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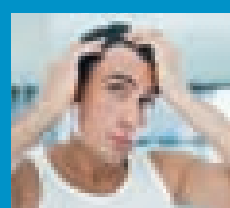
Timberlake and Kunis unite-but are they more than just friends?



BALI'S BEAUTY

CHECK MATE

No longer simply the uniform of the Scots, tartan ticks all boxes as it makes an impact on the autumn/winter catwalks



TO BALDLY GO...

For the follicly challenged, baldness is no laughing matter. Tom Paye refuses to recede from the headline issue

Back to *the books*

Now the term is in full swing, how are kids adapting?

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

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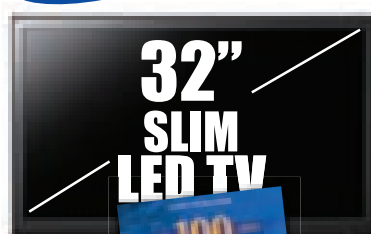
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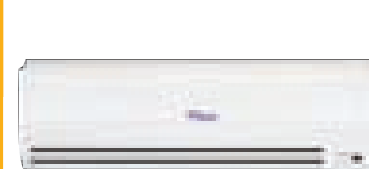
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Letters

Email: letters@readme.ae

Hi Read., Today I saw *Mankatha* and the film was very good. Ajith Kumar put in a tremendous performance and Arjun was also impressive. Director Venkat Prabhu has done a great job. I'd like to wish good luck to all the *Mankatha* team and I hope the film continues to do well.

Alex Pandiyan

Ed: Thank you for your letter Alex. The Tamil action thriller is now showing at Grand Cinemas and has been received well by critics and cinema goers alike. Let us know which films you have seen recently at letters@readme.ae for your chance to be in our next issue.

Hi Read., Catching the last train is always fun for my friends and me. It has happened to us so many times that we have been almost the last ones to arrive at the Metro station. We race for the last train which is, believe me, a lot of fun. Of course, if we miss the last train, it is much more dangerous for our wallets as we will need to find another way to get home.

Nadeem Manzoor Chaudry

Ed: Running fast is always entertaining because there is always that funny fear of falling or running into something if you're not paying attention to where you're going.

If you liked the cover of Issue 12—Gulf for Good—and want to know more, check out the Facebook event page or www.gulf4good.org. Feel free to call us with any enquires on 04 368 0222, we'd love to hear from you. Get on your bike for a great local cause.

Margaret Westwood, Gulf For Good

Ed: There is a maximum number of participants, capped at 25, so to get involved and for your chance to cycle through all seven emirates of the UAE, covering close to 400 kilometres between November 28 and December 2, visit the website today.



A SCENE FROM
MANKATHA

I haven't been in Dubai very long and am currently living in crew accommodation. It is shared lodgings, but with such unpredictable work timetables, I often find myself alone in the apartment and craving some company to talk to. So, essentially, I'm looking to move out to another shared apartment so when I return from work, it's not always an empty and quiet place. Are there web sites you could direct me to that can offer shared accommodations?

Ewelina Jeziorska

Ed: Loneliness is one of the biggest obstacles to overcome when you move to a new city or country. Check out popular local focus websites for rooms to rent. There are a wide range of accommodation to choose from that can suit any type of budget in many areas of Dubai.

I had a nice experience today in the Metro.

I found one guy who was reading your magazine, sitting in the second compartment, and left his copy on the seat when he left at Emirates Towers station. Then I noticed the warning sign on the magazine "Dh200 fine" and told him to take it with him. Initially he refused and then he realised the seriousness and took it from me and ran away. I wish to thank you for the message printed on the magazine.

Saji Augustine

Ed: The more people that are reminded about the possible fine, the less chance there is that they will lose out on Dh200. Thank you for reminding him, and we're sure that he would thank you once he realised that you have saved him some hard-earned money.



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My Metro life

Shamsheer Ali
HR executive, International City

Every day for my job as a HR executive, I commute from Rashidiya to Union on the Dubai Metro. My journey only takes around 15 minutes, which is so much easier than in the past when I was using my own vehicle. I think the service is fabulous and I always encourage my friends and relatives to use the Metro more often. I am also very excited by the opening of the Green Line to the public because this will not only help

out more people, but will also save me even more time getting to work. I enjoy my journey on the Metro very much but I never forget those people who are always busy cleaning the Metro stations non-stop for us. I always communicate with them and enjoy my day much more when they give me a smile. I believe that everybody should say hello to them and stop to have a chat as they are the important assets of our lives.

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

The Winners

(Contests in September 11-17, 2011 issue)

What is the metal or plastic end of a shoelace called?

Answer: Aglet

Winners of a Digitally family portrait worth Dh250 each are:

Natasha Perera, Farzana S. Mombasawala

What was Mickey Mouse's original name?

Answer: Mortimer Mouse

Winner of a Digitally family portrait worth Dh250 is:

Alan Abraham

STATION-BY-STATION *guide*

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

SATURDAY ROAST



Open daily from 10am

The Crown & Lion, Byblos Hotel

For any expats feeling a little homesick, why not head down to this well-known English pub in Tecom for a taste of home? The roast dinner on offer at the Crown & Lion is belly-stuffing, tasty and reasonably priced, what more could you ask for? Roast dinner is served on Saturdays and Sunday for Dh60.

GENTS' GROOMING

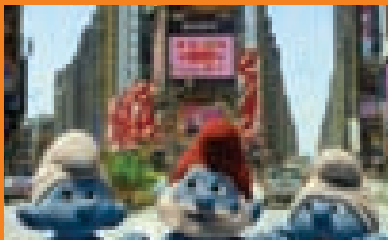


9:15am-8:45pm daily

Le Royal Meridien

The Royal Cut salon is offering the perfect pamper package for men on the go. Starting with a traditional shave, the scalp is then massaged with a luxurious lime oil, which removes impurities from the hair and leaves you feeling refreshed. A quick trim completes the treatment, all for the price of Dh200. Call 04 399 5555 to book.

KIDS' MOVIE



Times vary, check listings
Vox Cinemas

After their hard first week back at school, why not treat the children to a break by enjoying one of the many kids' films on show at the moment? Our top pick would have to be The Smurfs, currently showing regularly at Vox Cinemas and other theatres across the emirate.

THE STATE: SOCIAL/ANTISOCIAL?



Sep 21-Oct 20
The Third Line gallery

To begin the new art season, the Third Line has invited guest curator Rami Farook to continue a conversation about the state of the world today. Comprising works from various collections, and also

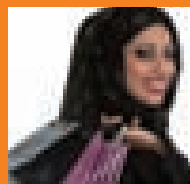
exhibiting at Traffic gallery, the show attempts to discuss the state of the modern environment through art. Entry to the exhibition is free.

METAL ASYLUM

**Sep 30
9pm-3am
Cheers at
The Lodge**

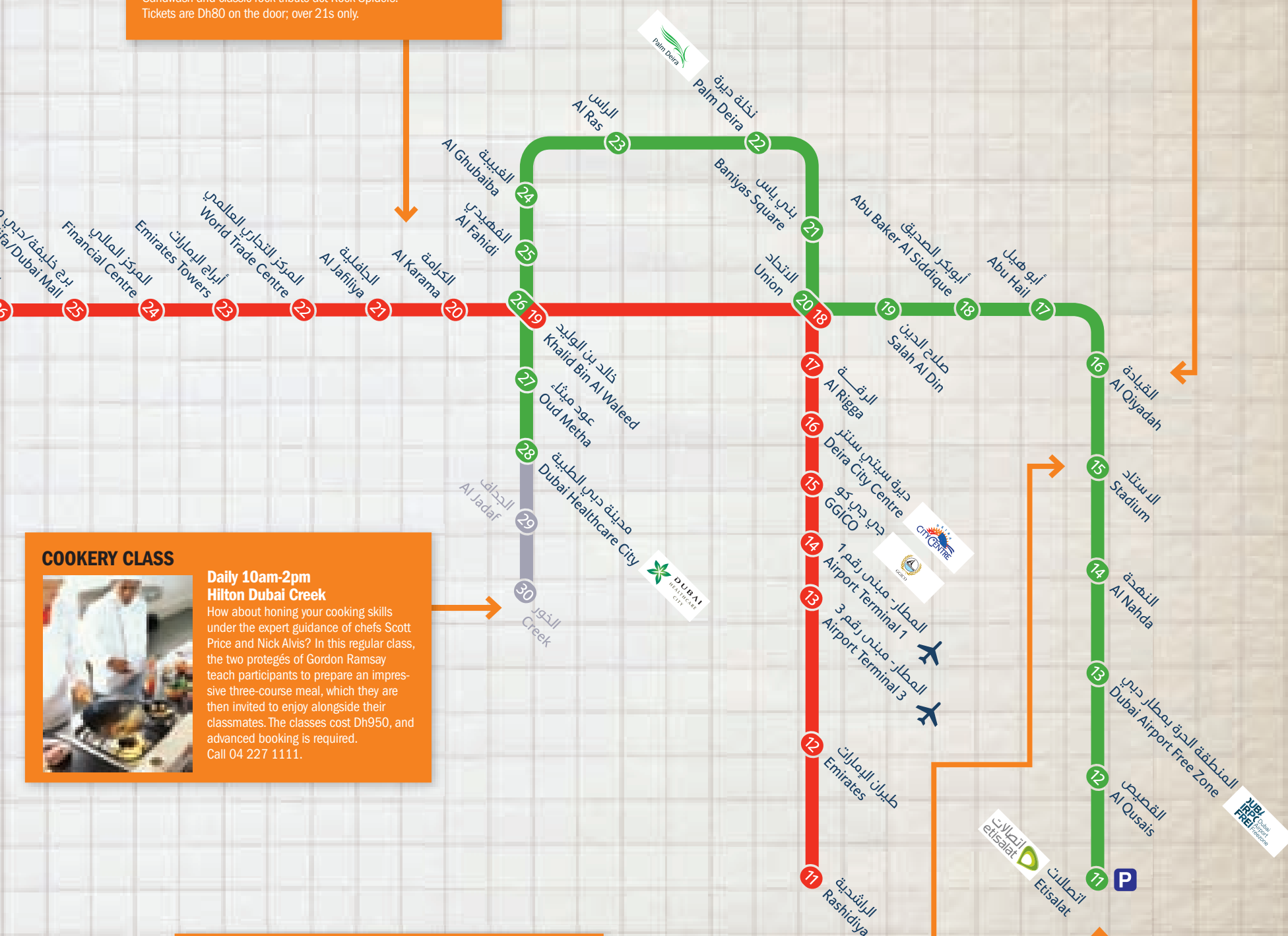
The UAE's biggest rock band, Juliana Down, will be bringing back the party season with a bang at Metal Asylum. The

Dubai rockers will be supported on the night by groovecore masters Sandwash and classic rock tribute act Rock Spiders. Tickets are Dh80 on the door; over 21s only.

AL MULLA PLAZA

**Sat-Thu, 10am-10pm; Fri 4.30pm-11pm
Al Ittihad Road, Deira**

Al Mulla Plaza is situated close to Al Qiyadah station and offers a different type of shopping experience from the more mainstream malls in Dubai. Just five minutes' walk from the station, this small mall caters mainly towards Arabic fashion and quirky, old-fashioned furniture. Call 04 297 6666.

**COOKERY CLASS**

**Daily 10am-2pm
Hilton Dubai Creek**

How about honing your cooking skills under the expert guidance of chefs Scott Price and Nick Alvis? In this regular class, the two protégés of Gordon Ramsay teach participants to prepare an impressive three-course meal, which they are then invited to enjoy alongside their classmates. The classes cost Dh950, and advanced booking is required. Call 04 227 1111.

AL AHLI CLUB

**Open daily
www.alahliclub.com**

A five-minute walk from Stadium station takes you to Al Ahli Club, where you can watch the local football league's matches for free. The club also has a pool, gym and café for members. Non-members are welcome to enjoy the Al Ahli

Horse Riding Club at Dh150 for a 45-minute horse ride. Call 04 298 8408 for horse riding or 04 298 8222 for football.

AL NAHDA POND PARK

**Open daily
Al Nahda Road,
Al Qusais 3**

Just 15 minutes' walk from the start of the Green Line, you will find Al Nahda Pond Park. This massive green space has a 2-km jogging track, kids' play areas and basketball courts where you can get

competitive with friends as the weather starts to cool. Entry to the park is free.

The Burning Question

Q The Etisalat Cup is starting this week, will you be watching any of the UAE games? If not, what sports do you like to watch?



Ajesh Sehueham

HSE officer
Lives in Bur Dubai

I like to watch any sport really so I will probably try and catch a few of the games. Cricket is my favourite sport to watch though, especially if it is a match with my favourite team—India—playing.

Jeff Williams

Aircraft engineer
Media City

No I probably won't be watching any of the UAE games; in fact I'm not really that into football. I'm from Wales so I prefer the game with a different shaped ball and will always watch the Welsh rugby team when they play.



Gayan Manoj

Banker
Lives in Al Rigga

I am a fan of sport and would like to be able to go and watch some football in the UAE, but I am so busy with work I don't think I will have time. I am from Sri Lanka so I am really into cricket, although I enjoy watching all sports.

Nada Al Messeri

Student
Mirdif

I will probably watch some games in the Etisalat Cup, but only because one of my friends actually plays for Al Wahda. I do enjoy watching football but would prefer to watch some of the bigger leagues.



Zeyad El-Gohary

Student
Lives in Abu Hail

I won't be watching any of the games probably; I find that the UAE football league is a bit of a slow league. I would always prefer to follow the English Premier League, which is a bit more exciting.



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

**Which is the largest
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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.

Raween Anthony

Banker
Abu Dhabi

Football is my favourite sport along with cricket, but unfortunately I have no time to go and watch any matches. It would be good to watch some games on television though when I have time.



Kadidja NG

Student
Lives in Nakheel

I like watching football sometimes, but I'm more into big events like the World Cup over local football leagues. I would probably prefer to watch athletics and artistic gymnastics instead of football.



METROpics

From a gorgeous sunset behind the Burj Al Arab to the bustle of Bur Dubai 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



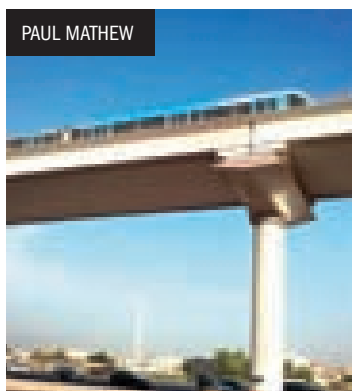
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*Breakfast Timing

www.chowking-me.com

Flair on the air

Award-winning **Campus Radio** will soon be playing on a radio near you.

“T here’s a deficit in student life in the UAE. College students over here lack a sense of community and can end up feeling unmotivated by college life,” says Mali.

This is a problem that, before he left school, Muhammed “Mali” Ali noticed, along with fellow student Ritesh Jeswani. The pair reckoned that campus life in Dubai fell behind what students from other parts of the world were enjoying, be it in terms of work opportunities, societies or simply being able to get together. Whichever way, something was missing.

That was until the pair decided to form Campus Radio Middle East (CRME), an online radio station developed by students for students. But the music is only half the story; the operation’s other big aim is to provide students with a bridge to the working world, allowing them to gain corporate contacts as well as experience working for a radio station.

“We wanted to provide a tether between corporate agencies and students,” Mali says. “On one side, we wanted the corporates to take notice of the students, and for students to get a taste of corporate life. But on the other, it was a way in which to create a sort of community that stretched across all of the campuses in the UAE.”

Hence, CRME was born at the beginning of 2010. Initially, it consisted simply of Mali and Jeswani, operating out of the latter’s bedroom. Now, though, the web site is on its

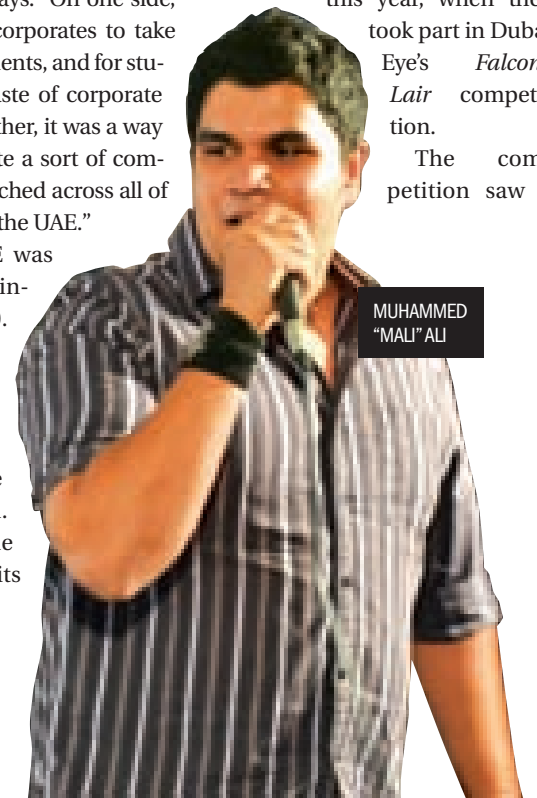
way to becoming a fully-licensed radio station, with a team of 24 people, a full schedule of different shows, and a number of organised events behind it.

“We try to provide everything,” Mali continues. “There are music-based shows, focusing on different genres. So we have a metal show, a hip-hop show and a dubstep show. We also do daily shows that deal with gossip and things like that, and there’s a new show called *The Take*, which covers news and the implications of it to students.

“On top of that, we have a themed show, *Weekend Warmup*, which covers local events, and another called *Up Your Bandwidth*, which is a technology review show. Aside from that, of course, we play plenty of music, because, at the end of the day, we’re still a radio station and people like to hear music.”

With such a range of shows, there is plenty for young listeners to sink their teeth into. However, as things now stand, CRME is currently offline, as the web-based radio station undergoes a major revamp, which comes courtesy of the recognition the two founders received for their efforts earlier this year, when they took part in Dubai Eye’s *Falcon’s Lair* competition.

The competition saw a



MUHAMMED
“MALI” ALI



RITESH JESWANI



number of operations battle it out for what equated to Dh100,000 in start-up capital.

“The heads of these new companies were invited onto Dubai Eye to answer tough questions from three local business experts live on air.

“Depending on how well the competitors answered, they

would either be knocked out, or they advanced to the next round. And by the end, it was Jeswani who clinched the deal for CRME, which bagged the top prize.

“I wasn’t able to go along to the Falcon’s Lair rounds due to work commitments,” says Mali. “It was a shame because I like to handle the business side of CRME, but

full credit to Ritesh; he did a great job and got us the prize, so we’re very happy about it.”

Thanks to Jeswani’s efforts, CRME was given support worth Dh50,000 from Virtuzone, a UAE free zone.

The prize also allowed them to be able to legally register the company for free, as well as having any incorporation costs over the first year taken care of. The top prize also came with Dh50,000 worth of advertising space from Dubizzle.com.

While this is excellent news for CRME, it has taken a while for Ali and his colleagues to reap the benefits. What is more, Jeswani has since left Dubai to study in London, so he can only provide limited support.

“There’s quite a bit of red tape that we’ve had to sift through,” says Ali. “But we’re now legal and we should have everything sorted within a month or two. Essentially what we were before was a live podcast, but now we’re turning into a proper radio station. It’s all looking up.”

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Musical classic to make a return

Family favourite **The Sound of Music** will return to Dubai and feature cast members from the community.



TREADING THE BOARDS

Theatre fans are buzzing with excitement over the news that Dubai will soon be alive with the sound of music once again. Following a highly successful two-week long run in April, in which every ticket sold out, *The Sound of Music* is set to return once more as the producers behind the show, who are also responsible for other sell-out events such as *High School Musical*, *Blood Brothers*, *Annie* and *Fame*, have decided to bring the show back for a strictly limited nine farewell performances.

Explaining why, Lucy Magee from Popular Productions says, “We did 16 performances last time and they completely sold-out, however a lot of people weren’t around as it was holiday season. Now everyone is back and the schools have returned it seemed like a good time to do another run.

“We also had hundreds of requests to bring it back and we’re delighted by this as it’s a rare thing to do two runs of the same show.”

Many of the original West End cast will be returning for the farewell performances and, Magee says, “When we announced the possibility of bringing the show back to Dubai the cast were all really excited and now they are over the moon that it’s actually happening.” Wannabe stage stars of Dubai were also offered an exciting chance to join the production themselves, with an open audition for cast extras and minor parts held last week. Magee says, “I never fail to be impressed by the new talent that comes forward for auditions.

They are open to anyone from any background; all we look for is talent, potential, passion and a willingness to work hard and be dedicated.”

