swimming.

It can also aid co-ordination, balance and rhythm. Many athletes, including skiers, skaters and divers, practice on a trampoline to enhance their motor skills. So while many of these benefits are great for children with a keen interest in improving their sporting ability, it can also be great for adults who simply want to sharpen up their level of co-ordination.

There have also been studies that show trampolining to improve the mineral content—and therefore the density—of bones, lessening

the likelihood of fractures from osteoporosis.

However, rather than investing in a large and potentially dangerous back yard trampoline, why not purchase a “rebounder”. Rebounders are small trampolines that can

be conveniently used in a living room; great for the warmer months in the emirate. Rebounders are

safe because their limitation in size means that users can only bounce one at time and cannot get carried away with fancy moves.

They are best used alongside a workout DVD, which will walk you through basic techniques and keep you motivated. They offer similar advantages to trampolining without carrying as many risks and are far more enjoyable than plodding along on the treadmill.

“Rebounders are great because they stop impact on your joints but are both more fun and better for you than jogging,” recommends Wallace.

So, if you want to have some fun but can’t quite cope with hard exercise, why not bounce some stress and calories away?

FITNESS FOR REAL



Ladies’ squash leagues

Playing squash is one of the best workouts you can get; it works every muscle in the body, and really helps to tone. I’d say that, for amateurs, playing half an hour of squash is equal to about two hours of playing tennis. And the best thing about it is that you can play all year round.

I run a ladies’ squash league that is open to everyone from complete novices to serious players.

There are seven divisions, with division seven being for ladies who have maybe had four or five lessons, and can simply serve and hold a rally. At the other end of the scale, division one is for very advanced ladies, who have been playing for years. Some of these women could even give the men a good runaround.

There are three seasons every year, and each season lasts about three months. Ladies pay Dh50 for a season, and they get a t-shirt and sometimes have their pictures in the newspaper. I make them fit and famous! At the end of the season, the top three players in each division get a trophy, and the top two generally go up to the next division.

To sign up for it, all you need to do is to send me a text saying that you want to take part. I’ll then invite you down to a couple of my squash clinics to see what kind of level you’re at, and then I’ll put you in the division that’s right for you.

You can contact me on 050 450 7762 or by visiting my web site, which you can find at www.nikky-sports.com.

Small offering, big on taste

One of the many buffet joints in Dubai, **Channels** benefits from not overfacing its customers with dishes.

RESTAURANT

Located at the Media Rotana hotel is Channels, another buffet restaurant in the ever-popular and increasing all-you-can-eat scene that seems to have taken over Dubai in the last decade. No other city has such an extensive array of food deals that cater to every possible taste, wallet size and appetite as this emirate. We visited Channels on a Friday, the Asian themed night, which saw a selection of Far East favourites such as stir fried noodles, egg fried rice and spicy Thai red curry on display.

The selection of main courses was fairly limited, especially com-



pared to some of the glitzier restaurants that pride themselves on all the extra frills like chocolate fountains, ice sculptures and live cooking shows. Comparatively, Channels offers a fairly modest display of just two rows of food, including buffet staples such as a carvery, serving up tender and pink meat, a salad bar, bakery and dessert table.

Next to the salad bar was a generous selection of delicious sushi, which provided a welcome break from the large selection of red

meat elsewhere. The only issue that arose from the relatively small selection was the few vegetarian options available. Otherwise, the smaller selection was quite charming and felt more selective than limiting. On visiting larger buffets, the amount of food can almost feel a little excessive, extravagant and intimidating. A lot of your meal can end up going to waste as eyes become bigger than appetites.

I was mostly impressed with the atmosphere, which was quiet and friendly, unlike the rowdiness that

can arise at many other buffet restaurants. With plenty of table space and room between each party, Channels makes a good choice for a large group of friends or family to enjoy, and while I still can't quite understand the need for so many buffet restaurants in Dubai, especially with higher quality food at à la carte restaurants nearby, Channels is undeniably great value for money with excellent service.

7-10.30pm. Dh155 (soft drinks), Dh189 (selected house beverages), Dh209 (premium beverages).

Machine Man

By Max Barry

BOOKS

Perhaps inspired by Martin Caidin's iconic *Cyborg*, Max Barry's latest novel is a science fiction novel about injured scientist Charles Neumann attempting to complete a journey of self-improvement by building himself a set of highly-advanced artificial limbs. However, instead of taking itself too seriously, this novel angles a more comedic stance on the philosophy behind artificial body parts.

When Neumann loses his leg in an industrial accident, he sees it as an opportunity to improve his body for good. All his life, he has had a chip on his shoulder about his body's capabilities, and so he experiments with newer, better parts. Over the course of the book, his ideas become increasingly drastic, resulting in some hilarious chapters as well as poignant dialogue between characters.

One of these characters is Neu-

mann's love interest, prosthetist Lola Shanks, who worries that Neumann will eventually become 100 per cent artificial. Others, however, believe Neumann to be turning himself into a weapon or a madman.

With a story that tackles the ideas of pervasive technology and self-esteem, *Machine Man* is a wonderfully funny short novel that should be taken with a pinch of salt despite its serious undertones.

IF YOU LIKE THIS, TRY...

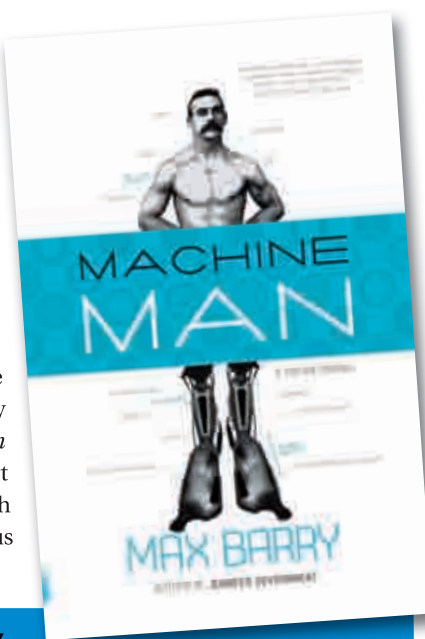
Ready Player One
by Ernest Cline

In a bleak world, where most of the population lives in OASIS, a thriving virtual reality, Wade Watts attempts to find three keys left behind by OASIS founder James Halliday, thereby finding his fortune.

1Q84

by Haruki Murakami

In 1984 Tokyo, a young woman, Aomame, unwittingly discovers she has found herself wrapped in an alternative reality. Meanwhile, ghost writer Tengo's new project is so demanding that his mediocre life begins to unfold.



Red Hot Chili Peppers — I'm With You

Warner Bros ★★★★★

ALBUMS

Having not released an album since 2006, the Chilis could probably forgive their fans for thinking they were past their heyday. But with seven Grammy Awards under their belt and record sales of over 65 million albums worldwide, they aren't the kind to give up their chart positions without a fight.

And with a new guitarist, Josh Klinghoffer, who replaces John Frusciante, it looks like the latest album, *I'm With You*, could well be as gold-plated as any of the Los Angeles band's most successful records. Of course, Klinghoffer's guitar styles and licks are different to those of Frusciante's, making for a noticeably different tone to what was heard on albums such as *Stadium Arcadium* and *By The Way*, both of which sold in their millions.

However, this is not to say that

the latest effort is not without merit. In many ways, it provides more of the same of what made the Chili Peppers great in the first place. There are the usual lashings of funk, which are as effective as ever thanks to bassist Flea's tremendous skill, and singer Anthony Kiedis makes no qualms about letting listeners know that they are still listening to one of the greatest rock bands in recent history.

And despite the fact that these bandmates are now pushing 50 years old, *I'm With You* proves to the world that they still know how to rock.



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of our leaders”

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convey our heartiest **Congratulations**
to the RTA on the inauguration of
the Dubai Metro Green Line.



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Vox pop

What is your worst health habit?

Benjamin Njoroge
Barista, Satwa



My worst habit has to be too much coffee—it probably comes with the job! I

don't live a really healthy lifestyle to be honest, but find that if I don't have coffee regularly I can suffer with headaches.

Sanil Kumar
Draftsman, Jebel Ali



I would say my worst health habit is not getting enough sleep. Even though I try to be in

bed by 10pm every night, I have to get up for work at 4.30am each morning so I am often tired throughout the day.

Tarinda Fernando
Sales assistant, Media City



It is most likely the fact that I don't get enough sleep. It's always good to

have a break from work and catch up on sleep, but even after a break you just have to go back to a normal routine.

Raghad Al Zarkaly
Media student, Sharjah



The worst health habit for me is probably having too much stress. I get stressed

over my college work, but I always think that the best way to deal with it is to talk things through with friends and family.



Laying on of hands

One of the lesser-known holistic treatments **Bowen therapy** uses subtlety to heal.

When Australian Tom Bowen discovered a type of soft tissue remedial therapy in the 1950s, he was probably unaware that 60 years later his technique would be used worldwide to relieve pain in all kinds of people, from the elderly to newborn babies.

However, many patients are still unaware of Bowen therapy—what it is and what it can be used for. At first glance the treatment looks like any other massage, but as Dubai-based Bowen therapist Anne Cook explains, “Bowen therapy is very gentle, whereas massage works on the

lymphatic system and manipulates knots. We mainly use fingers and thumbs to challenge the muscle then roll over it. When we do that there is a correlation between the mind and body, which triggers your own healing mechanism in the body. The mind and body start triggering energy and realise that things are not how they should be, so the body will continue to heal itself.”

Unlike massage, where deep tissue manipulation is key, the Bowen technique involves the use of fingers and

“The mind and body start triggering energy and realise that things are not how they should be.”



thumbs by the therapist to move over muscles in various parts, to relieve isolated pain but also to treat the whole body. Many people turn to alternative therapies such as Bowen when traditional medical science has not necessarily worked. As a holistic therapy, treating the whole body and the person is a major belief of Bowen practitioners. Cook says, “We treat the person, not the actual problem. Most people use it for physical pain but it works completely holistically so it will work on the emotions as well. The way I've been taught throughout all my training is that everything starts on an emotional level, so working on the physical as well as the emotional will help release everything.”



BOWEN THERAPY IS ALL ABOUT GENTLE MOVEMENTS



“Bowen therapy is open to anyone, whether they believe in alternative healing or not.”

WHO WAS TOM BOWEN?

Thomas Ambrose Bowen was born on April 18, 1916. He left school at an early age to become a carpenter like his father. By the late 1950s, while working at a cement factory, Bowen had become interested in healing—not least because he had learnt by then that he had “healing hands”, although what had triggered this is still a mystery. A colleague invited Bowen to set up a practice at his home; he did not take appointments as such—patients were treated in order of arrival, often more than one at a time, with Bowen moving between patients during the relaxation breaks of the therapy. Bowen was able to pass his technique onto several other practitioners before he passed away in 1982.

Intrigued by the Bowen technique, *Read.* paid a visit to Cook's The Healing Zone to see first hand what it involved. Our trial subject was Thema Swalwell, a woman in her fifties who had been suffering with sciatica for three years. A session with Cook begins as any other treatment would: after taking a full medical history and assessing the needs of the client, she focuses on any underlying emotional issues that may be linked to the pain. In line with the belief that

the whole body should be treated, Bowen therapists consider that any emotional upsets could be blocking the energy from flowing around the body, which in turn presents itself as a specific pain. But what about those who don't believe in energy and alternative healing, could the Bowen therapy still work for them? Cook says, “Bowen therapy is open to anyone, whether they believe in alternative healing or not. It has even been shown to work on animals that, as far as we know, have no belief system. I remember years ago I had a heavily pregnant lady who came to me. She was really angry after the first session as she felt as if I had hardly touched her. However, to my surprise, she returned for her next treatment amazed by how well the first session had worked.”

Before beginning the treatment, Cook explains that the actual hands-on part of the treatment is carried out in segments of a few movements, before the client is left for three to five min-

utes to relax. She begins with a series of light, gentle movements to assess the client's requirements, working her way across the back and the legs. As the session progresses, the movements become bigger yet retain the gentle manipulation that the Bowen technique is based on. Cook says, “we work on either side of where the pain is and

across the entire body, with a series of moves which are aimed towards releasing the flow of energy around the body.” Afterwards, Swalwell explained to

Read. that the treatment itself had been very relaxing—so relaxing, in fact, that she almost dropped off to sleep at one point. None of the moves caused her any discomfort, with some being so light they were almost indistinguishable, but others being “deeper” although not painful in any way. And twenty-four hours later, there was no sign of the sciatica pain that she had previously been suffering from—perhaps Tom Bowen was onto something good all those years ago.

Find out more about the treatments Anne offers at www.thehealingzone.net

ASK THE EXPERT



SAMEERA AL WASTI
PRACTISING DENTIST

What can I do about my gum disease?

Gingivitis, or gum disease, is a common condition that causes gums to be red and swollen, and also to bleed whenever the sufferer brushes his or her teeth. It's usually caused by a build-up of plaque, which is made up of bacteria in the mouth due to not brushing enough.

Though it sounds quite nasty,

most forms of gum disease are not severe, and most adults can be expected to suffer from at least one case of it at some point in their lives.

More extreme forms, such as acute necrotising ulcerative gingivitis (ANUG), are painful, and can cause extreme swelling or ulcers to develop in the mouth. Another form is periodontitis, which, in some cases, can make teeth fall out. ANUG, however, is particularly rare, and only really

affects people with weakened immune systems.

