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SEPTEMBER 25-OCTOBER 1, 2011 | Issue 15

Read

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FIX UP LOOK SHARP

Fashion follows the Mad Men lead as sharp suits and pencil skirts enjoy a rebirth



FOLLOWING THE INCA TRAIL



TAKING TURNS

Dubai residents encouraged to spread smiles and kindness with a new scheme called Your Turn Now



COOL RUNNINGS

Now that the weather is cooler, a legion of joggers are getting ready to pound the parks and pavements

Happy days

How to maintain a strong relationship with your children



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

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Letters

Email: letters@readme.ae

What I liked most in *Mere Brother Ki Dulhan* is that at least close friends in any way are faithful to each other at the end and understand and care about their parents even in a modernised society. It was a different story with interesting characterisation and a blend and mixture of the 'Nineties with the 21st century. I think very lucky children have parents who are also very lucky to be loved and cared about.

Farzana S. Mombasawala

Ed: The Bollywood romantic comedy was released September 9. Unfortunately, if you haven't managed to catch it by now, you'll have to wait until it comes out on DVD. Following Farzana's review, we think it could be worth a watch. Have you seen any good films lately? Let us know at letters@readme.ae.

Hi Read., I love my job, it keeps me busy and there is always something new to learn. My problem is that it is really tiring. When I get home in the evening, I find myself feeling too lazy to cook so I end up constantly ordering take-away and I rarely have the energy to play with my kids. I don't want to give up my job, but I also don't want to miss out on family time with my children. Any suggestions?

Paul Meehan

Ed: It seems your biggest issue is that you feel tired, which is having an impact on the rest of your life. Consider taking daily vitamins to help boost your energy levels. Look for supplements with Vitamin B to enhance energy.

Hi Read. team, Trust all is well at your end. I am Johnson, MBA in HR with 10+ years work experience in generalist HR. I am interested in Psychology and Counselling. Request you to help me in finding schools/colleges/universities which provide weekend/part-time



TAKE STEPS TO FEEL
LESS TIRED AT WORK

courses on counselling in Dubai. I want to be a relationship counselor in future. Please help me with your suggestions and advice.

Johnson

Ed: Hi Johnson, thanks for your letter. Psychology and counselling courses are intense, but if your time is limited you might like the idea of distance learning or an online course. Open College has a list of diploma courses that might suit you, www.opencollege.info.

It's not that I'm unhappy in my job, but I would like a new challenge. I have been in the same position for five years now and I think it has become a bit monotonous. I would like to stay in the same industry, but maybe move to a bigger company where there are more opportunities for advancement. I just don't know how to start the process of moving on without putting my current position in jeopardy. Can you offer some guidance?

G. Sehueham

Ed: A good way to explore new job opportunities is by signing up to LinkedIn. It

is the largest professional network in the world and you can connect to those in the same field as you. You will also find Twitter useful as there are often tweets relating to openings within certain companies, so make sure you're following the people and companies that you would like to work for.

Just like how Alice gets to explore a new world in Wonderland, the Dubai metro is giving a full-fledge adventure to me. Left-right, left-right, I get to see all the new places in and around it. The air-conditioning is superb and the stops are all planned very well. And, of course, I get to work right on time or very quickly and also get to explore new sights which took me quite a long time in a cab, car or bus before. Keep up the good work!

FSM

Ed: It was great vision that brought us the world-class Dubai Metro which not only benefits commuters, but it has shown to boost business for those entities surrounding the stations.

The Winners

(Contests in September 18-24, 2011 issue)

Which is the largest Scandinavian country?
Answer: **Sweden**

The winners of a Wafi Restaurants voucher each worth Dh200 are:

Fadi Alloush, Vanessa Salas Matunan

Who was the first woman
governor of India?

Answer: **Sarojini Naidu**

The winner of an Al Boom voucher worth Dh150 is:

Arlene Rago



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My Metro life

Keya Pankaj Patel
Student, Sharjah

I will always remember my Metro experience on May 24, 2010. I had a law exam that day so I was travelling to Dubai Internet City. It was during morning peak time so I had to stand for the journey. Just as I reached Noor Islamic Bank station I felt faint and collapsed. Luckily I was in the ladies carriage and my fellow travellers rushed to help me.

I didn't realise when it was happening; it felt like a dream and as I came back to my senses

I felt quite shocked and scared. When I reached my station, two ladies helped me off the train and the Metro staff rushed over to help. I fainted again but the staff were there to help.

I was asked if I wanted to go to hospital, but I just had one thing in my mind: that I had to take my exam. I would like to take this opportunity to thank the RTA, my fellow passengers and the Metro staff for all the help they gave me.

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

METROpics

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



DAN BENTLEY



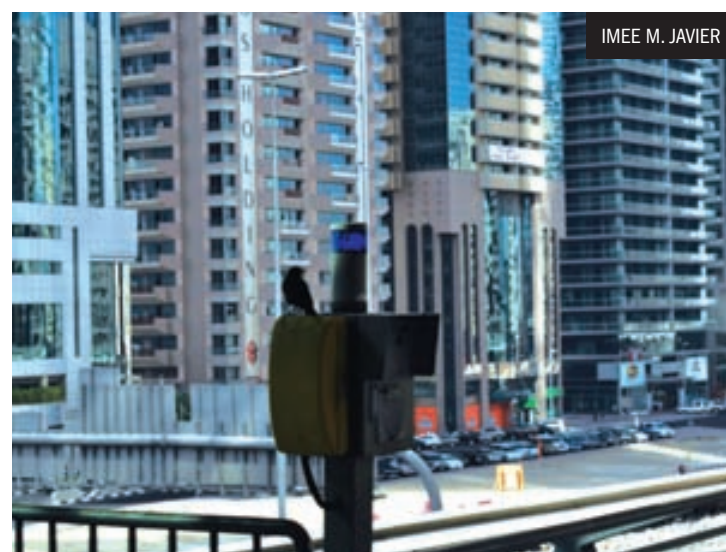
SONNY D. PEREZ



FAISAL KHATIB



HEMANT NJANAKUMARAN SHEELA



IMEE M. JAVIER



SANEESH THAYVALAPPIL



MARIA KARLA SOBREVINAS

The Burning Question

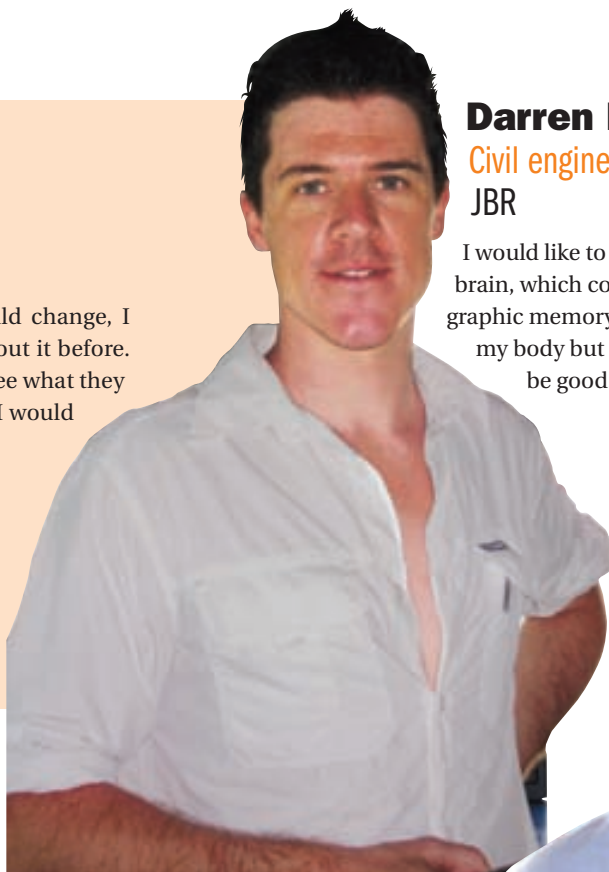
Q If you could upgrade any body part with technology, what would it be?



Leila Beigverdei

Freelancer
The Greens

I'm not really sure what I would change, I have never really thought about it before. It would be interesting to see what they could do, however, and I would be open to the idea.



Darren Rivers

Civil engineer
JBR

I would like to have a super computer brain, which could give me a photographic memory. I'm pretty happy with my body but a super brain would be good.

Julia Stead

Musician

The Greens

I am a musician, I sing and play the saxophone, so I would probably choose to have robot fingers which could play the instrument for me.



Mohammed Shabbir

Admin manager

Bur Dubai

I wouldn't replace any body parts with mechanical or computer limbs. Instead, I am satisfied with my body as it is, but I suppose if there is something wrong with a person's body it may be different.



Ahmed Sahlh

Barber

International City

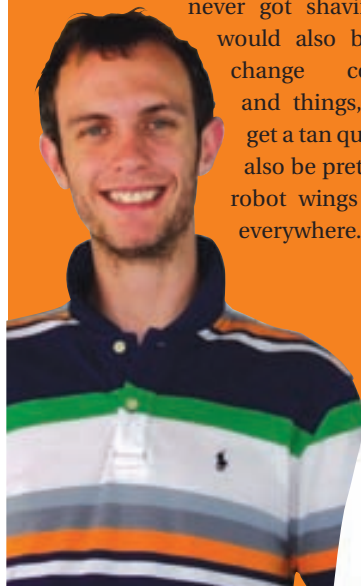
If I could replace any body part with a mechanical or computer substitute I would quite like to have really good eyes. Maybe with a computer chip in them so I could zoom in on things and see crystal clear.

John Robinson

Drum engineer

Tecom

I would like to have artificial skin which never got shaving rash. It would also be able to change complexion and things, so I could get a tan quickly. It would also be pretty cool to have robot wings so I could fly everywhere.



**Win a Wafi
Restaurants
voucher
worth Dh200**

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

Into how many dialects is the Chinese language generally classified?

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.



Anna Pia
Nanny
Springs

I would choose to have legs which could extend whenever I chose. It would just be good to make myself really tall if I needed to be, or to be able to jump over things that were in the way when I am trying to get somewhere.



Rakesh Singh
Chef
Sharjah

It would be pretty cool to be able to run really fast, so I would like to have robot legs made of steel that could carry me along at super speed.



Ruslan Khamzin
Personal trainer
JBR

I would quite like to trial a new brain innovation if it existed. Something that could increase the level of my memory would be good, something that allowed me to study twenty-five subjects at the same time or learn six new languages in a day.

Facebook *chatter*



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

(Responses only edited for length)

Now an online Mac store has opened for the UAE, will you be buying Apple?

Wow!that was great it's my big dream to have a mac or any brand of apple gadgets.. Now that it is affordable I surely buy one.. Thanks read;)

—Bebe Jaroon

i love the fact that Apple finally open its UAE online store but the Macbooks are still expensive. The Apple accessories especially the beats headphones are cheaper

than those in the malls. Cheers to Apple!

—Angel Lidasan

I have been waiting for this to happen for a long time. This is an excellent thing which has happened for the apple customers of UAE. Even though Dubai being touted as a great place to shop for electronics, Apple products till now had costed a leg and an arm for a general buyer in here. The only thing which needs to be seen is that, will they be allowed to sell their wares in their competitive prices.

—Siraj Faruqe

What do you think about the humble beginnings of cinema?

Charles Chaplin had made one of the best use of that humble beginning..... those mute and colourless frames are still my favourite.

—Shazib Ahmed

Is it fair that President Obama has imposed a new tax for millionaires?

Its fair enough..they need to help there goverment to develop more project to there country and to there fellow americans..

—Krista Angela Evangelio

No. They earned that kind of

money, and I think they deserve to do what they want with that money without paying much tax. It's free country, and should remain to be.

—Kyle Dolor

Not fair, though am not a one of 'em..company will suffer..that may lead to bankruptcy.. it may be possible to count those companies eanrning beyond \$1M...then devide the average...so, that would be more fair in my position.

—Marvin Dañas Marcaida

Would you consider Botox?

For me...naaah!i wont used it coz I want to be natural and im contented what god has given me..coz even if you used it at the

end your true appearance will still show.