For those who missed the opportunity to tread the boards this time, however, there is still hope. Magee says

“I never fail to be impressed by the new talent that comes forward for auditions.”

“We have another big family show coming up in February. I can’t reveal all of the details yet but I can quite confidently say it will appeal to all ages due to the nature of the show.

“Even if people have no previous experience, we work with our sister company, The West End Stage Experience, which offers people the chance to work with experienced professionals. Some of the auditionees for *The Sound of Music* were people I had never

seen or heard of before but they were fantastic.”

So if you didn’t catch the show first time around, make sure you don’t miss the chance to enjoy one of the best-loved family musicals when it makes a welcome return to Dubai. *The Sound of Music* is scheduled to run from November 12 at The First Group Theatre, Madinat Jumeirah. Tickets will be available later this month—see www.soundofmusicdubai.com for more information.



THE STAGE MUSICAL IS BASED ON THE CLASSIC WARTIME FILM SET IN AUSTRIA

Facebook chatter

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

(Responses only edited for length)

What are your favourite air guitar songs to rock out to?

"Monster" by Paramore, coz' even though Hayley Williams is only human and she got a skeleton with her she is willing to stop the whole world for turning it into a monster..... —Mark Joven

"Tonight" by FM Static. Just love the lyrics and the accompaniment! —Luc Khern

i want it that way by backstreet boys, because its just amazing —Aysha Saleem

Do you, or would you, donate blood, and why?

I am willing and I've done it before. What drives me is that the feeling of sharing what you can do on your own little way to let



someone live. I'd rather give than to receive. It's also good for our health too, in order to regenerate new fresh blood cells that will flow in our body. It's like sharing a smile, you make somebody's day! —Maria Yroll Lacaba Labella

Hope this yr. i get 2 donate, n u

won't believe i have been trying 2 have a proper diet just so that i can donate blood., hehehehe :D

—Keya Patel

Where were you on Sep 11, 2001, and what were you doing?

I was sitting with my dad-in-law talking about our lives at the eve

of his birthday (9/11) while the news flashed in the screen and we were both stunned and silent on his birthday —Christian Honey Salazar

Let us know your first impressions of riding on Dubai Metro's new Green Line.

I had a wonderful day in Metro on Saturday!!! Busy with maiden ride from Al Ghubaiba to Healthcare City on first train! Snatched beauty of the city and interiors of the stations throughout the journey. Back from Healthcare City till Etisalat...

—Mohammed Zaheer Oliyath Vazhayil

Can you think of famous people who sound like areas of Dubai?

Deira Knightley —Phill Tromans
Nakheel O'Neil (Shaquille O'Neil) —Desiree Tojino

Other comments from fans
In the most shameless of manners I TOTALLY enjoy reading my second column in print.



—Candy and Cookie

i love reading READ paper :p it sounds weird thought but its awesome it gives old da info abt Dubai and many ppl even i would like to be in next article :p —Roma Adwani

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Destination	From AED	Destination	From AED	Destination	From AED	Destination	From AED
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Amman	380	Colombo	419	Chennai	469	Goa	555
Aleppo	385	Sohag	445	Jaipur	470	Nagpur	570
Damascus	400	Beirut	450	Istanbul	480	Kabul	605
Gassim	400	Alexandria	455	Ahmedabad	520	Coimbatore	620
Dhaka	410	Luxor	465	Latakia	540	Nairobi	995

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BYTES & PIECES

JOE AKKAWI
TECH GURU, PAZ MARKETING

Don't rush online without thinking

What you say online will forever stay online. Whether you represent a company or just yourself, there's only one person to blame for an online screw-up and that's you.

Rushing into the online social spectrum without much consideration is dangerous and can have severe consequences if not managed correctly. Only this week, CBS severed ties with *What's Trending* over an erroneous tweet claiming that Apple mogul Steve Jobs had passed away. While the tweet was removed shortly after it was broadcast, the Internet had already erupted in a wave of mixed emotions over such an announcement.

An example closer to home is how Benihana in Kuwait handled a prominent blogger's review of its outlet. While the blogger didn't mean the company any harm, the online reaction of Benihana Kuwait, along with its next step of filing a lawsuit, caused uproar in the online community and even extended to calls for boycott.

This illustrates exactly why you should be wary of what's discussed and the legitimacy of any claims. The instant nature of online communications makes it riskier to talk away without thinking of the consequences. This also extends to any form of communication such as advertising or public relations. Remember that just because you have access to discuss a topic, you shouldn't always do it. Good judgment is required as much as it was a couple of years ago and even more.

Berry worrying for RIM

A dire 2011 has seen BlackBerry's market share plummet.

Last week, investment banking firm Jefferies & Co. downgraded BlackBerry manufacturer Research in Motion's (RIM) shares to underperforming status, marking the latest bit of bad news in a year of struggling business for the Canadian smartphone maker.

"Follow-up orders from retailers and carriers for BlackBerry OS 7 phones will likely be underwhelming and RIM continues to lose share

11%

the number of smartphones sold in the US during the second quarter of 2011 that were BlackBerrys.

in developing markets," said Jefferies analyst Peter Misek upon downgrading RIM's share status. He also described BlackBerry 7 phone sales as "just okay", highlighting the possibility that the BlackBerry might be outliving its

traditional popularity. Indeed, RIM's share prices hit a multi-year low of \$21.60 last month, having endured a tumultuous summer. Prices have bounced back since then, but investors are nevertheless concerned about the company's future. What is more, analysts have begun to note similarities between RIM and Nokia, which has had immense trouble in keeping up with other smartphone makers. Talk of such parallels cannot be good for business.

But this is not to say that the brand is on its way out. The BlackBerry is still one of the UAE's favourite smartphones, and in the United Kingdom, it still sits at the top of the most-sold smartphones list. And features such as the famous BlackBerry Messenger still mean that RIM's products command a great deal of brand loyalty.

However, the steep drop in



sales over the course of 2011 has RIM and its shareholders worried. According to reports, only 11 per cent of smartphones sold in the US during the second quarter of 2011 were BlackBerrys. Considering that during the same period, 52 per cent of new smartphones were Androids, the shareholders' concerns seem warranted.

The problem, according to experts, is with the software. RIM's new BlackBerry 7 operating system is seen by many as a simple stepping stone towards the upcoming QNX interface, which can already be found on the Playbook. App developers have already had trouble with QNX, and seem unwilling to mess around with BlackBerry 7, simply because it could be defunct by next year.

App developer Jamie Murai famously wrote about his troubles with the Playbook's QNX interface in an open letter to RIM earlier this year. "You win. I concede defeat," he said. "I no longer want to attempt developing an app for the Playbook. Are you happy now? Surely you must be. Considering how terribly designed the entire process is, from the registration right through to loading an app into the simulator, I can only assume that you are trying to drive developers away by inconveniencing them as much as humanly possible."

While many of the Playbook's problems have since been addressed, the same cannot be said



for BlackBerry 7 software, which offers little more than its predecessor in terms of versatility. Yes, the new BlackBerry Bold 9900 (above) now comes with an impressive touch screen function, but, aside from that, there's little to distinguish it from the previous Bold. What is more, BlackBerry's selection of apps is especially poor compared to its rivals running Android or Apple's iOS.

Which is why the web has been alight with rumours that RIM might be rushing through its first QNX-powered smartphone, which, if successful, could see app developers finally taking a shine to RIM's products. And with a bigger choice of downloadable apps, this would surely attract everyday users back over to the brand.

“The BlackBerry is still one of the UAE’s favourite smartphones.”

RIM's woes, then it may be lacking in features, and will not stand up to the competition.

“Based on our checks, we believe the phone is being rushed and features are being stripped,” Misek said. He explained that, if his research was accurate, the Colt could ship without support for the BlackBerry Enterprise Server, which provides businesses with RIM's famous corporate email services, and is extremely popular in the Middle East. Without such a service, Misek believes that a new QNX phone “would be a disaster”.

However, RIM could release a new version of BES to go along with the Colt, one that could work with both the BlackBerry operating systems and QNX. If this is the case, then RIM might well be in with a shot of saving face. Whatever happens, though, it is clear that RIM needs to address its problems if it is to stay in the game.

Codenamed the BlackBerry Colt, the new phone will be RIM's brave stand against the Android onslaught. However, there are worries among analysts that if the Colt is rushed in response to



Tech beat



MORE LEGAL WRANGLING

United States-based software company Droplets this week filed lawsuits against web giants Apple, Google, Amazon, Yahoo, Facebook and YouTube over what it says is patent infringement on its own online technology. According to Droplets, it holds patents “for developing and delivering highly functional and scalable applications over the Internet”, which, it claims, are being used without licence on all of the web sites that it has sued.

FACE TIME

According to a recent survey by media metrics company Nielsen, Americans spend vastly longer amounts of time on Facebook than on any other web site, confirming what many have suspected for a long time. According to its report, Americans spent a cumulative 53 billion minutes on Facebook during May alone, compared to just 17 billion minutes on the next most-visited site, Yahoo.



WI-FI WOES

A number of ailing Americans made the headlines last week when they spoke to reporters about the symptoms of their physical illnesses, which, they said, had been caused by wireless signals and radio waves. According to reports, about five per cent of Americans suffer from this condition, which is dubbed electromagnetic hypersensitivity, though it is not yet recognised as a medical condition.

GAMER

Gaming fans of Android rejoiced last week, when video games retailer GameStop announced that it was set to build its own Android-powered tablet PC. According to GameStop president Tony Bartel, the new tablet will come pre-loaded with a number of games, while further titles will be available to purchase over the air. The announcement could worry tech giant Sony, which recently released the “PlayStation-certified” Tablet S.



Low-key Vista worth a visit

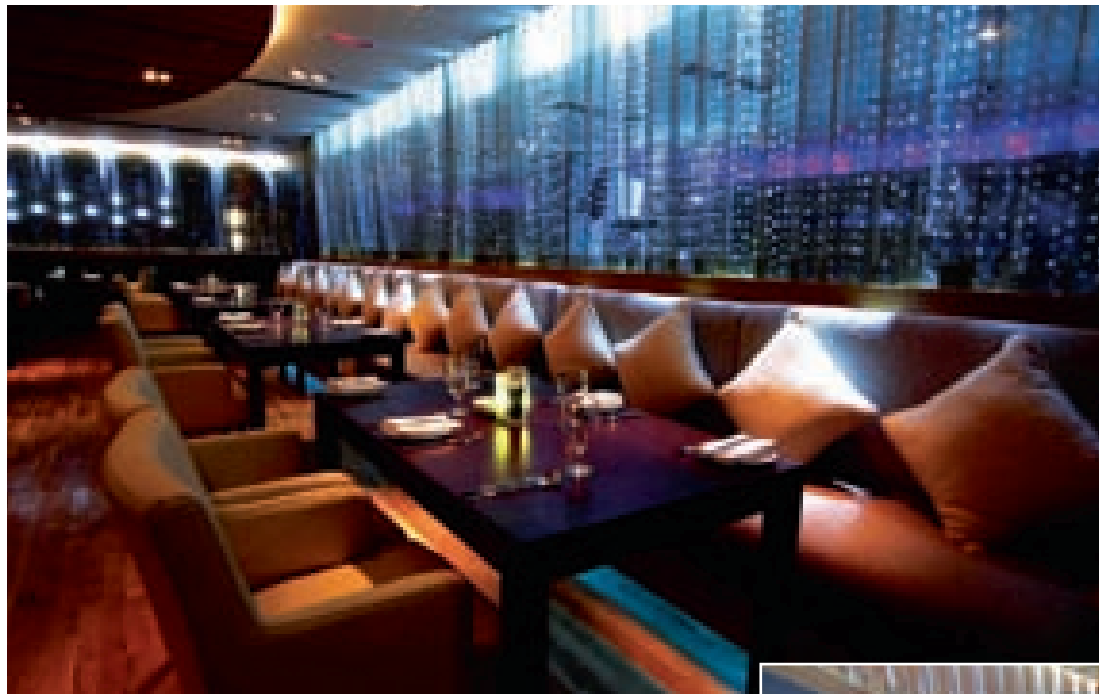
In the heart of Knowledge Village, this little-known restaurant offers great food with amazing views.

RESTAURANT

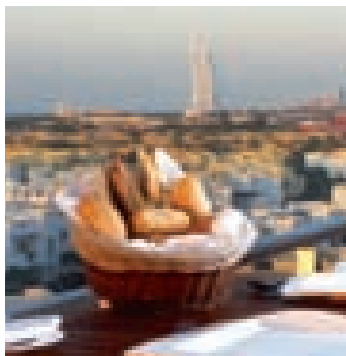
Every now and then you stumble across one of Dubai's hidden gems: a place that is not necessarily one of the better-known venues, but one that can more than take the fight to its rivals. One such place is the Vista rooftop restaurant and bar, located above the Holiday Inn express in Knowledge Village. Admittedly, a Holiday Inn is probably not the first hotel you would expect to find good food in a classy environment, but Vista ticks all the boxes and at a reasonable price.

The venue itself has undergone a refurbishment and it shows. Everything from the rich, wooden floors to the comfortable leather chairs has been designed to create a relaxed dining environment, ideal for enjoying one of Vista's stomach-poppingly tasty meals.

The dishes on offer range from a very affordable and tasty spinach and ricotta gnocchi at Dh55 or tender, pan-fried chicken breast in a deliciously creamy sauce for Dh90—although the fillet steak is worth spending a bit more on. Succulent, cooked to perfection, with Vista's signature fat chips



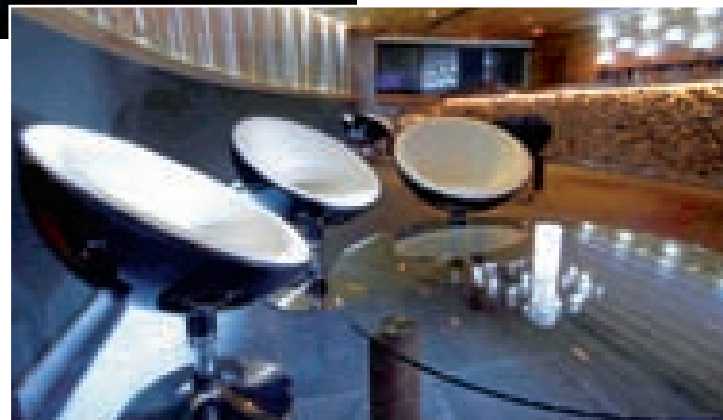
providing the perfect accompaniment, it is certainly worth the Dh150 price tag. When it comes to dessert however, there is only one option for those with a chocolate addiction as serious as *Read's*. The Vista chocolate fondant mixes just the right amount of warm, gooey sauce with a light and moist sponge to create an impressive final display of head chef Mostafa



and his team's culinary skills.

Vista is not just about the food, however, the main clue to which is in the Rooftop Restaurant and Bar title. A separate bar surrounded by a curtain of Swarovski crystal creates a sleek and stylish place to meet with friends for a drink and as, thankfully, the nights are now starting to cool down, the two large outdoor terraces are perfectly placed for relaxing with a shisha and soaking up the expansive views across Dubai.

So if you are looking for a different place to socialise, why not tear yourself away from the usual hot spots and head over to Knowledge Village to experience a fresh and impressive Vista?



Those Across the River

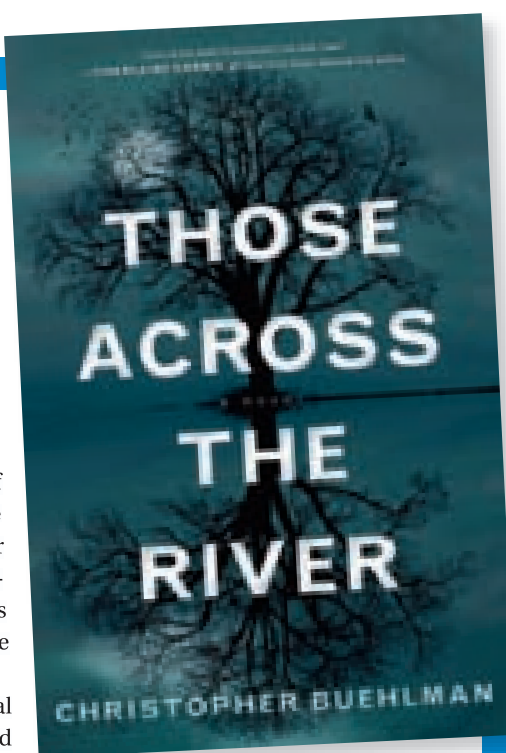
by Christopher Buehlman

BOOKS

Following the exploits of failed academic Frank Nichols, *Those Across the River* is an electric horror from accomplished author Christopher Buehlman, who has gained serious recognition for his latest book.

Nichols and his wife, Eudora, move to the sleepy, American town of Whitbow in order that the underachieving scholar can begin work on his latest project, a history of his family's old estate at the Savoyard Plantation.

The two adjust to rural life extremely quickly, and are instantly made to feel welcome by their neighbours, who come across as quaint townsfolk. Indeed, the Nichols' new life seems to be all they



wanted. However, as the book progresses, it comes to light that the town lives under the shadow of a dark secret, a horror that

has pervaded for generations. It lives in the shadowy woods across the river, where a plantation's ruins still stand, and where a longstanding debt of blood must be paid.

The debt has been waiting for Nichols, and he must work out a way for him and his wife to escape the town alive. Breathtaking, unnerving and quick-paced, *Those Across the River* is a must-read for anyone interested in the horror genre.

IF YOU LIKE THIS, TRY...

The Most Dangerous Thing
by Laura Lippman

The Hypnotist
by Lars Kepler

The Taker
by Alma Katsu

Lil Wayne – Tha Carter IV

Cash Money/Universal

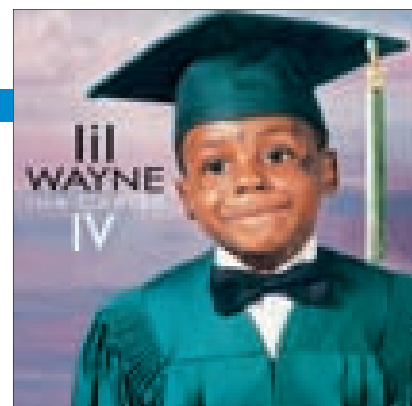
★★★★★

ALBUMS

With 10 million albums sold, four Grammys under his belt and plenty of street-cred, Lil Wayne is undoubtedly one of hip-hop's biggest players. And *Tha Carter IV*, his ninth studio album, was expected to garner critical acclaim and mainstream appeal.

However, the album falls flat on both counts. Make no mistake, this is not a bad collection of songs; it's just nothing spectacular, and certainly not up to the standards of Lil Wayne of old. Given that the 28-year-old rapper shot to fame because of his extraordinary lyrical prowess, the rhymes here make for a lacklustre listening experience.

The incredibly popular yet critically loathed *How To Love* is a case in point. Yes, Wayne manages to sing well without the help of autotune, but the concepts behind the words are corny and superfi-



cial, and offers more of the same of what can be heard on the radio.

It's a similar story with the production. Instead of being bold, experimenting with new sounds or production techniques (traditionally a strength of Wayne's), the new album seems to follow the trends of what's already on the radio. Again, it's not bad, but it's hardly groundbreaking.

All in all, this album could have, and should have, been better. All fans can do is hope that there is no truth to the rumour that *Tha Carter IV* will be Lil Wayne's last CD.

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All the fun of the square

The Scottish look is making a comeback.

Her

TARTAN

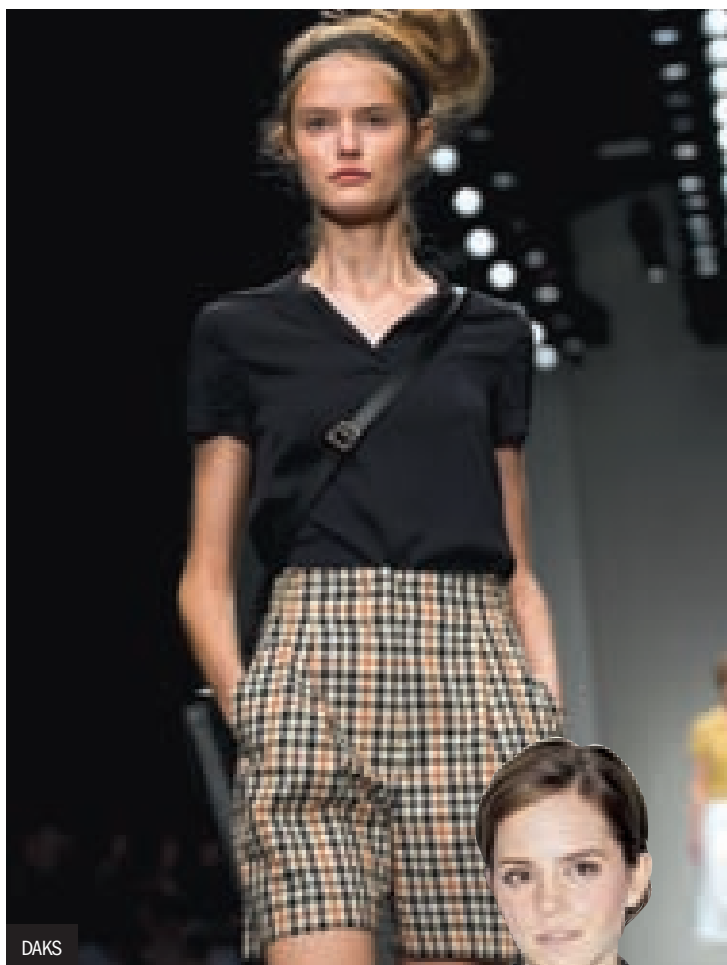
Tartan is essentially just what the American folk call plaid, and is a pattern everyone can adopt this season, with an unusually diverse range of designers, from Rag & Bone to Sonia Rykiel resurrecting this Scottish staple.