In terms of treatment, mild cases of gum disease can easily be cured simply by maintaining good oral hygiene. Brushing at least twice a day is a must, once in the morning and once in the evening, while flossing at least three times a week can also do wonders to help gum disease.

If gingivitis is left untreated, though, it can develop into more extreme forms of gum disease,

and these are much more difficult to treat. In some cases of periodontitis, entire sets of teeth have to be replaced, and the gums can take months to heal.

To avoid gum disease, it's simple. All you have to do is brush twice a day, floss and try to keep sugary drinks to a minimum. Healthy gums should be light pink in colour, so if you're worried about gum disease, pay your dentist a visit and he or she will guide you.

FIRST PERSON



RUSSELL FEATHERSTONE
SOUND ENGINEER
BKP MUSIC

The art of sound

Being a sound engineer is definitely one of those jobs where no two days are the same. Since I started working for BKP Music in 2006 there has been a constant stream of people through my studio door, even a few famous faces, mainly to record voiceovers and narratives for TV and radio in Dubai. One person who sticks out in my mind is the late Benazir Bhutto, who was a great client to work with, although the TV chef Jamie Oliver provided another particularly memorable session.

As with any job in the creative domain, you need to be constantly on the ball with new developments and technologies relevant to your industry, while still making sure the client gets their finished product on time and to a high standard. Sometimes, however, the most simple way of doing things is the most effective. For example, at BKP we provided all the sound design for the film *City of Life*, from the voice dubs to the music to the sound effects. At one point, this involved all the sound engineers wearing different shoes and walking across gravel to record the right sound we were looking for. As with all jobs it can be stressful at times, so in my spare time, I relax by doing photography for Dubai-based bands and models. And I recently enjoyed a trip to Africa which was amazing as I am a keen wildlife photographer. Sound is my first passion, though, and I feel lucky to work for such a diverse range of clients, doing such a diverse range of projects.



Little musicians

Can music noticeably aid a child's development? **Kieran Ballard-Tremeer** certainly thinks so.

Given that numerous studies have proven that involvement in music can aid concentration, language development and the ability to recall information, it might seem strange that Dubai has not yet seen a music teaching programme aimed at toddlers and babies. The formative years from birth until five years old provide some of the most intense cognitive and emotional developments in a human life, so why isn't music being used to give kids a little push?

This is a question that professional musician and qualified music teacher Kieran Ballard-Tremeer asked when she set up Little Musicians earlier this year. Her teaching programme is aimed specifically at babies, toddlers and children up to five, and incorporates classical and world music, along with elements of jazz, to give her students a broad sense of music from an early age.

"I've been based in Dubai for six years now, and I'd noticed that there was a demand for an early learning programme taught by a professional," said Ballard-Tremeer. "There's a large





KIERAN BALLARD-TREMEER

percentage of kids under five over here, and I hadn't worked in music for a while, so I decided to take the bull by the horns and go for it, and get back to my profession."

Before setting up Little Musicians, Ballard-Tremeer had been working with Emirates, flying around the world while still living in Dubai. However, before she came to the emirate, she had built up a distinguished career as a professional musician, and even owned her own studio in South Africa. A master of both the clarinet and the saxophone, she graduated from the University of Pretoria in 2000 with a Bachelor of Music degree cum laude. She then went on to win the UNISA

DJ Roode Overseas Study Licentiate competition, which allowed her to study at the Royal College of Music in London, where she studied under top artists such as Janet Hilton and Spencer Pitfield.

With so much experience behind her, Ballard-Tremeer has introduced several novel ways in which to get young kids involved with music. She hand-sources specifically designed, child-friendly instruments for the kids to play, while also placing an emphasis on music from around the world, to match Dubai's multicultural atmosphere.

"The programme runs in conjunction with the school term, with 10 or 11 weekly classes happening in a term," Ballard-Tremeer said. "I've noticed that there's

"I have about 1,200 instruments at the moment, and they are mostly percussion."



a broad range of nationalities who turn up, and, though I'd been advised to separate some nationalities, I think it's better to bring different types of music to every nationality, which is more appropriate for somewhere like Dubai.

"I have about 1,200 instruments at the moment, and they are mostly percussion. They range in size according to the

age of the child who should be using them, and are all very colourful, shaped like bugs or teddy bears, just to make them more child-friendly. I also have some woodwind instruments, such as recorders geared specifically for young children." With these instruments, Ballard-Tremeer focuses on

helping kids with musical development, so that they can learn about different pitches, timbres and rhythms, as well as how to distinguish between different kinds of sounds.

According to the accomplished musician—as well as to countless researchers and academics—the benefits of learning musical instruments to kids include improving their attention spans, refining motor skills and building a greater capacity to listen. And, perhaps most importantly, it is fun.

Ballard-Tremeer is convinced that the benefits will become apparent, and is even offering free trials in order for parents to see for themselves. "This week, I'm running a number of free trial classes, because I think it's important for parents to be able to see how their children can benefit from the programme before paying," she said.

There is no guarantee that Ballard-Tremeer's students will go on to pursue musical careers, however, many music schools around Dubai begin teaching kids at age five, so she is happy to feed her students into these schools once they are old enough. But from her side, she is sticking to teaching kids under this age for the moment.

Her classes are open for all kids, and are spread over seven locations across Dubai, including at two pre-schools. www.littlemusicians-dubai.com.



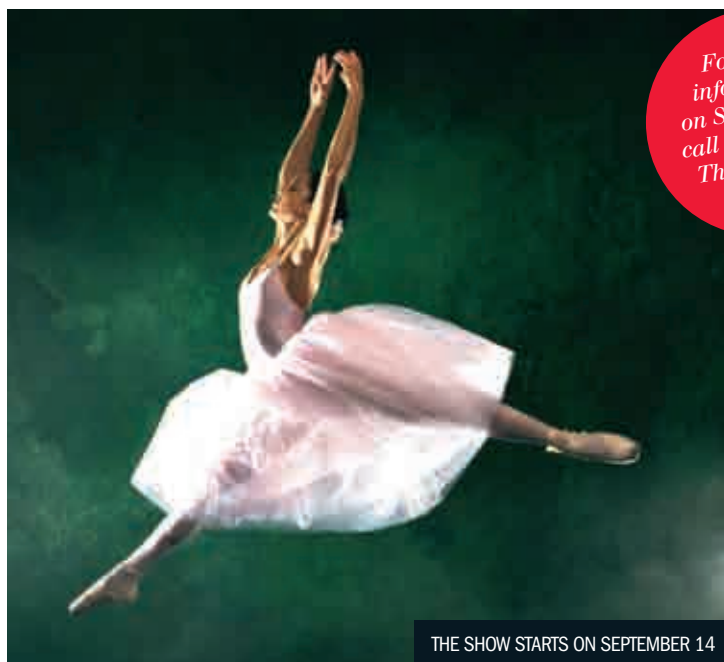
Sofia Ballet steps up to Madinat Jumeirah

Celebrated Bulgarian ballet company to bring its world-famous show to Dubai's First Group Theatre.

DANCE

From September 14, the Bulgarian Sofia Ballet troupe will be whetting cultural appetites of dance fans across Dubai with two nights of its world-famous show at the First Group Theatre, Madinat Jumeirah.

Sofia Ballet is the international arm of the Sofia National Ballet company, one of the most respected in the world. Being the first private Bulgarian ballet company, it was created specifically to take Sofia National Ballet shows abroad, and is made up of some of the country's best soloists from schools such as the National School of Dance in Sofia, along with a number of other Bulgarian ballet companies. Many of the cos-



THE SHOW STARTS ON SEPTEMBER 14

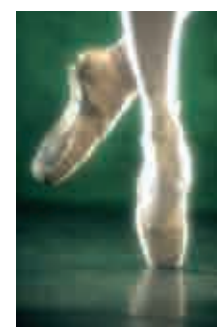
For more information on Sofia Ballet, call First Group Theatre on 04 366 6546.

tumes also belong to various Bulgarian dance companies, though some are also specially created for specific shows.

Despite being founded on Bulgarian folklore motifs, today's productions are heavily influenced by Russian classical schools, and are even created by Russian choreographers. Even so, the Sofia Ballet troupe sports its own unique charm, having taken plenty of influence from the other side of the continent through German free

dance expression. For the Dubai show, Sofia Ballet will perform classic pieces such as *Sleeping Beauty*, *The Nutcracker*, *Swan Lake* and *Dulcinea*. Backed by the music of PI Tchaikovsky and L Minkus, the show is sure to tug on the heart strings of anyone with an artistic interest. Put together by choreographers such as Marius Petipa, Lev Ivanov, Alexander Gorsky and Vasilij Vainonen, these dramatic ballet productions are famous for their refined artistry.

Tickets for the production start at Dh180, though it is an allocated seating event, so better seats will cost more.





Close encounters of the absurd kind

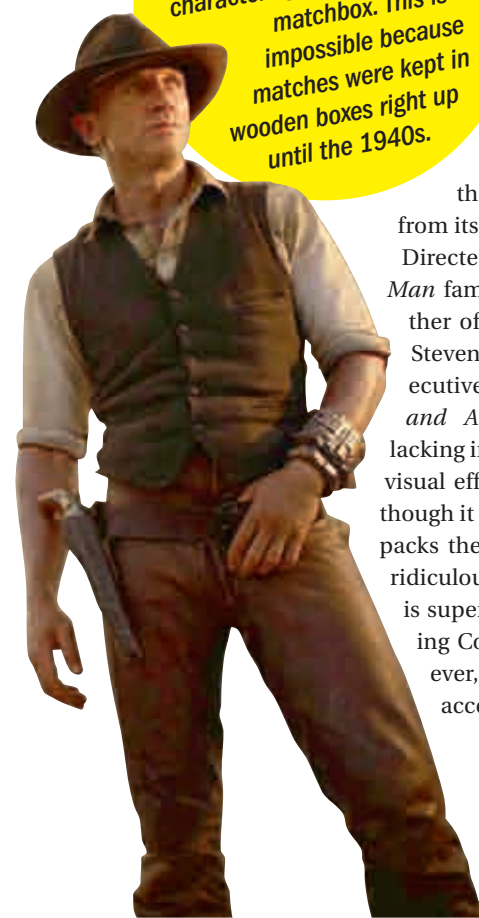
Cowboys and Aliens merges two distinct and separate movie genres to produce a picture of high fun but little point.

NEW RELEASE

The name of this film is a strange one really. *Cowboys and Aliens* sounds to most as though it will be a spoof comedy, in the same vain as *Paul*, starring Simon Pegg and Nick Frost, or perhaps a kid's animation like *Monsters vs. Aliens*. However, if you are expecting a light-hearted comedy you will be pretty disappointed by what is being touted as one of the first in a new breed of feature-length genre mash-up films—movies which span various genres without necessarily making all too much sense as to why.

The year is 1873 and a stranger with no memory of where he has come from stumbles into the isolated desert town of Absolution. Played by Daniel Craig, the stranger is Jake Lonergan, a cold-blooded killer with no clue as to his past except for a strange manacle cuffed to his wrist and an unknown woman's photograph

lying in the dust at his feet. Lonergan soon starts to discover that the people of Absolution don't welcome strangers and live their lives in constant fear of the iron-fisted Colonel Dolarhyde, who rules the streets with menace. So it seems as though the audience is settled in for an archetypal western movie, focusing on one man's loss and journey. Except at this point the aliens are introduced. Tearing down from the sky to abduct the helpless residents one by one, the alien creatures challenge everything the residents have ever known. It starts to emerge that the stranger they re-



GOOF ALERT
To light a stick of dynamite, one of the characters grabs a cardboard matchbox. This is impossible because matches were kept in wooden boxes right up until the 1940s.

jected could be their only hope for salvation as Lonergan starts gradually to recall who he is and where he has been. As his memories flood back, it dawns upon Lonergan that he may hold a secret that could save the town from its alien invaders.

Directed by Jon Favreau of *Iron Man* fame, and with the godfather of all things alien-based, Steven Spielberg, as the executive producer, *Cowboys and Aliens* is certainly not lacking in action and impressive visual effects, however it feels as though it limps along rather than packs the punch that a story so ridiculous could. Harrison Ford is superbly cast as the menacing Colonel Dolarhyde, however, although his American accent is passable, Craig



A CLEAR MASH-UP OF THE GENRES



HARRISON FORD SEEMS TO GET BETTER WITH AGE

seems to be somewhat lost in the role. While he plays Loneran with the ruthlessness and underlying sensitivity he brought to the recent 007 series, at times he appears to be simply going through the motions needed to get the pay cheque in the end.

There is no denying that *Cowboys and Aliens* is visually exciting and generally entertaining as futuristic sci-fi western movies go. And compared to some of Favreau's previous ventures—

Iron Man 2 anyone?—the story is quite well-told and allows plenty of room for character development amid the battle scenes. However, although the movie could be regarded as big-budget Hollywood nonsense by some, for those who are out to enjoy a ridiculous yet enjoyable romp through various genres of cinema, *Cowboys and Aliens* could prove to be the unlikely big hit among a sequel-packed, toilet-humour heavy summer of film.

DID YOU KNOW?

Robert Downey Jr was originally rumoured to star as Jake Loneran, but he was too busy filming *Sherlock Holmes*.