—Bebe Jaroon

If ur beautiful even u didn't use botox ur still beautiful..and I believe simplicity is beauty

—Tadhana Ko'y Ikaw Duday

For hygienic purposes, maybe yes not unless it might be a cause of any bad side effects that will lead to a serious matter involving my health. But botox on the other hand I don't appreciate at all. I'd rather enjoy the real beauty naturally. Being born complete physically and mentally stable is more than enough. I must feel blessed all the time.

—Shivangi Sharma



STATION-BY-STATION *guide*

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

QUIT SMOKING FOR GOOD



Until end of September OFI Centre, Knowledge Village

Why not ditch the evil weed this September using hypnotherapy? The Orators Forum Institute currently has an autumn offer available whereby you can have three sessions of hypnotherapy and an audio programme to take home for Dh1,250—rather than the usual Dh2,500. Offer valid until September 30. Call 055 553 8295 for details.

the usual Dh2,500. Offer valid until September 30. Call 055 553 8295 for details.



BEACH VOLLEYBALL



Sundays 7.30pm

Le Méridien Mina Seyahi

The Duplays six-a-side beach volleyball league might already have started, but there is still time to find a team. Or if you're not quite league-ready yet, why not take part in Duplay's sports-specific training sessions, such as a volleyball class? Dh75 per person, see www.dubai.duplays.com for more information.

DUST BREEDING: ERGIN ÇAVUSOĞLU



Oct 2-Dec 4
The Pavilion

The Pavilion Downtown Dubai presents a solo show by Turkish artist Ergin Çavusoglu consisting of a large-scale interactive vinyl-perspective floor drawing—a manipulation of perception and space that also aims to provide an astute commentary on issues of real estate and labour.

VIRGIN MEGASTORE FEST' 11



Until October 7, 6-8pm

Virgin Megastore, Dubai Mall

In a celebration of Virgin Megastore's latest flagship store, a diverse range of local, regional and international talent will be putting on daily performances every evening from 6 to 8pm. Visitors to the store can enjoy live music from DJs, singers, bands and solo musicians for free just by turning up. Visit www.virginmegastore.me for more information.

SILLA



**Open daily
11am-3pm; 6-11pm
Abu Hail Road**

For a different experience, why not try a meal at Silla, just two minutes' walk from the Metro station? This low-key Korean restaurant is a hidden gem with authentic dishes and a realistic

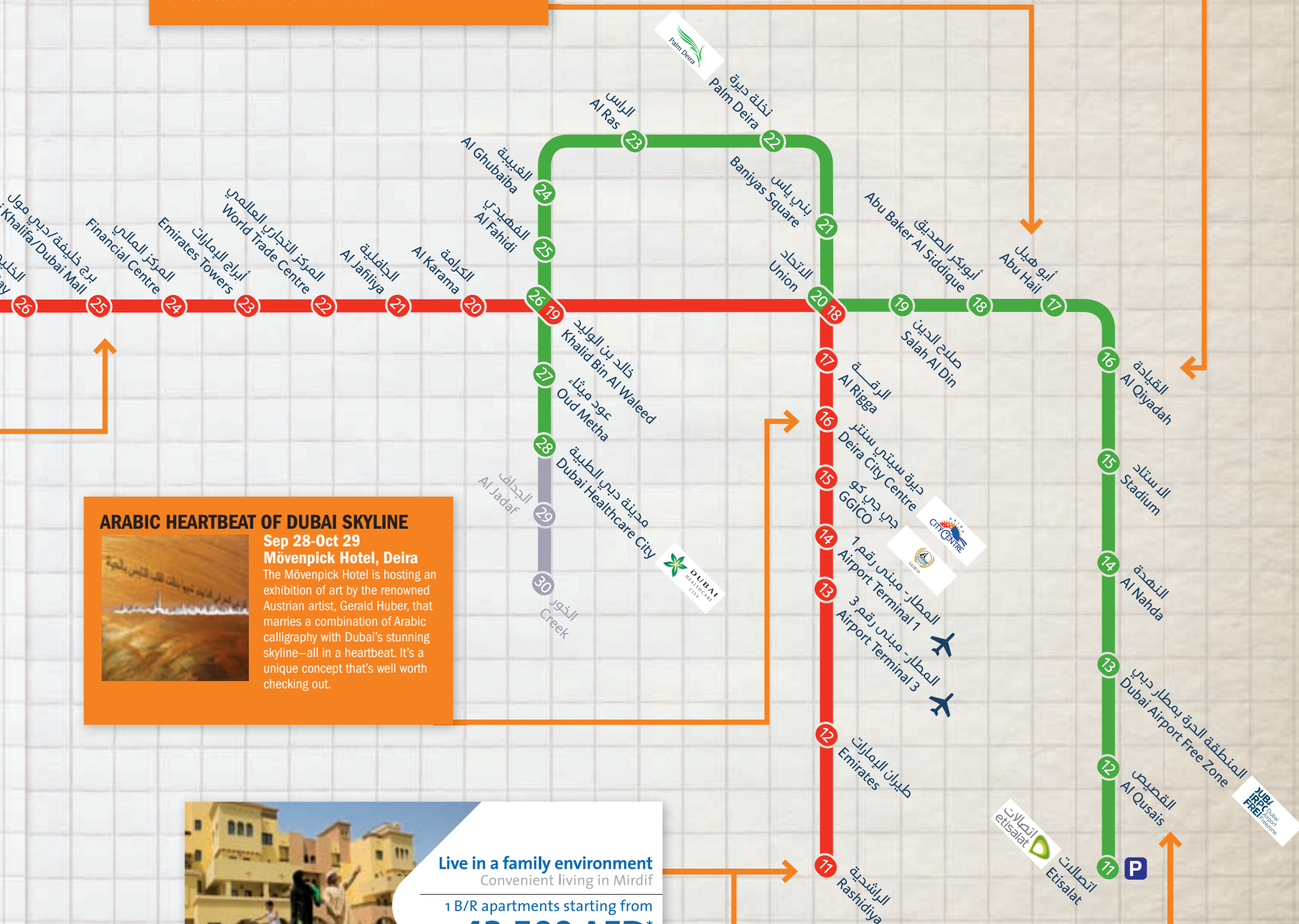
setting at an affordable price. A meal for two costs from Dh200-Dh300. Call 04 266 2666 to book or for more information.

AL MAMZAR CENTRE

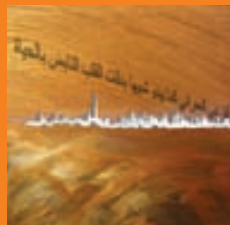


**Sat-Thu 10am-10pm; Fri 4-10pm
Al Ittihad Road, Deira**

An air-conditioned walkway links Al Mamzar Centre to the station on Al Ittihad Road. This lesser-frequented shopping centre houses several interesting home and gift stores, where you might be able to pick up something a bit different from what you find in the usual malls (04 297 6666).



ARABIC HEARTBEAT OF DUBAI SKYLINE



**Sep 28-Oct 29
Mövenpick Hotel, Deira**

The Mövenpick Hotel is hosting an exhibition of art by the renowned Austrian artist, Gerald Huber, that marries a combination of Arabic calligraphy with Dubai's stunning skyline—all in a heartbeat. It's a unique concept that's well worth checking out.

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DARTS PUB



**Open daily 7pm-midnight
Fortune Plaza Hotel, Al Nahda Road**

Situated near to the Ministry of Education and the Al Twar Centre, you can find Darts Pub within five minutes' walk of Al Qusais station. Why not check out somewhere new, relax with friends, and even though—strangely—there are no dart boards, you can enjoy a few games of pool (04 263 5500).



Force India

In the first of a series on notable members of our community, we speak to Bhurat Chachara of the India Club.

The India Club in Dubai has, since 1964, provided the emirate's Indian nationals with a range of state-of-the-art leisure facilities, hugely popular and innovative events and some of the best cuisine to be found anywhere. But, more than this, the club is about allowing its members to integrate into the modern metropolis of Dubai while also holding on to the traditional values of their home country, according to the general manager of the India Club in Oud

Metha, Bhurat Chachara. "A lot of people over here, especially kids who have been brought up here, have a confused sense of identity," he says.

"They know India is home but they also view Dubai as their home, so we try to incorporate aspects of traditional Indian life with our activities and events. After all, we are Indians."

As someone who was born and raised in Bahrain, and has since spent the last 15 years living in Dubai, Chachara understands this sense of double identity better than most.

However, given that he has been part of the India Club's

"We try to incorporate aspects of traditional Indian life with our activities."

management for the past 14 years, he has been in a good position to hold on to his roots.

Having first joined as the club's food and beverage manager, Chachara took up the role of general manager four years ago, and under his leadership, he has seen the club go from strength to strength.

Indeed, while Chachara has been at the helm, the India Club became the first Dubai-based club to be awarded ISO 2008 by Lloyds' Register Quality Assurance, and also won the Dubai Quality Appreciation Programme award in 2008.

These awards pay testament to

Chachara's focus on improving and maintaining the quality of his countrymen's club.

"I'm happy with the way I've taken the club forward," he says. "It's been recognised that we're one of the finest clubs in the country, and we're seen by many as a model club. I wouldn't put it all down to me, though; I have a fantastic team behind me, and what we've become now has been a real community effort."

The Indian community is one of the oldest in Dubai, and the community has thrived since well before the formation of the UAE as an independent state.

According to Chachara, some



“At some of the club’s biggest events, there are routinely more than 5,000 guests.”

nity here. According to Chachara, 70 per cent of all Indian business owners in Dubai are members of the club, and 80 per cent of its 8,000 members have been signed on for 10 years or more.

What’s more, at some of the club’s biggest events, there are routinely more than 5,000 guests.

As the general manager of the club, it is Chachara’s job to over-

see all of these events, which range from smaller ladies’ evenings to hugely popular Diwali festivals, and average at around 140 every year.

“What is more, the club is home to tennis courts, squash courts, indoor cricket grounds, a basketball court, yoga and karate facilities and a business centre, among others.

As Chachara says, “We do everything apart from golf,” meaning that the job is particularly demanding. However, he relishes the challenge and sees no reason to look elsewhere for the future.

“I’ve made Dubai my home, and so has my wife, my kids, my parents and my siblings,” he says, quietly.

“About 80 per cent of my family are here, and it’s the same on my wife’s side.

“We’re very comfortable here and we have never even thought about leaving this place. And, of course, it goes without saying that I hope I can stay as general manager of the India Club for a long time.”



BHURAT CHACHARA

of the oldest Indian businesses have been operating in Dubai for more than 100 years, meaning that there have always been particularly strong ties between India and the UAE.

Indeed, the India Club was founded on a piece of land donated by the late HH Sheikh Rashid bin Saeed Al Maktoum, and Chachara believes that Dubai’s authorities are still as welcoming as ever.

“I appreciate the fact that the leaders have allowed us to carry on as we do in our own country,” he says. “And I would say to any other expatriate, whatever country they are from, to give the country the same respect that they show us.”

It is a good thing that the India Club and Dubai’s authorities enjoy such a good relationship, given the impact that the club has had on the Indian commu-

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Spread a smile

This simple service could make someone's day.

A new initiative has been spreading across India with such speed that it was only a matter of time before it hit our shores here in Dubai.

Your Turn Now is based on a simple idea: people are encouraged to do a good deed for another person, after which they pass on the message that it is "Your Turn Now", meaning that the good deed must be returned to another.

Rushabh Turakhia, founder and initiator of this idea, says, "After reacting to the unkindness around, I launched a credit-sized card in December 2009 called the Your Turn Now (YTN) card to spread the power of generosity. It is a straightforward concept.

When you help someone, you pass on the blue card to urge the next person to pass the kind deed to someone else. This card is a reminder for everybody to be there for someone in any way possible."

In a city as busy as Dubai, it is easy for many of us to forget that little bit of kindness towards others that can make a difference, or even just raise a smile.