With its longstanding history within the British aristocracy, and its air of exclusivity, tartan was worn in an unconventional manner by punks in the 'Seventies to express their discontent with society at the time. It became an anti-establishment statement. Today, thrift store-going hipsters have been spotted donning tartan scarves and other plaid garments in great abundance.

But tartan has made its way into mainstream fashion too, and depending on how it is worn can be channelled by everybody. Head-to-toe red can be rather tempting, as Emma Watson proved at the GQ Men of the Year awards in a preppy Alexander McQueen dress, which she edged up with a leather jacket.

Meanwhile, Thakoon offered a more modern take with billowing fabrics with large statement making checks in vibrant reds and blues. Daks played it slightly safer, sticking to muted tones and reserved tailoring. Burberry is arguably most famous for its distinctive tartan, but this season its line was more retro-inspired with bolder tartans in black and white or primary hues.

Trendy high-street store Urban Outfitters offers up an affordable middle-ground for tartan pieces if you can't quite face ploughing through thrift stores. And if you can only stomach a wee bit, a tartan scarf is a good investment. It will keep you warm and trendy for years to come.



Him

Although often associated with men in skirts, tartan can easily be worn by the modern man with fashion line Rag & Bone offering up an easy-to-wear collection made up primarily of plaid. Vibrant checks in quilted fabrics paired alongside ivory tones offer up a look that is both daring and modern, while in keeping with its associations to British aristocracy. Tartan has become cool, in a similar way that the classic Barbour jackets became popular amongst the urban youth and shook off some of their associations with gentile country life.

For the preppy types take note of how Ed Westwick, who plays Chuck Bass on *Gossip Girl*, made a statement in an all over plaid suit. But for the more conservative, look to Daks for inspiration for traditional subtle checks, or to Gucci for a more suave suited look.



FASHION
OPINION

SHAMIM KASSIBAWI
VIDEO BLOGGER
SHAMIMSCENE.COM

Kurt's urban accessories

We know Kurt Geiger as one of the stars when it comes to shoes, but that has just changed with the label's latest campaign *Everything BUT the Dress*.

Media, bloggers and key opinion leaders attended an event at the Kurt Geiger store in Dubai Mall for an exclusive preview launch of their top-to-toe accessories collection. Word on the street is that the label sourced designers exclusively for the accessories line to join their creative team, led by Rebecca Farrar-Hockley. The accessories line will include handbags, small leather goods, chic technology accessories, scarves, gloves, jewellery and hair accessories.

The collection has a strong urban feel to it, such as handbags made out of soft European leathers complete with heavy, gold-plated zips. As for what we can expect for our winter accessories, Kurt Geiger promises us a collection inspired by urban street style with fingerless gloves, faux fur snoods and soft angora scarves. The jewellery line is designed with a handmade theme, combining material such as faceted glass, suede and plated gold.

And finally their Candy collection is what Kurt Geiger call "cool, kitsch and cute". This more playful collection is made up of accessories such as purses, cardholders, technology accessories, key fobs, pencil cases, cosmetic bags and shoppers. The best part about the Candy collection is the material used to make it—think perspex, nylon, printed satin and embossed snake in a whole lot of crazy colours. This collection is the ideal gift and will be available across the UAE, Qatar, Kuwait, and Saudi from October.

Basking in Bali

Karen Osman unwinds on this stunning island.

The rhythm of everyday life on this Indonesian island is almost therapeutic. The natural beauty of Bali, from its tropical fauna to its endless stretches of beach, offers the ingredients for the ultimate in soul food and it can take a day or two for you to slow down and enjoy a different pace of life.

Bali is a relatively large island but home for the next two weeks was in the upscale town of Seminyak in the south-west corner of the island. Charming yet trendy, Seminyak has a certain charisma with its restaurants, boutiques and luxury hotels. My accommodation was in the form of a very swish private villa including its own pool, open air lounge and kitchen area—not bad for just over Dh700 a night.

After a couple of days spent lounging, the energy was sum-

moned to hire bicycles and take the scenic route into town. You can easily spend an afternoon losing yourself amongst the narrow streets with their unique shops and cafés, which can't but reinforce the fact that Seminyak caters to a more affluent market with its designer boutiques and funky restaurants. Spas and massage centres are on every second street and are filled with tourists taking advantage of a reasonable price card. Heading west will eventually lead you to Seminyak's beach, a beautiful curve of golden

“The natural beauty of Bali offers the ingredients for the ultimate in soul food.”

TRAVEL TIPS

- Make sure you take a pillow and a good book. Flights into Bali from Jakarta are often delayed so it pays to be comfortable and entertained while you wait!
- If you hire a bike, make sure you lock it up properly while you explore.
- The traffic can be chaotic and with prices being so reasonable, hire a driver to explore the island rather than trying to self-drive.

sand dotted with palm trees, so picture perfect that you feel like you're part of a travel brochure. It would be very easy to spend an entire stay eating, sleeping and shopping in Seminyak and as the easy days rolled by and I grew

more and more relaxed, I realised it was time to explore further afield.

Enjoying the

more natural side of Bali is easy; a trip to one of the many animal parks set in the dense vegetation is a great day out for the family. Cruises to Nusa Dua on the southeast of the island will take you to see dolphins in their natural habitat or, for those who prefer to be in the water, scuba diving and snorkelling, Bali offers some amazing underwater sights. Safari parks to see the white tigers and elephant tours that take you through rivers all add to a fantastic family holiday.

Alternatively, you can hire a car and driver for a day to head north for Ubud, an area referred to as the cultural centre of Bali. From its temples, museums and art galleries to its natural wildlife and plantations, Ubud has recently become even more of a destination since its prominent feature in Elizabeth Gilbert's book, *Eat, Pray, Love*, and is popular with the tourist crowd. I started the day at the “Sacred Monkey Forest Sanctuary”, a thick woodland home



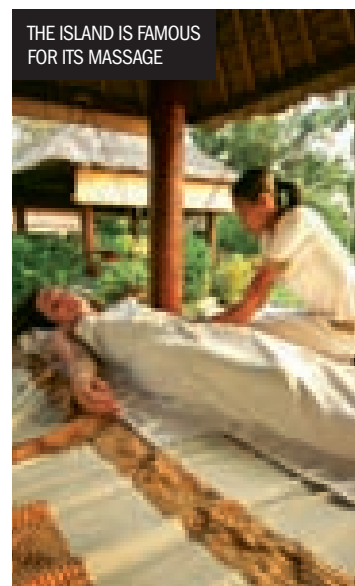


to groups of monkeys that swing from the trees, quarrel with each another and generally entertain the passing tourist trade with their antics. Watch your pockets as these monkeys are not shy and will swipe food from unsuspecting tourists when they can. The final stop of the day was a cup of coffee from an outdoor terrace overlooking rice paddies which descended into stunning views.

While I took the lazy option of a car and driver, if you're feeling energetic, a walking tour is a great way to explore this part of Bali and see more of village life. Other activities such as biking tours and white water rafting will also appeal to the more adventurous and are a great way to immerse yourself into the 'real' Bali.

You can't go to Bali and not hear about Kuta—the buzzing, vibrant town that is famed among back-packers for its cheap accommodation, stunning sunsets, and

exciting nightlife. The shopkeepers, selling everything from tourist T-shirts to the opportunity to have your picture taken with a sulky monkey, are persistent in their demands for your attention, the streets are crowded, and the beach a hive of activity, and all contrib-



ute to Kuta's boisterous atmosphere that's almost like a wake-up call from the rest of the peaceful island. Kuta is not for everyone but it has a vibrancy that's hard to resist and some of the cheapest shopping on the island so head there for your bargain buys and souvenir gifts.

Bali is a destination that has so much to offer that it's perfect for those families and couples who enjoy doing different things. From the more relaxed activities such as beaches, spas and shopping to the more adventurous such as surfing, cycling, and elephant-riding, Bali has a little bit of something for every type of holiday maker and is truly a destination that is as relaxing as it is vibrant.

The only problem you will have is trying to fit everything into one holiday, but at least there will always be a very good reason to go back.



Vox pop

What are your travelling fears?

Bodhi Thomas

Business development officer, Karama

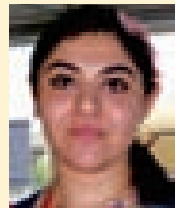


I don't have any fears when it comes to travelling in terms of flying,

I just like to make sure that everything I intend to do when I get to my destination is well planned before I arrive there.

Osheen Salah

Student, Karama



There isn't anything I fear about travelling; it's a normal thing for most

people now. Flying or being on a boat doesn't bother me and I travel quite often to go back home so it is just something that I get on with.

Islam Darwish

Student, Deira



I am not afraid of any modes of travel, but what worries me is whether

I have everything arranged correctly. I don't like to write lists, but I like to have my travel plans certain in my mind.

Safyra Arnold

Office manager, JLT



Every time I travel, the thing that scares me the most is the flying

part. I just don't like being on aeroplanes—it feels very unnatural—but I have to grit my teeth and bear it or I would never get home to see my family.

Go out and sample the great outdoors

VISIT

There is plenty in the UAE to whet the appetite of anyone looking to connect with the country's cultural roots and ancient heritage. Whether you're a tourist, a recently-arrived resident or a long-term Dubai dweller, days out to a number of sites can provide a surreal escape into the world from which our modern metropolis emerged.

Just outside of Dubai lies the Al Maha Desert Resort, which can provide an illuminating glimpse into the ancient Arabian ways of life. It might be a luxurious, five-star resort, but it is built in the style of an ancient Bedouin settlement, and bills itself as a tribute to traditional life in the Arabian desert. And as the only tourist attraction in the Dubai



Desert Reserve, the protected desert landscape outside of the city, Al Maha offers a serene experience that is unlikely to be found anywhere within the city. What's more, the hotel offers personal guides to help visitors on their desert pursuits, explor-

ing on foot, camelback or by 4x4, looking out for the extraordinary wildlife that still flourishes in this part of the world.

Over in Abu Dhabi, the Qasr Al Sarab Desert Resort offers a similar experience. Nestled deep within the red, sandy seas of the

Western Region, this luxury resort provides guests with one of the most tranquil experiences to be found anywhere, making for the perfect escape from modern city life. The protected grounds around the Liwa Desert thrive with wildlife, and camel rides and desert excursions are just a finger's click away for any guest.

Also in Abu Dhabi lies Sir Bani Yas, one of the emirate's famed desert islands, which are famous for their stunning wildlife reserves. There are plenty of places to stay on this island, and it's possible to sign up for wildlife tours, where land-dwelling animals such as oryxes, deer and cheetahs can be seen in droves. Meanwhile, in the waters surrounding the island, visitors can marvel at the stunning dolphins, dugongs and flamingos.

Set a date IN COURT

Few other sports can boast an all-round workout better than squash.

The fast-paced game of squash is well-known to be a massive fitness booster. Indeed, it was once rated the world's healthiest sport by *Forbes* magazine, ahead of rowing and swimming, and way ahead of running. The rating was based on interviews with fitness experts, coaches, personal trainers, physiotherapists and regular players, and everything went to show that, if practiced regularly, almost no other sport is better for all-round fitness.

"Playing squash is one of the best workouts you can get; it works every muscle in the body, and really helps to tone," says Nikky Harradine, *Read*'s resident sports and fitness coach, who runs squash clinics for men, women and children. "I'd say that for amateurs, playing half an hour of squash is equal to about two hours of playing tennis."



FITNESS FOR REAL

CHRISTIAN COOKE
PERSONAL TRAINER



COOKEPERSONALTRAININGDUBAI.COM

Wise to work out what to eat

One of the most frequently asked questions I receive from my clients is, "What should I eat before a workout?"

There is always a danger that if you eat too close to a workout, and do not give your body enough time to digest the food, you may feel unwell during your session.

Ideally, you should eat no less than one-and-a-half to two hours before training as this will give your body time to absorb the food properly.

For example, a meal consisting of wholemeal bread with beans or scrambled egg is an excellent combination as it provides a slow release of carbohydrates for energy and protein to aid muscle development during and after your workout.

Many of us do not have the time to eat before a workout but it is vital that your body receives some form of energy source prior to your session. As an alternative, isotonic sports drinks can provide the energy boost required. 250ml can be consumed up to 30 minutes beforehand, and will supply a quick energy boost. The remainder can be saved for later to help restore energy levels.

As well as pre-workout energy sources, it is important to remember that a key factor for looking after your body during workouts is to make sure you are properly hydrated. Always drink water with every meal and, in addition, during each training session. This will not only help your body digest the food you have consumed pre-workout, but it is also vital to enable your body to perform at 100 per cent.

It is easy to see why squash can do so much for fitness. As opposed to running, which, while being good for cardiovascular health, does almost nothing for upper body strength, squash works both the lower and upper body muscles. Conversely, pumping iron in a gym might be great for building muscle, but it will do little for cardiovascular stamina, whereas squash will.

World-class squash coach Cliff Wenn agrees. "In a typical game, you will be working at about 80 per cent of your maximum heart rate as you pounce from corner to corner and back to the 'T' for the next shot," he says. "Although the distance travelled in each movement is short and explosive, the continuous nature of the rallies with recovery periods in between means that the energy supply comes from aerobic metabolism.

"Anaerobic endurance is also an essential fitness requirement. During long, heart-bursting rallies, the ability to keep going at high intensity is critical, and this relies on solid local muscular endurance, particularly in the legs."

Convenience also plays a large part in the benefits of squash.

"I've never done so much exercise and I didn't even hit the ball once!"

Harradine asserts that one of the best things about it is that you can play all year round, because games are played on indoor courts. Whether you live in the sweltering heat of Dubai or the bitter coldness of Alaska, this has to count for something. And in Dubai, access to squash courts is easy enough to gain, with many buildings or villa compounds offering communal courts. And even without access to a shared court, anyone can take membership access at a health club's courts for much less than the cost of a full gym membership.

"There are various clubs around town where you can join to play squash, as well as numerous villa compounds which have courts," says Barbara Honey, an avid

Dubai-based squash player. "So if you know someone that you can play with, that's a cheaper option. Alternatively, a lot of the big clubs offer squash and tennis-only membership. I joined the Dubai Ladies' Club because of that kind of offer."

Honey has been playing squash in the emirate for a number of years, and speaks about the physical benefits of the game.

"At a higher level, you obviously need to be fit, and it maintains and improves your fitness," she says. "At the middle and lower levels, you might not get super-fit, but at least you're bending, stretching, lunging and moving around. My mum once said after a game, 'I've never done so much exercise and I didn't even hit the ball once!'"

Honey is one of dozens of ladies who compete in the Dubai Ladies' Squash league, which is run by Harradine. Every year, there are three seasons, which cost ladies Dh50 each to join. Aside from this, Harradine also hosts a number of squash clinics at the Jumeirah Beach Hotel, each one geared towards men, women or children.

Other clubs also host squash clinics and tutoring, while many players simply meet up with friends once or twice a week for a game. Whichever way they practice, though, everyone seems to agree with the fact that squash is fantastic way of keeping fit.



NIKKI HARRADINE

DID YOU KNOW?

- Squash developed from at least five other sports that each made use of racquets, gloves and balls, and originated in medieval France.
- At the top level of squash, players will be rallying balls travelling at more than 200km/h.
- In one hour, a player can burn up to 1,000 calories.
- There are 49,908 squash courts around the world, according to the World Squash Federation.
- Squash players have lobbied for years for the game to be recognised as an Olympic sport, but have so far found no luck.

Back to School

With the new academic year in full swing, we look at how to cope with the demands of starting afresh at a brand new school.



At some point, every one of us has been there. Standing at the entrance of an imposing building, staring out across a sea of unfamiliar faces and feeling a nervous sort of excitement bubbling away in the pit of your stomach, you are unmistakably on your first day at a new school.

For both parents and kids, the experience can be a testing one, but with proper planning, consideration and advice, it need not be painful, as thousands of students across Dubai found out last week when the 2011/12 school year began.

"For the student beginning at a new school, I think it's important to get yourself established into the routine of the school," says Martin Clark, headmaster of Wellington Academy in Dubai Silicon Oasis, which

opened last week, meaning that all 1,100 of its students are facing a term at a brand new school. "So that means working out where everything is, and knowing the uniform and equipment requirements."

There are well over 700,000 students currently studying in Dubai, and a large proportion of them will be newbies. Some will have moved over to the emirate from their home countries, while others will simply be taking the step from primary school to secondary. Either way, new students can follow a number of simple steps in order to fit into their new academic and social lives.

"Be prepared," says Clark. "Simple things like turning up without your PE kit or with the wrong equipment can be a nightmare. And it's important to get plenty of rest. School days are long days, especially if you take part in after-school activities, so rest is important if you're going to be on top form the next day."

"But I think the most

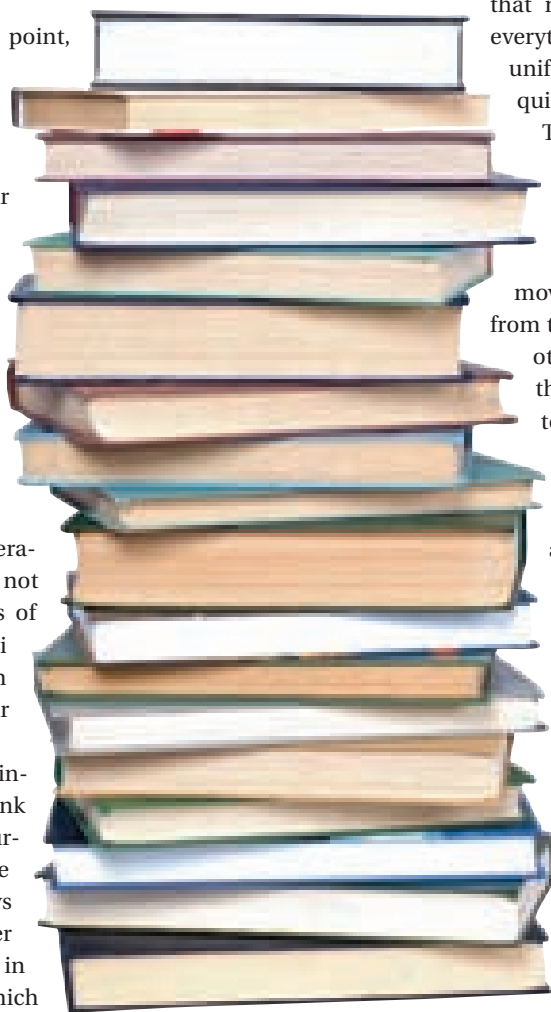
important thing is asking yourself, 'Have I tried my very best?' Every child progresses at a different rate, so, really, it comes down to whether or not they are maximising their time at school, and getting the very best that they can out of it."

There is also plenty that parents can do to make sure their kids fit seamlessly into their new schools. Simple acts of support such as checking up on homework, asking about new friends and ensuring they have everything they

need can go a long way when a child is diving into the unknown. Gently pushing them towards extra-curricular activities can also help kids to relish the challenges of starting afresh.

"If your child has any interests, such as music or sport, then they should be able to practice them at the school you've chosen," says Clark. "There are plenty of opportunities in after-school clubs and groups."

Jade Findlay, a new-to-Dubai sixth-form student, is taking full





advantage of her new setting. Having spent most of her life in the same area of England, she says she intends to be the best that she can be.

"It's not every day that you get a chance to start a new life in an amazing new city," the 16-year-old says. "I'm half-way through my first week at school here and I've had the best time so far. I've made a real effort to become a part of the school, and my teachers are all really great, so I'm motivated to do my best. And

obviously a massive part of starting a new school is making new friends, and I think I'm going to meet some really great people this year."