Producers were concerned about Ford's character wearing a cowboy hat as they didn't want audiences to confuse him with Indiana Jones.

Cowboys and Aliens is based on a 2006 book by the same name, a 100-page graphic novel created by Scott Mitchell Rosenberg.

SILVER SCREEN



THOMAS E. BROWN
FILM AND TV COMPOSER
THOMASBROWNMUSIC.CO.UK

'The music is not always about what it is, but what it does'

A film score is not just music—it is more than that. Legendary composer Elmer Bernstein once said, "Successful film scoring is not a matter of just writing good music; it is ... finding the heart of the film, the soul of the film, and expressing that in the music."

Although the music content is important, the appropriateness is the most essential factor to take into consideration when composing for a picture. You can dislike musical elements in themes or cues, but if the music resonates correctly in the scene, those elements can become superfluous.

The music used in film is a multi-functional tool on both a conscious and subconscious level; it helps set the scene, create the emotional tone, supplies continuity and provides the pace that the film requires. Music can supply all these elements to the film without the audience even realising it.

Last year I co-scored a short film called *Worm* that has been doing the rounds at the international festivals this year. A mixture of genres, it required a combination of musical styles to create the appropriate tone, as well as supplying the functions mentioned above through instrumentation, syncing timing for comedic moments and dynamic changes for intensity. To appease all these functions and retain musicality, while tending to both director and composer's aspirations, can be an insomnia-inducing workload, yet this leads to a richly rewarding feeling when it all falls into place. Patience and compromise is the key.

Bollywood news

SHAMMI LAID TO REST

The legendary actor Shammi Kapoor will reach his final resting place in the Dal Lake. The actor, who passed away on August 14, 2011, will have his ashes spread in the lake in Jammu and Kashmir by his son Aditya Raj Kapoor and daughter Kanchan, along with Amitabh Bachchan, Shabana Azmi, Asha Parekh and Sharmila Tagore.



SHAMMI KAPOOR

JAGMOHAN MUNDHRA PASSES AWAY

Hollywood-based Indian filmmaker Jagmohan Mundhra, famous for films such as *Bawandar* and *Provoked*, sadly passed away last week after a cardiac arrest aged 62. His last rites were performed at the Shivaji Park crematorium, attended by family and friends as well as Bollywood actresses Deepa Sahi, Deepti Naval and Udit Goswami.



BODYGUARD

BODYGUARD SMASHES RECORDS

Salman Khan and Kareena Kapoor's latest blockbuster *Bodyguard* has created history by taking a previously unheard of Rs 88.75 cr

in its five-day opening weekend. The film is expected to be the first big-name smash hit to become a member of the infamous 'Rs 100 cr Club' in such a short period from its first screening.

Reviews *in brief*

A quick look at the week’s biggest films.



One Day, 2011

★★★★★ Anne Hathaway, Jim Sturgess, Patricia Clarkson

David Nicholls’ much-loved bestseller *One Day* has just been released in its highly anticipated cinematic form, starring Anne Hathaway and Jim Sturgess as Emma and Dexter, two people who meet on the night of their graduation at Edinburgh University. The pair promise to see where they are in their lives on the same day every year. While they never become a couple, the story follows their lives on this one day over the next 20 years. Reviews have generally agreed that the film was enjoyable, but it could have had the potential to be so much more. The idea, storyline and book were emotionally charged, with humorous parts that did not translate as successfully on the big screen. But either way, *One Day* still makes for an enjoyable romantic movie.

Ana Badea Ya Wadea (Arabic)

★★★★★ Ayman Kandel, Amgad Abed, Entesar

Ana Badea Ya Wadea is the big screen adaptation of the award-winning Melody Aflam advertisement campaigns, which openly mocked the crassness that is often prevalent in Egyptian cinema. The plot stays true to the advertisements and centres on a sleazy film producer, Tehami (Abed), and his friend, Wadea (Kandel), who are intent on producing second-rate Arabic movies. Although *Ana Badea Ya Wadea* appears to have the workings of a bad movie, it does so with awareness, in a tone that both mocks and celebrates Arabic film. Funny and entertaining, this film should be enjoyable to most, even if the humour is a little crass and family unfriendly.



Mere Brother Ki Dulhan (Hindi)

Imran Khan, Katrina Kaif, Ali Zafar

Mere Brother Ki Dulhan is a Bollywood romantic comedy that is the writing and directorial debut of Ali Abbas Zafar. Set amongst a number of upper-middle class families in northern India, Khan plays a character named Khush who falls in love with his brother’s bride (Kaif). This leads to a love triangle that will be tough to resolve. The film is set to be released in Dubai cinemas this week. Let us know if you enjoyed the movie by emailing letters@readme.ae

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Ana Badea Ya Wadea - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Bodyguard - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Colombiana - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Conan The Barbarian - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Mere Brother Ki Dul Han - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 23:50
One Day - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:50
Rise of the Planet of the Apes - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
The Romantics - 11:30, 14:00, 16:30, 19:00, 21:25, 23:45
Smurfs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 00:00

GRAND MEGAPLEX - IBN BATTUTA

Ana Badea Ya Wadea - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Bodyguard - 10:30, 13:30, 16:30, 19:30, 22:30
Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30, 01:00

Captain America (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Colombiana - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Conan The Barbarian - 10:00, 10:20, 12:20, 12:40, 14:40, 15:00, 17:00, 17:20, 19:20, 19:40, 21:40, 22:00, 23:55, 00:20
Crazy Stupid Love - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Harry Potter 7 (3D IMAX) - 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
Mere Brother Ki Dul Han - 10:30, 13:30, 16:30, 19:30, 22:30
One Day - 10:15, 11:15, 12:30, 13:30, 14:45, 15:45, 17:00, 18:00, 19:15, 20:15, 21:30, 22:30, 23:50
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Smurfs - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Smurfs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Teja Bhai and Family - 10:30, 13:30, 16:30, 19:30, 22:30
Transformers 3 - 11:30, 14:30, 17:30, 20:30, 23:30
Transformers 3 (3D) - 10:40, 15:50, 21:20



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

Zookeeper - 19:15, 21:30, 23:45

GRAND CINEMAS - FESTIVAL CITY

Ana Badea Ya Wadea - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Bodyguard - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
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Smurfs - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

GRAND CINECITY - AL GHURAIR

Bodyguard - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Colombiana - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Smurfs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

GRAND METROPLEX - METROPOLI-TAN

Ana Badea Ya Wadea - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Bodyguard - 11:00, 14:00, 17:00, 20:00, 23:00
Bol - 11:30, 14:30, 17:30, 20:30, 23:30
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Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

GRAND MERCATO

Captain America - 11:00, 13:30, 16:00, 18:30, 21:00, 23:00
Colombiana - 10:30, 12:45, 15:00,

COLOMBIANA



17:15, 19:30, 21:45, 00:00
Conan The Barbarian - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 00:00
Mere Brother Ki Dul Han - 10:30, 13:30, 16:30, 19:30, 22:30
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Smurfs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

VOX CINEMAS - DEIRA CITY CENTRE

Bodyguard - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Bol - 20:30, 23:45
Captain America (3D) - 10:00, 12:30, 15:30, 18:15, 21:00, 23:45
Colombiana - 09:45, 12:00, 14:15, 16:45, 19:15, 21:45, 12:15
Conan The Barbarian - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Conan The Barbarian (3D) - 01:00
Crazy Stupid Love - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
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Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00

VOX CINEMAS - MOE

Ana Badea Ya Wadea - 21:45, 00:00
Bodyguard - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Captain America - 09:30, 15:00, 20:30
Captain America (3D) - 10:00, 12:30, 15:30, 18:15, 21:00, 23:45
Colombiana - 09:45, 12:00, 14:15, 16:45, 19:15, 21:45, 12:15
Conan The Barbarian - 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 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Mere Brother Ki Dul Han - 11:30, 14:30, 17:30, 20:30, 23:30
One Day - 10:00, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Rise of the Planet of the Apes - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Romantics - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Smurfs - 10:30, 12:45, 15:00, 17:15, 19:30
Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00

VOX CINEMAS - MIRDIF CITY CENTRE

Bodyguard - 14:15, 19:00, 23:45
Captain America - 16:30, 21:30
Captain America (3D) - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Colombiana - 09:45, 12:00, 14:15, 16:45, 19:15, 21:45, 12:15
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
Mere Brother Ki Dul Han - 11:30, 14:30, 17:30, 20:30, 23:30
Rise of the Planet of the Apes - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Romantics - 10:15, 12:15, 17:00, 21:45
Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00

REEL CINEMAS - DUBAI MALL

Ana Badea Ya Wadea - 14:45, 17:00, 19:15, 21:30, 23:45
Bodyguard - 13:45, 16:30, 19:15, 22:00, 00:45
Captain America - 11:40, 14:10, 14:45, 16:45, 17:15, 19:20, 19:50, 21:55, 22:25, 00:30, 00:55
Captain America (3D) - 13:50, 19:00,

00:05
Colombiana - 11:00, 12:15, 13:30, 14:30, 15:00, 16:00, 16:45, 17:15, 17:30, 18:30, 19:45, 20:00, 21:00, 22:15, 22:30, 23:30, 00:45, 01:00
Conan The Barbarian (3D) - 11:30, 16:25, 21:35
Conan The Barbarian - 14:20, 16:40, 17:00, 19:00, 21:20, 23:40
Crazy Stupid Love - 14:00, 14:45, 16:30, 17:15, 19:00, 19:45, 21:30, 22:15, 00:05, 10:45
Horrible Bosses - 17:00, 19:15, 21:30, 23:45
Mere Brother Ki Dul Han - 12:15, 15:15, 18:15, 21:15, 00:15
One Day - 11:05, 13:20, 13:30, 15:40, 16:00, 18:00, 18:30, 20:20, 21:00, 22:40, 11:30, 00:05
Pomegranates and Myrrh - 14:15, 16:30, 19:15, 21:30, 23:50
Rise of the Planet of the Apes - 11:00, 13:00, 13:15, 14:15, 15:30, 15:40, 16:45, 18:00, 19:15, 20:20, 20:30, 21:45, 22:40, 23:00, 00:15, 01:00
The Romantics - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:35
Smurfs - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Smurfs (3D) - 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

REEL CINEMAS - MARINA MALL

Captain America - 11:40, 14:15, 16:50, 19:25, 22:00, 00:30
Captain America (3D) - 13:25, 18:40, 23:50
Crazy Stupid Love - 11:30, 14:00, 16:30, 19:00, 21:40, 00:20
Smurfs - 11:20, 13:35, 15:50, 18:05, 20:20, 22:35, 00:50
Smurfs (3D) - 11:00, 16:10, 21:10
Rise of the Planet of the Apes - 11:00, 12:15, 13:30, 14:45, 16:00, 17:15, 18:30, 19:45, 21:00, 22:15, 11:30, 00:45

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Holly Sullivan
Waitress, Tecom



My friends and I have just been to see *Bridesmaids*. I think we are probably the last people to see it! It was really funny, but a bit more gross than I expected.

Lynsey Malkin
Housewife, Dubai Marina



I just took my son to see *The Smurfs* and he really enjoyed it. I thought it was alright, but I don't think I would have gone to see it without my son. It wasn't the worst kids' film I've ever seen, though.

Gregory Vronska
Electrical engineer, JLT



I just went to watch *Rise of the Planet of the Apes*, which I have been looking forward to. I think it was really quite good compared to the last movie, and it was good to see the origins of the story unfold.

Pretty *(as a)* picture

Large pictures and colourful canvases are a great way to liven up a new apartment. But what is the best way to hang your pictures?

We live in a magnolia world. All across this city, in towering apartment blocks and crumbling villas alike, we are faced with blank walls painted cream or off-white, and a clause in the tenancy agreement that says the landlord wants it back exactly the same way when it is time to move on. If you paint (and that assumes you get permission), you will then have to

repaint at the end of the lease. If you want to hang wallpaper, then you will either have to strip it off again or paint over it several times to hide the pattern. So how do you go about giving your new space a bit of colour and character, to stamp your own identity on an identikit interior?

One of the simplest and most dramatic ways is with pictures. At a very basic level, you could take a trip round the pictures and posters section of your local IKEA store, come away with a selection of large and inoffensive prints

and wall hangings, and away you go. Congratulations, your apartment now looks exactly the same as all the other ones where the new occupants have just blown a month's salary on Billy bookshelves, Poang chairs and that Miro-inspired print you nearly bought last time.

Be different. Be bold. Have the courage to trust your own judgement. Take a cue from where we live and start to explore the wealth of colours, textures and images available to adorn even the most humble walls. One of the first places to head for is the textile souk down by the Creek in old Bur Dubai, and the myriad tourist shops selling cashmere shawls and silk squares. These almost always have elaborately decorated and embroidered quilts, bed and table covers, and these make excellent, cheap wall hangings to bring a vibrant splash of colour to the most anonymous box. And they have another advantage – almost any type of fabric hung on a wall will have a damping effect on sound in the room, helping transform it from a resonant box into a place where you can listen to music and movies in comfort.

For something more substantial, head for the Blue Souk in Sharjah and have fun haggling for rugs, killims and runners that you can hang on a wall. Prices run from a few hundred to many thousands of dirhams depending on the quality and size of your chosen piece, but negotiate well, pay with grace and bring home a real bargain.

“Be different. Be bold. Have the courage to trust your own judgement.”