YTN is all about reminding people that helping a fellow human being is something so simple, but can really make a change to their day. Turakhia says, "Just imagine how you would feel if you were stranded outside a mall looking for a taxi in the scorching heat of Dubai, and all of a sudden the cabbie who takes you to your destination doesn't charge you for your trip. Instead he gives you a YTN card, saying the last passenger had already paid for your

For more information or to get your YTN cards visit www.yourturnnow.in



“Eventually, that smile—which is contagious—spreads to people around you.”

fare and told him to pass on this card. Any good deed is always welcomed and it means a lot, especially when you are in a fix or feeling down and someone brings a smile to your face. Eventually that smile—which is contagious—spreads to people around you.”

One Dubai resident who follows the scheme is Akshaya Raveendran. She told *Read.*, “I heard about Your Turn Now last week and thought it was a brilliant way to bring out the better side of people. I immediately checked their website and ordered my set of cards. Though I am yet to use the cards, ever since I heard about YTN I am making a conscious effort to be a better person. We are always so caught up in our busy lives that we rarely stop to think about the others around us.”

Beginning life as a scheme in India, Your Turn Now has now spread to 21 countries, with the UAE being one of the first countries to adopt YTN cards in order to spread kindness around. Turakhia says, “Everywhere I go I have got a common response that

it makes you more happy to do a good deed than receive, because it gives you a sense of satisfaction. At the end of the day you feel that you really lived life today.

“We call our members ‘YTN hearts’. There are many YTN hearts who have felt that they have changed after having the cards in their pocket, and have become more compassionate and thoughtful to people around them. You can read their stories on our Facebook group and website, and if you feel you would like to start spreading a bit of kindness around Dubai, we welcome every individual.

“People aged five to 70+ have done good deeds and passed on the YTN card to spread smiles. Our intention is to bring together the words man and kind. Man-kind: that is what humans are.”

Exhibiting your personal memories

The return of the JamJar’s annual exhibition that displays individuals’ individual representations of Dubai.

ART

The UAE, and Dubai in particular, reflects a mix of cultures, backgrounds, beliefs and stories. Now an upcoming exhibition at the JamJar is calling for the community to get involved by sharing a representation of their own personal Dubai.

The annual exhibition, named Muqtanayati, aims to foster cross-cultural relations, so following on from the success of last year’s show the organisers are encouraging local residents to submit an object which they feel has a link to their own journey within the UAE, of which 100 items will be chosen for the final exhibit.



The object can be anything you feel has some resonance for you personally. Whether it’s a photo, an ornament, a seashell or a Rubik’s cube: whatever your object of choice is, all you need to do is reveal why it means so much to you. The project is expected to reveal how different each person’s view of life in this region is, yet also show how lives and experiences can overlap in the most obscure ways. Muqtanayati also offers a snapshot of life in the UAE, past, present and future, from a personal and intimate point of view, which is why the community plays such a vital

role in creating the exhibit. To enter an object for consideration, simply email a high resolution JPEG image (300dpi) of the object labelled yoursurname_object.jpg, its dimensions and approximate age, with a 100-word description of what it means to you and your experience of living in the UAE. Submissions will be accepted until 29 October and all personal stories and experiences are welcome. If it means something to you, it could mean something to the upcoming exhibition, so why not join in and share your story with the community.

Email your object submissions to info@thejamjardubai.com

BYTES & PIECES



MOUSSA EL NAJMI
POLAR BEAR

No problems, just solutions

Is there anyone out there who still doubts the benefits of the connected world? It's doubtful, but I know many readers don't know of the great triumphs the Internet has given us.

For instance, a problem eluding scientists for over a decade, which relates to the structure of retrovirus enzymes, has recently been cracked by gamers. The solution demonstrates how the AIDS virus spreads so effectively, meaning that you or I—or even someone younger—can predict the structure of protein molecules just by playing a game. After years of failure in piecing together this puzzle, a game called *Foldit*, freely available online, has challenged gamers to do exactly that, and they did it in just three weeks.

Science is a collaborative effort, a struggle of creativity, attention to detail and hard work. Add to the mix the enthusiasm of thousands of curious human brains, each helping in its own way, and the most difficult problems are surmountable.

Next, a real modern-day miracle comes through a development straight from MIT's labs. The solar light bulb brings daylight to many electricity-deprived shanty homes in the Philippines. The instructions are ridiculously simple: one-litre plastic bottle, fill with clean water, add bleach, insert in a hole in the ceiling; the bottle channels in the morning light, like a 55 watt bulb. Bringing daylight into homes that had none before due to the cramped building conditions in these towns of galvanised steel and metal rooftops: it's a ray of sunshine.

The silent crime

Cybercrime is a huge problem, but very few victims realise that is is an issue.

Cybercriminals are after one thing: money. According to Bulent Teksoz, Symantec's chief security strategist for emerging markets, the days of hackers creating viruses simply to wreak havoc are gone, replaced by a new generation of cyber-criminals who will go to extraordinary lengths to open the wallet of anyone who leaves themselves open to attack.

Figures suggest that cyber-crime is indeed a growing problem. Symantec, the company behind Norton anti-virus software, recently released the results of an annual internet security survey, which showed that 76 per cent of local residents have fallen victim to cybercrime over the past 12 months, costing the country more than Dh2

billion. The survey also showed, worryingly, that more than half of all adults do not have up-to-date security software on their computers, putting their identities—and their money—at significant risk.

"Viruses that just messed your computer up only really surfaced in the old days," says Teksoz. "It was for fame, for hackers to prove that they were smarter than the users. But the viruses have gone deeper now; you can install one on your computer and it won't do anything. But when it realises that you're logging onto your bank account—it understands what you're doing—it will wake up. The idea is for you not to notice anything."



As protection against viruses and malware becomes more advanced, so does the technology which cyber-criminals use to access privileged information. For example, several types of virus, which target smartphones, are now in circulation, meaning that 20 per cent of the local population has been increasingly experiencing mobile-related cybercrime. And computers that were previously thought to be safe from attacks, such as Apple Macbooks, are now under threat as well.

"Where would you go if you were a cyber-criminal?" asks Teksoz. "You'd go to places that don't have much security. How much security do you



20

Percentage of the
local population
that has
experienced
cybercrime



have on your phone? You don't have any! With Macs, it's the same thing. People talk about having a Mac like they don't need to be protected from viruses and malware, but that's not true anymore."

So with so much of a threat out there, what can local residents do to tone down the worrying cyber-crime statistics? According to Norton's head of consumer sales for the Mena region, Tamim Taufiq, the trick is to treat online security as a necessity, rather than a luxury, and to be constantly vigilant against threats.

"Look out for 'too good to be true' offers," he says. "Do not share your personal information online. Make sure that the web sites that you are clicking on are safe. A customer can invest a huge amount of money on some hardware, so he or she should also put a lot of importance into making sure that it is protected."

Most might think that, when

buying a new computer, loading it with anti-virus software seems like a given. Indeed, many computers come with free software to protect their users against online threats. However, experts advise against simply accepting something because it is free, given that the soft-

ware might not match up to the needs of the user.

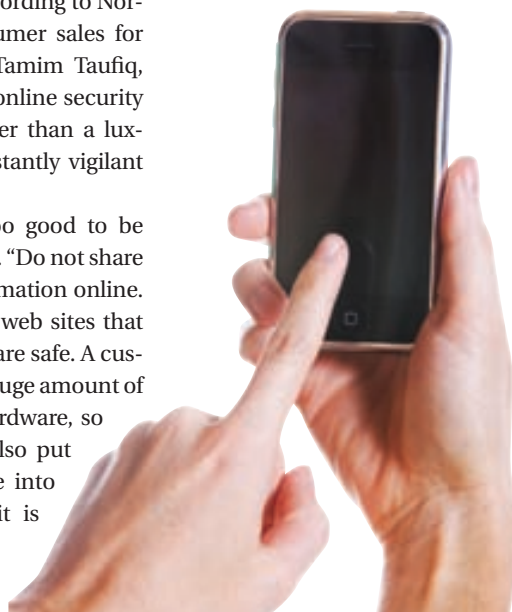
"Free is generally not the best, so just make sure that you understand what you need to protect, and then see if that solution works," asserts Taufiq.

Of course, some protection is better than none at all. With no anti-virus software, a computer is completely open to attacks, meaning that a user does not even have to click on a link to download malicious software.

All he or she has to do is spend time browsing the web, and a virus will make its way onto the computer.

Taufiq estimates that, within four or five minutes of going online, an unprotected computer could pick up a virus. But, again, the virus will be aimed more at garnering personal data instead of damaging the computer.

"The risk isn't that your computer will crash or anything, but it's more about your identity, your children and your family," he says.



Tech beat

TWO NEW IPHONES?

Just weeks away from the launch of Apple's iPhone 5, rumours surrounding the possibility of the company launching a second new model this year have hit the internet, following the publishing of a report written by a Wall Street analyst. According to the article, there is little doubt that the iPhone 5 will go ahead, but Apple could also release an "iPhone 4-plus", to fill the gap between the new top model and the standard iPhone 4.



GALACTIC COUNTDOWN

Virgin Galactic's space tourism dream moved one step closer to reality last week when the firm charged with assembling the spaceships, The Spaceship Company, unveiled its final assembly plant at the Mojave Air and Space Port in the United States. The brand new, 6,300-square-metre hangar, dubbed FAITH, is where the entire Virgin Galactic fleet will be built over the coming years.



TWEETBOOK

In the midst of a number of large changes to its system, Facebook has announced that it will soon allow users to sync their profiles directly with their Twitter accounts, a feature that has, up until now, only been available to owners of Facebook pages. The social networking giant gave no specific date for when the feature will come into effect, but analysts expect that it will come as part of a major revamp over the coming weeks.

NEW PLAYSTATION TERMS

Sony last week amended its PlayStation Network's terms and conditions to include a clause stating that users must waive the right to collectively sue the company over security breaches. The move comes following the network being hacked earlier in the summer, compromising the security of over 100 million accounts. Gamers who do not agree to the new terms and conditions could face being banned from the network altogether.



Totally Manchestered out

Northern England reveals its presence to Dubai audiences with Beady Eye's performing brilliance.

CONCERT

It seemed to be a rather slow build up inside the 4,000 capacity tent at Flash Forum on Yas Island as fans trickled in to see Beady Eye take the stage. Tickets for the event had sold like the obligatory hotcakes, as people across the UAE rushed to secure a spot at the first big Manchester-band gig to kick off the post-Ramadan season.

Reassuringly however, the trickle soon became a stream and by the time the band burst into their opening song *Four Letter Word*—taken from their debut album *Different Gear, Still Speeding*—the

tent was packed with roaring music lovers, who, whether they had come for Beady Eye or to see one of their Oasis idols in the flesh, were there to have a good time.

Former Oasis frontman Gallagher was admittedly one of the main draws for many ticket holders, with some even claiming that they had no knowledge of any Beady Eye material, but had been such big fans of the earlier band that Gallagher had formed with his brother Noel that they just wanted the chance to witness the self-proclaimed "Greatest frontman of all time" live in action. And they weren't disappointed. In a



LIAM GALLAGHER HAS A GRIPPING STAGE PRESENCE



similar vein to Oasis, it is the support from lead guitarist Andy Bell which allows Gallagher's voice to fulfil its true potential, with material ranging from classic rock 'n' roll anthems to eastern-inspired experimental tracks, the Beady Eye sound retains unavoidable hints of the Oasis groove thanks to

Gallagher's unique vocal talents, but that is where the comparisons end.

Putting all their energy into each song and delivering the material with a new type of swagger, the gig was a huge success for what was technically one of the band's debut performances. The

crowd didn't stop dancing and the energy was crackling inside the tent throughout the entire set. It all added up to a storming performance, and those who entered with thoughts of Oasis still running around their mind were left with no doubt that Beady Eye are definitely here to stay.