Being able to cope so well with the demands of starting at a new school is, in Clark's opinion, typical of students in Dubai, which is home to a startlingly large number of expatriates, from over 70 different nationalities. It is this fact, he says, that makes teaching and studying over here such a joy.

"I've been teaching in Dubai

for four years, and I think it's truly remarkable that we recognise that everyone is different," he says. "It's amazing that people can work together from day one in this multicultural society. Also, young people are resilient and they're flexible, and most of them have gone through the process of moving from their home countries to a new place, so they've got that in common with each other and can work through it together. It's astounding how well it works."

Marhaba Ross, now take your seat

Read's reticent Ross Guinane goes back to school and finds that you're never too old to learn something new.

LANGUAGE

Following on from last week's article in *Read*, on mastering the local tongue, I took it upon myself to prove that this can actually be done by someone as long in the tooth as myself.

I'm from Ireland and have trouble even holding a conversation in my own national language, Gaelic—something as a nation we learn between the ages of four and 18 years old—so if I can master Arabic from a 30-hour course, it really is a language anyone can understand and conquer.

I was the first of my new classmates to arrive at the Arabic Learning Centre in Dubai, eager to begin. Greeted with "marhaba" and "tsarafnaa", a quick scan of my text books informed me that they meant "hello" and "it's a pleasure to meet you". I immediately feared that I had bitten off more than I could chew.

The classroom was quick to

fill up with another 12 students, most looking as nervous as I felt, although there were one or two who were clearly confident. A few quick basic Arabic words were shared by our teacher, Amira, and then introductions were made. We went around the classroom saying, "Hello there. My name is so-and-

so. What's yours? I am from such-and-such-a-place," all in Arabic.

Once the rounds were done, the multicultural nature of the room became apparent. Switzerland, France, Pakistan, India, Australia, Brazil, Spain, England, Ireland and, unexpectedly, the UAE, were all represented. Each student had



“How are you? Fine. Pleased to meet you. Mind how you go.”

his or her own reasons for being there—work, curiosity or the feeling that, after twenty-odd years here, it was time to pick up some Arabic phrases.

We were taught another batch of pleasantries—"How are you? Fine. Pleased to meet you. Mind how you go"—before attempting our first written Arabic. What had always appeared to me as little more than pretty squiggles quickly turned into sounds I could pronounce and recreate in my own notebook.

Once my light reading and writing homework is complete, I will be excited to return to the classroom. I may not yet have figured out how to order pizza in Arabic yet, but I do feel I'm on the right track. I am confident that I can crack this new code.

Follow Ross's endeavours in Read, over the coming weeks.

سلطانية من الخبز المخزم

Vox pop

Conventional or alternative medicine?

Dave Melendrez
Metro worker, Jumeirah



I don't really use medicine often, but if I got sick I would turn to modern medicine.

In the Philippines, where I'm from, people tend to use a lot of herbs and alternative therapies.

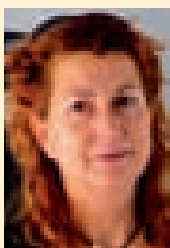
Sujoy Bose
Customer service, visitor



It all depends on what illness I have. If it was not serious, I would try and treat

myself using herbs or alternative medicine, but if it was severe, I would obviously seek advice from a doctor.

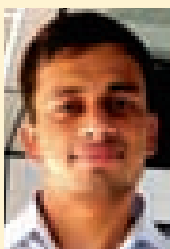
Jutta Stocks
Tech support, visitor



I would like to use alternative therapy and treat myself using homeopathic

remedies. But normally I just go to the doctor—especially as I have a bad back, which needs to be checked regularly.

Mahaveer Sharma
Banker, JLT



I do yoga every morning to try and keep myself fit and healthy, so I would

definitely be open to trying homeopathic remedies instead of conventional medicine if I needed to.

Battling that balding head

Wigs, comb overs or hair transplants, which is the best way to beat male baldness?

Androgenic alopecia is a condition that has blighted the male side of humankind since the beginning of recorded history. It can make or break a career, complicate a marriage and destroy self-confidence. But while the medical term might sound serious and foreboding, it is an extremely common condition, affecting around two-thirds of men by the time they reach 60. To the layman, it is simply male pattern baldness.

"A lot of men become hung up about losing their hair, but the fact is that you have a four in seven chance of getting the baldness gene, so it's not that bad," says Dr

Rami Maher, a Dubai-based trichologist who specialises in providing treatment for hair loss. "But, that said, holding onto your hair for a little longer can really give some men a confidence boost, because no one really wants to lose their hair."

Indeed, the battle against baldness dates back to the times of ancient Egypt, where health professionals came up with a crude therapy involving dates, the toes of a dog, the hoof of a donkey and the blood of a gagbu bird. Needless to say, the treatment was hardly effective, but it did pave the way for many other remedies aimed at

"The fact is that you have a four in seven chance of getting the baldness gene."

combating the receding hairline. In ancient Greece, the great physician Hippocrates used a blend of cumin, horseradish, beetroot and pigeon droppings. While this failed to provide any real protection from baldness, Hippocrates did note that castration could reduce the effects, though, understandably, he never went that far to save his own hair.

Nowadays, treatments for baldness are hardly as bizarre or drastic, and can provide reasonably good results. Sufferers can opt for hair transplants, laser therapy, spray-on hair and convincing wigs, as well as a range of medications proven to reduce the effects of balding. Maher's speciality is hair transplantation.

"What I do is take grafts of hair-producing follicles from other ar-



“I started balding in my early twenties, and by the time I hit 25, it was really starting to look hopeless.”

who has gone to great lengths to cover up his bald patch. The blog www.baldingcelebrities.com catalogues news and photos of dozens of celebrities attempting to beat baldness. Among the stars featured is John Travolta, who, in 2007, made a public appearance wearing what proved to be a wig, while in a later appearance, he sported a haircut that looked remarkably like it was sprayed on.

Some celebrities, such as *House* star Hugh Laurie, choose not to hide their baldness, as is the case for most men affected by the condition. Some, like Dubai-based salesman Craig Willis, even embrace the look, shaving everything

off the tops of their heads. “I started balding in my early twenties, and by the time I hit 25, it was really starting to look hopeless,” he said. “So I thought, ‘screw it,’ and shaved my head. My mum hated it at first—she said I looked like a thug. But I think that the shaved head is generally more acceptable these days, and it definitely looks better than a comb over!”

Many agree with Willis on this point. While the comb over might have been a stylish way of covering up the bald patch in the 1970s and 1980s, it is hard to imagine a modern, thirty-something man sporting the look.

Other methods are also becoming outdated, such as wearing a wig, which, as Travolta found, can make for some embarrassing moments.

“When it comes to baldness, I’d say you’ve got to go in all or nothing,” says Maher. “If you want to do something about your bald patch, then you have to get a hair transplant, which provides obvious, long-lasting results, or else shave your head. Anything in between is simply temporary, and won’t fix the problem.”

BALDNESS BASICS

- Approximately 25 per cent of men begin balding before they reach the age of 30.
- Despite it affecting more men, baldness is still a problem for around 30 million women in the United States alone.
- Stress is a known cause of baldness in both males and females.
- It was previously believed that baldness was carried on the mother’s side of the genes, but studies have now shown that baldness is carried on both parents’ sides.
- Other primates such as chimpanzees also suffer from hair loss as they get older.

eas of the body, say, from the back of the head, and plant them on the balding areas,” he says. “It’s quite a long-winded process, and can be expensive, but in my opinion, it’s the best treatment out there for baldness because it means you can have your own hair back, growing naturally.”

This is a treatment that football superstar Wayne Rooney underwent earlier this year. After mas-

sive media speculation that he had had a hair transplant, Rooney came clean on Twitter. “Just to confirm to all my followers I have had a hair transplant,” he tweeted. “I was going bald at 25 why not. I’m delighted with the result. It’s still a bit bruised and swollen when it dies down u will be first to see it. Anyone recommend any good hair gel. Haha.”

Rooney is not the only celebrity

ASK THE EXPERT



DR SANJAY PARASHAR
SPECIALIST PLASTIC SURGEON

Sticking it to stretch marks

Weight gain causes not only excessive increase in the size of fat cells but also the tissues around them, which in turn causes excessive skin-stretching and stretch marks. After dramatic weight loss, the fat cell loses its content but the surrounding stretched tissues do not shrink completely and the bulk of residual tissue remains.

There is also excessive skin laxity causing sagging and wrinkling. Stretch marks become more visible as the stretching effect is gone, so the skin looks more “crumpled”. In some areas the lost fat can be replaced by muscle bulk, particularly in men. In areas such as the chest, arms and thighs, the muscle can take away excess skin, so muscle toning does help some skin lift. Hydration helps to plump the skin and make it look less wrinkly. There

are many nonsurgical technologies that can help improve the elasticity of the skin such as radiofrequency and laser-based technologies.

Stretch marks can be red and raised, dark brown or white. There are a combination of treatments that can work to reduce some stretch marks, including carboxytherapy, radio frequency-based machines, or fractionated lasers. Surgery helps only when it is associated with excess skin,

particularly in areas such as lower part of tummy, inner thighs or inner arms where the surgery removes excess skin and some of the stretch marks as a result. Nonsurgical treatments are much more common than surgery because of ease, comfort and lessened risk. Involve a nutritional advisor and physical trainer early in the process of weight loss; even after weight loss they will help maintain and improve the skin condition.



Can you 'make it' as a band based in Dubai...?

This is a question we get asked a lot during interviews, and it's a tough one.

Traditional wisdom tells you that there is no chance of breaking into the international music marketplace if you are based here, it is not a "recognised" market for music and it is a long way from the dominant markets of the US, UK and Europe.

However, I think that view may be wrong. Dubai and the UAE have come a long way in the last 10 or 15 years. Dubai is now a world city with serious "brand" recognition. The roster of A-list artists to have played here in the past two or three years rivals any international touring schedule outside the US. The opening of internationally respected music media such as Rolling Stone ME, Virgin Radio and big record labels all points to a greater interconnectedness, which Dubai based artists can exploit.

I was in LA in May to talk with Sony Music in the US (we have a deal with them in the Middle East) and was surprised at the level of interest in music from the region. Every day the Western papers are full of dramatic stories about the Middle East so it's nice to be doing something that reflects positively on the place. Our aim is to break through into the Western mainstream and create a musical bridge between the frontier music markets of the Middle East and the established markets in the west.

If we succeed, we hope it will help others follow suit.

Striking a (silent) chord

Killer riffs and mammoth licks with absolutely no noise.

We've all done it. There's just something about certain songs that makes it happen. It is almost as though a melody worms its way into the body and casts a spell over the unsuspecting listener.

We are, of course, talking about air guitar. Not to be confused with playing an actual guitar, air guitar has long been the instrument of choice for bedroom rock-gods the world over, who spend hours mastering the art of pretending to play along to their favourite rock or heavy metal guitar anthems.

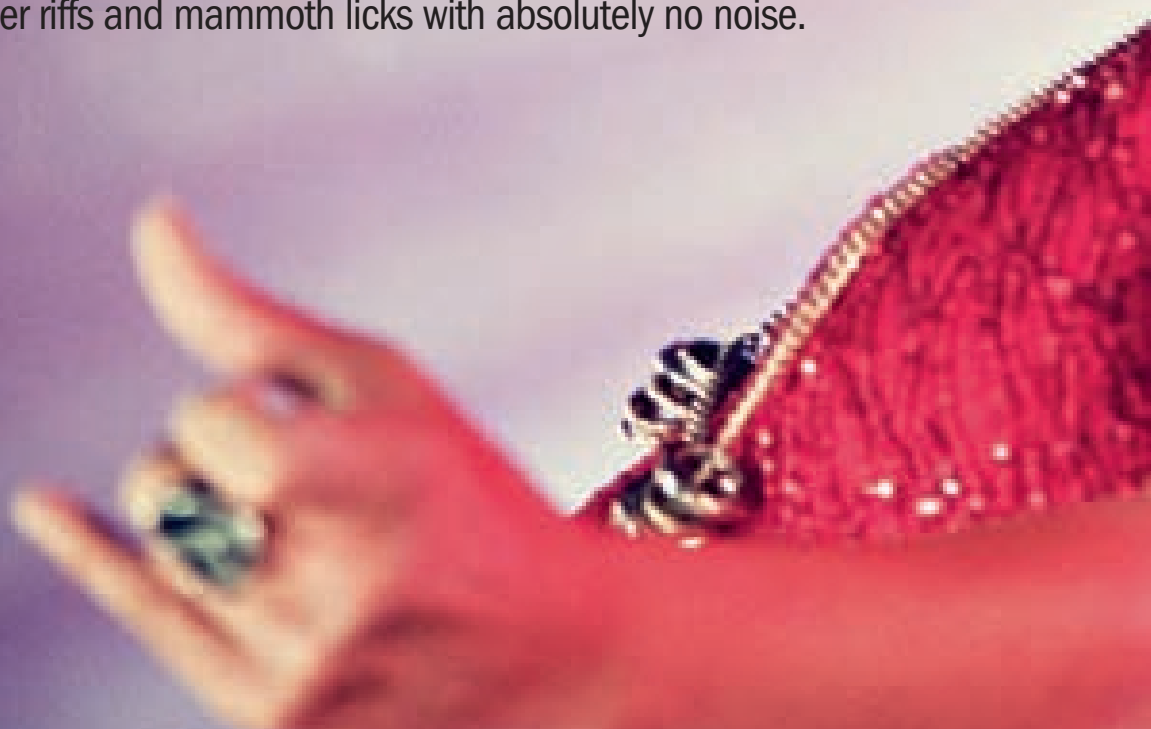
A Dubai-based air guitarist, who would only give his name as Axe, says, "Air guitar is a serious thing. Obviously most people just break out into air-guitar at a party or in the car, but people like me study every movement the guitarists make until we can play

a perfect air guitar version of a song or solo". Often sniggered at by music aficionados, air guitar has found itself becoming more of an accepted art form over recent years as fans have ventured out of the bedroom and brought their skills into the public eye. Believe it or not, there is even a yearly air guitar world championship for fans to test their mime skills in front of judges and an audience, with the ultimate prize of being crowned world champion being the holy grail for air guitarists worldwide.

The competition has been running since 1996 in Finland, with this year's overall winner being female air guitar-

ist Aline Westphal (left) from Germany, who took the crown in August after performing the Rage Against the Machine classic *Without a Face*. After winning, she claimed, "I think it was time for a girl. It was time for a dramatic fight on stage."

And a fight is certainly what you get at an air guitar competition. The judges are not just looking for the ability to replicate playing an actual guitar, but are focused on how the competitor moves around the stage, how they use their face to express the song and, most importantly, how they get the crowd going with their often





“Air guitar has long been the instrument of choice for bedroom rock gods.”

urge to take their air guitar public? There is definitely a tongue-in-cheek element to the art form, however for aspiring air guitarists, there is no question of whether they should be taken seriously.

Axe says “I haven’t performed in front of an audience yet, but I have loads of friends on the Internet who have competed in air guitar competitions and they just love it. I would really love to join in but I don’t have the confidence yet.

“I have posted some videos online, though, and some of the feedback has been really good, so maybe I might enter the world championship next year, who knows?”

electrifying performance. Most people out there who are guilty of occasionally letting rip in the car when a rock classic comes on the radio are perhaps wondering, at what point does a person get the



EXPRESSIONS ARE IMPORTANT

Getting on stage is absolutely no drama

A new course promises to teach acting students everything they need to know to make a career in theatre.

THEATRE

For those of you that may be harbouring a desire to be the next Sir Ian McKellen or Dame Judi Dench, an upcoming theatre acting course for adults called *The Desert Monologues* could provide the ideal opportunity to unleash your inner thespian.

Hosted by Drama Dubai, the course is designed to provide aspiring actors with the skills needed to take them on to the next level. Participants will be taken through a variety of drama-based activities over the series of the course, including script-work, improvisation, voice projection, stagecraft and characterisation, with the course culminating in



monologue performances at Ductac, the perfect chance to show family and friends your new skills. The course fees for the pro package also include a professional photo shoot, a set of headshots, an online actor profile, a DVD of the final per-

formances and a Drama Dubai T-shirt. It doesn’t matter if you are a seasoned professional or an absolute beginner, all are welcome to register for the programme, which begins in October. Further details can be found at www.dramaworkshopsdubai.com





Reaping *the* benefits

Great casting, likeable characters and an enjoyable script make **Friends With Benefits** an enjoyable picture.

NEW RELEASE

There used to be a formula to guarantee the commercial success of a romantic comedy that went something along the lines of boy meets girl, boy gets girl, boy loses girl, boy wins girl back. Throw in a few memorable one-liners, two good looking, likeable leads and you'd have yourself a movie.

But today, viewers are often more cynical and bored of the same old story; an unlucky-in-love, social networking generation are looking for something more believable, more relatable. *No Strings Attached* attempted to break the rules earlier this year, and now *Friends with Benefits* has looked at what happens when two people embark on a relationship without obligations.

Head-hunter Jamie (Mila Kunis) and the man she recruits

for GQ magazine, Dylan (Justin Timberlake) spark up an unlikely friendship by uniting over their failed relationships and broken hearts. The movie even has the pair make a pact to remain emotionless through an app on Jamie's iPad.

The first half of the movie is genuinely funny, fast-paced and does well to poke fun at its own genre, with Kunis screaming "shut-up Katherine Heigl, you stupid liar", at a poster of *The Ugly Truth*. It's screwball and goofy with great comedic chemistry between the two leads, even if they oddly lack physical chemistry. Mila Kunis shines in particular: her character is likeable yet manages to stand apart from the same run-of-the-mill, ditzzy leading ladies that are often casted in rom-coms. She plays an equal to Dylan, and despite Kunis's pocket sized frame, has far greater screen

DID YOU KNOW?

● Andy Samberg, who cameos as Jamie's boyfriend, appeared alongside Justin Timberlake on the Saturday Night Live's music video for the song *Motherlover*.

● *Friends With Benefits* is often compared to *No Strings Attached*, which was released earlier this year. Ashton Kutcher and Natalie Portman are both linked to Mila Kunis: Kutcher and Kunis played onscreen girlfriend and boyfriend in *That 70s Show*, while Kunis acted alongside Portman in *The Black Swan*.

presence than Timberlake.

There are also some great supporting roles, including Emma Stone's hilarious five lines at the very start of the

film and Dylan's flamboyant colleague at GQ, played by Woody Harrelson, who does a superb job of providing some giggles as well as advice to help the younger characters.

But as we enter the second-half of the movie, it does begin to fall into some of the genre's old traps, even if it does take slightly longer to reveal itself.

The movie buys into the Hollywood cliché of the "too emotionally damaged to commit" routine, which revolves much around the family life of the pair and past relationships. We are introduced to Jamie's hippy mother (Patricia Clarkson) who





STAY IN YOUR SEATS
Those cinemagoers who like to sit through the entirety of the end credits of *Friends With Benefits* will be rewarded by a showing of outtakes right at the end.



“Boy meets girl, boy gets girl, boy loses girl, boy wins back girl.”

never provided her daughter with a stable family life, while we learn that Dylan's father (Richard Jenkins) suffers from Alzheimer's.

In comparison to some other summer comedies, such as *Bridesmaids*, the flick is more sweet than crude, and although it's enjoyable and well worth a watch, don't expect anything too controversial. The film wants you

to have your cake and eat it too, to poke fun at it, and all the while it still provides you with all the elements that you secretly (or not so secretly) love about the genre.

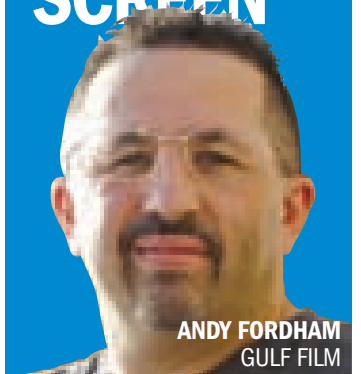
It does a far better job than *No Strings Attached*, which was neither as originally funny nor

complex. But ultimately, *Friends with Benefits* is just as conventional as the rom-coms it set out to mock, and, disappointingly, it does even stick to that same old formula that it sets out to avoid: boy meets girl, boy gets girl, boy loses girl, boy wins girl back.



TIMBERLAKE AND KUNIS SHOW GREAT COMEDIC CHEMISTRY

SILVER SCREEN



ANDY FORDHAM
GULF FILM

Cinema still keeping pace

I have been involved with the cinema industry since early 2004 and in that time I have seen a lot of change. We have witnessed the introduction of digital cinemas, luxury seating options and a greater variety of food choice. One thing that is constant however is that the customers have NOT turned their back on cinema even though they have a greater choice of home viewing options than ever before. Couple this with online film piracy and cinemas continue to exceed expectations; we have even seen positive growth in cinema popularity over the last few years.