Another source of original art are the many warehouse art galleries scattered throughout Al Quoz. You can spend days finding these places, and then many happy hours enjoying the work of artists from the UAE, around the region, the Middle East and beyond. What's more, it is good fun to see if you can spot a rising new talent, invest in an original piece of work that appeals to you now and that may just increase in value many times over if your chosen artist gets more famous. And even if they don't, you still have

a painting by a real artist gracing your wall that should bring you joy every time you look at it.

For another source of original works by local artists, go and visit the Arte Souk held every other Friday in Times Square Centre and Festival City. Here you will find a fantastic collection of artists, artisans and crafts people selling their work, and the range of subjects and styles on display is highly impressive. You'll find large and colourful abstracts, lots of local landscapes and portraits, scenes from old Dubai and fan-

tastic imaginations. It is possible to buy almost anything from an old watercolour scene, maps of the region and small paintings up to great big canvases in vibrant colours that will have a huge impact in any room. Best of all, you'll get to meet the artists and ask them about the inspiration behind your chosen piece.

Another possibility is to paint your own masterpiece. Get yourself along to the JamJar café and gallery in Al Quoz behind the Garden Centre, buy yourself a canvas, and unleash your creativity without fear. Many people are astonished at the results they can achieve when they really let themselves go, and if you don't like the result, you can always paint over it and start again.

If you're not a natural artist, don't worry, there is another way of producing a stunning canvas to hang on your wall. Do you have a favourite photograph, something you took on holiday that turned out really well, a view of a sunset or a really nice image of a friend or family? Get yourself down to the nearest digital print shop such as Flying Colours. They can take a good quality original photograph from file and blow it up to A1 or A0 in size for around 300 dirhams, and the results are mighty impressive. Or if you don't think your own photography is good enough, head along to Stu William's studio on Jumeirah Beach road—he's doing special offers on family portraits right now, and you are guaranteed to get a stunning picture to hang on your wall.



YOU NEVER KNOW IF YOU'RE THE NEXT VAN GOGH WITHOUT TRYING



HOW TO HANG ART

Now you have some images to hang on your wall, what is the best way to arrange them? Here are a few guidelines about different ways to hang groups of pictures to get the best effect.

Practice first. If you have a group of pictures you think might work together, lay them out on the floor first to see if you like the arrangement. There are a number of patterns that work well, and have been developed over the years to give an impressive result.

Salon display

Use a group of pictures of different sizes but a related theme, colour or material. Imagine one vertical line and one horizontal line crossing it, and group your pictures according to this grid. Keep the gaps between images consistent to give a group effect.

Parisian-style

Imagine a single horizontal line on your wall. Hang one large piece in the centre, then smaller paintings in attractive frames either side of it, frames touching. The horizontal line should go through the centre of every image—this emphasises the central picture, and creates a calming shape on your wall.

Totem pole

Almost exactly the same as the Parisian style, but arranged on a vertical axis. You don't need to have a large central image, but arrange larger and smaller pictures to give a pleasing pattern.

Make a mosaic

Imagine a rectangle or square space on your wall, and arrange a variety of different sizes and frames within it. The object is to have a straight line around the edges, and smaller-sized images filling the spaces within. Lay this out on the floor first to make sure you have a pleasing pattern, and the finished result will look dramatic on your wall.

All the same size

If you have a group of images in identical frames, arrange them in a perfect square or rectangle, horizontally or vertically depending on the pictures. Keep the gaps consistent and the alignment correct, and you'll have a stunning group for people to enjoy.

Swede dreams

★★★★★ It might look like a big box, but Sweden really does love the **Volvo V70 turbo**.

ROAD TEST

Defining a family car is not a simple task. Depending on which part of the world you're from the de facto family wagon changes massively. In the Indian subcontinent a Toyota Corolla might be considered the perfect way to move your relatives around. Cross over to the US and it'll probably be a large SUV with seven seats. In South America the ageless Beetle still seems to be holding its own.

But in Europe there really is only one winner. If you asked a group of European school children to draw a family car, they would, almost without exception, draw a Volvo estate.

Over the years the boxy design of Volvo's big station wagon has taken on many guises, but always remained a big, long box. This modular approach to car design has served the Swedes well and the current V70 model shows no sign of changing. In fact, it's very much the opposite, as Volvo push the V70 into BMW and Mercedes territory.

Driving the top-of-the-range V70 in Sweden is like driving a Ferrari in Italy. Everyone stops for a look, their faces a strange cross between polite envy and national pride. This might sound crazy, but there's good reasoning behind this. Sweden is a country that dislikes flashy purchases and standing out from the crowd, so the V70 is very much an 'it' car. Buy one of these

in Sweden and you've achieved one of the key ambitions of anyone called Sven or Anders.

But in the Gulf, station wagons haven't really caught on, mainly due to the low cost of SUVs. The higher fuel consumption that drives away customers in Europe is also less of a factor with low pump prices in the region. But is this any reason not to consider a car that is widely lauded as one of the safest ways to transport your family across a country?

The new V70 comes with everything you'd expect from a high-end luxury car without the horrendous price tag. You certainly get a lot for your money with this car. It's large enough to carry almost anything



THE INTERIOR RETAINS THE TRADITIONAL, SMOOTH VOLVO LOOK



IT MIGHT BE A BOX BUT IT'S SLEEKER THAN EVER

you need it to. Ikea was invented to fill the space in the back of a V70, apparently.

The interior is extremely comfortable even in the base model and the array of safety features is amazing. The car tells you if you are wandering out of your lane, if there is someone in your blind spot and all-round parking sensors help you get it into a parking space. There are more airbags than at a political party meeting, seat belt pretensioners and an incredible system that will actually brake for you if you've not seen something, or someone, in front of you. Driving doesn't get much safer than this.

Dh 130,000

The turbocharged model's price tag is good value for everything that comes with it!



Volvo splits up its safety features into two types: the first is anything that helps you to avoid accidents and the second is anything that protects you when an accident becomes unavoidable. The company is leaps and bounds ahead of anyone else in the car industry when it comes to passenger protection. But, importantly, the V70 is still a nice car to drive. The steering is effortless and the brakes are excellent. The suspension reduces body roll to a minimum and handles speed humps like they're not even there. There really isn't a lot to dislike about this car.

Specs
Engine: 2.5-litre, five-cylinder, turbocharged
Power: 231bhp@4,800rpm
Torque: 251lb-ft@1,700rpm
0-100km/h: 7.7 seconds
Top speed: n/a
Price: From around Dh130,000

Under the bonnet there's a range of engines from a 2.0-litre, four-cylinder to a fire-breathing, five-cylinder, turbocharged lump pushing out 231 horsepower. That spec will push the V70 to 100 km/h in just 7.7 seconds. Add the optional body kit and this is a smart looking, fast and safe car to drive. So is it a worthy adversary to a mid-sized SUV. To be honest, with the level of trim you get with a V70, you'd be crazy to not consider it. To get the same in an SUV you need to spend a lot more money. With very few 4x4s ever venturing offroad, perhaps we should all be driving Volvo estates.



Green gadgets

Logitech wireless solar keyboard

Dh249



Solar powered electronics are an obvious way of staying green in Dubai, given that the sun is almost always shining here. However, wherever you are, you should be able to use this wireless keyboard from Logitech, which is capable of staying charged for over three months in total darkness. There are no wires at all, and the integrated solar panels can provide power even when indoors. The keyboard also features an easy-to-see power meter and a warning system that will tell you whenever you are low on charge.

Available at: most good electronics stores

Eton Soula XL speaker set

Dh1,200



Another solar-powered appliance, this splash-proof speaker set is a must-have for any regular beachgoer or swimmer. Equipped with a large, unfoldable solar panel, it's possible to fully charge these speakers in about five hours, which provides around eight hours of playback time and also means there's no need for a power cable. What's more, reviews have paid tribute to the quality of sound that the Soula XL offers.

Available at: www.firebox.com



Dh7,199

Philips Econova LED TV

While this high-definition TV from Philips might be on the pricey side, the Econova is lauded as being the world's greenest TV set. It is made from large amounts of easy-to-recycle materials, while some components are completely renewable. The Econova also dispels the myth that all TVs are power-hungry, given that when it standby mode, power consumption drops to zero watts. Also included is a solar-powered remote, so there's never any need to worry about batteries.

Available at: most good electronics stores

Lexus CT200h

Dh160,000



Toyota has been at the forefront of the green car movement—think Prius—and now its Lexus brand offers Dubai a hybrid vehicle. This one, the hatchback of the range, has been reviewed by many as greener than any of its rivals, offering excellent fuel economy. And, despite lacking straight-line speed, the CT200h is still fun to drive. It might be expensive, but as is the case with any other Lexus car, this is a quality product, so you get what you pay for.

Available at: Al-Futtaim Motors



BRING ON

the big guns

Rugby World Cup action is heating up with some of the sport's big names doing battle as they contest the coveted Webb Ellis Cup.

The first week of the tournament may have finished, but not every team has managed to get a run out just yet. Those still waiting on the sidelines include a Canadian team eager to get off to a winning start, and a Georgian team hoping to build on some strong performances displayed in the 2007 Rugby World Cup. Although there may have been some good tips for Tonga to take from their opening game against the All Blacks, there will have been too few to generate much confidence ahead of their match-

up with Canada. They may be lacking in power and finesse, but Canada should have enough to overcome a demoralised Tongan side before France inevitably win their second game of the tournament when they face the North Americans on Sunday. Sandwiched between Canada's first two outings expect a try-

fest by the rampant All Blacks as they run riot against the hapless Japanese. By close of business on Sunday evening in Pool A, Tonga and Japan, with two potential losses each, could already be in a battle to avoid bottom spot in the group. Week two in Pool B may see Scotland continue an impressive

POOL A	POOL B	POOL C	POOL D
New Zealand	Argentina	Australia	South Africa
France	England	Ireland	Wales
Tonga	Scotland	Italy	Fiji
Canada	Georgia	Russia	Samoa
Japan	Romania	USA	Namibia



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What was Mickey Mouse's original name?

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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.



FIXTURES (Dubai time)

Pool A
Tonga vs Canada
Whangarei
Sep 14, 09:00
New Zealand vs Japan
Hamilton
Sep 16, 12:00
France vs Canada
Napier
Sep 18, 12:30

Pool B
Scotland vs Georgia
Invercargill
Sep 14, 11:30
Argentina vs Romania
Invercargill
Sep 17, 07:30
England vs Georgia
Dunedin
Sep 18, 10:00

Pool C
Russia vs USA
New Plymouth
Sep 15, 11:30
Australia vs Ireland
New Plymouth
Sep 17, 12:30

Pool D
Samoa vs Namibia
Rotorua
Sep 14, 06:30
South Africa vs Fiji
Wellington
Sep 17, 10:00
Wales vs Samoa
Hamilton
Sep 18, 07:30

start to their campaign with possibly two wins from two, albeit against much weaker opponents. Romania in week one, and Georgia—playing their first match in week two—is a dream schedule for Scotland to get all their players Test-match fit ahead of the much trickier prospect of Argentina next week. England should up the intensity of their game against Georgia, spreading the ball wide to their backs, rather than take on the powerful Georgians up front. Argentina can

continue to justify their inclusion in a newly expanded Four Nations tournament by turning over Romania.

The biggest match of the weekend will take place in New Plymouth, after Russia and the USA play out a scrappy affair that will have no bearing on the overall group standings. Australia and Ireland will take to the field knowing that whichever team wins will top the group come the end of all Pool C's matches. On recent form, one would really have to fancy the Wallabies to outclass the Irish, but the men in green have the ability to upset Australia's party if they can just manage to click at the right time.

Fresh from a battle against the Welsh, South Africa will be looking to clock up some decent scores against a much inferior Fiji. Coach Peter de Villiers will use the next three matches to give his full squad some game time and to work out his best line-up, with one eye already on the quarter-finals against either Australia or Ireland. Wales, on the other hand, will keep all their attention placed firmly on their battle with Samoa in an effort to avoid history repeating itself. They may have been tripped up by Samoa in the past, but the second game for both teams in this year's tournament should result in the Welsh staking a strong claim for the second spot in Pool D.



Sports World goes into extra time

Exhibition Centre facility keeps its doors open for an additional two weeks as a result of extreme demand.

LOCAL

The hottest months are now behind us, yet due to a phenomenal demand for Dubai Sports World's facilities at Dubai International Convention and Exhibition Centre, organisers have extended operations by a further fortnight. Originally expected to close following Ramadan, the interactive sports zone will now be open until September 15.

With over 25,000 square metres of dedicated sports space, an escape from the hottest months in Dubai was made available for those wishing to beat the midday sun

while staying as active as possible. The facility, with specific areas for beach football, beach volleyball, basketball, five-a-side football, multipurpose areas for table tennis, and a gaming and leisure zone, proved a massive hit with Dubai's residents.

Over its original two month span the climate-controlled facility hosted fifteen official tournaments including the RTA's Ramadan Tournaments, and the Dubai World Trade Centre Beach Football Tournament.

Organisers of Dubai Sports World have promised that supply will meet demand next year with the



addition of a further 6,000 square metres—4,800 of which will be dedicated to football—with a continued presence of top sports academies that can give you, and your youngsters, the chance to learn football, rugby and basketball.