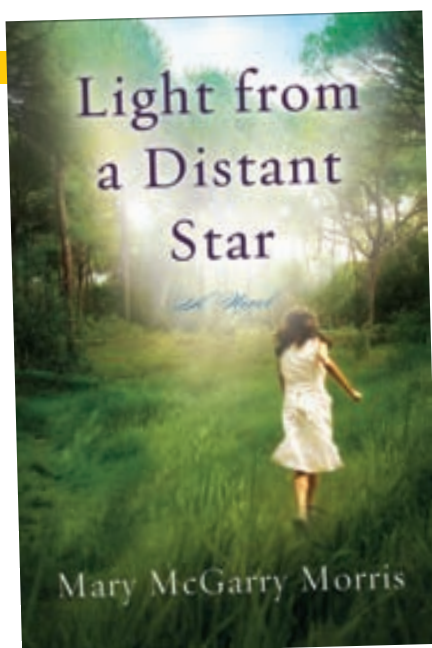
Light From a Distant Star

by Mary McGarry Morris

BOOKS

Mary McGarry Morris' latest offering is a gripping coming-of-age thriller, which some have described as evoking the feelings of the great piece of literature, *To Kill a Mockingbird* by Harper Lee. Whether or not you agree with this, though, it cannot be denied that *Light From a Distant Star* is a breathtaking page-turner.

Nellie Peck, a typical adolescent living in a small town, completely admires her father. And despite what many might think about her, she is extremely perceptive about the people she shares her life with. She understands the problems behind her father's centuries-old hardware store failing, and why her mother has to return to work. And she also knows that she must toughen up



her shy younger brother.

When three strangers—an ex-con, a reckless city boy and a young dancer—enter the Pecks' quiet life, violence quickly erupts, resulting in a bloody murder. The townsfolk see it as

an open-and-shut case, but Nellie knows who the real culprit is. It is unfortunate, then, that she must stay silent for fear of the repercussions of the truth. And, after all, no one will listen, and no one will believe.

An incredibly powerful novel about murder, justice and growing up, this is a book from one of America's best 21st-century writers, and it will have readers scouring bookshelves for Morris' older titles.

IF YOU LIKE THIS, YOU SHOULD ALSO TRY...

The End of Everything by Megan Abbot

The Leftovers by Tom Perrotta

Burnt Mountain by Anne Rivers Siddons

Primus – Green Naugahyde

ATO Records

★★★★★

ALBUMS

As one of modern rock's most influential bands, Primus have made headlines with the release of their latest album, *Green Naugahyde*, not least because it is their first collection of brand-new material since 1999's *Antipap*. Clearly, then, big things are expected of the new record, and fans won't be disappointed.

Primus seem to have gone back to basics with this new album, recapturing some of the magic of the mid-'Nineties records that gained them so much acclaim. Tracks such as *Last Salmon Man* and *Eyes of the Squirrel* will certainly confuse those unfamiliar with the band's sound, but will stun long-time fans with their complex rhythms, bass lines and tones. These tracks are complimented by more conservative numbers such as *Tragedy's A-Comin'* and *Lee Van Cleef*, which show that the band are more than

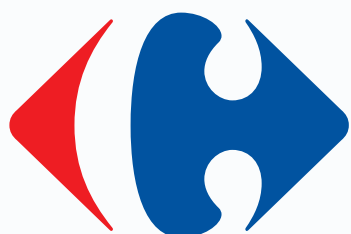


capable of making radio-friendly songs, despite choosing not to.

It's also quite clear that with *Green Naugahyde*, Primus were looking to up the technological ante, and, as a result, have come up with yet another album that pushes the boundaries technology. Everything sounds weird, but when did a Primus album not sound weird?

This album marks a spectacular return to form for the iconic three-piece; as with Primus's other albums, *Green Naugahyde* is something of a love-it-or-hate-it record, and the fans will certainly love it.

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Being the *Sand Star* of the show

I had an amazing start to the new season after a wonderfully peaceful Ramadan. I was very humbled and honoured to have been invited by Virgin to perform at the first Virgin Music Festival at their new store in The Dubai Mall a couple of weeks ago.

When I heard that I would be the opening act of the festival I was ecstatic, but also a bag of nerves as I knew I would have to set the tone for the event. Besides going over my repertoire for the evening (most of the pieces I performed were from my new album *Sand Star*), I knew that I also had to make sure that I at least looked marginally presentable. Thank goodness for my supportive fashion brand Meher & Riddhima! I always feel like a princess in their clothes and that evening was no exception.

I was extremely grateful for the support from not only my friends, family and fans, but by other artists from the region who either sent me wonderful messages or attended the event to cheer me on. It was wonderful seeing both familiar and new faces in the crowd and I even managed to get a few people to shimmy and shake! *Tango with Alejandro* was the favourite and I also performed some of my favourite Arabic tracks.

After a fantastic evening, I look forward to the amazing events I have planned for the coming months. I will be officially launching *Sand Star*, as well as releasing my charity single *New Hope* in aid of the Palestine Children's Relief Fund, which is very exciting as it's the first time I've sung on a recording, so watch this space!

Jumping on the bandwagon



It's never too late to learn an instrument, and it can be an advantage being an adult.

Learning a musical instrument has many benefits for children. It improves concentration, increases confidence and can help learning in other areas. But what about adults who choose to learn an instrument; how can it be beneficial for them?

Jon Dixon, a guitar and piano tutor, says, "Most of my adult students have spent years wishing they had learnt an instrument when they were young. Some of them may have done lessons as a child but given up along the way; now they want to take it up again.

"Those who gave up music lessons as a child often say they didn't want to learn at that time, so when they choose to take up an instrument again, it is usually a definite choice they have made for themselves. I think it is also a good way to let off steam; they might have a hard day at the office and look forward to chilling out with their instrument when they get home rather than the 'forced practice' they remember from their childhood music lessons."

There are obviously physical and mental differences between learning an instrument as a child and attempting the same thing as an adult. It is common knowledge that humans learn best at a young

age, but while it may be harder for the mature brain to learn an instrument, it is by no means impossible. Children's brains are constantly growing new cells, so when they start to learn music, some of those brain cells can be completely devoted to playing their instrument. However, adults can only work with the brain cells they already possess and create new connections, known as synapses, between them.

Dixon says "Most of my young students will pick things up very quickly, but the adults do take longer. Once they get the hang of it, though, it will be firmly stuck

in their memory, whereas the children can often forget what we worked on the week before. One of the main differences is that kids aren't afraid to get things wrong, but adult learners often have a fear of failure so are less willing to have a go at new pieces or techniques which could help them learn, such as singing the melody through before trying it on the instrument."

So what would the advice be for any adults out there wanting to pick up an instrument in later life? Dixon says, "Just go for it! There is no need to be afraid of doing something new and many adults have the dedication that some children lack. If an adult has made the decision to spend their time and money on music lessons, they are more likely to put in the required practice hours and therefore could find they get the results they want sooner than expected."

So whether you fancy tinkling the ivories, becoming the next Hendrix, or taking up the drums as a way to bash out stress, age should be no barrier. Indeed, it could prove to be the missing ingredient in your transformation from virtually talentless to virtuoso.

"Most adult students have spent years wishing they had learnt an instrument when they were younger."



Set the stage for yourself

Entries are open for members of the arts community to enter the Dubomedy International Performing Arts Festival.

PERFORMING ARTS

Dubai is well known for being a hotbed of talent. Whether that is musicians, actors, comedians or dancers, there is a deep well of performing artists just waiting to be plundered. However, many of these budding entertainers may be wondering how exactly they can showcase their talents, after all what is the point of having a skill if you can't show it off? Well, help could be at hand thanks to the good folk at Dubomedy, Dubai's comedy and urban arts hub. The second Annual Dubomedy International Performing Arts Festival (DIPAF) will be held from November 30 until December 3 this year, and in order to continue their aim of providing a platform for the local arts community, DIPAF is currently accepting entries from performing artists of all dis-

ciplines for a slot in this year's festival. Mina Liccione from Dubomedy says, "This Festival is unique in that it will feature an array of different genres of performing artists from talented local bands, dancers, theatre, poets, hip-hop artists, actors, to international comedians and musicians, with everyone in between. The performances will range from student showings to international professionals." And the festival programme so far looks set to live up to Liccione's predictions, providing audiences with an exciting array of entertainment, including a local theatre night, poetry

For more information contact 04 374 6789 or email LOL@vivadubai.com.



reading, music day, Arabic theatre presentation, comedy night, free workshops, a dance competition and international headlining acts. Dubomedy is keen for the festival to represent the many different cultures of Dubai and invites

artists from all backgrounds to participate in the Arabic, English and Hindi programmes. So whatever your act may be, whatever your hidden talent is, now is the time to get in touch and you could find yourself part of the action. The deadline for submissions is September 30.

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Vox pop

Do you take vitamin supplements?

Kavitha Praveen
HR, JLT

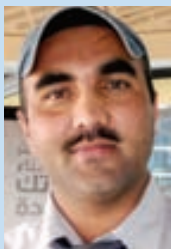


I don't take any vitamin supplements, instead I have a healthy diet which

includes plenty of fresh fruit and vegetable. I eat a lot of greens, like sprouts and salads, to make sure I get enough iron.

Yasir Ali

RTA bus driver, Bur Dubai



I don't take any vitamins at the moment—I never really have done. The doctor advised me

that I can get enough vitamins from drinking fresh juices, so I have fresh mango juice every day to get natural vitamins.

B. Praveen

HR officer, JLT



I see a lot of adverts for supplements around but I don't actually take any.

My wife and I are vegetarian, so we get all our vitamins naturally from raw vegetables instead of vitamin tablets.

Samira Kamal

Service, Satwa



I currently don't take any vitamins or supplements of any kind. I find that

by far the best way to stay healthy is by making sure that I eat good food and looking after myself.

Growing old gratefully



With a good diet and positive outlook, the autumn of your life can feel like spring.

As youngsters, we are constantly being told to hurry up, sit down, or go to our rooms. However, at some point in our lives this advice flips onto its head and we are encouraged to slow down a bit, keep moving, or head outdoors for some fresh air. Nobody is quite sure exactly when a person becomes “middle aged”, but when it does happen there are certain factors that need to be considered in order to stay fit and healthy.

Dr Trisha Macnair, a specialist in medicine for the elderly, says “As we get older the body's tissues and organs start to work less efficiently. We have to work harder and harder to stay fit and active. But keeping well is also about anticipating what's increasingly likely to go wrong, and taking steps to prevent harmful events from happening. This may mean not just eating the right foods and taking regular

exercise, but also changing your living environment and watching out for possible dangers.”

Trying to lead a healthy lifestyle is important no matter what age you are, so the same rules apply in middle age. Try to maintain a balanced diet with plenty of fresh produce, oily fish, fibre, protein and vitamins to prevent loss of muscle and bone strength and to keep the immune system functioning properly.

Macnair also suggests that keeping mobile is another important aspect of keeping healthy during this stage of life. She says, “Daily exercise is essential. This doesn't mean a session of aerobics or a

“‘Life begins at 40’ is fast becoming ‘Life begins at 60’.”



number these days, and the saying “Life begins at 40” is fast becoming “Life begins at 60” with good reason. As the kids grow up and move away, many couples are discovering a whole new lease of life and a fresh, optimistic outlook on life. Dr Macnair says, “Keeping in good spirits and staying optimistic helps keep you generally well and recover faster from illness, so find ways to actively identify and deal with stress in your life. Focus on good relationships and try to move on from the bad ones. Research has shown that optimists live as much as eight years longer than average.”

marathon run (unless you still like to do these). Any exercise which gets you up on your feet and bearing the weight of your own body will help to keep the muscles active, bones strong and maintain core strength and balance.”

However, at a time in life when many people may be willing to sit back and let old age creep up on them, one of the most vital things in remaining fit and healthy is to keep positive. Age is simply a



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In the RUNNING

Tom Paye gives himself a timely workout with the Dubai Road Runners, and learns a thing or two.

While I speak to Graham Rafferty, the director at Dubai Road Runners, I make the mistake of letting slip that, as a young student, I used to take part in the club's weekly runs around Safa Park. Promptly, he asks for my full name and the year that I attended, and scours through his database of lap times.

"Ah, here you are," he says. "About 26 minutes. Wow, you were really slow." It's as I feared.