Obviously we are reliant on Hollywood producers continuing to make high-quality, entertaining movies that evoke all manner of emotions and memories in cinemagoers. My parents had their first date in 1956 at a movie and I am sure that a great majority of the readers of this article could probably say the same.

In essence, the spirit of cinema is alive and well and is in no danger of heading the same way as the dinosaurs. I welcome innovation and technological development as this is the generation we live in. One thing I am sure of is that today's youngsters will be the future of the movies and I do believe that this future will be a bright one.

I often sit and wonder what cinemas in 2050 will be like. Let's just hope that we aren't sat watching *Shrek 35* or a film version of *Friends*. I will, however, look forward to the 2050 remake of some early classics from the millennium like *Avatar* and *Inception*.

Bollywood news

AMITABH BACHCHAN

The Big B has turned his attention to Hollywood, where he will star alongside Leonardo DiCaprio in Baz Luhrmann's film *The Great Gatsby*, set to be released in 2012. The film is a



3D adaptation of the classic F. Scott Fitzgerald novel of the same name, and Bachchan will play the small but crucial role of Meyer Wolfsheim, a notorious underworld figure who is also an associate of the title character.



DIA MIRZA

The starlet's upcoming film, *Love Breakups Zindagi*, has done quite the opposite for her personal life, strengthening her relationship with director Sahil Sangha. The couple, who have been seeing each other for almost a year, have announced that they plan to marry by next year. "Yes, we are dating, and I will marry him soon...may be next year itself!" Mirza is quoted as saying by a news daily.



KAREENA KAPOOR

After the tremendous success of her latest release, *Bodyguard*, the world can't seem to get enough of Kareena Kapoor.

And now, Kapoor has just finished shooting with Saif Ali Khan for *Agent Vinod*, a film directed by Sriram Raghavan, and set to be released this December. According to Raghavan, the film follows the story of a spy, with plenty of action and thrills. Early this week, Kapoor was spotted dressed in beautiful, traditional pink Mughal attire to shoot for a song.

Reviews *in brief*

A quick look at the week’s biggest films.



Spy Kids 4 - 2011
★★★★★ Jessica Alba, Jeremy Piven, Joel McHale

A retired spy (Alba) is called back into action, and in order to bond with her new step-children, she invites them along for an adventure to stop the evil Timekeeper (Piven) from taking over the world. The movie comes in 4D—with the added dimension of smell. To achieve this, viewers are given a numbered card (called Aroma-Scope) so that they can scratch-and-smell when the number appears on the screen. Although this provides some amusement for children, it is more of a nuisance for anybody older than five. The film has largely been viewed as unnecessary and many have said that the *Spy Kids* franchise has probably run its course. The scatological humour drains the film of any former character. As boring as it is bad.

Colombiana, 2011
★★★★★ Zoe Saldana, Michael Vartan

A young woman, Cataleya (Saldana), grows up to be an assassin after witnessing the murder of her parents as a child. Turning herself into a professional killer and working for her uncle, she remains focused on her ultimate goal: to hunt down and take revenge on the mobster responsible for her parents’ deaths. It is supposed to be an exciting action movie and, although it is mildly enjoyable, it falls short with poor dialogue, bad direction and gets you laughing when it’s definitely supposed to be serious. It’s not the worst action movie, but it certainly isn’t great.



Mausam, 2011 (Hindi)
Shahid Kapoor, Pankaj Kapoor, Sonam Kapoor

Written and directed by Pankaj Kapoor, who makes his directorial debut with this film, *Mausam* stars Shahid Kapoor for the first time opposite his father. The film focuses on the life of two lovers, a Nepali boy, Harry (Shahid), and a Kashmiri girl, Samjhana (Sonam), who are separated when Samjhana is taken away by her disapproving family. Harry leads his life as an Air Force Lt. Captain, all the while praying to be reunited with Samjhana. The film is scheduled for release on September 16. Let us know what you think of the movie: letters@readme.ae

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Ana Badea Ya Wadea - 22:00, 00:00
Bodyguard - 10:00, 13:00, 16:00, 19:00, 22:00
Captain America - 11:00, 13:30, 16:00, 18:30, 21:00, 23:35
Chloe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Colombiana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:50
Conan The Barbarian - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Cowboys and Aliens - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Drive - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Final Destination 5 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
Mere Brother Ki Dul Han - 11:00, 14:00, 17:00, 20:00, 23:00
Rise of the Planet of the Apes - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Spy Kids 4 (3D) - 11:30, 13:30, 15:30, 17:30, 19:25, 21:30, 23:30

GRAND MEGAPLEX - IBN BATTUTA

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

Bol - 11:00, 14:00, 17:00, 20:00, 23:00
Captain America - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Chloe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Colombiana - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Conan The Barbarian - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Cowboys and Aliens - 10:00, 11:00, 12:20, 13:20, 14:40, 15:40, 17:00, 18:00, 19:20, 20:20, 21:40, 22:40, 00:00
Drive - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Final Destination 5 (3D) - 10:00, 11:30, 12:00, 13:30, 14:00, 15:30, 16:00, 17:30, 18:00, 19:30, 19:55, 21:30, 21:55, 23:30, 23:55
Final Destination 5 - 11:00, 13:00, 15:00, 17:00, 19:00, 20:55, 22:55
Mere Brother Ki Dul Han - 12:00, 15:00, 18:00, 21:00, 00:00
Rise of the Planet of the Apes - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Romantics - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Spy Kids 4 (3D) - 11:30, 13:30, 15:30, 17:30, 19:25, 21:30, 23:30
Spy Kids 4 - 10:30, 12:30, 14:30, 16:30, 18:25, 20:30, 22:30, 00:30
Vandhan Vendran - 11:00, 14:00, 17:00, 20:00, 23:00



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

GRAND CINEMAS - FESTIVAL CITY

Ana Badea Ya Wadea - 21:30, 23:40
Chloe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Conan The Barbarian - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Colombiana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:50
Cowboys and Aliens (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Cowboys and Aliens - 11:00, 13:20, 15:40, 18:00, 20:20, 22:40
Drive - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Final Destination 5 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
Mere Brother Ki Dul Han - 11:00, 14:00, 17:00, 20:00, 23:00
Rise of the Planet of the Apes - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Smurfs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 00:00
Smurfs - 11:00, 13:00, 15:00, 17:00, 19:00
Spy Kids 4 (3D) - 11:30, 13:30, 15:30, 17:30, 19:25, 21:30, 23:30

GRAND CINECITY - AL GHURAIR

Chloe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Cowboys and Aliens - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Drive - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Final Destination 5 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
Mere Brother Ki Dul Han - 10:30, 13:30, 16:30, 19:30, 22:30
Rise of the Planet of the Apes - 11:00, 14:00, 17:00, 20:00, 23:00
Spy Kids 4 (3D) - 11:30, 13:30, 15:30, 17:30, 19:25, 21:30, 23:30
Vandhan Vendran - 11:00, 14:00, 17:00, 20:00, 23:00

GRAND METROPLEX - METROPOLITAN

Bodyguard - 10:00, 13:00, 14:00, 19:00, 22:00
Captain America - 11:00, 13:30, 16:00, 18:30, 21:00, 23:35
Colombiana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:50
Conan The Barbarian - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Cowboys and Aliens - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Final Destination 5 - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
Mere Brother Ki Dul Han - 11:00, 14:00, 17:00, 20:00, 23:00
Spy Kids 4 - 11:30, 13:30, 15:30, 17:30, 19:25, 21:30, 23:30

COWBOYS AND ALIENS



GRAND MERCATO

Colombiana - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:50
Cowboys and Aliens - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Drive - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Final Destination 5 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
Mere Brother Ki Dul Han - 21:00, 23:45
Rise of the Planet of the Apes - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Smurfs - 10:30, 12:30, 14:30, 16:20, 18:10
Spy Kids 4 (3D) - 11:30, 13:30, 15:30, 17:30, 19:20, 21:25, 23:30

VOX CINEMAS - DEIRA CITY CENTRE

Bodyguard - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Conan The Barbarian (3D) - 00:00
Cowboys and Aliens - 11:30, 14:00, 16:30, 21:15, 21:45, 00:15
Drive - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Final Destination 5 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Mausam - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Mere Brother Ki Dul Han - 11:30, 14:30, 17:30, 20:30, 23:30
Rise of the Planet of the Apes - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Spy Kids 4 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
Spy Kids 4 - 10:45, 12:45, 14:45
Vandhan Vendran - 16:45, 20:00, 23:15

VOX CINEMAS - MOE

Captain America - 10:00, 12:30, 15:30, 16:15, 21:00, 23:45
Colombiana - 09:45, 12:00, 14:15,

16:45, 19:15, 21:45, 12:15
Conan The Barbarian - 21:30, 00:00
Cowboys and Aliens - 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
Drive - 10:30, 12:45, 15:00, 17:15, 21:30, 21:45, 00:00
Final Destination 5 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Final Destination 5 - 17:15, 19:15, 21:15, 23:15
Mere Brother Ki Dul Han - 20:30, 23:30
One Day - 10:00, 12:15, 14:30, 16:45, 19:00
Rise of the Planet of the Apes - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Spy Kids 4 (3D) - 09:15, 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Spy Kids 4 - 10:30, 12:30, 14:30, 16:30, 18:30

VOX CINEMAS - MIRDIF CITY CENTRE

Colombiana - 10:15, 12:45, 18:15, 23:45, 00:15
Cowboys and Aliens - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Drive - 10:30, 12:45, 15:00, 17:15, 21:30, 21:45, 00:00
Final Destination 5 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Final Destination 5 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Mausam - 10:30, 13:45, 17:00, 20:15, 23:30
Mere Brother Ki Dul Han - 15:15, 20:45
Rise of the Planet of the Apes - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Smurfs (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Spy Kids 4 (3D) - 09:15, 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

REEL CINEMAS - DUBAI MALL

Captain America - 14:10, 16:45, 19:20, 21:55, 00:30

Colombiana - 12:15, 14:30, 16:45, 17:15, 19:45, 22:15, 00:45
Conan The Barbarian - 14:20, 16:40, 19:00, 21:20, 23:40
Cowboys and Aliens - 11:30, 14:30, 17:00, 19:30, 22:05, 00:30
Crazy Stupid Love - 11:50, 14:20, 16:50, 19:20, 21:50, 00:20
Drive - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:05
Final Destination 5 (3D) - 11:25, 13:30, 15:35, 17:40, 19:45, 21:50, 23:55
Final Destination 5 - 12:05, 14:05, 16:10, 18:15, 20:20, 22:25, 00:30
Mausam - 14:30, 17:40, 20:50, 00:05
Mere Brother Ki Dul Han - 17:30, 20:30, 23:30
One Day - 15:40, 18:00, 20:20, 22:40, 00:10
Oranges and Sunshine - 14:15, 16:30, 19:15, 21:30, 23:50
Rise of the Planet of the Apes - 11:00, 13:15, 15:40, 20:20, 22:40, 01:00
Smurfs (3D) - 13:30, 16:00, 18:30, 21:00, 23:30
Smurfs - 12:30, 15:00, 17:15, 19:30, 21:45, 00:05
Spy Kids 4 (3D) - 11:05
Spy Kids 4 - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:05

REEL CINEMAS - MARINA MALL

Cowboys and Aliens - 20:00, 14:30, 17:00, 19:30, 22:05, 00:30
Crazy Stupid Love - 11:25, 14:00, 16:30, 19:00, 21:40, 00:20
Final Destination 5 (3D) - 11:05, 13:10, 15:15, 17:20, 19:35, 21:35, 23:40
Final Destination 5 - 11:35, 13:40, 15:45, 17:50, 19:55, 22:00, 00:05
Smurfs - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:25
Rise of the Planet of the Apes - 12:15, 14:45, 17:00, 19:15, 21:30, 23:50

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Phoebe Eaton

Visiting, UK



I just went to see *One Day*, which was quite good, but Anne Hathaway was a little annoying; she's not my favourite and I would have preferred to see Carey Mulligan in the role.

Bilal Sameerja

Architect, Jumeirah



I reluctantly went to see *The Romantics* with the wife, but was pleasantly surprised by the strong acting. It wasn't quite the romance I expected and I was left wanting more when the film ended.

Danny White

Student, Umm Suqeim



I really enjoyed watching *Rise of the Planet of the Apes*. It was visually really exciting and I was really impressed with how lifelike the apes were. We also got to know the characters really well.



Completely floored

Most Dubai homes are tiled as standard which is great for staying cool, but what are the alternatives?

Tiles are cool. Whether of the finest polished marble or the most utilitarian off-white glaze, the simple fact is that stone or ceramic floors are cool to the touch, easy to sweep and ideal for a dusty environment such as ours. It's small wonder then that the UAE has some of the most skilled marble and ceramic craftsmen in the world, working in hotels and mosques to create shimmering patterns of polished perfection for us all to ponder.

If only the same applied in our homes. No doubt some of the grandest villas enjoy equal-

ly grand designs, but our more modest apartments and homes are just beige, beige, beige. The trouble is, you cannot just pick up a tiled floor and replace it with something new; it is there for life. You can paint the walls, hang paintings and curtains and make a huge difference, but under your feet, those tiles are still beige.

What to do? There are many ways to bring life to the ground under your feet, so here are just a few for you to consider.

Carpets and rugs are quite literally part of the fabric of Middle Eastern heritage and culture. Nowhere on earth has a history as rich, diverse and enduring, and the most valuable rugs in the world are all associated in some way with the region. Fabulous

WHERE TO BUY A CARPET

Sharjah's "Blue" Souq is more properly known as the Central Souq, and is located across the lagoon from Al Jazeera Park. Shops there are generally open every day from 9.00am to around 1.30pm, and again from 4.30 till 10.00 in the evening. On Fridays, it's only the later opening.

Carpet and rug sellers are found across both sides of the souq, though there's a concentration of them at the north end of Block B, on the first floor. Typical of these is Al Mashi Carpet, run by George Ignatius D'costa, who specialises in all kinds of handmade carpets and rugs.

Start by visiting several different vendors, to see the sort of carpets they sell, and to talk to the sellers. Finding a seller you like and trust is probably the single most important step in buying a rug, because a good one will look after you well, and you'll keep going back for years.

jewel-encrusted creations are proffered for auction in London or New York, but they started here. The famed Pearl Carpet of Baroda had a starting price of \$5m when

it came up for sale at Christie's, in 2008. Commissioned by the Maharaja of Baroda in India in the 18th century, the Pearl Carpet was created using an estimated

“There are many ways to bring life to the ground under your feet.”

take something with you, such as a cushion, swatch of fabric, even a photograph of the room to be comfortable with the colour match. Most sellers will be willing to let you take a rug home and have a look at it in its intended environment. Indeed, for some, this is a preferred selling technique, leaving a rug or two with you in your home for a few weeks “to see if you like it”—once in place, it’s often much easier to hand over the cash than return the rug!

Carpets, kilims and rugs have the enormous advantage that, should you move, they can simply be rolled up and taken with you, a key factor in their popular-

ity arising from the region’s nomadic heritage. Home was where you spread your carpet. But if you fancy something equally natural and a little more permanent, there are lots of options.

One to consider is coir matting. Coir floor coverings are made in a huge range of

is always worth the time and effort of searching out something more personal for your own home. Hand-made rugs sold here can give many generations of faithful service.

You will find all kinds of rugs, carpets, kilims and runners on sale in tourist and specialist shops in all of Dubai’s malls, and for an astonishing range of prices. Do not be afraid to ask for advice, and do take your time: buying a rug is not something to be rushed into.

Two things worth doing: measure your room carefully, as rugs and carpets come in a huge range of sizes and prices to suit, so you can be sure of finding one that is correct for your space. Second,

grades and qualities, but share a high degree of durability making them suitable for high-traffic areas. They offer the same benefit as rugs, in that they act as excellent sound absorbers, helping to dampen the often high levels of resonance created by the hard concrete floors, walls and ceilings encountered here. In acoustic terms, such a floor covering has a big benefit in helping to control the brightness of a room, and are essential for anyone contemplat-

WHERE TO BUY A WOOD FLOOR

CACE and IKEA are the obvious starting places, and will be able to offer a good range of engineered, “click together” systems by the square metre. Measure your space carefully if you’re thinking of putting it down yourself.

Otherwise, consult a specialist supplier such as The Wooden Floor Company in Dubai Marina, or aimfloor.com, a Sharjah-based company installing floors throughout the Emirates. Common sense would suggest that you obtain quotes from more than one company, and ask to view finished installations. Any reputable installer will be happy to take you to see examples of their work in real homes, and if they’re not, ask yourself “why?”.



ing anything more than a basic home cinema or hi-fi system.

The third possibility is the increasingly popular installation of a wooden floor covering. Typically here that will be in the form of a laminate or engineered system, rather than constructing a floor completely from solid wood laid over floor joists, but the results can be every bit as attractive. Wooden floors are available

in a bewildering array of forms, from simple and cheap laminates, through more substantial plywood sheets and engineered “click-together” systems, up to full parquetry and custom made designs. All have the advantage of providing a warm and natural surface that is an alternative to tile, and a range of colours to suit any design scheme. Whether you choose to lay a wooden or wood-effect floor in one room—perhaps a bedroom, and keep the bathroom tiled—or to cover an entire floor depends on your ambition as much as your wallet, so always consult with several specialist suppliers to get a range of quotes. There are also do-it-yourself floors available from the same big box home-improvement retailers as the rugs, so you have plenty of options to consider.

Whatever you choose, take your time. A well-made, richly coloured and intricately patterned rug is an important piece of local heritage, something that will almost certainly increase in value over time, and serve as an important store of fond memories of time spent in the Middle East should you choose to move on. It is something you will treasure and enjoy no matter where in the world the vicissitudes of life take you.



two million natural seed pearls farmed from the Arabian Gulf.

In more profound ways, rugs are also an important celebration—the magnificent carpet woven especially for the Sheikh Zayed Mosque is the largest in the world, reputed to have taken 1,200 workers more than two years to weave, and cost more than \$8.5 million. Fortunately, there are beautiful and well-made rugs available across this city for a far more modest price, yet still worked with exquisite skill and patience.

Certainly, a rug is a wonderful way to bring warmth, texture and colour to any room. Simple designs and bold, modern colours can be found in the predictable “big box” outlets, but it

Small yet refined

★★★★★

Richard Whitehead finds that the **Land Rover LR2** still has plenty going for it.

ROAD TEST

I remember my first drive in the LR2 very well. It was the global launch event in Santa Barbara, California, five years ago. The two days were spent camped out in a mountainside ranch just a few miles away from one of the Golden State's most gentrified cities, although it could be a hundred miles away, given the rugged beauty of the scenery. Two things stick in my mind from this event, and the first was my trip into town to attend a "barber of Santa Barbara" to quench my puerile thirst for all funky-sounding things.

I found one. He was rather improbably named Pete W. ★ (pronounced Pete Dubya Star), and he was also a resting actor. He was unusual in that he practiced his day job holistically, in that he would first examine your chakras to determine how he should cut your hair—your chakras did the talking and you had no say in the matter.



Anyway, my visit to the barber of Santa Barbara resulted in a dopey mullet and I wasn't at all happy (especially as I was sat next to super-model Rachel Hunter on the flight back, not looking at my best).

The second thing that has stayed in my memory was how really good the LR2 was.

It had just replaced the Freelander, a vehicle that sold by the shipload in Europe was was sadly

10.7
Fuel economy in
litres/100km on
the combined
cycle, which is
impressive for this
type of car.

ing Land Rover's signature ruggedness with far more refinement than you would reasonably expect from a compact SUV at the time.

Driving along some magnificent, windy and heavily rutted roads, alongside oil derricks and through one-horse towns, the inline-six engine (an inspired change from the Freelander's V6) was silky smooth, as was one of the best suspension set-ups this side of an air cushion.

We even got to take it through the dunes of a beachside national park, with nothing but the Pacific Ocean on one side and walls of sand on the other. The Landie had no problem with this, and immediately established its off-road credentials most of interest to our market.

Five years later, and the LR2 is still very similar to the one I drove. For 2011, it's been given a cosmetic spruce up, but nothing really to write home about. The 3.2-litre engine is rated at 233 horsepower and drives just as smoothly and effectively, mated as it is to a thoroughly precise six-speed automatic gearbox, as the one I remember



ill-suited to the climate of the Middle East, and was a vast improvement in every way.