For your chance to be your own sports hero and round off the summer with some climate-controlled exercise, get down to Dubai Sports World before it shuts up shop for a big break until next July. The facility is open seven days a week between 6am and 3am. For more information on bookings call 04 308 6333 or pick your own schedule and play as you arrive.

RTA cements partnerships

In a move to enhance communication and relationships among its strategic partners, the RTA recently held an extensive meeting with a number of these. Their aim was to discuss core objectives and joint plans aimed at upgrading corporate performance with a

view to improving the level of service and achieving excellence.

To achieve this, an open house was held by the RTA and chaired by the CEO of the Strategy and Corporate Governance Sector, Abdul Mohsin Ibrahim, in the presence of the CEO of the Corpo-

rate Administrative Support Services Sector, Yousef Al Rida, CEO of the Licensing Agency, Ahmed Bahrozian and a number of strategic partners representing the Ministry of Interior, the National Transport Authority, the Department of Finance, DEWA, the Land

Department, Dubai Municipality and Dubai Police General HQ.

Ibrahim began by welcoming the strategic partners who, he said, played a crucial role in their mutual successes, adding that such open gatherings contributed to the advancement of the joint links between the RTA and external partners and their quest for cementing their partnerships as well as their approach to common and joint issues.

"Reviewing the experiments of various federal and local departments is key to the enhancement of relations with the RTA and its different agencies, besides that it contributes to exchanging corporate knowledge, achieving cultural harmony with partners, improving the performance of

processes and upgrading the level of services to the satisfaction of all clients.

"The RTA is always keen on furthering relationships with external bodies and identifying joint projects to improve the services and implementing them by setting up various work teams. There is an electronic link between the RTA and other government and local departments, which has effectively contributed to the enhancement of the business conduct and performance monitoring. There is also a joint cooperation agreement including performance indicators to measure the effectiveness of compliance with this agreement in a way fulfilling the intended objective," added Ibrahim.



ABDUL MOHSIN IBRAHIM
ADDRESSES THE OPEN HOUSE

Drivers graduate training programme

A training programme conducted over the first half of this year has claimed a number of achievements, the Drivers Affairs Department of the RTA's Public Transport Agency has announced. The initiative involved the drivers of RTA's public bus fleet, drivers of school buses, franchise companies and deluxe vehicles.

Explaining the above, Mansour Al Falasi, director of the Drivers Affairs Department of the Public Transport Agency, said, "From the 1,667 franchise company drivers who applied for the test, 703 were successful, and from 836 drivers who applied for deluxe vehicle test, 375 were successful during the first half of this year.

"The total number of licensed taxi drivers from the franchise companies has hit 12,435, in addition to 1,592 drivers licensed to operate deluxe vehicles, the 1,627 licensed school bus drivers, and 955 licensed as public bus drivers, hence the aggregate number of drivers licensed under the four categories has reached a total of 16,609," continued Al Falasi.

"In the meantime, different training courses held at the Department were attended by 2,582 school bus drivers, 4,748 public buses and inter-city bus drivers, and 404 male and female school bus conductors.

"The awareness program held by the Department in the first half



MANSOUR AL FALASI

of this year covered 1,017 drivers who were subjected to an intensive education program comprising two aspects: the first focused on customer service, which in turn consisted of eight subsidiary topics including building better relationships with customers by greeting them and minimising complaints, helping passengers and road users, understanding psychological pressures and tension, vehicle maintenance, promoting tourism along with the impact of poor customer service on the level of service, and work progress in general. The second aspect focused on the cleanliness of the vehicles and the city by operating vehicles cleanly and efficiently."



GOVERNMENT OF DUBAI

هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY

RTA



x 2

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Facebook: Roads and Transport Authority Dubai - Group YouTube: www.youtube.com/rtadubai

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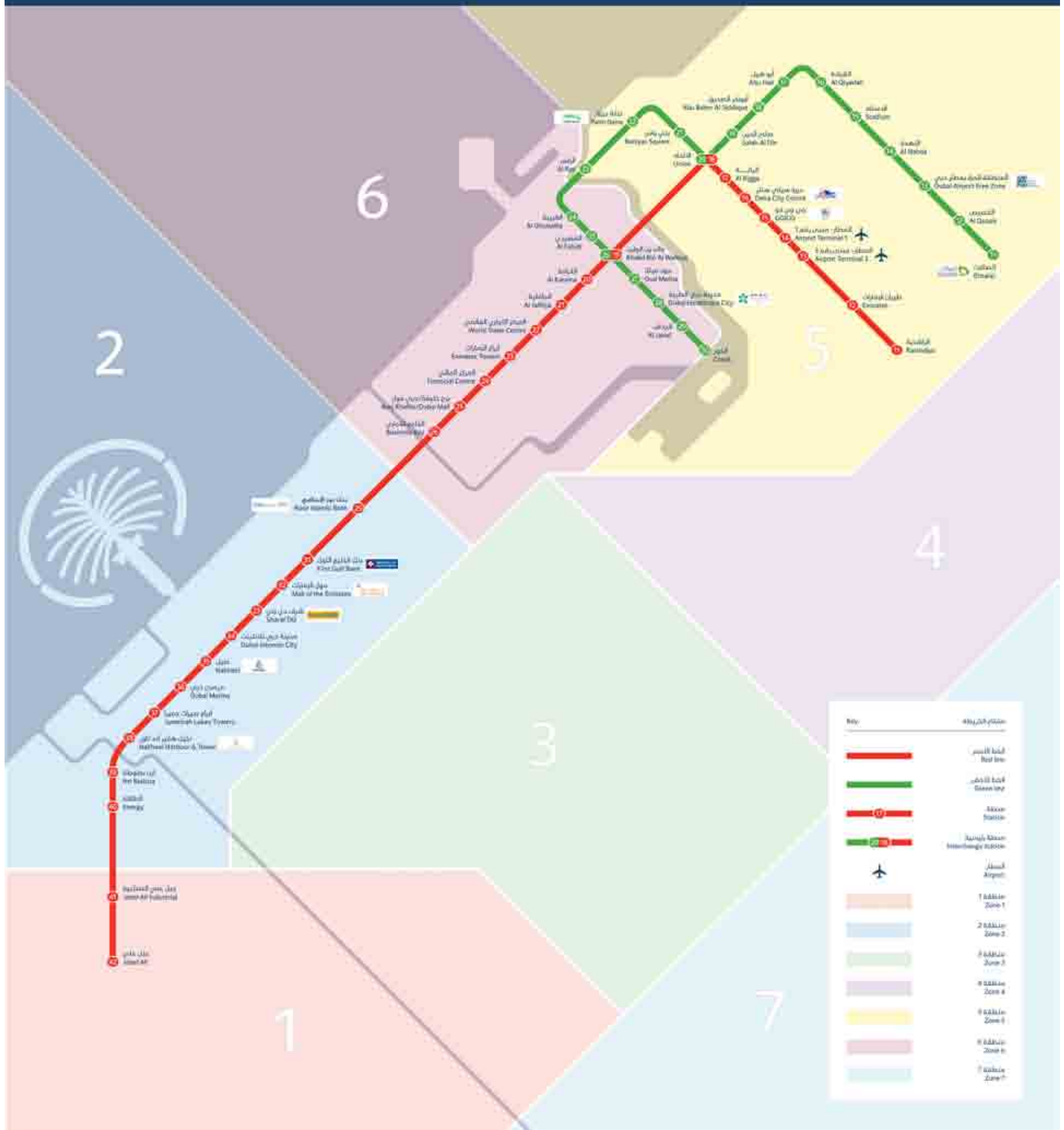
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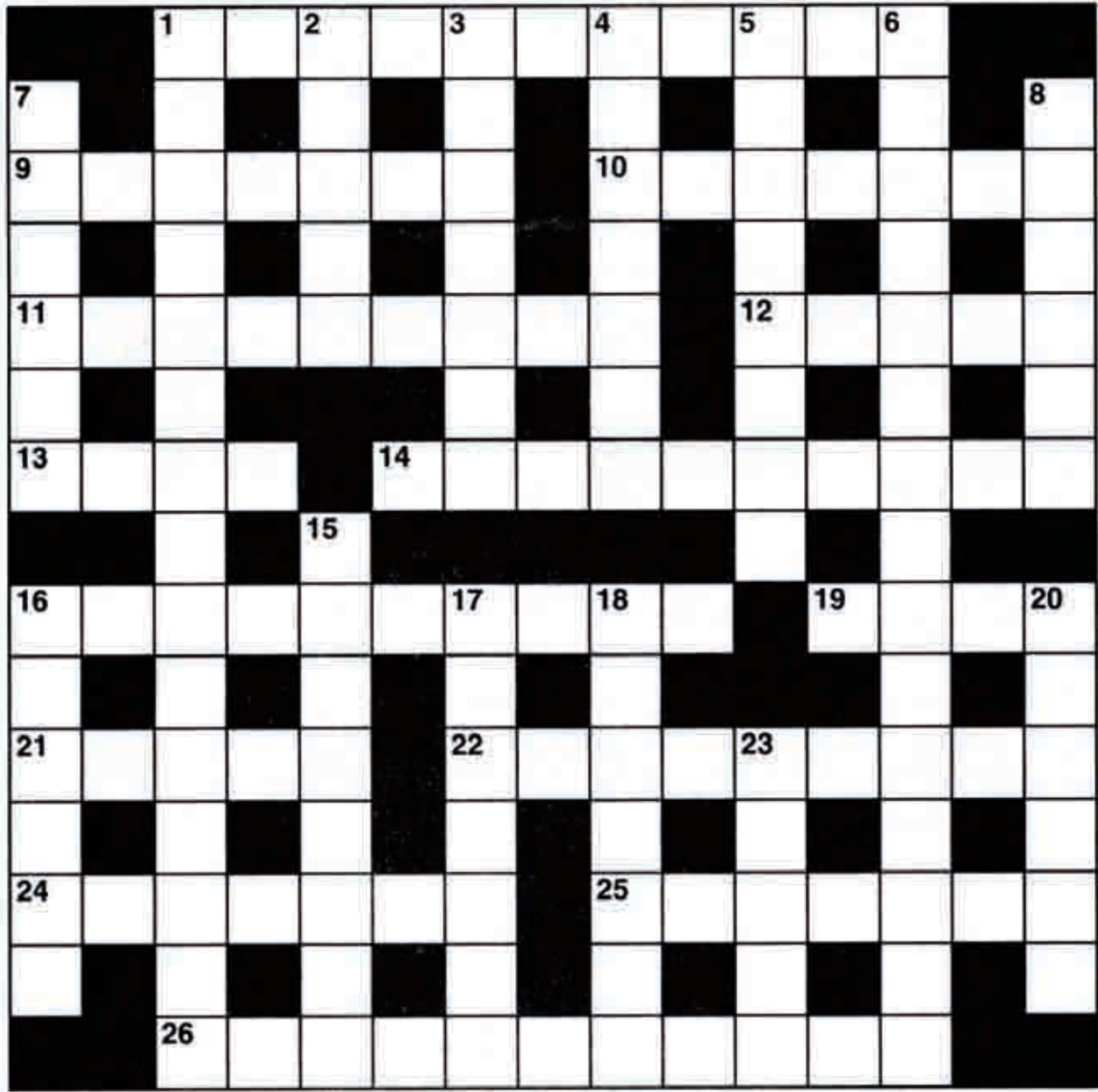
Dubai Metro



RTA

Taking your time

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



- Across**
- 1 Fruitless (11)
 - 9 Brand of plain biscuit (4,3)
 - 10 Indistinct (7)
 - 11 Intervention to settle a dispute (9)
 - 12 Regard with horror (5)
 - 13 Suddenly tug (4)
 - 14 Garage filling point (6,4)
 - 16 Cave roof's hanging growth (10)
 - 19 Crypt (4)
 - 21 Sour fruit (5)
 - 22 Is at variance (with) (9)
 - 24 Set sail (4-3)
 - 25 Bankruptcy (7)
 - 26 Illumination during a power cut? (11)
- Down**
- 1 Background melody in a film (10,5)
 - 2 Added on (5)
 - 3 Easily breakable (7)
 - 4 Singer (7)
 - 5 Likely to be erratic (8)
 - 6 Dismiss as ridiculous (5,3,2,5)
 - 7 Sternly (6)
 - 8 Go wild (3,3)
 - 15 Fall copiously, as in wet weather (4,4)
 - 16 Comfort in misery and disappointment (6)
 - 17 Delicate, discreet (7)
 - 18 Harmonious (7)
 - 20 Street musician (6)
 - 23 Being dishonest (5)

Answers



Chickpea and spinach salad

A light, fresh salad with cumin dressing and orange yoghurt sauce



Firoze Edassery

RECIPE

By: *Read.* reader Bimi Firoze

- Ingredients**
- 1/3 cup low-fat plain yoghurt
 - 1/4 tsp orange zest
 - 2 tbsp orange juice
 - 1/2 tsp honey
 - 1 can of chickpeas, drained and rinsed
 - 1/8 cup chopped flat-leaf parsley
 - 1/8 cup coarsely chopped fresh mint leaves
 - 1/4 cup chopped red onion
 - 1/8 cup olive oil
 - 1-1/2 tbsp lemon juice
 - 1/4 tsp lemon zest
 - 3/4 tsp ground cumin

Pinch of cayenne pepper
Salt and pepper to taste
2 cups baby spinach leaves (or more)