In my defence, I was little more than 12 years old, and, back then, running the 3.4-kilometre lap around Safa Park seemed equal to completing an entire marathon. I remember having to stop to catch my breath at several points around the circuit while

the faster runners whizzed past me, offering words of encouragement. But I put my poor performances down to my age and my lack of running experience, until Rafferty tells me that the fastest juniors he sees today complete the circuit in around 12 minutes. Clearly, then, it was simply a case of me being rubbish.

The Dubai Road Runners club has been meeting up at Dubai's iconic park every Saturday evening for over 15 years. The group is composed of a number of keen runners, average-paced joggers looking to stay healthy, and some beginners vowing to improve their fitness. Each person elects to complete either one or two laps of the park, pays Dh5 and predicts what time they'll complete the run in. Once

everyone has finished, the closest prediction wins a prize.

As someone who views staying fit as a chore rather than a pleasure, the prospect of winning a prize made the run around Safa Park particularly attractive to me. I also liked the competitive side that the club brought out in me; knowing your lap times and being able to compare them to your friends really does motivate you to get out there and improve.

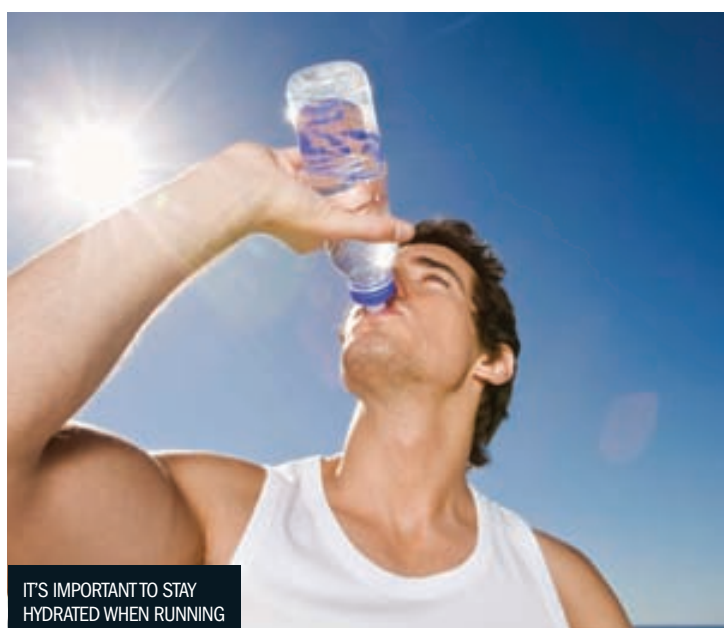
And, of course, the run gives you the satisfaction of knowing that you're doing something to stay fit and healthy.

"Obviously, running's a great way of staying fit,"



DID YOU KNOW?

- Some reports suggest that regular running can treat depression just as effectively as the most common medications.
- In 1960, Ethiopia's Olympic marathon runner Abebe Bikila won the gold medal and set a new world record, all while running barefoot.
- According to some experts, jogging in a pool can provide a great workout without risking injury to muscles, joints and tendons.
- As a more intensive exercise, sprint running is better for burning calories than long-distance running.



IT'S IMPORTANT TO STAY HYDRATED WHEN RUNNING

around Safa Park as their only form of exercise, explaining that the most dedicated joggers will run elsewhere up to six times a week, even in the searing Dubai heat.

“Our numbers dwindle somewhat during the summer months, due to a lot of people going away for the holiday,” says Rafferty. “But things pick up again around September. We’ll even see quite a few new faces, who tell themselves that they want to get fitter over the winter. By January, some of them will have dropped out, but there are always plenty of people attending.”

Dubai Road Runners is not the only running club in Dubai, but it is arguably the most popular. For those who live on the other side of the creek, the Mirdif Milers meet every Monday evening at the Uptown Primary School. And for serious runners, the Creek Side Striders meet every Friday to complete runs of more than 10 kilometres.

Whichever club they run with, though, every participant understands the potential injury risks that can come with running, as

with any other exercise. To avoid them, Rafferty encourages running across various different routes, on different grounds, in order to give the muscle groups some variety.

“The most common injuries are knee or hamstring-related,” he says. “And as you get older, running becomes more and more about minimising the risk of injury. I always suggest finding different venues for your run. Maybe one day you could run around Safa Park, and on the other you could run on the beach. If you keep doing the same thing every day, every step you take is going to be placing extra stress on your muscles, and eventually they’ll give out.”

Rafferty clearly lives by these rules. Despite describing himself as “old”, he is still able to make good time at the weekly runs around Safa Park, as well as on the various longer runs which are organised around Dubai. Indeed, the Dubai Road Runners’ motto is, “You don’t stop when you get old. You get old when you stop.”

Going by that statement, I got old when I turned 13.



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Family ties

The secret to having a healthy relationship with your children is to keep the lines of communication open.

We don't spend that much time together. I suppose we all just assume that everyone's okay and we just go about our business every day."

This description of Martin Rothman's family life echoes the state of many families living in Dubai. The Jumeirah-based manager has been living in Dubai for more than six years, and while he relishes time spent with his wife, Mary, and his two daughters, the demands of work, school and other commitments often mean that family time is forced to take a back seat.

"Most days, Mary and I won't get home from work until around seven o'clock," says Rothman. "One of our girls, Sarah, is at university in London, and our youngest, Lizzy, is always out with her friends or sat in her room watching TV. Even when Sarah's in the country, the

only time we really spend together is at dinner."

According to Rothman, Lizzy, 16, is a typical teenager, who shies away from spending time with the family to make room for her friends. He views it as normal behaviour, and recalls that Sarah, 20, was the same at Lizzy's age. Of course, the person Rothman spends the most time with is his wife, but he admits that the relationship between them and the kids could be better.

"We'll make small talk with Lizzy about how school's going, and what she gets up to at the weekend," Rothman says. "But we rarely open up to one another. I guess it's because we don't really go out and do things together."

This is a common situation for many families across Dubai, and, indeed, the world.

“Opening up to one another is an absolute must.”

Teenagers often relate more to their friends than to their families, while parents often find it difficult to balance working life, household chores and their own social lives

with setting time aside for family. And this can result in home feeling more like a collection of housemates, living their separate lives, rather than a family unit.

"Not spending enough time as a family can usually be attributed to too much work or school, or it can be attributed to negativity within the family dynamic," says Devika Singh, psychologist and learning enrichment specialist at Dubai Herbal and Treatment Centre. "When spending time together becomes stressful, it is avoided, which is a natural response. The general lack of extended family in the same city can also mean a departure from the traditional family support that can come through extra hands."

So, what can families do to bring themselves closer together? According to Singh, opening up to one another is an absolute must. She also suggests setting





aside time at the end of the day for a round-up of what has happened, spilling positive thoughts as well as any negative ones that might have come up. Making a habit of this can help to build up trust over an extended period of time, opening up new lines of communication. It can also mean that, if they are feeling overwhelmed, children are more likely to turn to their parents for help.

“When children are a priority, parents will find the time to spend with them,” says Singh. “This doesn’t necessarily have to be for hours every day, but enough time to reconnect and perhaps solve problems around the little issues that often seem overwhelming as



“When children are a priority, parents will find the time to spend with them.”

they occur. Consistent emotional support, when demonstrated over time, leads to a sense of security.”

Singh, along with other experts, also suggests setting time aside to

plan for family activities. Playing games is a classic example, and for good reason, because this engages the family in friendly competition, and alleviates the need to be constantly talking. Singh also suggests taking it in turns to plan weekend activities, so that everyone feels they have an equal say in what the family does for fun.

Whatever the family does, though, it is clear that there are plenty of ways to climb out of a rut, meaning that there is no need to carry on in the same way if family life is beginning to stagnate. New activities, new lines of communication and new dynamics could be just around the corner; all that’s required is the will to open up.

Kitaabiy, kitaabak, kitaabik, kitaabkom

Ross Guinane chronicles his attempts to learn the local lingo and finds he still has a long way to go.

LANGUAGE

Four classes in and I feel my Arabic mumblings are already taking shape into something more than nonsensical grunts. Sure, much like everyone else, many of the sounds on the first day sounded the same no matter what position I placed my tongue in before spitting them out, but some pretty solid instruction as to where I was going wrong and I was willing to sound out full sentences when I returned to the office.

“Biwiddy qahwa ma9 Haleeb min fadlak.” Although nobody rushed to get me my coffee with milk, in spite of saying please, I still felt a sense of accomplishment and pride. Was I pronouncing it wrong?

No! Amira at the Arabic Learning Centre is too good a teacher. I had it down to a tee.

This week we continued on through our text books picking up new sounds, new letters, and days of the week, which are based on the numbers we had learned earlier. As a class, we are very close to being able to say, “I’m sorry. I will not be in work for two days.” I’m not quite too sure how my boss will take that news, but at least there will be forewarning.

Once we had triumphed over the sounds of the phonetically-spelled words before us, we returned to our notebooks in an attempt to make sense of the pretty cursive script that adorns the majority of signs throughout the Arab world.



A dash here, a dot there, a squiggle next to those, and, hey presto, I can now write “Dad” in Arabic.

I began to wonder why it was all coming along so easily. Then it dawned on me as we tuned the page. We hadn’t yet started on the tough stuff. Armed with nine of the twenty-eight letters in the Arabic alphabet, we turned our attention back to the books.

My book, your book (male), your book (female), your book (everyone). “Kitaabiy, Kitaabak, Kitaabik, Kitaabkom.” This is what I was afraid of, many different ways to say “book”. I have much more studying to do if I’m to avoid being overwhelmed. In saying that, I still can’t wait to get back to class on Monday.

It's so Machu

You can't find anything else like Machu Picchu, and it's well worth a look.

The *Camino Inca*, or the Inca Trail, to Machu Picchu is one of Peru's hidden gems. Located in the midst of the Peruvian Andes and consisting of three overlapping ancient roads, the trail is a favourite for explorers, hikers and culture aficionados, who all embark on the four-day trek to take in the wonderfully-preserved sights of the ancient Incans.

At the top lies the legendary fifteenth-century Inca site, Machu Picchu, which is thought to have been built as an estate for the Inca emperor Cusco and was, in 2007, voted one of the New Seven Wonders of the World. Not surprising, given that the site, and the trail leading up to it, has been fully restored to give visitors a glimpse into the pages of history.

Indeed, the Peruvian government takes the upkeep of the trail

so seriously that it has placed a limit on the number of people who can travel up it every season, to limit erosion. And every February, the trail is completely closed off so that major cleaning operations can be completed. As things stand now, only 500 people can travel up every day, meaning that, due to the huge numbers of tourists, booking in advance is an absolute must.

Booking is hardly a difficult process, though, given that the Peruvian government has also limited the number of tour operators that are allowed to guide visitors up the mountain, and only the best ones are licenced to do it. All that's required is to make sure you book far enough in advance.

Once you've made it over to the trail, which begins 88 kilometres from the city of Cuzco, the former capital of the Incan empire, it becomes immediately obvious that you've entered another world. Quite apart from being short of breath, due to being 2,800 metres

“It becomes immediately obvious that you have entered another world.”



THE LLAMA IS THE LOCAL BEAST OF BURDEN OF CHOICE



above sea level, visitors are often taken aback by what appears to be a complete lack of modern life.

This goes double for the trek itself, which is extremely demanding; any visitors with health problems are discouraged from taking part. To get to the top in good time involves three to four days of, pretty much, non-stop hiking. Add to this that the oxygen in the atmosphere becomes scarcer the higher you go up the 32-kilometre trail, and it's understandable why every tour guide is in extremely rude health.

The trail winds past a number of Inca settlements and gorgeous archaeological sites, which pay testament to the Incas' impressive architecture. But even before reaching these, visitors battle through an incredible range of other environments, all of which appear unique to this part of the world. Much of the trail goes

through a damp cloud forest, which is lauded for its collection of Polylepis trees. And while this might, at first, cause some feelings of claustrophobia, the gaps in the

TRAVEL TIPS

- Due to the risk of altitude sickness while travelling the Inca Trail, you should spend a couple of days acclimatising in the town of Cuzco.
- The tap water in Peru is unsafe. For drinking water, you should either boil tap water for around five minutes, or else drink bottled water.
- The entire trek should cost around \$400 (Dh1,470). If you are offered a much lower price than this, then it's probably too good to be true, and could well be a scam.

trees afford increasingly dramatic and spectacular views of the mountains and drops below.