The design was handsome, the quality was right up there and it had been tested thoroughly for this region, so there would be no problems in that department. It was an all-round great package contain-

Land Rover LR2
 Engine: 3.2-litre inline-six
 Power: 233bhp
 Torque: 189lb-ft
 Top speed: 200km/h
 0-100km/h: 8.4secs



THE 2011 MODEL GETS
NEW FOG LAMP BEZELS

from California. The inline-six is by far my favourite sub-V8 engine configuration for its balance and feeling of refinement. While it is easy to think, therefore, that the LR2 is a coddling soft-roader, you would be wrong, as my dune drive confirmed. This is an extremely comfortable car on the flat, it is also still tremendously capable on the rough stuff.

The steering, too, is worthy of note: definitely a class above many other vehicles in the LR2's segment, and works well with the suspension to get you round tight curves at pace.

It might be a car that is getting on in years, but Land Rover are just keeping it fresh enough to maintain the appeal. It might not now be the coolest compact SUV, but it's far cooler than a mullet.



Noteworthy netbooks

Acer Aspire One Happy 2

Many still aren't convinced about the practical uses of the iPad, and have instead been converging on the second-generation of Acer's hit netbook. Being just one inch thick, weighing only one kilogram and with a battery life of over eight hours, this netbook is extremely portable. And the 10.1-inch widescreen display is particularly impressive, as are the performance figures, which, admittedly, won't leave hard-core gamers impressed, but will still provide plenty of scope of multitasking.

Available at: most good electronics stores



LG X140

While LG's entry into the netbook arena is considerably more expensive than the rest of the competition, the Korean company's X140 does offer a number of innovative benefits. Reviewers have praised the 3G system which, on the top-end model, allows voice calling and texting, as well as the utilities the netbook comes loaded with to pair it with your mobile phone. Where the X140 falls down, however, is its relatively short battery life of just six hours.

Available at: most good electronics stores

HP Mini 210 Series

Powered by an Intel Atom processor, this netbook is a speedy little so-and-so, and its sleek design, available in a number of colours, has been attracting buyers left, right and centre. The series is available with any number of options, but the base comes with a 250GB hard drive for storing data, Windows 7 Starter and a battery life that will last longer than eight hours. If you're willing to splash out a little more, the Mini 210 can be specced with a high-definition display and a 500GB hard drive.

Available at: most good electronics stores



Samsung N150

With its Intel Atom 1.5Ghz processor, this netbook's party piece is that it can start up within seconds, saving users from what can be a painfully slow process of waiting for Windows to load. And despite the relatively high processing power that the N150 sports, the six-cell battery can deliver up to 10 hours of battery life, making it the perfect travel companion.

It might weigh in at over a kilogram, which is heavier than its rivals, but everything considered, this little Samsung is a brilliant all-rounder.

Available at: most good electronics stores



Brewing up a storm



**Win an
Al Boom diving
lesson voucher
worth Dh150**

Answer the following question and win an
Al Boom diving lesson voucher worth Dh150

Who was the first woman governor of India?

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.

The big guns are out to make a point in the **Rugby World Cup** with hosts New Zealand, South Africa, Australia and England all in action.

The dust has now settled on the impressive opening ceremony and a fireworks display that lit up the Auckland sky. Although the first batch of games did produce a number of tries—41 from the first eight matches—it was the misfiring fly-halves who created the biggest headlines. The normally reliable Jonny Wilkinson, Dan Carter, and Johnny Sexton all had horrendous outings in their opening games, resulting in journalists questioning the official Rugby World Cup ball. Dimitri Yachvilli

had no such problems, however, so the nightmare endured by the number tens will have to be blamed on big match jitters.

Having both put in decent performances in their opening matches, Tonga and Japan will both be aiming to secure their first win in the competition when they lock horns this Wednesday.

With the Tongans having slipped up against Canada, Japan should hold just enough in their artillery to overcome the small island nation. France, on the other hand, will be looking to avoid a repeat of the thrashing suffered at the hands of the All Blacks earlier this year. The match has all the makings of an epic battle, but it could

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

FIXTURES (Dubai time)
Pool A
Tonga vs Japan

 Whangarei
 Sep 21, 11:30

New Zealand vs France

 Auckland
 Sep 24, 12:30

Pool B
England vs Romania

 Dunedin
 Sep 24, 10:00

Argentina vs Scotland

 Wellington
 Sep 25, 12:30

Pool C
Italy vs Russia

 Nelson
 Sep 20, 11:30

Australia vs USA

 Wellington
 Sep 23, 12:30

Ireland vs Russia

 Rotorua
 Sep 25, 10:00

Pool D
South Africa vs Namibia

 Auckland
 Sep 22, 12:00

Fiji vs Samoa

 Auckland
 Sep 25, 07:30

“Scotland have the belief that they deserve the quarter-final spot—not the Pumas.”



result in a game won by solid defense rather than moments of brilliance.

Pool B could see a new team on top this week, with England taking on Romania. Martin Johnson will expect his charges to secure a bonus point victory against the

men in yellow and in doing so, climb above the Scots in the standings.

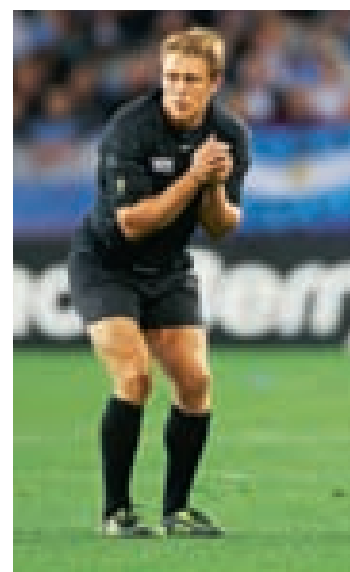
Argentina will still be furious with themselves for leaking that soft try against England, and for missing six penalties following Contepomi's exit from the field. They

now face a tough battle against Scotland, who have the belief that they deserve the quarter-final spot—not the Pumas—and they will be keen not to relinquish their top spot in the pool.

Australia should stamp their authority on Pool C by overcom-

ing USA in Wellington. Although the Americans have shown themselves to be resilient in defense, the superior attacking ability of the Wallabies may prove far too strong. The Irish will be aiming to rack up an impressive scoreline against Russia to almost guarantee their advancement in the tournament, something they failed to do four years ago. The toughest game of the pool sees Italy take on Russia on Tuesday. If Italy's place kicker finds good form, tactical kicking to find good field position will more than likely provide plenty of penalty opportunities and could see Italy claim their first win of the campaign.

There is an almost “local derby” feel to the match-ups in Pool D as the stumbling Springboks tackle neighbours Namibia, and Fiji take on their Pacific Island cousins Samoa. South Africa still have much to prove, and have a long way to go before reaching the level of class they displayed



when capturing the trophy in the last final, but the lowest ranked side in the tournament shouldn't trouble the current world champions. Having both scored six tries and 49 points in their opening games, the clash between Fiji and Samoa could be one of the most interesting and hard-hitting games of the Rugby World Cup.

Maradona's friendly start to season

Argentine ace brings a smile to special-needs kids' faces as he joins CSR indoor football tournament in Barsha.

LOCAL FOOTBALL

Argentina football legend, and newly appointed head coach of Al Wasl Football Club, Diego Maradona recently kicked off the first CSR Indoor football tournament.

Hosted at Al Noor Training Centre in Al Barsha, Maradona was guest of honour at an event that was designed to benefit children with special needs.

Following the success of the tournament, which saw 12 corporate sides compete against each other for the inaugural title, it will now be added to Al Noor Training Centre's annual calendar of events.

After a brief stop in Al Noor's “Smiles n' Stuff” shop—the first in the UAE to sell products handmade by children with special needs—Maradona played a penalty shootout game with Al Noor students before opening the tournament officially with the kick off.

“Al Noor inspires an altruistic compassion for a community of children with special needs, who have the potential to do more and be more, and that is why I was enthusiastic about visiting the centre and meeting everyone there,” said Maradona.

“Football is about teamwork and the drive to triumph. It is about



mastering new skills through perseverance and a great attitude. Seeing the determination and happiness of the kids was a deeply touching experience, one that I will always cherish, and one that was made possible through all the commendable efforts of the team at Al Noor Training Centre to nurture and develop these children's skills.”

The tournament concluded with Belhoul Lifecare snatching the title on September 10, but the result played second string to the presence of Maradona at the event and the smiles he put on the children's faces.

Green Line shows early success



Following the opening of the Green Line on September 9, the Rail Agency of the RTA has since reported that around 106,000 passengers used the line over the first two days of operation.

The CEO of the RTA Rail Agency, Adnan Al Hamadi, said that the fact that so many passengers had been transported over such a short period of time was a clear testament to the growing culture of public transport among the people of Dubai.

He added that this achievement was in keeping with the excellent services offered by the RTA to the public, and that the mass transport sector is considered to form the cornerstone of the progress and prosperity that the emirate has been continuing

to experience in all sectors. "The success of the Metro is a real success for us all and portrays Dubai as the key city for public transport across the region. Not only does it serve the population, but it also plays a part in raising Dubai's profile on the global public transport stage, and is considered a record achievement in relation to other cities across the world.

"There is no doubt that this significant achievement could never have been completed within such a short timeframe without the unlimited support of Dubai Government, which is headed by HH Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, as well

as the close follow-up and continuous support accorded by His Highness to the project.

"Also, we must remember all the significant efforts of RTA employees and, of course, all the workers and contractors who laboured day and night to deliver this project on time," added Al Hamadi.

The CEO of the Rail Agency said that he expected the number of passengers using the Green Line would continue to rise steadily on a daily basis. This is in view of the many vital governmental, residential and commercial destinations served by the Green Line, which now operates through 16 new stations and provides access to the established Red Line at two points in the central city.

New book showcases RTA services

The Public Transport Agency at the RTA has recently published a book highlighting the achievements made by the agency over the past five years. This is in a move to share with all community members the key projects and strategic initiatives undertaken in Dubai in the field of world-class mass transport.

Eisa Abdul Rahman Al Dosari, CEO of RTA Public Transport Agency, praised the initiative, describing it as a rich addition to the record of the agency as it spans the developments made in public transport. "Thanks to the directives of Mattar Al Tayer, RTA chairman of the board and executive director of the RTA, the

authority is making every effort to stay abreast of global developments in mass transport and is always seeking to launch initiatives and adopt ambitious plans for vital projects.

"Its goal of implementing services and introducing sustainable solutions succeed in raising the profile of Dubai on a global level."

The book, which was published by the Public Transport Agency, sheds light on a number of subjects related to the agency, including its strategy of upgrading and integrating mass transit systems in the Emirate in terms of planning, managing, operating and maintaining public buses, taxis and marine transport. It



EISA ABDUL RAHMAN AL DOSARI

also features the latest technologies and highest standards of buses.

Also highlighted in the book is the intelligent technology that renders mobility an effective and efficient exercise. This section covers the automatic management of bus movement, real-time passenger information display monitors, automatic fare collection systems, the electronic journey planner—Wojhati—and the rescheduling of timetables.

It also examines a number of creative, community-oriented initiatives rolled out by the agency that have contributed to boosting the culture of sustainable transport services.



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

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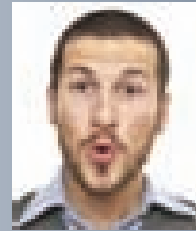


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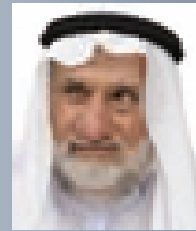
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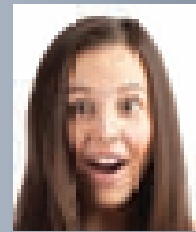
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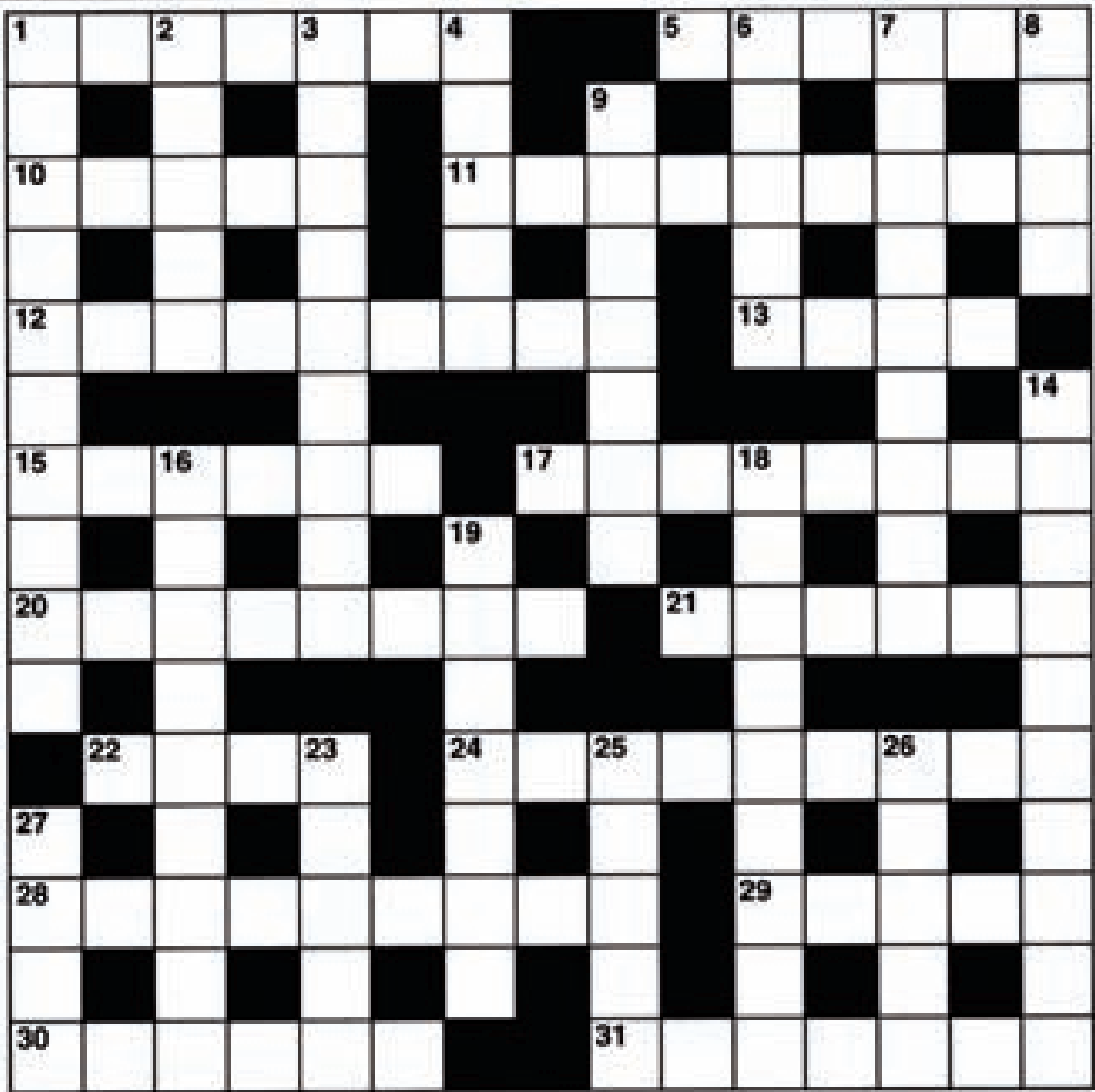
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Taking your time

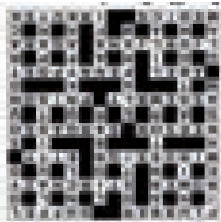
Test your skills with our puzzles, try something new with a recipe and turn to us for advice. It's free!



Across
1 1997 film with Robin Williams as a mad professor (7)
5 Cloth for bags and coats (6) 10 One who is guided by a coxswain (5) 11 Restless from being stuck in one place too long (4-5) 12 Symbol indicating subtraction (5,4) 13 British painter (4) 15 Liam —, *Gangs of New York* actor (6) 17 Floating seaweed found in the N Atlantic (8) 20 — Rooms, visitor attraction in Bath (8) 21 Place such as Alcatraz (6) 22 —Magwitch, convict in Dickens' *Great Expectations* (4) 24 Old mail system (5,4) 28 European capital known as Laibach to German-speakers (9) 29 Gulf of —, waterway between the Sinai and Arabian peninsulas (5) 30 Doctor and the —, 1980's rock band (6) 31 Russian city on the trans-Siberian railway route (7)

Down
1 Children's TV blaze-fighter (7,3) 2 Stanley—, 1950s comedian who spoke gobbledegook (5) 3 Tour rural areas with a show (9) 4 Swiss potato dish (5) 6— Remus, teller of the *Brer Rabbit* stories (5) 7 Members of the orchestra's woodwind section (9) 8 — Grossman, TV presenter also known for his range of sauces (4) 9 Nestlé product consisting of wafer, caramel and crisped cereal coated in chocolate (4,3) 14 Music in a film (10) 16 Maintaining a starboard course? (9) 18 Film set in Russia, starring William Hurt and Lee Marvin (5,4) 19 Man on the —omnibus, ordinary person (7) 23 Mauve flower (5) 25 Services canteen (inits) (5) 26 Abstract design movement associated with Victor Vasarely (2,3) 27 — rock, style of music popularised in the 1970s (4)

Answers



Coconut chicken curry

This quick and easy chicken curry takes less than 30 minutes to make.

Serves 3



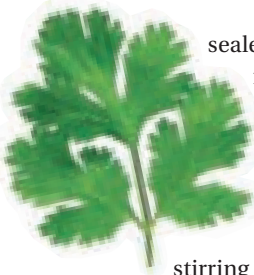
RECIPE

By: Harpreet Chandra

Ingredients
4 tbsp vegetable oil
3 sliced onions
100g plain flour
1 tbsp ground cumin
Salt and freshly ground black pepper
3 chicken breasts (cubed)
1 daikon (mooli), peeled and cut into thin batons about 7.5cm long
100g grated coconut cream
200ml chicken stock
100ml Greek-style yoghurt
2 tsp curry powder

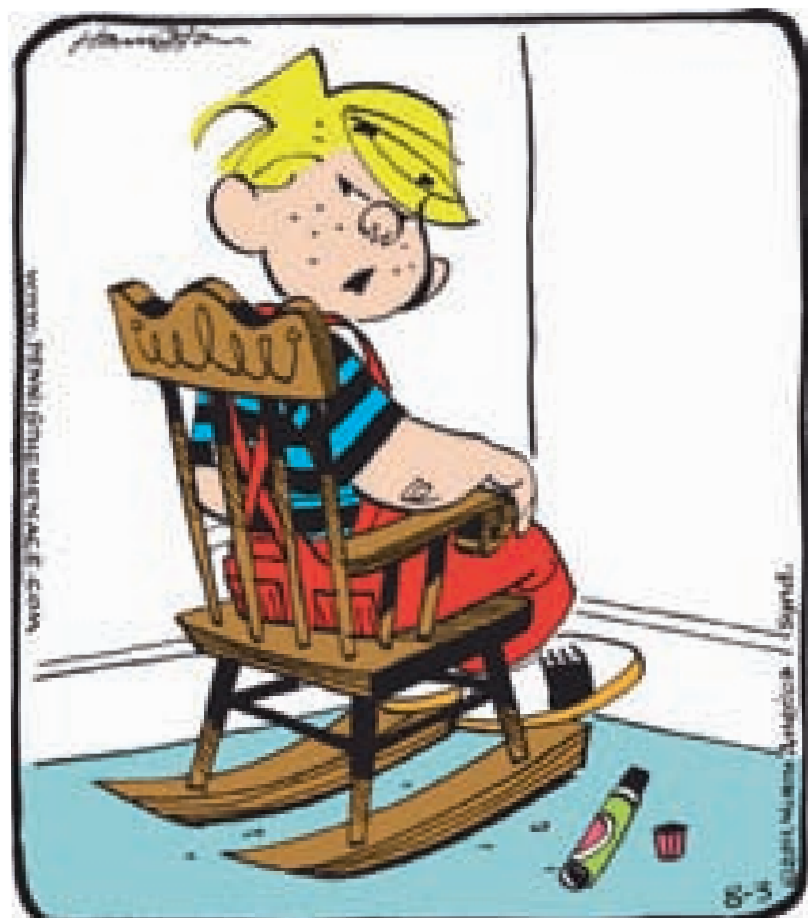
2 tbsp peas
Jasmine rice
Juice of 1 lime
Coriander leaves
1 pomegranate

Method
Heat half the oil in a frying pan and fry the onions over a low heat until they soften and become golden-brown.
Mix the flour, cumin, salt and freshly ground black pepper in a bowl until well combined.
Cover the chicken in the seasoned flour mix. Heat the remaining oil in a separate frying pan and fry the chicken until



sealed. Remove the chicken from the pan and set to one side.
Place the mooli into the same pan that the chicken was in and cook for two minutes, stirring constantly. Mix in the coconut cream, chicken stock, yoghurt and curry powder and bring to the boil. Add the chicken pieces, onions and peas and cook for a further five minutes.
Serve on a bed of jasmine rice with a drizzle of lime juice and garnish with coriander leaves and pomegranate seeds.

Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here *to help*

Q I have to do a lot of typing for my job as a PA and I find that after a while I get a dull pain through my forefinger and thumb, what could this be?

Read: This sounds like it might be a case of repetitive strain injury (RSI) where the muscles suffer from performing the same action over and over again. Have a look at your working environment. Are you using the correct wrist supports and padded mouse mats that can prevent this type of injury? If not, speak to whoever is in charge of this area to get the adequate equipment and rest your hands from typing whenever possible.



a balcony, why not use this as a growing area? There are plenty of vegetables that would thrive in Dubai's heat, or perhaps create a mini-greenhouse indoors next to a sunny window. You can buy affordable pots, seeds and equipment from Dubai Garden Centre.

Q I really miss my garden back home in the UK, but as I live in an apartment here it is not possible for me to grow vegetables and herbs like I used to. Are there any allotments in Dubai?

Read: Allotments and garden-sharing are not currently widespread in Dubai, but if you have

QI know most people in Dubai sweat, but mine seems to be uncontrollable. Even when I'm in a cool room relaxing, my armpits and back are constantly soaked. What can I do?

Read: Hyperhidrosis is defined

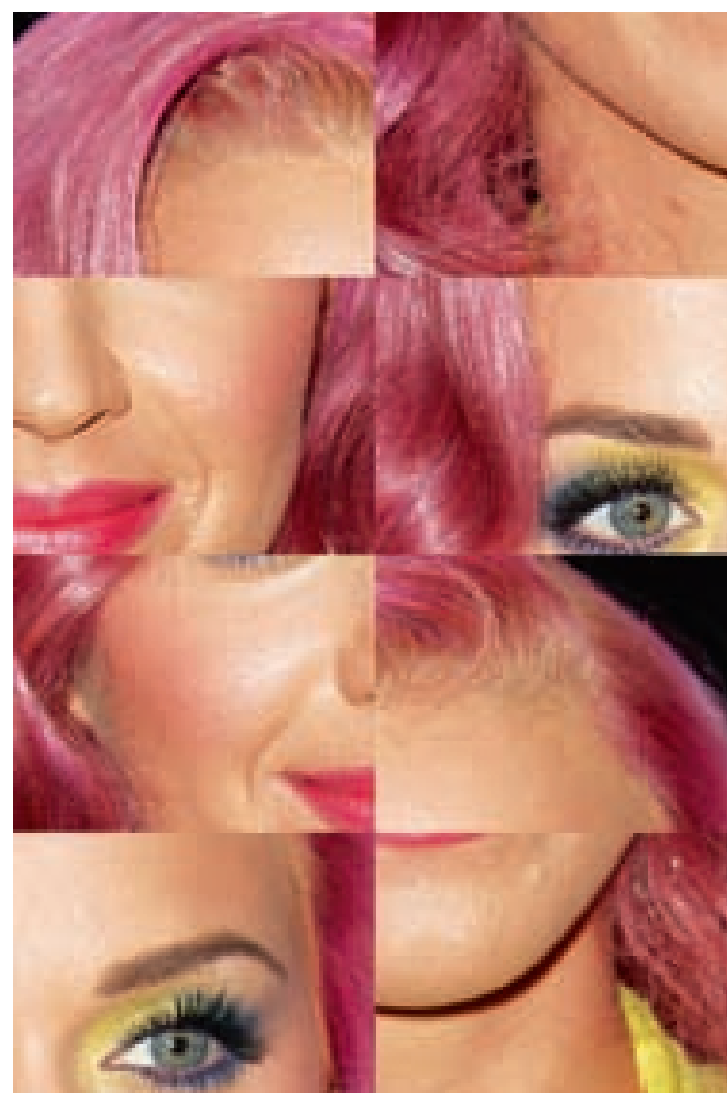
as “abnormally increased perspiration” and is more common than you may think. There are many over-the-counter remedies in Dubai so speak to a chemist, but if the symptoms don’t improve, seek advice from your GP. There are surgical options available for extreme cases, but your doctor can provide more information and treatment advice before resorting to surgical intervention.

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

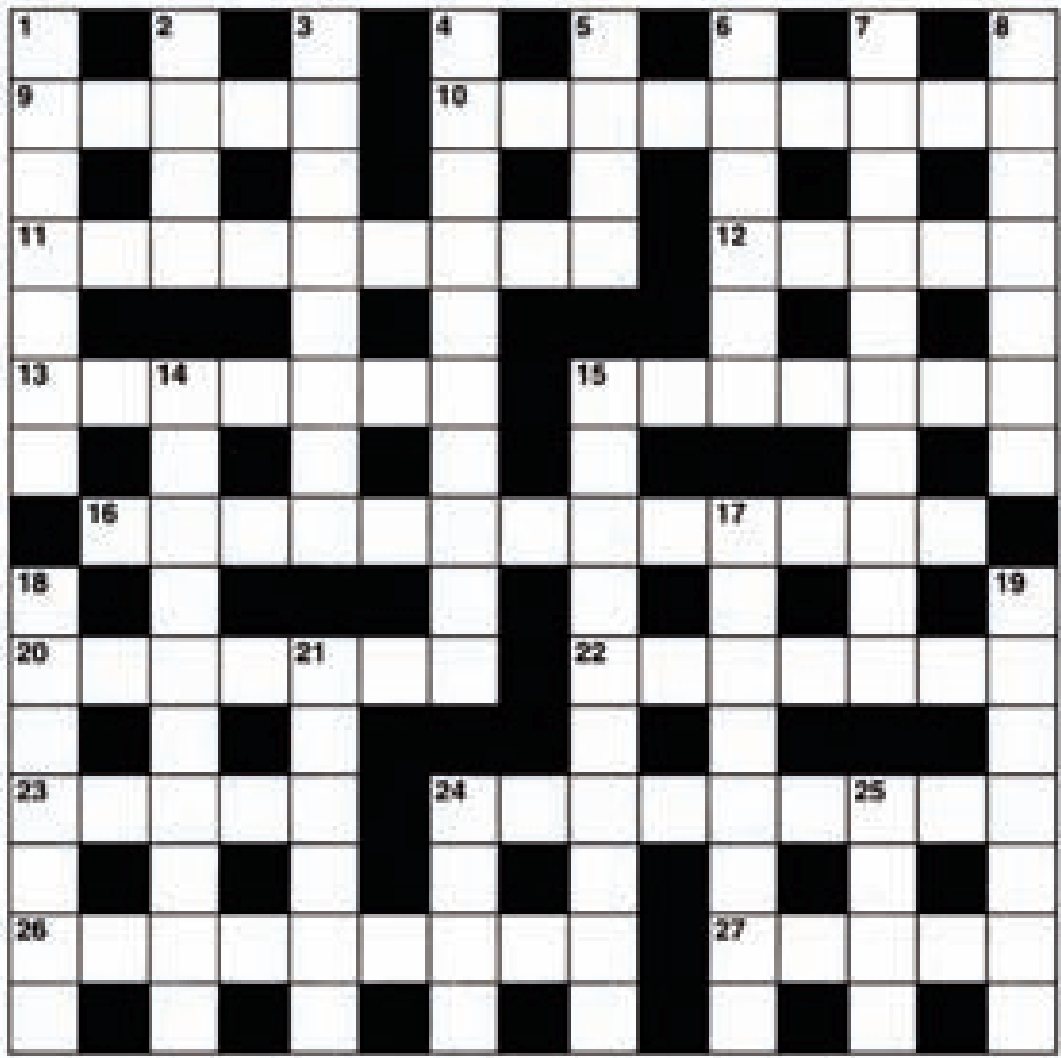
Who's this?

Answer

Turn to page 44

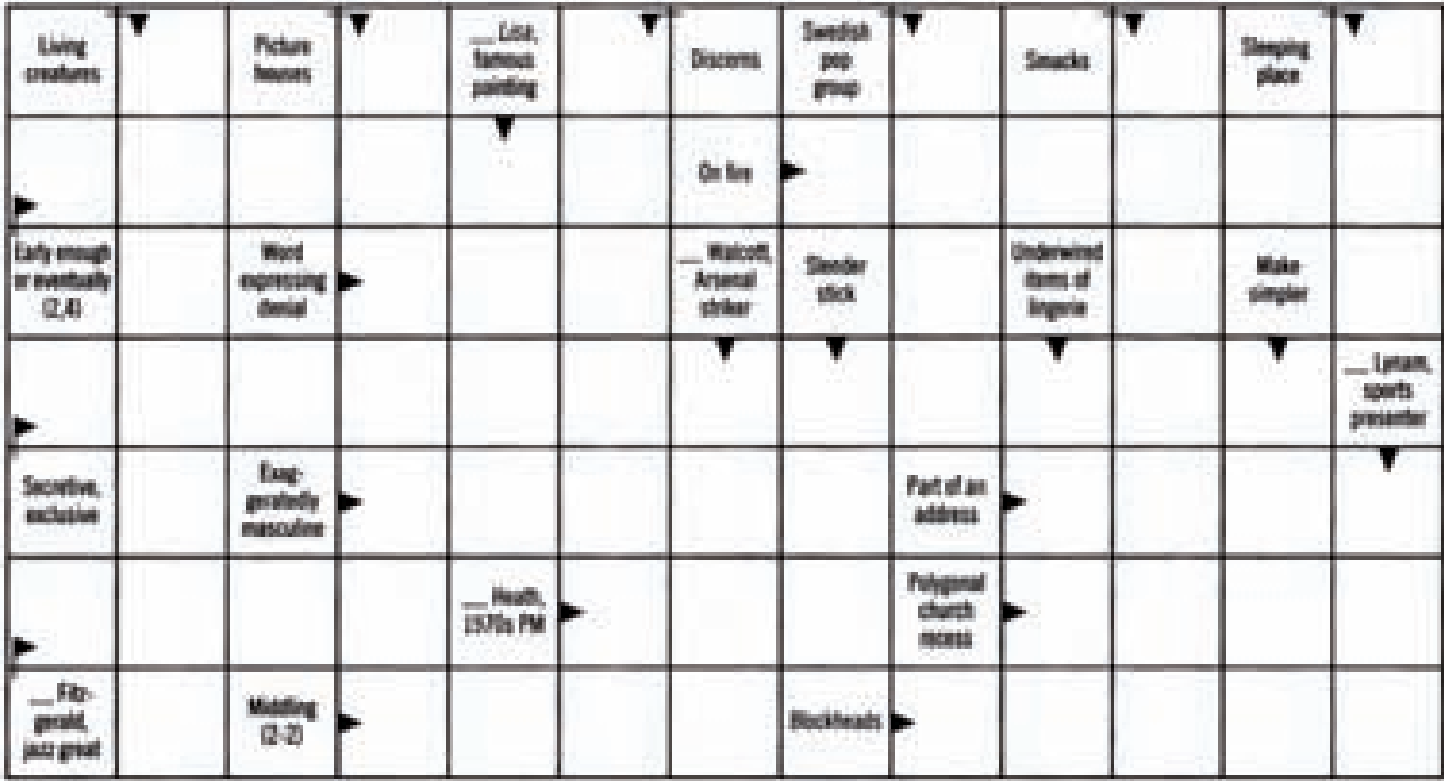


Crossword — Teaser



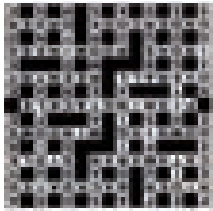
- Across**
- 9 Horseman (5) 10 Made retrospectively valid (9)
11 Sailing vessel (9) 12 Edge slowly (5) 13 ___ Street,
Chancellor's thoroughfare (7) 15 Computer operating
system (7) 16 Angler's rods, lines etc (7,6) 20 Smock (7) 22
Second admission (2-5) 23 Presses clothes (5) 24 State of
having ample space (9) 26 Take from an oven too soon (9)
27 Military instruction (5)
- Down**
- 1 Outrank (7) 2 Prepare for publication (4) 3 Mumsy,
dowdy (8) 4 Ancient, primeval (inhabitants) (10) 5 Digitise
(an image) (4) 6 More than probable (4-2) 7 One-roomed
apartment (6,4) 8 Unfavourable (7) 14 Large electrical
products such as cookers and washing machines (5,5)
15 Tears, informally (10) 17 Debtee (8) 18 Harmful or
unwholesome (7) 19 Unsightly object (7) 21 Ridiculous
(6) 24 Member of the crow family (4) 25 Terminates (4)

Arrowword 1

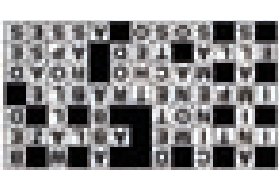


Enter each solution in the direction of its clue's arrow.

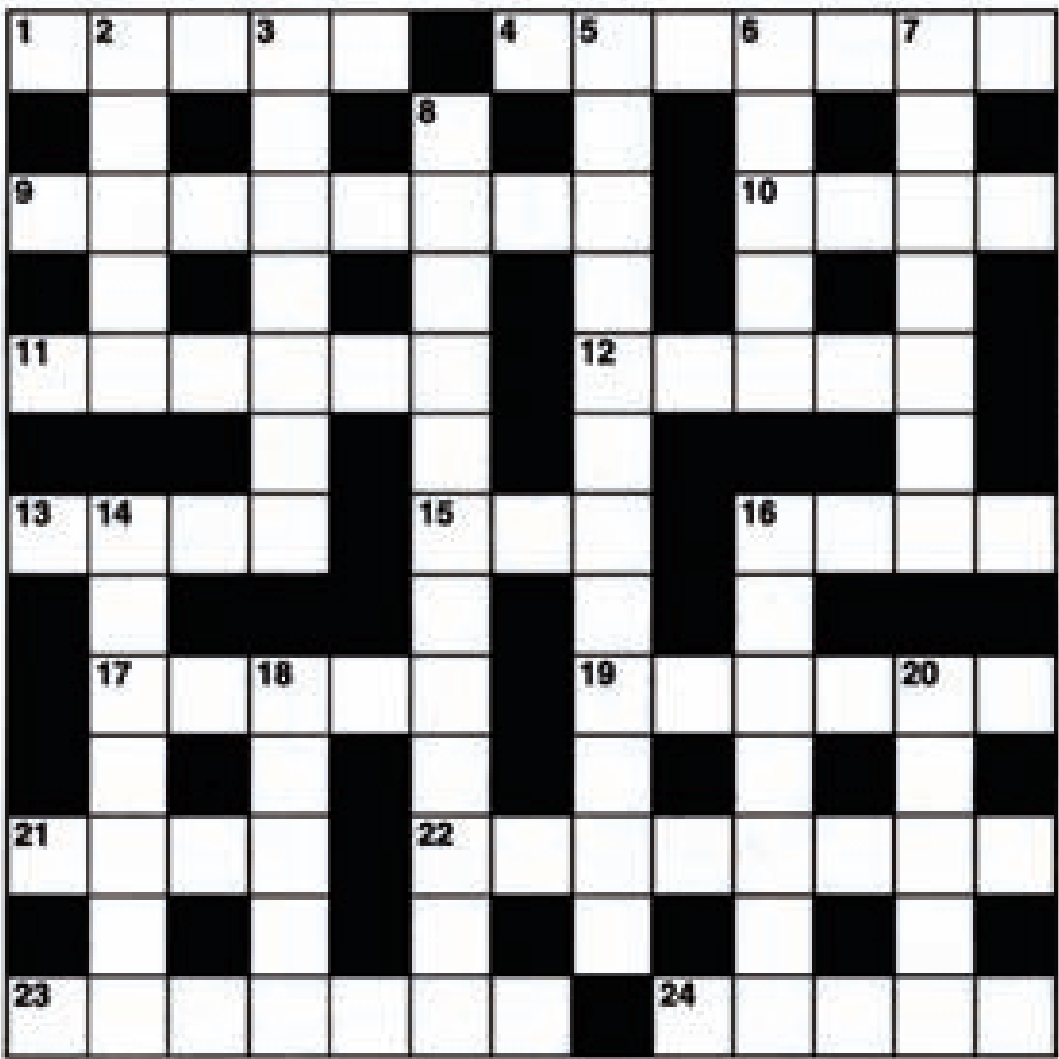
Crossword — Teaser answers



Arrowword 1 answers

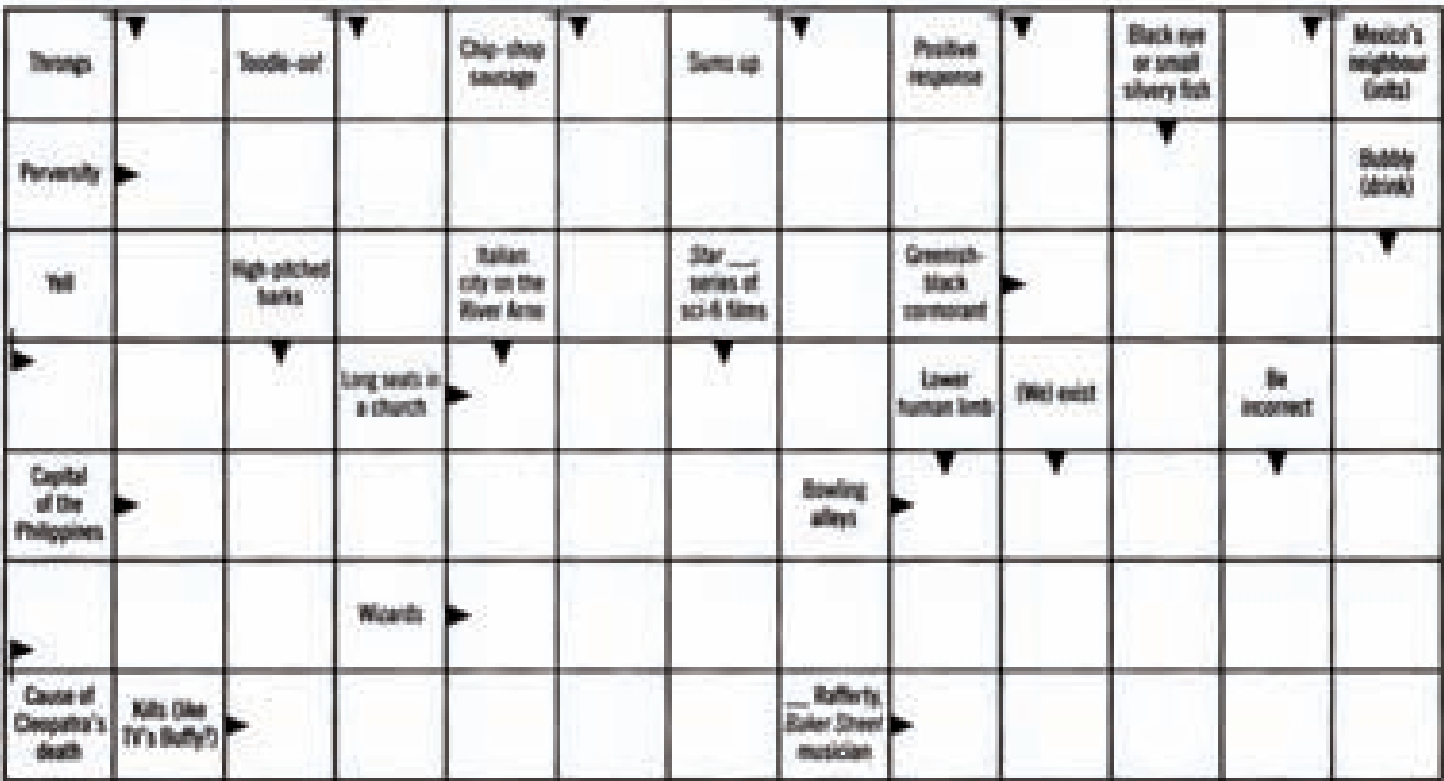


Crossword — Quickfire



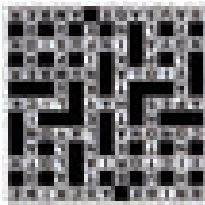
- Across**
- 1 Inducement (5) 4 Attribute (7) 9 London station or British queen (8) 10 Unwilling (4) 11 Popular make of Toyota car (6) 12 Provide, supply (3, 2) 13 Simian creatures (4) 15 Animal fodder (3) 16 Beat, thrash (4) 17 Orchestral instrument (5) 19 Integer (6) 21 Explosive star (4) 22 Herbal tea (8) 23 Processed meat product (7) 24 Traffic-light colour (5)
- Down**
- 2 Large endangered African animal (5) 3 Clothes fasteners (7) 5 Cutting tool (7,5) 6 Unite for a cause (5) 7 Of plants (7) 8 Astounding (12) 14 Meringue dessert (7) 16 Large cash payment (4,3) 18 Off-white gemstones (5) 20 Eat away (5)

Arrowword 2

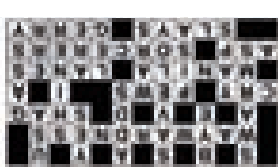


Enter each solution in the direction of its clue's arrow.