Serves
3



Method

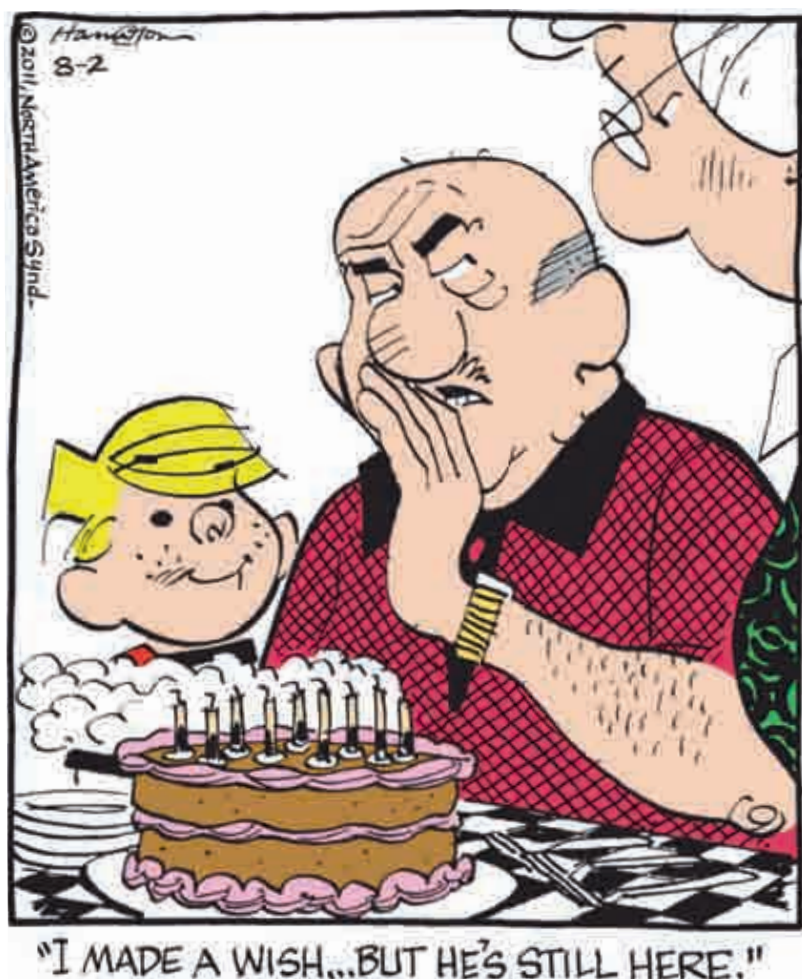
In a small bowl, stir together the yoghurt, orange zest, orange juice and honey until well blended to make the yoghurt sauce.

In a medium bowl, mix the chickpeas, parsley, mint and onion. Make the dressing in another bowl by whisking together the olive oil, lemon juice, zest, cumin, cayenne pepper, salt and pepper.

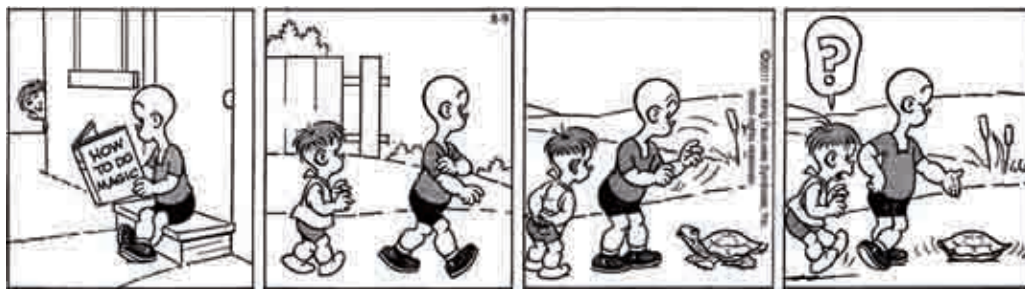
Pour the dressing over the chickpea mixture and toss until completely covered.

Serve the chickpea salad over a bed of spinach leaves and top with the yoghurt sauce.

Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I have lived in Dubai for six months and really miss playing sport. Are there any football clubs that organise casual games?

Read: There are several organisations in Dubai that run football games for all ages and abilities. You can contact Duplays, who organise football on both a competitive and recreational level (see www.dubai.duplays.com). There is also the Dubai Amateur League, which runs 11-a-side games on both a friendly and competitive basis.

Q I had planned to give up smoking this summer but have so far failed to find the willpower. Any advice?

Read: Willpower is at the heart of quitting smoking but a lot of people need a hand when it comes to giving up cigarettes. You could try hypnotherapy to alter the way your mind perceives smoking or go for a simpler route and use nicotine patches to abate the cravings. There are also several



books on the subject, the most popular of which is Allen Carr's *The Easy Way To Quit Smoking*, which takes you through a method that has helped millions stop.

Q I have a never-ending battle with my laundry over the summer. Despite using all the softening products I can find, it still goes hard and crispy when I place it on the balcony to dry. What can I do?

Read: The best thing to do is to

bring your laundry rack in overnight so that it can finish drying in a cooler temperature. Alternatively, you can purchase small and affordable drying machines at large supermarkets like Géant and Carrefour, which will make your towels soft and fluffy again.

Q Every time I exercise I get a stitch and it's really slowing my progress. Any idea what causes it and how to prevent it?

Read: There is no definitive explanation for what causes a stitch, but there is evidence to show they have a lot to do with how much you eat and drink before exercise. Only eat lightly within three hours of exercising and make sure you drink enough as dehydration could also be a cause. Also, make sure you breathe properly while exercising.

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

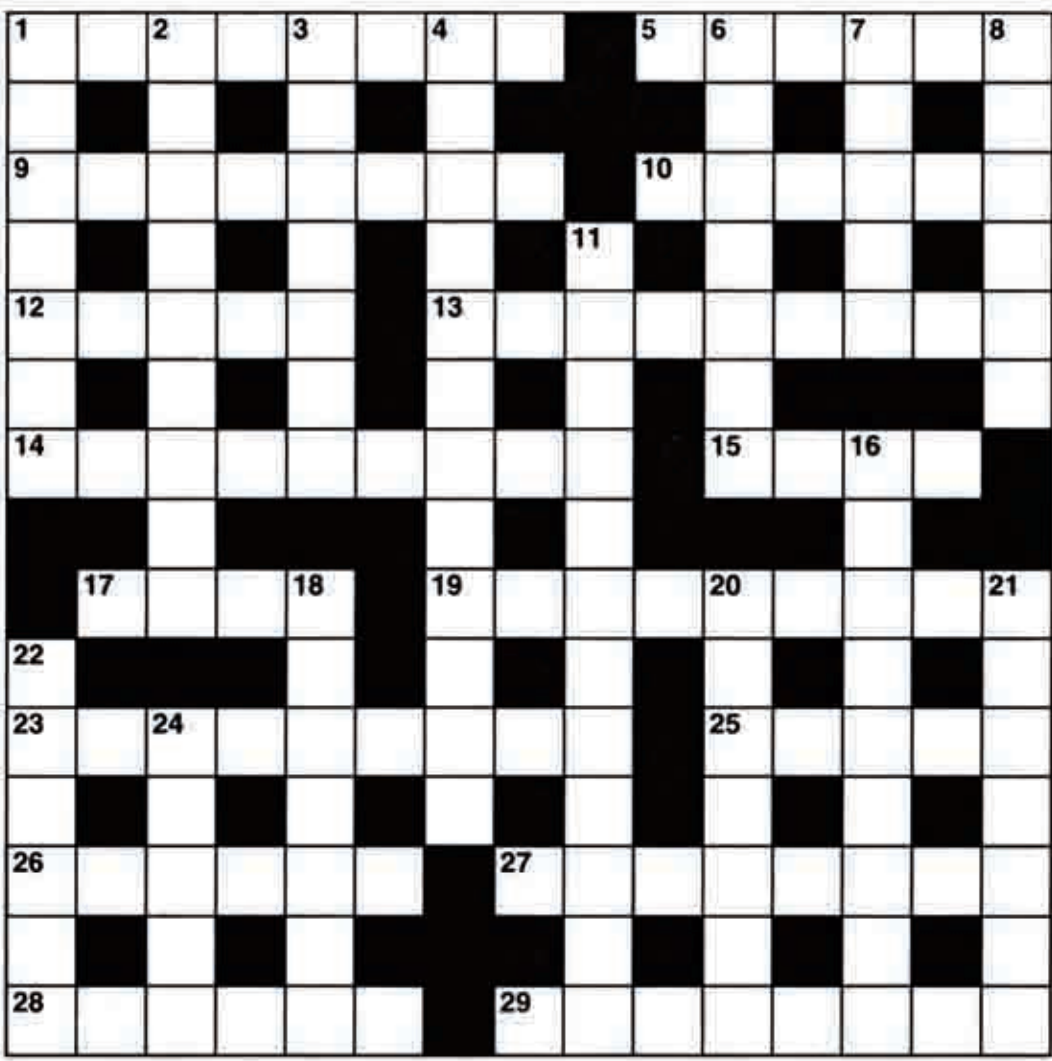
Who's this?

Answer

Turn to page 44



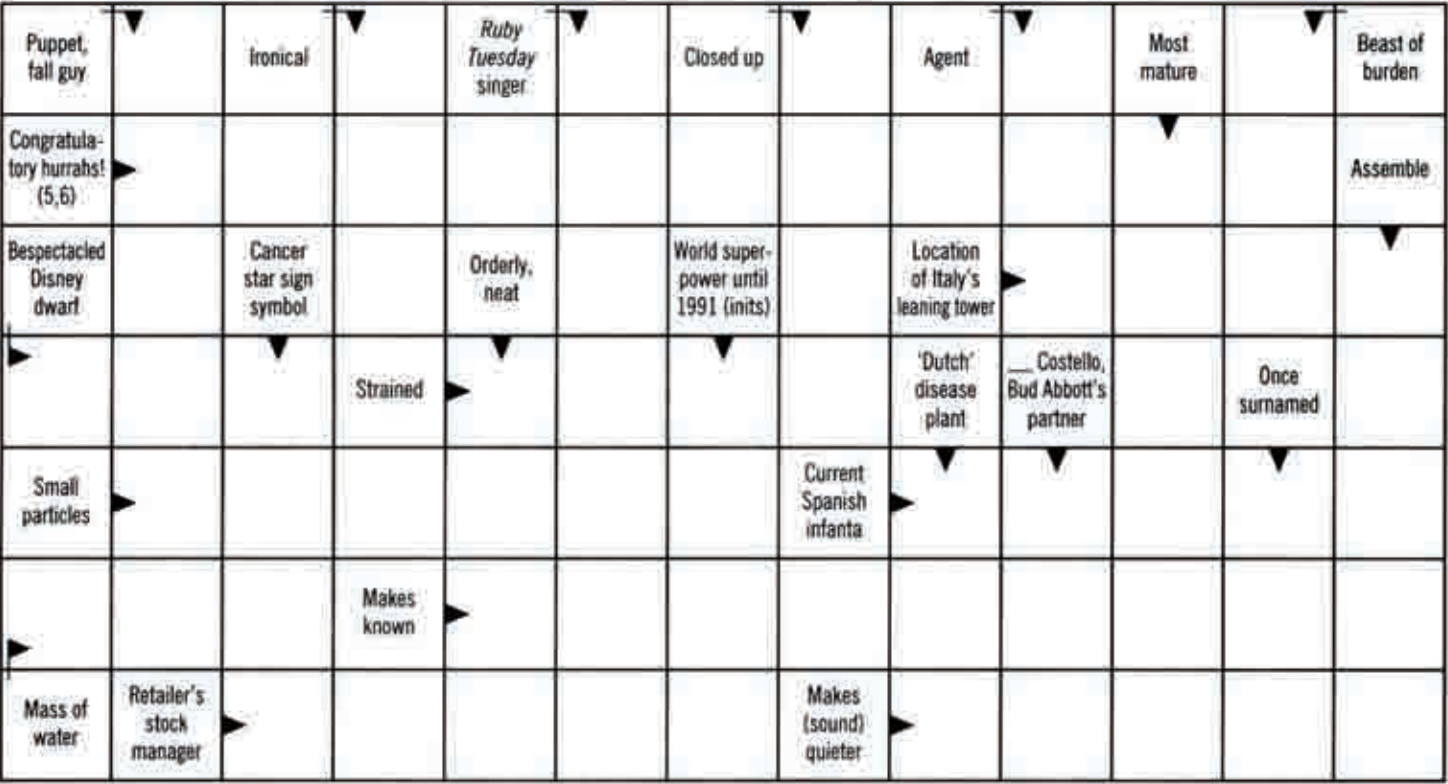
Crossword — Speedy



Across
1 Without a title (8) 5 Guarantee (6) 9 Directly and frankly, between males (3,2,3) 10 Prosperity, abundance (6) 12 Thespian art (5) 13 Puzzling, mysterious (9) 14 Seizure of power (4,5) 15 Lozenge, pastille (4) 17 Wave (the hair) by using chemicals (4) 19 Direct-marketing method (9) 23 Dance like the samba (5,4) 25 Waterway (5) 26 Pull from the ground (6) 27 Oblique (glance) (8) 28 Death (6) 29 In a surreptitious fashion (2,3,3)

Down
1 Always on the move (7) 2 Small painting or drawing (9) 3 Spotted wild cat (7) 4 Observatory satellite (5,7) 6 halted (flow) (7) 7 Vacant (property), without tenants (5) 8 Moral philosophy (6) 11 Production of spirits (12) 16 Totally unaware (9) 18 Grasslands (7) 20 High-pitched cry (7) 21 Unkept (7) 22 Be filled (with) (6) 24 Antitoxin (5)

Arrowword 1

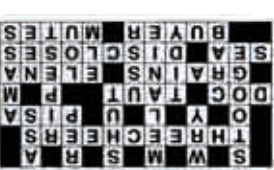


Enter each solution in the direction of its clue's arrow.