Climbing further up, you reach a campground at around 3,650 metres. But beyond this, the trail descends down a strange, ancient staircase of around 1,400 steps before reaching an Incan tunnel. Here, there are breath-taking views of the Urubamba River, which become more plentiful as the trail picks up altitude after the tunnel.

Passing the next set of Inca ruins and a hotel, which are both named Wiñay Wayna, all that's required is to navigate the east slope of the Machu Picchu mountain for a further three kilometres. After this, trekkers reach a set of steep stairs that lead to *Intipunku*, the Sun Gate, which lies on a ridge above the ruins of the ancient estate. From the Sun Gate, it's possible to see the entire Machu Picchu site in all of its glory, plus the surrounding mountain ranges, making for one of the most amazing views to be found anywhere in the world.

The site is divided into two main sections, the urban sector and the agricultural sector, by a large wall and a number of expansive plazas. A detailed tour of both will easily take up an entire day, which is worth doing, seeing as it takes so much effort to get up there.

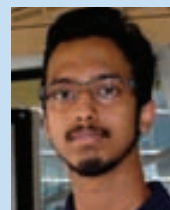
But more than this, the brilliant scenery makes for a setting that, once reached, is extremely hard to leave. Tour guides say that the views become etched in the minds of every visitor for the rest of their lives, and it's easy to see why.

Vox pop

Which famous landmark would you like to visit?

Abdullah Khan

Student, The Greens



I would like to go to France to see the Eiffel Tower. I'm not

exactly the travelling type, but I might find something like the pyramids in Egypt a bit boring compared to this Parisian work of art.

Dheeleep Kumar

Interior designer, Deira



As an Indian I have to say I would love to visit the Taj Mahal. I

have never seen it before as I am from south Kerala, so I would very much like to visit it one day.

Mohammed Afzal

Banker, Deira



My first choice would be the Taj Mahal, but that is a common

answer so instead my second choice would be Mount Everest. I would like to try and climb it but I'm not sure I would make it to the top!

Mylene Santos

Cleaner, Deira



If I could go to see any famous landmark in the world, I

think it would have to be the Statue of Liberty in New York. I'm not really sure why, it would just be nice to go to the city and to go up to the top of the statue.

New promotions from Air Arabia

LOCAL TRAVEL

For a number of reasons, many Dubai residents can often go for months or even years without taking a break.

Whether they crave a two-week summer holiday, a long weekend to explore a new destination, or a few days back in their home country, the combination of time and money doesn't always lean in their favour. However, taking a trip away has now become one step easier with the region's leading low-cost carrier, Air Arabia, which has recently announced bargain deals to 24 short-haul destinations, including Manama, Damascus, Beirut, Istanbul, Mumbai, Delhi and many more locations which should appeal to a large number of Dubai's residents.

As part of the promotion, the



airline is offering discounted fares to selected destinations, combined with free baggage allowance, to make it easier for anyone looking to take a few days away without breaking the bank. Already established as an airline that offers customers non-stop service to 67 destinations across three continents, a range of value-for-money holiday packages, hotel accommodation and visa assistance, the latest

promotion looks set to ensure that those who missed out on a summer break can make up for it now.

AK Nizar, head of the commercial department at Air Arabia, says, "Customers always expect such promotions with Air Arabia. For eight consecutive years, we've offered travellers unmatched services and innovative products that have taken them to over 67 destinations. Passengers will be able

to grab these attractive fares until the end of October while enjoying free baggage allowance and our wide range of value products." The flight routes available in this offer include some of Air Arabia's most popular destinations, including many around the GCC, which is good news for those passengers who are particularly looking to get home to see friends and family wherever they may be in the world.

Back to the future

The 'Sixties aren't just about the summer of love.

Her

GO RETRO

To suggest that a television series has influenced the entire fashion industry would be mad. But the current trend for high necks, modest hemlines and pencil skirts bear a certain resemblance to those worn by the likes of Betty or Joan on the TV series *Mad Men*.

As is so often the case with fashion, current trends are in part a recycling of the past. We've already seen inspiration taken from both the 'Seventies and the 'Forties this year, and now the reworked 'Sixties conservatism is also big. These familiar silhouettes have been given new life, most notably with vibrant colours and lively prints as seen by Givenchy or Mary Katrantzou.

It is not just about dressing sensibly for a cooler climate this Autumn, the "granny chic" look has been gaining momentum over the last few years, with fashionistas such as

Alexa Chung leading the way. But now pretty day dresses that fall just below the knee can be found with a range of designers from Miu Miu and Louis Vuitton to high-street shops reviving the trend.

The resurrection of the pencil skirt is slightly conflicting though. It has associations both with the transition of women from the home to the office, as seen on *Mad Men*, but also with a time where being "appropriately dressed" for work was seen as necessary. The narrow pencils by Marc Jacobs are exaggerated and, in reality, it is ridiculous to suggest a modern woman hobble about in such a constricting skirt.

But, there are some pencils that do allow just enough wiggle room to make a quick dash for the bus. Jonathan Saunders has also come up with a collection of printed skirts that will easily take you from the office to an evening out.

And for those who want a little bit more freedom, fuller skirts are also on trend, but just make sure that they fall below the knee. This look is not about copying the past, but about reworking familiar silhouettes with a modern sentiment.

The daring colours and patterns are anything but conservative.





Him

Once upon a time, men would go about daily life always properly dressed, transitioning from the office to dinner, to home in a suit, tie and hat. But today, in a time when people are often no longer required to be so smartly dressed for work, the suit is slowly fading away, only to be resurrected in everyday life while watching *Mad Men*, or pulled out from the back of the closet for a cousin's wedding.

But now it's time to throw on a tie or blazer even if you are not

required to do so. The look gives you purpose. People will wonder, "Where is that guy going? He looks pretty important and rather dapper!" And although the designer lines such as Prada, Gucci or Ralph Lauren have always carried suits, and will most likely be bought by people who have always worn them, there are some fashionable pieces to be found on the high-street. Double-breasted suits are particularly on trend, just make sure your suit or blazer fits well and you cannot go wrong. If you don't fancy donning a full suit to walk the dog, just throw on a nicely cut blazer with a t-shirt instead of the usual hoodie. In the words of Barney Stinson from the TV show *How I Met Your Mother*, Suit up!

FASHION OPINION

SHERRY TENORIO
WWW.LAMODADUBAI.COM

When the shoe fits

Finding the perfect pair of shoes is not an easy feat, not even for the most seasoned shopper. Shoes are the single fashion accessory that can make or break the whole outfit. You see, a snakeskin Christian Louboutin pump turns a little black dress into a stunning, glamorous ensemble, while colourful, strappy Jimmy Choo wedges transform a summer frock into a fabulous romantic number, or a bejeweled Guiseppe Zanotti adds sassiness to the classy look of a simple, monochrome piece.

Yet, despite knowing this essential information and having a huge array of options, scouring the city for the right pair of shoes is one of the most difficult things to do. You may end up hopping from one shop to the next, trying on one pair after another before finally settling for the last pair you tried.

But you wouldn't want to settle, would you? So, better take your time, and have the patience and faith that the perfect pair will be yours. It doesn't matter if it is from a high fashion brand or something from the shelves of H&M and Zara. What matters is that they should fit you perfectly, that you can walk in them comfortably, that they can hype up your confidence as a beautiful woman—and that they are worth all your time, effort and of course, money.

So whether you end up with a gigantic, Imelda Marcos collection, a Manolo Blahnik range to rival that of shoe-obsessive Carrie Bradshaw, or even with just one glass slipper like Cinderella, the important thing is that you find the one pair that is worthy for keeps.



A film *with* BITE

The remake of *Fright Night* has resulted in a thoroughly entertaining horror film.

NEW RELEASE

Ah, another vampire movie, and what's worse, another remake. From the word go, *Fright Night* seems to have everything stacked up against it, and really ought to have been awful.

But wait. Scripted by *Mad Men* and *Buffy* writer Marti Nixon and directed by Craig Gillespie, this tongue-in-cheek, tooth-in-neck horror film is more self-aware than Tom Holland's 'Eighties original, with more bite than the vanilla-hued *Twilight*. And while other vampire movies have been too caught up with all the blood, lust, and soppy love stories to possess any real substance, *Fright Night* has been thoughtfully brought up to date, making insightful observations about contemporary American society.

That said, those looking for some good, old-fashioned horror won't be disappointed: there is still plenty of blood and guts to

go around, all spattering out at you in full 3D effect, which oddly enough isn't too distracting.

High-school senior Charley Brewster, played by Anton Yelchin, is finally one of the cool kids, dating the hottest girl in school, and has ditched his former, not so cool, best friend Ed (Christopher Mintz-Plasse, the geeky McLovin' in *Superbad*). He has it all. Well, until trouble arrives in the form of smooth talking, tight T-shirt wearing Jerry

“This tongue-in-cheek, tooth-in-neck horror film is more self-aware than the original.”



FRIGHT FACT
In the early stages of the movie's development, Heath Ledger was considered for the role of Jerry, however this was not to be after the star passed away in January 2008.





COLIN FARRELL ONCE AGAIN PLAYING THE BAD "GUY"

DID YOU KNOW?

- A rare disease called porphyria causes vampire-like symptoms, such as an extreme sensitivity to sunlight and can even stain teeth red.
- One of the most famous "true vampires" was Countess Elizabeth Bathory (1560-1614) who was accused of biting the flesh of girls while torturing them and bathing in their blood to retain her youthful beauty.
- Chinese vampires were called a ch'iang shih (corpse-hopper) and had red eyes and crooked claws.

(Colin Farrell), who moves in next door. The former best friends are reunited as they investigate the peculiar comings and goings of this intriguing stranger. And while nobody else seems to notice anything, including Charley's mother (Toni Collette), Ed is certain that Jerry is a vampire. Charley is unconvinced, claiming, "Jerry? That's a terrible vampire name!" and accuses Ed of reading too many books.

You can probably guess what happens next. Charley makes it his duty to save his family and friends, enlisting the help of Peter Vincent (*Doctor Who*'s David Tennant) a tacky Vegas magician, to kill Jerry. Amidst the satirical humour, toothy gore, and fireball finish, there is real poignancy, from the spoiled friendship between Ed and Charley, to the

Las Vegas location, where everyone—not just the vampires—works nights. And even before Jerry's arrival, Charley seems to be dealing with some real issues, behaving like a jerk without really meaning to. So, pretty much like any male teenager, a being that is possibly even more misunder-

stood than a vampire. The desolate subdivision on the outskirts of the Las Vegas location, littered with real estate signs, makes for a subtly haunting backdrop and the fears in *Fright Night* do not just centre around bloody death, but also around economic security in difficult times.

It is also refreshing to have a vampire movie where the vampire actually plays the bad guy. Although Mr Farrell is undeniably good looking, the film manages to stay away from teenage fantasies about 400-year-old, undead, blood-sucking hunks who "really aren't that bad; I mean they feed off animals. Swoon." The original was more old fashioned, jumpy and spooky and to be honest, the remake is more gruesome than genuinely scary. But, the film is witty, smart and definitely enjoyable. It stays true to the original, while still managing to be its own. And it's quite nice to actually sit through a movie without having to cover your eyes the entire time!



SILVER SCREEN

REEM HAMEED
NEW MEDIA SPECIALIST
BOOMTOWN PRODUCTIONS

I love doing the paperwork

For the past few weeks, I have been a part of creating the UAE's first online webisode series, entitled *Classified*. More specifically, I'm on the Boomtown/Filmworks Production staff, who are responsible for shooting and creating the series under the directorship of Ali Mostafa (*City of Life*).

We're creating a series that was meant to air only online. While that simple sentence may seem plain to most people, to me it's groundbreaking. It means a new space where the landscape of filmmaking and film viewing is uncharted terrain; a place where we can stand at the brink of innovation.