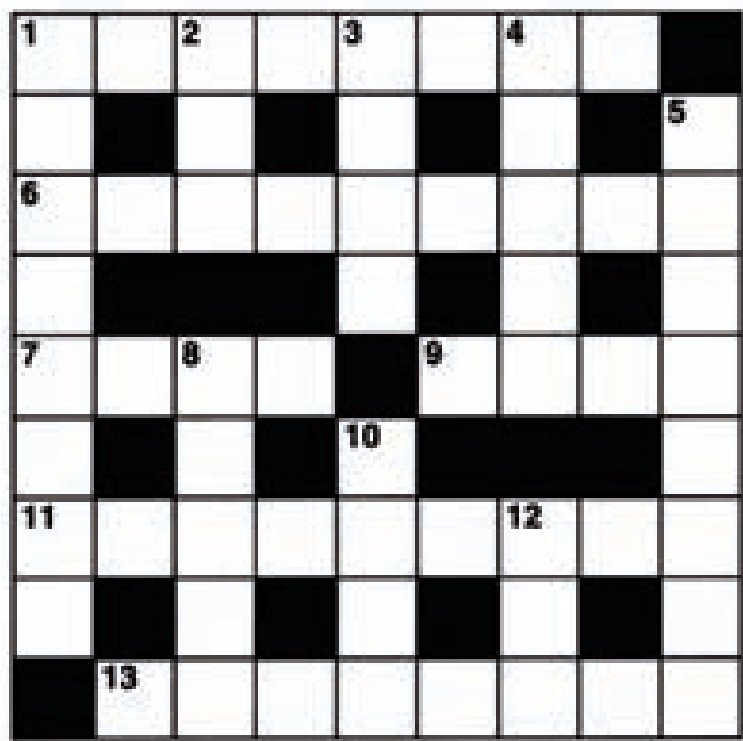
Crossword — Quickfire answers



Arrowword 2 answers



Little Wonder 1



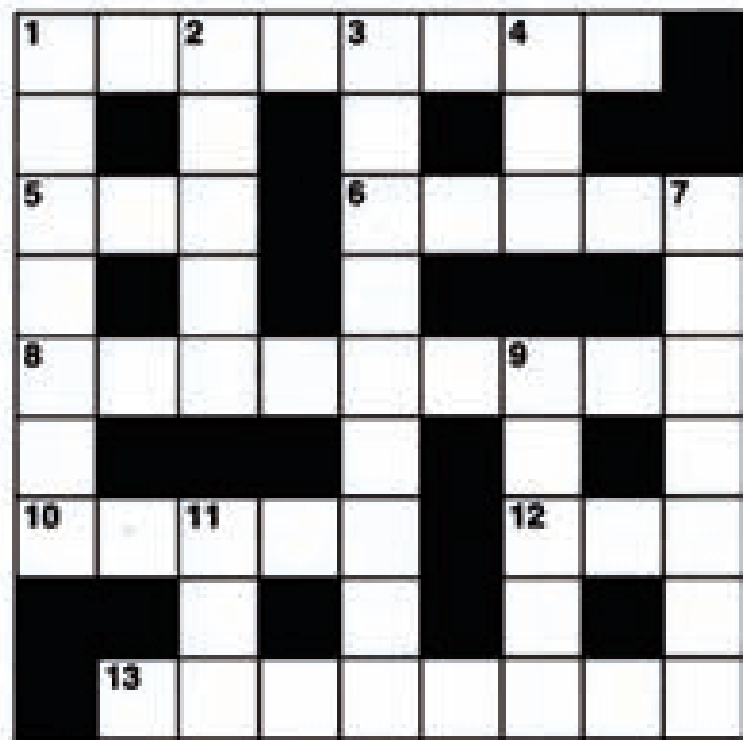
Across

1 Given a tag (8) 6 Went up laboriously (9) 7 Back of the neck (4) 9 ___ Strauss, Germann-born US jeans maker (4) 11 Rogue, rascal (9) 13 Entry to a house (8)

Down

1 Waters south-west of Inverness (4,4) 2 Large snake that kills by crushing (3) 3 Fleshy part of the ear (4) 4 Mysterious, spooky (5) 5 Opposite of 'taking away' in maths (6,2) 8 Elton John's instrument (5) 10 Image out of focus (4) 12 Humour (3)

Little Wonder 2



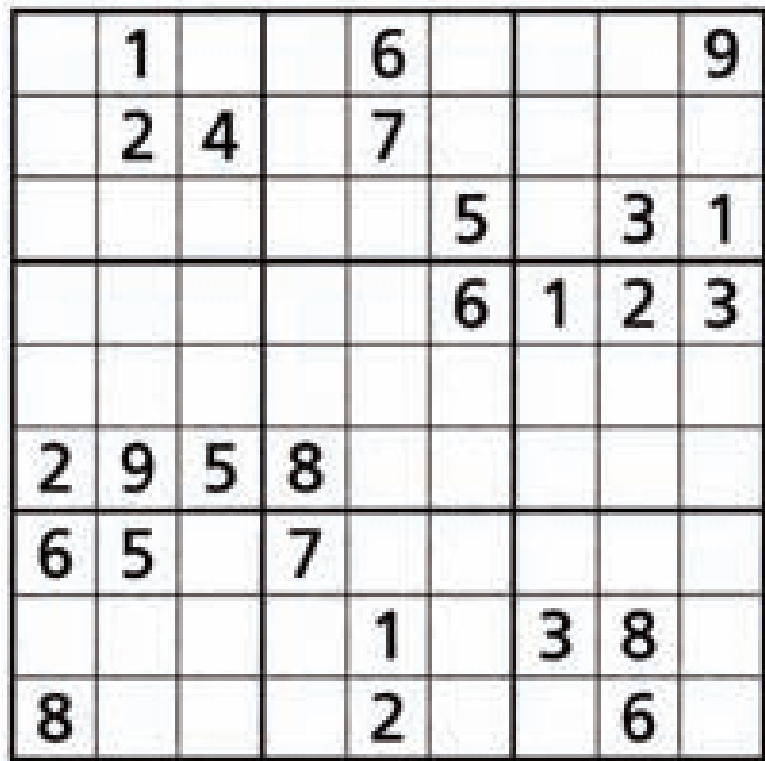
Across

1 Short bar with weights attached used for exercise (4-4) 5 Incision (3) 6 Reserved, haughty (5) 8 Evoking feelings in (9) 10 New Zealand native (5) 12 Take part in a winter sport (3) 13 Wretch (8)

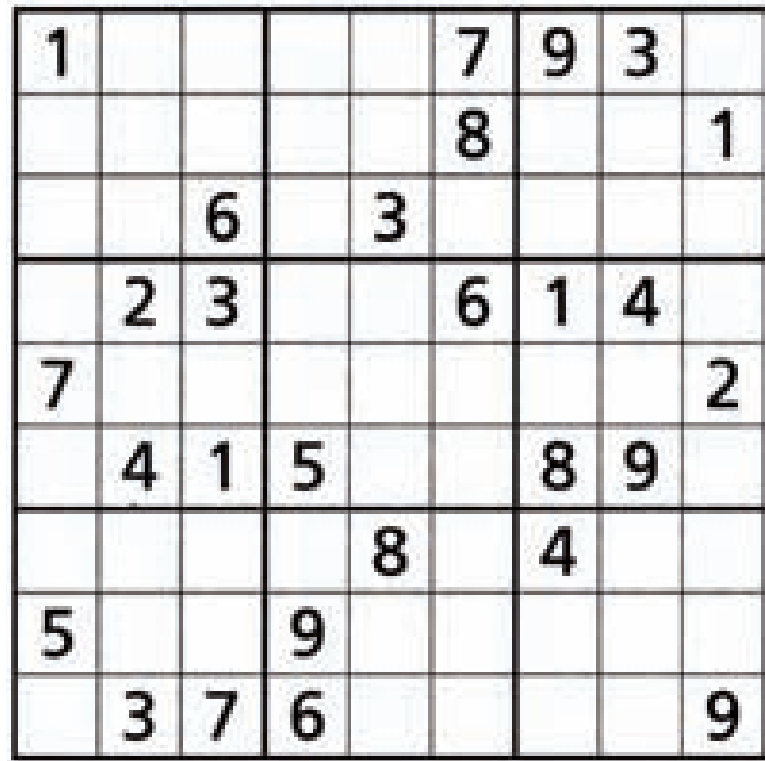
Down

1 Speak in public (7) 2 Emblem (5) 3 ___ out, expanding activities in a new direction (9) 4 Birth sign of someone born on August 1 (3) 7 Murkier (7) 9 Place a gem in a piece of jewellery (5) 11 Bird of prey (3)

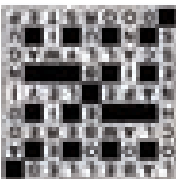
Sudoku 1



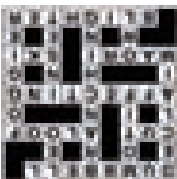
Sudoku 2



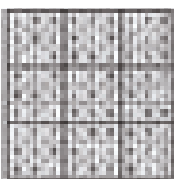
Little Wonder 1 answers



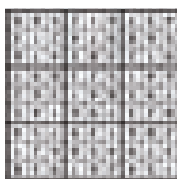
Little Wonder 2 answers



Sudoku 1 answers



Sudoku 2 answers



Who's this? answer - Katy Perry

Post-it

AUTO

Toyota Prado VX 2009 model for sale, golden colour. 37,000km. In very good condition. Priced 108,000AED. Call 0502709244.

Peugeot 206 model for sale. Lady Driven. 95,000km. Prime condition. For 17,000AED. Located in Garhoud. Call 0505346741.

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.

JOBS AVAILABLE

Graphics Designer required. Must be creative. Any nationality, male/ female. Must be fluent in English /Arabic. Must have experience in 3D Max, Illustrator, Photoshop, etc. Send CV + portfolio to lynda.serrano@chmc.ae.

Female Filipinas staff required for post-ticketing, accounts and tele-marketing position. Office location is in Satwa, near Noor Islamic Bank, Dubai. Call 043276611.

Female required for secretary's position. Must have experience. Submit CV to hightarget_uae@yahoo.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. Rel-

evant 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

Male 22 ACCA Finalist seeks job as an Accountant or Audit Junior. Have good communication skills and knowledge of MS Office. Email: m_ahsan.nazim@yahoo.com or call: 0552338217.

Computer graduate seeks job in Dubai. Good knowledge in technical support. 7 yrs experience. Call 0557851434.

Office assistant/office boy seeks job. Indian male. 2+ yrs working experience in the same field . Call 0554429627.

Female (Keralite) seeks job. 10 yrs experience in accounting. Currently working in Kerala. Knowledgeable in Tally, billing, MS office. Call 0558521614.

BCom Graduate seeks job. 3 yrs experience in PRO /accounts. Knowledgeable in MS Office/Tally. With UAE driving licence. Email: lajam_shaikh@yahoo.com or call 0503671878.

Male physiotherapist seeks job. 3 yrs experience in superspeciality hospital . Call 0553298532 or email jaanpg@yahoo.com.

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English editor and translator seeks job in the field of publishing, translating or tourism. Call: 0509520843.

Indian male seeks job. 7 yrs experience in jewellery sales. Knowledgeable in Tally, MS office. On visit visa. Call 0558554008 or email:halidkayakkody@gmail.com.

Female Filipina seeks job as front desk or administrative secretary/receptionist. Knowledgeable in Oracle, MS Office. Call 0557016226.

Accountant, BCom seeks job. 5+ yrs experience in UAE. Knowledgeable in SAP, Tally, Peachtree & Quick books. Call 0556878566.

Male seeks job in accounting services part time or full time. Knowledgeable in backlog accounting, internal and external audit. Call 0554874391.

IT expert seeks job in software development. 2+ yrs experience. Can work as freelancer. Call 043575629, 0505274931 or email: sandhya.deore3@gmail.com.

Male seeks job in accounting services part time or full time. Knowledgeable in backlog accounting, internal and external audit. Call 0554874391.

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.

SERVICES

Babysitting services available in Al Nahda, Sharjah behind Al Ansar Mall. Call 0555081881.

Celebrated new singer and songwriter in Dubai seeks serious and committed band. Call 0557497739.

Tutoring lessons available in Al-Twar, near Star International school (special tuitions for English and Mathematics). Call 0559986797.

Photography & video services available for live events, weddings, corporate events and much more. Call 0567909811/ Emailinfo@screens.ae.

Tutoring lessons available in Rashidiya (near metro station) for science and mathematics up to grade 10 (preferably CBSC). Call 0557874840.

Car lift services available. Beginning in Dubai to Dafza. Call 0503420603, 0559130903.

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

ITEMS

Nikon D7000 for sale. Fairly used 18-105 kit lens. 400 clicks. With warranty. For AED6500. Call 0507687426.

IPad2 for sale. 32GB with Wi-Fi. Recently bought from Virgin Megastore with warranty. Not used. Only opened. Asking price 2450AED. Call 0502709244.

Refrigerator: AED300. Brand: Aftron: 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

Studio flat available for rent. In Discovery Gardens, Al Barsha. For family. Rent 23K-25K. Call 0505080551.

Clean, independent office available for rent. Furnished, ready to use, in Al Quoz, near the 3rd Interchange. Call 043417702/043417703.

Bed space/partition available for rent. For Filipina lady only. 600AED excluding DEWA. Near Al Rigga metro station. Call 0558343969.

Bed space available for rent. For 450AED. Male or Female. Opposite Union metro station. For Filipinos only. Call 0552457706/0504967615.

Bed space available for rent. Kerala bachelors only. Near Nakheel Center, Deira , Dubai. Call 0552657123.

Sharing accommodation available for rent in Bur Dubai, furnished, for Indian couple to share with a Roman Catholic Manglorean couple. Call 0504501149.

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

Bed space available for rent. Male Filipinos only. Near Sunrise, Lulu Supermarket and metro station in Karama. Call 0508728206.

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.

MISCELLANEOUS

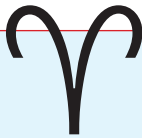
Indian Henna for hands is now available at a really amazing price in Discovery Gardens and Gardens. Call 0501350558.

New dance and drama classes are now open in the JBR area, in Dubai. The studio is called Kiducation and is conveniently located at Studio Fitness. For more details please email Kiducation-dubai@gmail.com.

To place your ad
please email *advertising@readme.ae*

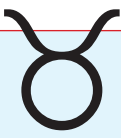
What's in your *stars*?

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



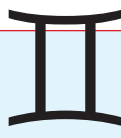
ARIES
(MAR 21 - APR 20)

Your approach to organising your life remains very focused, but how about balancing a little of the control with some open-mindedness? You are perfectly poised to make long-lasting and positive changes at the moment so strike while the iron is hot.



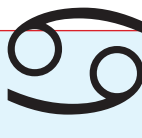
TAURUS
(APR 21 - MAY 21)

You may find yourself very much in demand at the moment, so fitting everyone and everything in without seeming as though your mind is on the next event could prove difficult. It could however be an ideal time to explore returning to education.



GEMINI
(MAY 22 - JUN 21)

You may be thinking about where you live at the moment, or perhaps there are questions over financial decisions. Important money issues like mortgages or pensions could probably do with revising so maybe it is a good time to drag out all the paperwork.



CANCER
JUN 22 - JUL 23

You could see lots of interesting interactions occurring and have fun sharing new ideas. You may encounter a new acquaintance who is just as energetic and buzzing as you, but journeys or plans could be affected by traffic hold-ups or flight cancellations.



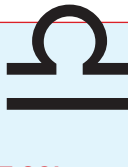
LEO
(JUL 24 - AUG 23)

Some unexpected expenses may start to crop up, but even though your resources may be limited you may show a real talent when it comes to juggling things around. This could also have a positive effect on your relationship with money in the future.



VIRGO
(AUG 24 - SEP 23)

You might find that a person close to you is struggling to appreciate all the exciting things you currently have going on. Don't take it as a sign to stop what you're doing, but perhaps you could make more of an effort to understand how they feel about it all.



LIBRA
(SEP 24 - OCT 23)

Personal issues continue to dominate but an exciting new phase is on the cards, especially where relationships are involved. If you find that you usually like to take your time and work things through, you may have to think differently in order to make a snap decision.



SCORPIO
(OCT 24 - NOV 22)

Your final ambitions are not yet set in stone, so it could surprise you that when some ideas start to change you are happy to go along with the plan. The excitement pulls you along which is no bad thing; in fact it could provide amazing new opportunities.



SAGITTARIUS
(NOV 23 - DEC 21)

If you are normally a fairly timid person, this is your chance to shine and change aspects of your life for the better thanks to a newfound inner confidence. Think big in all areas and you could find the results are surprisingly satisfying.



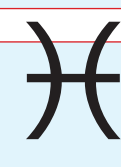
CAPRICORN
(DEC 22 - JAN 20)

The more open minded you are, the quicker exciting things could start to unfold for you. However, to really make the most of the opportunity at hand you might need to move into unfamiliar territory. It may seem daunting at first but you will soon find your feet.



AQUARIUS
(JAN 21 - FEB 19)

Your love of family, friends and experiences over material things has always been important in shaping how you spend your money. You shouldn't feel guilty for splashing out on yourself once in a while though; those you love will be happy for you to do so.



PISCES
(FEB 20 - MAR 20)

A dramatic new start could be on the way for you in your career or relationship, but you must be open to the changes. It's not so much about leaving things behind; think of it more along the lines of remoulding a fixed way of doing things.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
						
Sunny High 37C Low 31C Humidity 48%	Sunny High 36C Low 31C Humidity 51%	Sunny High 37C Low 32C Humidity 48%	Sunny High 38C Low 32C Humidity 41%	Sunny High 38C Low 32C Humidity 37%	Sunny High 37C Low 32C Humidity 39%	Sunny High 38C Low 31C Humidity 50%

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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



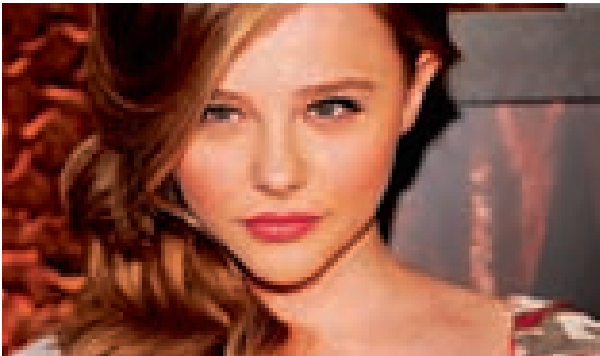
TODAY

Twitter is growing constantly and the number of active accounts has climbed to over 300 million recently. This is a trend that hasn't escaped the tech-savvy of Dubai, with a number of Dubai's population boasting in excess of 1,000 followers. We check out their Twitter pages and bring you the top ten most prolific Tweeters, and let you know why so many others have decided to follow them.



MONDAY

Cinema nowadays is such a massive, money making machine, it's hard to imagine the humble beginnings of the motion picture. Readme.ae looks back on the history of cinema, including Louis Lumiere's genius, the first feature length documentary *Nanook of the North* and the first "talkie", *The Jazz Singer*, from 1927.



TUESDAY

Moving back to present day cinema, many young stars display a maturity that far exceeds their age. On Tuesday, Readme.ae profiles the child stars who have made such an impact in the movies of recent times, and see if they've managed to recreate their success as they close in on adulthood.



WEDNESDAY

Last week on Readme.ae, we remembered the destruction created by nature. This week we recall some of the world's worst man-made disasters, from the sinking of the Titanic to the Queen of the Sea train disaster in Sri Lanka in of 2004, as well as the Deepwater Horizon oil spill of 2010.



THURSDAY

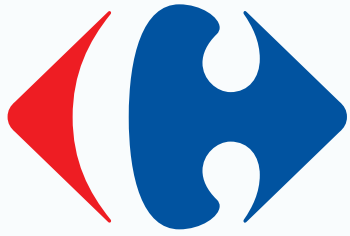
Have you ever had a fit of sneezing and thought it must have been the longest in history? Or had so much trouble getting to sleep that you're convinced your insomnia is so much more severe than anyone else? Readme.ae gives you the records to put your mind at ease. There is always someone worse off than you.



FRIDAY

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

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