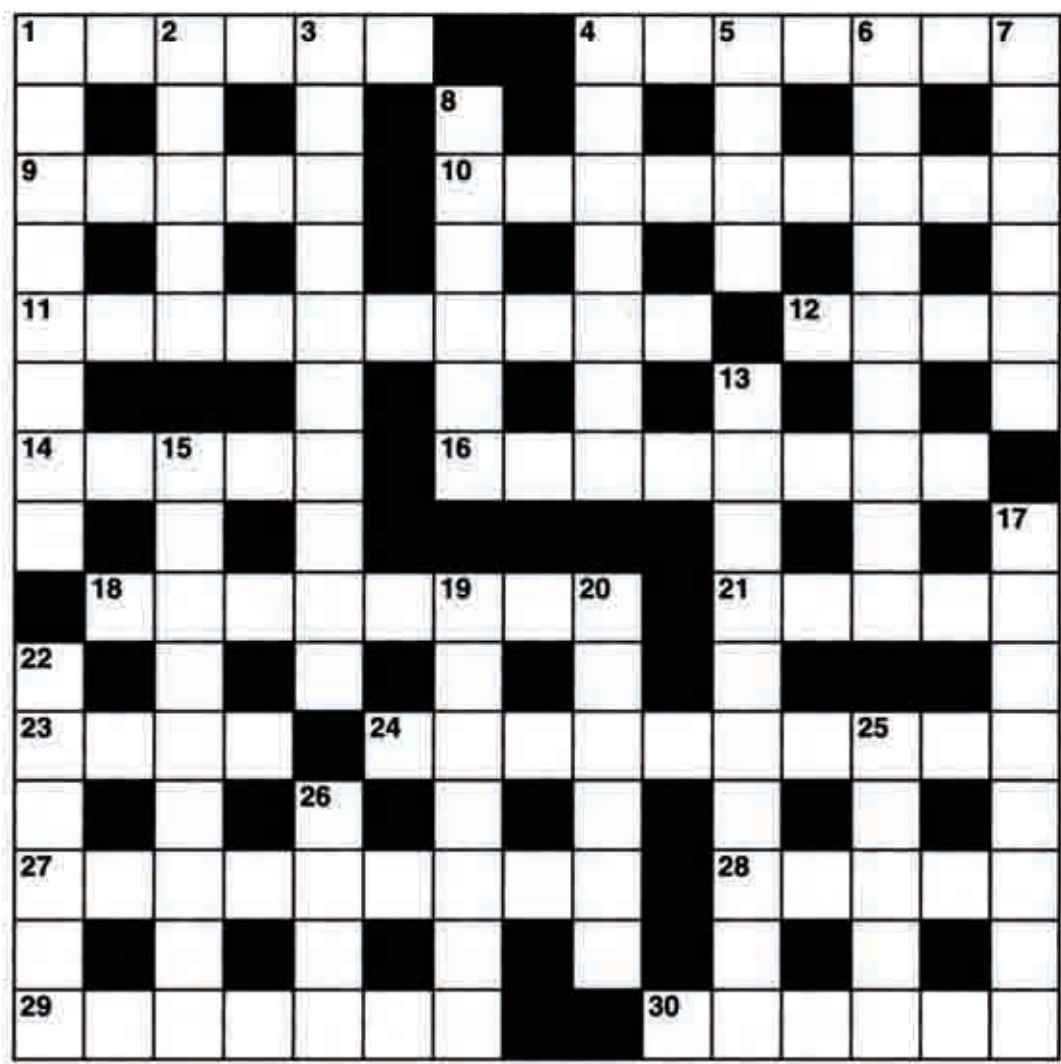
Crossword — Speedy Answers



Arrowword 1 Answers



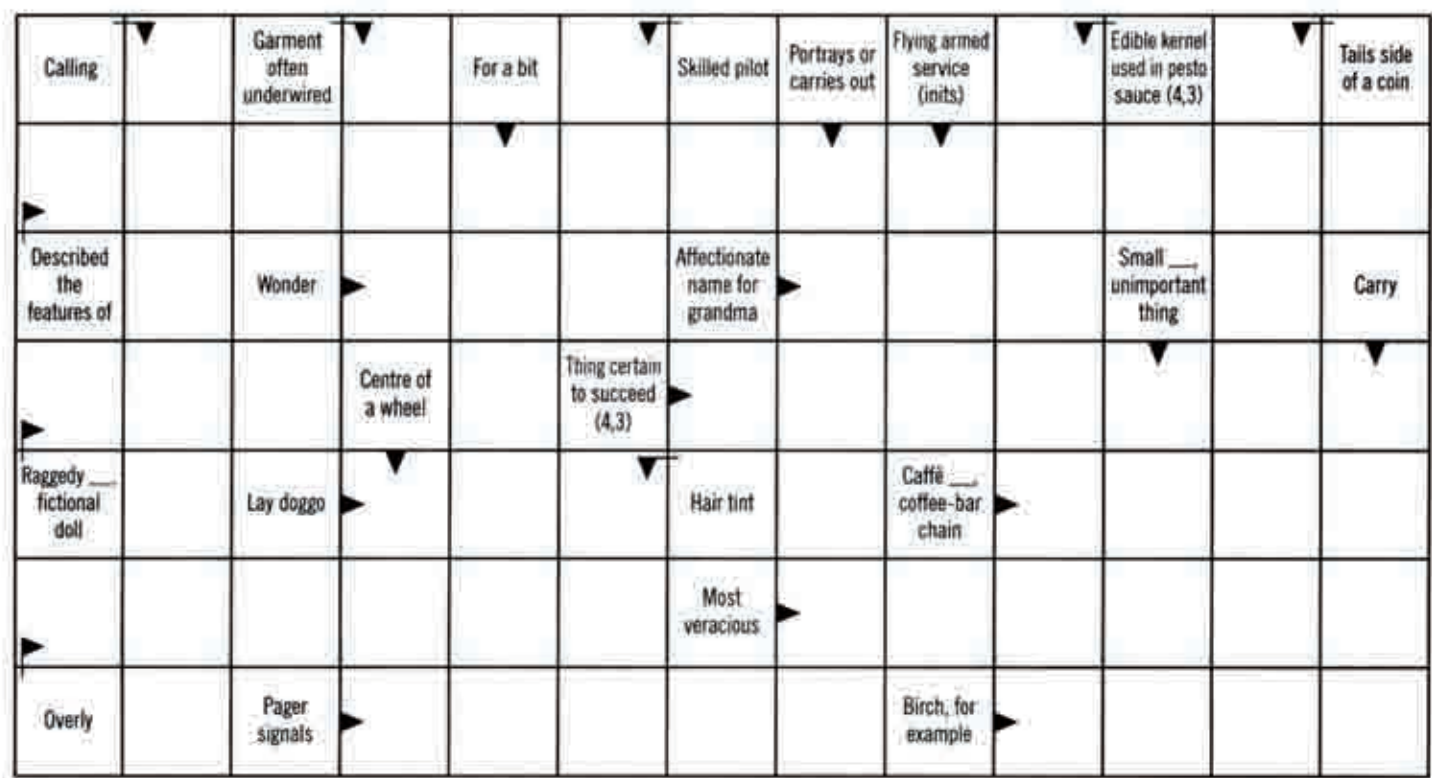
Crossword – Teaser



Across
1 Dowdy (6) 4 Toothed cutting tool (7) 9 Gatekeeper's cottage (5) 10 Globe-studying school subject (9) 11 Increasing rapidly (10) 12 Language closely related to Hindi (4) 14 Small wood (5) 16 Individual organism that is representative of a group or class (8) 18 Damaged remains (8) 21 Period of history (5) 23 Measures of electrical resistance (4) 24 Forefront of an activity or pursuit (6,4) 27 Try earnestly (9) 28 Wastrel (5) 29 Garden feature (7) 30 Nook (6)

Down
1 Lag behind (4,4) 2 ___Fire, film starring Nick Nolte (5) 3 Option (10) 4 Move petulantly (7) 5 Corn spikes (4) 6 Captain Marvel or Batman, for example (9) 7 Departure point (3,3) 8 Secret ___, security service personnel (6) 13 Dish of assorted broiled foods (5,5) 15 Person trained in emergency first aid (9) 17 Block used to keep the shape of footwear (4,4) 19 Divorce allowance (7) 20 One who has left his or her native country (6) 22 Obsessive observer of sordid or sensational subjects (6) 25 Polar dwelling (5) 26 Cabbage with curled leaves (4)

Arrowword 2



Enter each solution in the direction of its clue's arrow.

Crossword – Teaser Answers



Arrowword 2 Answers



Mini wordsearch



BIRD HOUSE

- ANKLET

AVOCET

COURSER

CRANE

CROW

DOVE
- DOVE PIGEON

DUCK

EGRET

FALCON

GREBE

HAWK
- KIWI

LOON

NIGHTHAWK

OWL

PIGEON

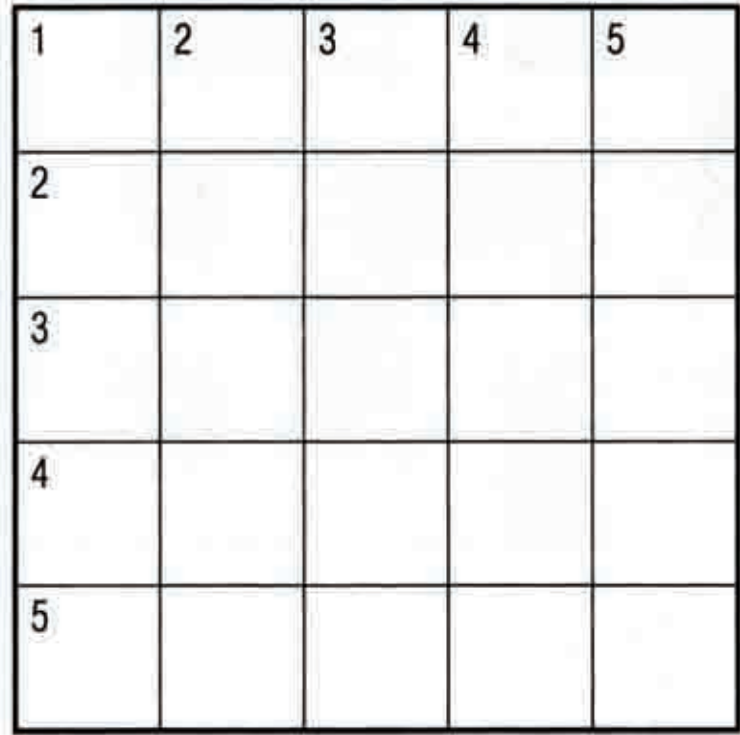
PIPIT
- THRUSH

TOUCAN

WOOD PIGEON

WOODPECKER

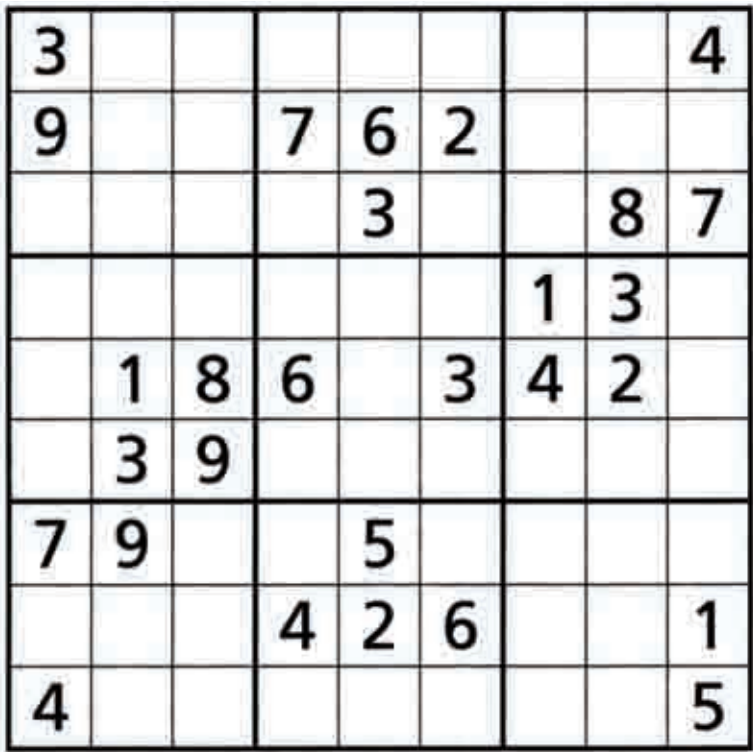
Wordsquare



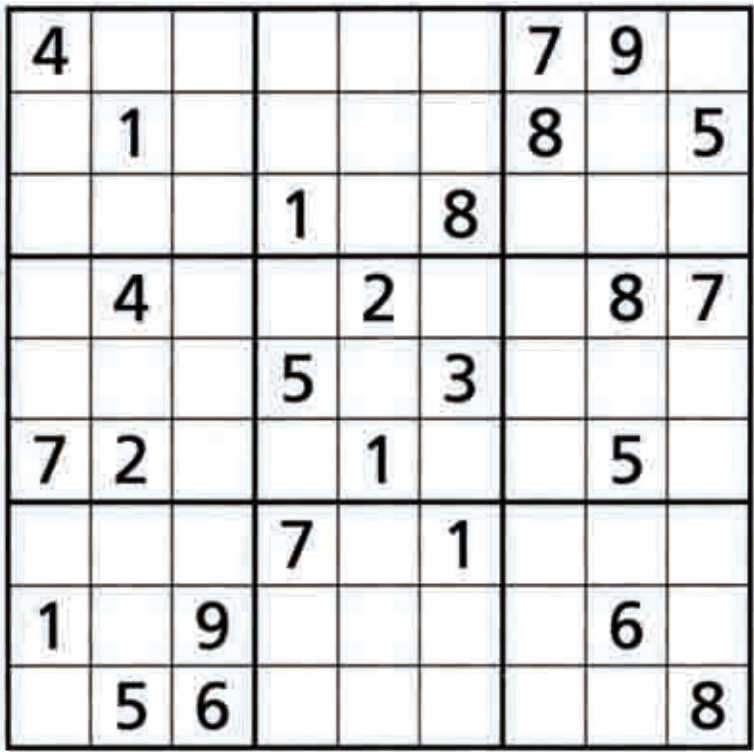
A mini-crossword but with a difference - the same words read across and down! That means that one across is also one down, and so forth, so you quickly fill the grid as you go along.