"So what part do you actually play in all this pioneering?" you may ask. Paperwork, of course. I do groundbreaking paperwork. This week, I challenge you to find the beauty in the seemingly mundane parts of your life. We sometimes forget that we are part of a thriving, pulsing metropolis. We forget that writing an email, serving a customer and boring conference calls are actions that bind us and catapult us further towards success.

To be clear, I'm not asking you to fall in love with filing, phone calls or mean customers. I'm asking you to take a step back and see a fraction of the masterpiece that you are building.

Now if you'll excuse me, I have to get back to my life of keyboard clicking. There's a whole world out there that is ours to conquer. Without my imagination, my days would be so bland.

Visit
www.mbc.net/classified if you would like to view the web series.

Bollywood news

13TH MUMBAI FILM FESTIVAL LINE-UP ANNOUNCED

An impressive line-up of about 200 films has been announced for The 13th Mumbai Film Festival. The event is scheduled to take place from October 13 to 20, and with various screenings at different locations, the festival will showcase the best of truly global cinema. The list of films to have their India premieres includes the highly anticipated *Melancholia*, *The Whistle Blower* starring Rachel Weisz, George Clooney's *The Ides of March* and *Pina* amongst many others.



AJAY DEVGUN

SUPER FAN GETS SUPER TAT

Nikhil Kateja, 23-year-old Bollywood superfan from Jaipur, has shown the world just how big a fan he is by getting the same tattoo that actor Ajay Devgun sported in his most recent smash hit *Singham*. In an upcoming episode of UTV Stars' *Live My Life*, Kateja gets to live the life of his idol, Ajay, for a day. As the actor was busy shooting *Bol Bachchan*, Kateja was taken to meet Hakim Aalim, Ajay's friend and a popular tattoo artist, where he insisted on getting a king size *Singham* tattoo on his chest.



SAIF PATAUDI

SAIF'S FATHER HOSPITALISED

Veteran cricketer Mansoor Ali Khan Pataudi has been hospitalised again following complications in his lung. The cricketer was admitted to hospital in Delhi with an apparent lung disease, although an exact diagnosis has not been given. Pataudi was

admitted to the ICU and is being treated around the clock. This is the second time Pataudi has been hospitalised this month. His daughter, Soha, flew to Delhi immediately after getting the news and Saif, his son, stalled the shoot of *Agent Vinod* to rush to his father's side.

Reviews *in brief*

A quick look at the week’s biggest films.



Final Destination 5 - 2011

★★★★★ Nicholas D’Agosto, Emma Bell and Arlen Escarpeta

Every now and then a film comes out which is a hit. Then it gets taken too far and what seems like a hundred sequels later the directors are still bashing out the same story, slightly redesigned but no different. This is the case with *Final Destination 5*. While the original became a horror classic, this latest escapade consists of little more than gore, guts and gruesome death scenes. Adding 3D is a last ditch attempt to please cinemagoers by flinging body parts at them out of the screen, but does little to save what is essentially a tired and overdone series.

The Nutcracker - 2010

★★★★★ Elle Fanning, Nathan Lane and John Turturro

The classic story has been brought to the big screen in this charming children’s movie. Set in 1920s Vienna, *The Nutcracker* tells the tale of a young girl named Mary, whose godfather gives her a special doll on Christmas Eve. Ignored by her family, Mary’s imagination brings the doll to life that night and he takes her on a magical journey through a different world, where toys take on a human form and everything appears ten times larger. But danger lurks, as an army of rat creatures, led by the Rat King and his devious mother, unleash a plot to overthrow humanity.



The Debt - 2010

★★★★★ Helen Mirren, Sam Worthington and Tom Wilkinson

This espionage thriller focuses around three retired secret agents. The story begins in 1997, as retired agents Rachel (Mirren) and Stefan (Wilkinson) reminisce about their former colleague David. The trio have been celebrated by their country for years since a successful mission against Nazis in the ‘Sixties. After a great deal of risk and personal cost, the team completed their mission, or did they? The story switches between the two eras as a series of surprising revelations come to light, with some great action sequences thrown in for good measure.

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Colombiana - 22:00, 00:00
Cowboys and Aliens - 10:00, 12:15, 14:30, 16:50, 19:10, 21:30, 23:58
The Debt - 11:00, 13:30, 16:30, 19:00, 21:30, 00:00
Drive - 10:10, 12:10, 14:10, 16:10, 18:10, 22:10, 00:10
Final Destination 5 (3D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Friends with Benefits - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 11:45
Fright Night (3D) - 15:20, 17:30, 19:40, 21:50, 00:10
Insidious - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 23:55
Mausam - 10:30, 12:00, 13.30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Mere Brother Ki Dul Han - 11:00, 14:00, 17:00, 20:00, 23:00
Nutcracker (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Rise of the Planet of the Apes - 11:10, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Spy Kids 4 (3D) - 11:00, 13:00

GRAND MEGAPLEX - IBN BATTUTA

Bol - 11:00, 17:00, 23:00
Captain America - 11:00, 13:30, 16:00, 18:30
Chloe - 21:00, 23:30
Colombiana - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Conan The Barbarian - 21:00, 23:15
Cowboys and Aliens - 10:00, 11:00, 12:15, 13:15, 14:30, 15:30, 16:50, 17:50, 18:10,19:10, 21:30, 22:30, 23:58
The Debt - 11:00, 13:30, 16:30, 19:00, 21:30, 00:00

Drive - 10:10, 12:10, 14:10, 16:10, 18:10, 20:10, 22:10, 00:10
Friends with Benefits - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Fright Night - 11:00, 13:10, 15:20, 17:30, 19:40, 21: 50, 00: 10
Final Destination 5 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Final Destination 5 - 10:00, 12:00, 14:00, 16:00, 18:00, 19:55, 21:55, 23:55
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Rise of the Planet of the Apes - 11:10, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Sevens - 10:30, 13:30, 16:30, 19:30, 22:30
Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Spy Kids 4 - 10:30, 12:30, 14:30, 16:30, 18:25, 20:30, 22:30, 00:30
Super - 10:50, 13:00, 15:10, 17:20, 21:40, 23:50
Vandhan Vendran - 14:00, 20:00

GRAND CINEMAS - FESTIVAL CITY

Colombiana - 22:00, 00:00
Cowboys and Aliens - 10:00, 12:15, 14:30, 16:50, 19:10, 21:30, 23:58
The Debt - 11:00, 13:30, 16:30, 19:00, 21:30, 00:00
Drive - 19:30, 21:40, 23:50
Final Destination 5 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50



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

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

Friends with Benefits - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Fright Night (3D) - 15:20, 17:30, 19:40, 21:50, 00:10
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GRAND CINECITY - AL GHURAIR

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Insidious - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 23:55
Mausam - 10:30, 13:30, 14:30, 19:30, 22:30
Mere Brother Ki Dul Han - 11:00, 14:00, 17:00, 20:00, 23:00
Nutcracker (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Rise of the Planet of the Apes - 11:00, 14:00, 17:00, 20:00, 23:00
Spy Kids 4 (3D) - 11:00, 13:00
Vandhan Vendran - 11:00, 14:00, 17:00, 20:00, 23:00

GRAND METROPLEX - METROPOLITAN

Drive - 10:10, 12:10, 14:10, 16:10, 18:10, 20:10, 10:10, 12:10
Final Destination 5 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Friends with Benefits - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Fright Night - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Insidious - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 23:55
Mausam - 10:30, 13:30, 16:30, 19:30, 22:30
Nutcracker - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Vandhan Vendran - 11:00, 14:00, 17:00, 20:00, 23:00

GRAND MERCATO

Cowboys and Aliens - 10:00, 12:15, 14:30, 16:50, 19:10, 21:30, 23:58
The Debt - 11:00, 13:30, 16:30, 19:00, 21:30, 00:00
Drive - 20:10, 22:10, 00:10
Final Destination 5 (3D) - 22:00, 00:00
Friends with Benefits - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Fright Night (3D) - 15:20, 17:30, 19:40,

ORANGES AND SUNSHINE



21:50, 00:10
Insidious - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 23:55
Nutcracker (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00
Spy Kids 4 (3D) - 11:00, 13:10

VOX CINEMAS - DEIRA CITY CENTRE

Bodyguard - 18:15, 21:00, 23:45
Conan The Barbarian (3D) - 00:00
Cowboys and Aliens - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Debt - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Drive - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:30, 00:00
Friends with Benefits - 11:15, 13:45, 16:30, 19:00, 21:15, 23:30
Fright Night (3D) - 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 - 12:00, 16:00, 20:00, 00:00
Mere Brother Ki Dul Han - 11:30, 14:30, 17:30, 20:30, 23:00
Nutcracker (3D) - 9:45, 14:15, 18:45
Rise of the Planet of the Apes - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Smurfs (3D) - 12:00, 16:30, 21:00
Spy Kids 4 (3D) - 10:00, 10:15, 12:00, 12:15, 14:00, 14:15, 16:00, 16:15, 18:00, 20:00, 22:00
Spy Kids 4 - 10:15, 12:15, 14:15, 16:15
Vandhan Vendran - 16:45, 20:00, 23:15

VOX CINEMAS - MOE

Colombiana - 10:00, 14:30, 19:00,
Cowboys and Aliens - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Crazy Stupid Love - 21:00, 23:30
Drive - 15:00, 17:15, 19:45, 00:00
The Debt - 11:00, 13:30, 16:00, 18:30, 23:45
Final Destination 5 (3D) - 18:15, 20:15, 22:15, 00:15
Friends with Benefits - 11:30 14:00,

16:30, 19:00, 21:15, 23:30
Fright Night - 17:45, 20:00, 22:15, 12:30
Fright Night (3D) - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Nutcracker (3D) - 9:45, 12:00, 14:15, 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 - 10:30, 12:45
Spy Kids 4 - 9:30, 11:30, 13:30, 15:30

VOX CINEMAS - MIRDIF CITY CENTRE

Cowboys and Aliens - 13:45, 18:45, 23:30
The Debt - 11:00, 13:30, 16:00, 18:30, 21:00, 23:45
Drive - 12:30, 17:00, 21:30
Final Destination 5 (3D) - 18:15, 20:15, 22:15, 00:15
Friends with Benefits - 11:30, 14:00, 16:30, 19:00, 21:15
Fright Night - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mausam - 10:30, 13:45, 17:00, 20:15, 23:30
Nutcracker - 9:15, 11:30, 13:45, 16:00
Rise of the Planet of the Apes - 11:30, 16:30, 21:15
Smurfs (3D) - 09:30, 14:00, 18:30, 22:45
Spy Kids 4 (3D) - 11:45, 16:15, 20:45

REEL CINEMAS - DUBAI MALL

Colombiana - 23:15, 13:30, 15:45, 18:00, 20:15, 10:30, 00:45
Cowboys and Aliens - 11:30, 13:10, 14:00, 15:40, 16:30, 18:10, 19:00, 20:40, 21:30, 23:10, 00:05
The Debt - 11:00, 13:20, 14:40, 16:00, 17:20, 18:40, 20:00, 21:20, 22:40
Drive - 13:20, 15:40, 18:00, 20:20, 22:40, 12.50
Final Destination 5 (3D) - 17:30, 19:30, 21:30, 23:30
Final Destination 5 - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:05
Friends with Benefits - 11:00, 13:30, 14:10, 15:40, 16:40, 18:00, 19:10, 20:20, 22:40, 00:10, 01:00

Fright Night - 11:30, 13:45, 16:00, 20:30, 22:45, 01:00
Fright Night (3D) - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Insidious - 17:00, 19:15, 21:30, 11:45
Nutcracker (3D) - 11:05, 13:30, 16:00, 18:30
Nutcracker - 14:00, 16:30, 19:00, 21:30, 00:05
Mausam - 12:30, 14:30, 15:30, 17:40, 18:30, 20:50, 21:30, 00:05, 00:30
Mere Brother Ki Dul Han - 17:30, 20:30, 23:30
Oranges and Sunshine - 14:15, 16:30, 19:15, 21:30, 23:50
Rise of the Planet of the Apes - 11:00, 13:15, 13:40, 15:40, 16:40, 18:40, 20:20, 21:10, 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) - 13:30, 15:30
Spy Kids 4 - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:05
Super - 14:00, 16:05, 18:10, 22:30, 00:25

REEL CINEMAS - MARINA MALL

Cowboys and Aliens - 12:00, 14:30, 19:30, 22:00, 00:30
The Debt - 11:50, 14:20, 19:20, 21:50, 00:20
Final Destination 5 - 13:45, 18:50, 21:15, 23:45
Friends with Benefits - 11:40, 14:10, 16:40, 19:10, 21:40, 00:10
Fright Night (3D) - 11:30, 13:55, 16:05, 16:25, 18:40, 19:00, 21:05, 21:25, 23:55
Rise of the Planet of the Apes - 11:10, 13:35, 17:00
Smurfs - 11:20, 16:15

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Rosie Hall
Midwife, Visiting



I just went to see *Friends With Benefits* and thought it was pretty good. It was quite funny and a nice romantic comedy, but you could tell exactly what was going to happen every step of the way.