1. Become deeply lodged
2. Festive
3. Small stream
4. Wear away
5. Long walls of earth

Sudoku 1



Sudoku 2



Mini wordsearch Answers



Wordsquare answers



Sudoku 1 answers



Sudoku 2 answers



Who's this? answer - Harrison Ford, star of *Cowboys and Aliens*

Post-it

AUTO

Mercedes SLK 350 sports coupe, 2005 model, 60,000km. No accidents, well maintained. AED89,000. Call 0566038557.

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

Looking for a housemaid (part- time) to cook and clean in International City. If interested call 0556486655.

Master Cutter, Male/Female tailor, required with knowledge in Bridal dresses, Abaya, Party dresses, lady clothing. Computer knowledge is an 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

BCom/MBA (Female) seeks job. 5 years experience in HR, Accounts, Administration, Sales & Marketing.

Multilingual. Contact rinyrajan1986@gmail.com or call 0552089595.

Special educational tutor in Tecom (Al Barsha). Seeks part /time job from 3 to 5pm. Call 0559260090.

Accountant (Egyptian) seeks job. 2 years experience in the UAE. Proficient in Tally, MS Office, visa free zone. Call 0554741782.

Male service station attendant seeks job (Indian) in the UAE. 5 years experience as. On visit visa. Call 0504613822.

Accountant B.com/ACCA seeks job. 4+ years experience. Knowledgeable in computer accounting. Email: fahad.doost@gmail.com <mailto:fahad.doost@gmail.com> . Call 0567094874.

Male seeks job. Good knowledge in Oracle, Cpp and MS Office. Have excellent communication skills, and leadership qualities. Call 0543576576. Email:archanabodapati@yahoo.com.

B.com Graduate seeks job. ICWAI Inter. Indian. 6+ years experience in accounting. Knowledgeable in MS Office and accounting software. Call 0552654525.

Functional tester seeks job. 2+ years experience in Functional test & Automation using QTP. Knowledgeable in Database testing (SQL Server). Call 0554286388.

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/email swathi.te1@gmail.com.

Graphic Designer seeks job 6 yrs experience in UAE based company. Strong knowledge software, Email dxbcreation@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

Technician water dispenser services available. 2 years experience. Have UAE driving licence. Email riyasnanath@yahoo.com.

Safety supervisor services available. 2 years experience in construction and oil field. Have UAE driving licence. Email. riyasnanath@yahoo.com.

Car lift services available. Starting from Dubai to Abu Dhabi. Discounts could be discussed. Call 0507199400/0557718940.

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: Afron: 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

Room available for rent. In Al Khail Gate, Phase 2, Al Quoz. For a Filipino couple only. Call 0505097432.

Furnished room/bed space available for rent. Filipinos only. Near Al Rigga metro station. Call 0551015960.

Sharing furnished accommodation available for rent. In Bur Dubai behind Palm Beach Hotel. For Indian couple/ working ladies. Call 0504501149.

Furnished bed space available for rent. Kerala/Tamil Nadu bachelors only. Internet included. Near Al Rigga Metro Station. Call 0505145974.

Furnished bed space available for rent. Internet included. Near Cargo Village. Call 0501574377.

Bed space available for rent. Kerala bachelor. Near Union metro station. Free internet. Call 0552688412.

Bedroom hall flat available for rent. In Hor Al Anz, near Metro Station. Central A/C. For family or ladies only. Call 0557686243.

Furnished room or studio available for rent. For a Keralite Muslim couple in Deira/Rigga area. Call 0503589421.

Bed Space available for rent. Filipina ladies only. Near Sunrise, Lulu Supermarket and metro station in Karama. Call 0508728206.

Bed space available for rent. For Keralite bachelors at Deira, near Union and Al Rigga metro station. Call 0506762979.

Bed space available for rent. For Filipino couple only. In Al Baraha near Dubai hospital. DEWA, Internet included. Call 0503053428.

MISCELLANEOUS

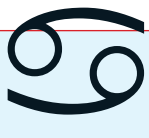
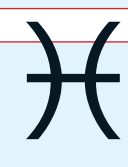
Hand purse lost near Deira in Al Rigga metro station on the 3rd of September. Contains credit, labour and credit cards. Call 0559467817. Email: alfood@emirates.net.ae, alfood@emirates.net.ae

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

To place your 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) You may have found yourself encountering a lot of people who seem to go against your views and ideas recently. Try to take everything they say on a practical level and focus more on what you can change than what you can't. Maybe they are all on to something.	 TAURUS (APR 21 - MAY 21) Any challenges you may face, no matter how daunting, are perfectly within reach if you continue your creative streak. You may find yourself having to act as a confidante or sounding board for a close friend, so try your best to be available for them.	 GEMINI (MAY 22 - JUN 21) Contracts or documents could get confusing, especially if a few people are involved in the same issue. Keep a clear mind and try delegating a few tasks out to external people—their objective point of view could be vital to reaching the conclusion you desire.	 CANCER JUN 22 - JUL 23 You could find your confidence is boosted and your personality shines through. This may mean you are tempted to splash out on a new wardrobe or something you have always longed for, but make sure your finances are in shape before doing so.
 LEO (JUL 24 - AUG 23) Something that has been gathering dust in your attic could turn out to be worth quite a lot of money. Be sure you want to let go of it sentimentally before making any decisions to sell up, as the links it provides to your past are invaluable.	 VIRGO (AUG 24 - SEP 23) You could find yourself making huge developments at work, as long as you don't allow any doubts to get in the way. Watch out for an individual who may try to put you off the idea; they may seem genuinely concerned but they are simply envious.	 LIBRA (SEP 24 - OCT 23) You could feel unsettled about one or two close relationships, but you are merely finding your own feet and rediscovering your independence. A discreet career move that you have been planning for some while could work really well if you act now.	 SCORPIO (OCT 24 - NOV 22) You new found faith in certain people may be tested, but they will shine through and prove that they deserve your trust. Your nerves may be tested by a situation at work, so remain objective and try to see it from both sides in order to resolve the issue.
 SAGITTARIUS (NOV 23RD - DEC 21) You could discover a new drive to try and make a change in the world. Nothing seems too daunting for you at the moment, so use this confidence and determination to try taking a new road; it could lead you to an exciting and worthwhile place.	 CAPRICORN (DEC 22 - JAN 20) You may be feeling tempted to move on, whether this is from your home, job or a relationship. Family will prove to be an important factor in your final decision, so listen to their opinions with an open mind—they only want the best for you, after all.	 AQUARIUS (JAN 21 - FEB 19) You have a funny feeling that good things could be coming your way, and you would be right. Whether these will be material or emotional is unclear, but you can rest assured that whatever happens will be a result of your previous hard work finally paying off.	 PISCES (FEB 20 - MAR 20) This is a crucial phase for a close relationship and you may surprise some people with the choices you eventually make. There is a big change on the way for you, which scares the living daylights out of you, but also fills you with hope and excitement.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 th	12 th	13 th	14 th	15 th	16 th	17 th
						
Sunny High 38C Low 32C Humidity 40%	Sunny High 38C Low 33C Humidity 37%	Sunny High 37C Low 32C Humidity 44%	Sunny High 38C Low 32C Humidity 46%	Sunny High 38C Low 32C Humidity 51%	Sunny High 37C Low 31C Humidity 55%	Sunny High 38C Low 31C Humidity 54%

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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

Fashion Week season has begun with New York kicking things off last Thursday. There are certain to be some outrageous outfits on show that will never make it to the high street. Readme.ae takes a look at some of the more questionable designs that have offended our eyes, from Lady Gaga to Björk. Prepare to be mesmerised.



MONDAY

This week we bring you fun ways to keep fit, from playing frisbee to jumping on a trampoline. Around the world people play unusual sports to keep in shape. Have you ever heard of bog snorkeling or hurling? How about dwarf throwing or juggling? Find out where you can play and how to take on the locals, online on Monday.



TUESDAY

Our world is constantly changing, which gives rise to natural disasters. From tsunamis to volcanoes, earthquakes and tornadoes, mother nature has changed the shape of our planet. But which disasters have had the biggest effect? A volcano in Iceland? An earthquake in New Zealand? A tornado in America? We look back at the tragic destruction.



WEDNESDAY

The immediacy with which Twitter can transfer information, and the far-reaching capabilities of Facebook through campaigns and groups, have proved that social networking in more than just a platform to keep up-to-date with the latest birthday celebrations. On Wednesday, you can find out some of the more impressive past uses of social media.



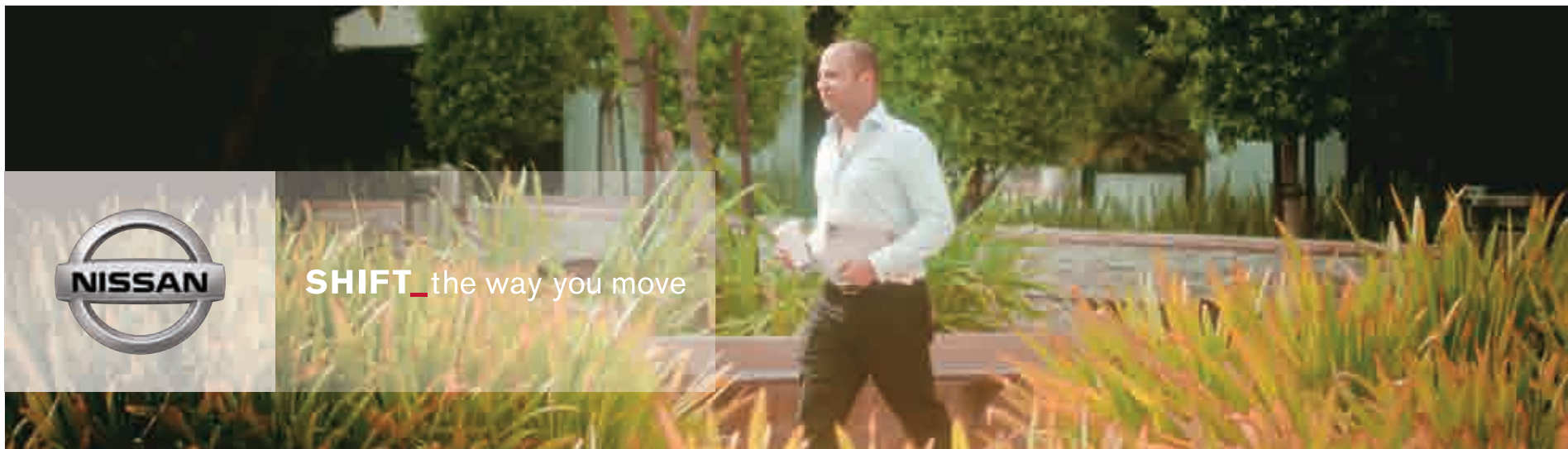
THURSDAY

Dubai is beautiful. The city has so much to offer in return if you will just be patient with the searing heat. Outside of Dubai though, there are other places that offer the perfect lifestyle. Readme.ae profiles some of the most liveable cities in the world, including their climate, average salary, and general living conditions.



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 our Burning Questions.



Altima. One of the two performance-inspired Sedans from Nissan. To find your true match, visit nissan-me.com.



While some flaunt their upcoming exotic vacations, Samer knows better. His work will make sure he stays busy and stays in town. Fortunately, to him, a perfect getaway is when he drives his Altima for no particular reason. Pick a random route off of the navigation, blast a never-played album, push the 'start engine' button and go. It turns out that some drive just for pleasure indeed.