Deana Hammoud
Receptionist, JLT



I have just watched *Final Destination 5* and it was absolutely terrible! They are trying to make it as gory as possible, but instead of being a horror film it turns out to be more like a comedy.

Paul Mansford
Musician, Tecom



I saw *Cowboys and Aliens*. There were some good action scenes and I thought Harrison Ford was awesome. The story was a bit weird at times but it was definitely interesting.

Recipe for a kitchen

Fancy a new kitchen? Here are some essential guidelines to make sure it turns out perfect!

It is the heart of the family home, the one room that everyone uses, the focal point of all of your activities. It is where food is prepared with love, snacks devoured, new tastes experienced and family traditions are celebrated. But whether you have just moved into a new space that needs a makeover, or are planning a new kitchen from scratch, there are some well tried and tested steps to take and a few key ingredients to ensure it all works properly. Here is *Read.*'s guide to creating your perfect kitchen.

BEFORE YOU BEGIN

First things first, make yourself a mug of tea and get a pen and paper. Then just sit down and don't do anything except look. Before you do anything else, it is essential to have a clear idea in your mind about how you want to use your kitchen, how it should be organised, what sort of things you will want to do there.

Step 1

Work out what you want from your kitchen

Before designing a new kitchen, you need to think about how the space is going to be used. Are you a keen cook? You will need large work areas, maybe preparation space and a serving area. Who does the cooking and how many people are in the kitchen at the same time? Is it a family room where everyone will gather to eat, or a more professional space for you to prepare dinner party spreads and haute cuisine?

Step 2

Base your design on the 'work triangle'

The principal activity zones in the kitchen are generally recognised as being food preparation, then cooking and serving, and finally washing up. Each activity zone needs to include workspace and appliances required for that activity, and the zone will require the storage space for the utensils, ingredients and so on required for it. The three "points" of the triangle are your sink, cooker/oven and refrigerator. For the greatest efficiency the total length of the three sides of the triangle should be between 3,600mm and 6,600mm, and as far as possible, the work triangle should be uninterrupted by through traffic.

Step 3

How much do you want to spend?

Know in advance what you are willing to spend—your budget will have a say in your kitchen design but it need not dictate it. To help get the most from your budget, make a list of everything that you'd love in your kitchen, and then sort that into two columns—essential, and desirable. There are actually plenty of ways to refresh a kitchen without breaking the bank, such as painting cupboard doors and replacing handles for a completely new look. It is when you want to move things around and shift plumbing and power points that creates the greatest expense.



Step 4

How much space do you have to work with?

There are four main categories of kitchen design: corridor, L-shaped, U-shaped and island. Really small kitchens can even be one-sided (like half a corridor) with all the appliances and storage built along a single wall. If you have two walls, try to make sure there is at least 1,200mm of space as a minimum, to allow comfortable access to appliances and safe walking space. L-shapes work well in a corner, U-shapes can be quite compact and efficient, and if you have the space, an island design is very sociable.

Step 5

Getting a good design

There are plenty of online design tools that will help you visualise your new kitchen layout, and some are tied to the cabinet retailer so they can even work out a cost for you. But if you just want to do it yourself, a graph pad and cutout shapes are very effective. On the other hand, expert help is always a good idea, and there is plenty of advice and assistance on the end of the phone from companies like Rono Interiors, agents for Mark Wilkinson and Pendini Kitchens.

A WORD ABOUT COOKERS

GAS OR ELECTRIC?

Your choice of cooker is pretty much determined by your choice of property—you're going to get what the developer decided you were going to have. Usually, in an apartment, that means an electric device of some sort. If you live in a villa, you may be more lucky and have a gas outlet, but these still depend exclusively on a bottled gas supply. Check with the municipality if you have any doubts about what is acceptable as there are specific rules about storage, ventilation and supply of gas for domestic kitchens.

If you do have gas, the world is your oyster. There are loads of simple four-burner cookers and hobs available in all the big stores and appliance retailers, and more specialist outlets will be able to offer you six- or eight-burner traditional or semi-professional ranges. Alternatively, choose a top with a wok ring, a griddle plate, even a BBQ section is possible. Make sure you have good extraction above it though!

ARE DREAMS ELECTRIC?

Even if you are living in an electric-only residence, there is actually quite a lot of choice available now. Traditional four-ring hobs are the starting point, but these have now got competition in the form of ceramic hobs (much easier to keep clean), and induction hobs (almost as quick as gas, but only work with certain types of saucepan). Again, larger six-ring tops are becoming more widely available, and specialists such as Miele will offer you such exotics as a wok-shaped hotplate especially for fans of oriental cooking techniques.



Step 6

Measure twice, cut once

The old carpenters' dictum applies very well here. It does not matter what size your kitchen is, take your time. Make sure you take accurate measurements and double-check them so you can be confident in knowing the size of your space, before you begin your grand design.

Step 7

What stays, what goes?

Be realistic. When designing any kitchen layout, you are going to have to work with what is already there, unless you have really deep pockets. Moving windows and doors, or relocating services such as gas, plumbing and electrical outlets is the most expensive part of any kitchen refresh, so think hard about whether you want to do that. Once you know what is fixed, you can be as creative as you like with the rest of the design.

Step 8

Kitchen technology

Are you going to eat in the kitchen? What else—blog from your kitchen table, shoot food, write recipes, play with the kids, entertain friends, host swish dinner parties? What you want to do in your kitchen will have a big influence on your choices of equipment and technology to install.



Step 9

Have you got room to go freestanding?

Island kitchens look fantastic and bring a great deal of design possibilities to any kitchen large enough to accommodate them. The key here is to be sure that there is not only enough space for your kitchen island, but also for you to comfortably move around when using the kitchen.



Step 10

What happens next?

It is important to design your kitchen to meet your current needs, but you should also ask yourself how those needs may change in the near future. How long do you plan to stay there? Do you have young children or a growing family with changing needs? If you install a fabulous kitchen now, will you want to take it with you when you move? Or if you sell, will it add value to your house?



THE BUGATTI L'OR BLANC, ONE OF THE STARS OF THE SHOW



Flexing their muscles

Sleek power combined with a great deal of eco-friendliness at the Frankfurt Motor Show extravaganza last week.



MERCEDES F125

The Frankfurt Motor Show has always been about the European auto industry flexing its muscles and putting on an exhibition for the continent's car customers. Out of the Big Five shows—Detroit, Paris, Frankfurt, Geneva and Tokyo—there's no subtlety here; just big, bold exhibitions of technology and power.

Even in spite of the current economic climate, the focus has been on gut and muscle—albeit on the green side. Out of the plethora of big, grunting cars demoed in the

German city, many of them appeared attached to an electric charging point, showing that you don't have to be dull if you want to be environmentally friendly.

For example, the BMW i concepts were there—you might remember, we previewed them last month—to demonstrate that electric-powered vehicles can also have some serious cachet.

For its part, Mercedes showed its vision of the future—and along the possible lines of a replacement to the S-Class—with the F125, which is powered by a massive version of the fuel cell that is currently in the B-Class F-cell models. It uses four separate drive motors on each

**1,000
km**
Potential
distance of the
hydro-electric
Mercedes F125

wheel with 7.5 kilos of low-pressure gaseous hydrogen on board. Combined with a lithium-sulphur battery, this unit gives a potential range of almost 1,000km of unemitting distance, which is rather impressive.

The third German manufacturer showing its wares in Frankfurt was Audi, which put on quite a show. The E-Tron urban concept is a ultra-light car for congested urban spaces that is not

based on any previous model. It is built around a central carbonfibre monocoque and rolls on massive wheels with a 21-inch diameter.

Power comes courtesy of two e-tron electric motors that draw energy



BMW I8 PLUG-IN



RENAULT WENT FUNKY WITH THE FRENZY



MASERATI'S KUBANG

from a lithium-ion battery. Looking like a cross between a racecar and dune buggy, this concept gives more of a technology clue of Audi's future direction than it gives hints of a design direction.

While these German models—

and indeed those by a number of international manufacturers, including Renault, Hyundai and Lexus—displayed some worthy green credentials, real muscle flexed in the form of some of the most awe-inspiring names in motoring.

The Bugatti L'Or Blanc, a one-off, modified Grand Sport provided a show of swirled paint and porcelain to go alongside the 987bhp from the standard 8.0-litre W12 engine.

Meanwhile, Maserati went crossover with the unveiling of the Kubang concept (Nissan will be pleased given its uncanny likeness to the Juke). And Bentley finally revealed the Continental GTC to the world.

Good old Frankfurt: as usual combining the rough with the very smooth.



AUDI E-TRON



Gadgets on the go

Fujifilm AV250

Following the huge success of the 2010 range of FinePix 'A' series cameras, Fujifilm is introducing the new AV250 that combines a good all-round feature-set. Key features of the 16-megapixels AV250 include 5x Fujinon zoom lens, digital image stabilisation, single and tracking auto focus with SR auto and movie mode, motion panorama mode, full HD photos and 720p HD movie capture and face detection technology.

Available at: most good electronics stores



Philips car subwoofer CSP1200

One for complete bass freaks, this 12-inch subwoofer could make anyone feel like they've reached the club before even stepping out of the car. With peak music power hovering around the 1,600W mark, there's no doubt that this is a seriously loud piece of kit. But more than this, the crisp bass tones that the speaker delivers are second to none in this price range. Small wonder, then, that dealers are having trouble keeping these subs in stock.

Available at: most good electronics stores

Griffin iTrip

For those who can't bear a car journey without their favourite tunes, Griffin has been showing music-lovers the answer for years. A simple device that plugs into an iPod or iPhone, the iTrip allows users to set up a personal radio channel. All that's required is to then tune your car's radio to the frequency set on the iTrip, and you'll hear the music from your iPod blasting through the car's speakers.

Available at: most good electronics stores



Pioneer AVH-P4300DVD

With its latest in-car entertainment system, Pioneer really does seem to have thought of everything. The P4300 offers an elegant, seven-inch touch-screen, a DVD player, iPod connectivity, plus support for all kinds of image and movie files. What's more, a sophisticated EQ system will certainly improve the quality of any dodgy MP3s you have. And when you're bored with all of the features, it's possible to add more devices with ease via the Pioneer web site.



Available at: most good electronics stores

Hitting the ground running



**Win an Al Boom
pool try dive
voucher
worth Dh150**

Answer the following question and win an Al Boom pool try dive voucher worth Dh150

In which country were fortune cookies first made?

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.

Ross Guinane reports on an entertaining start to the season's football in the UAE with the first round of the Etisalat Cup.

The fourth installment of the Etisalat Emirates Cup kicked off last week and with goals on tap, this season's competition is already gearing up to be an entertaining one for spectators.

The knockout competition goes through a group phase before the top two teams from each group of six progresses to the semi-finals.

Argentina legend Diego Maradona's highly anticipated first competitive match in charge of Al Wasl was, unfortunately for the

World Cup winner, not a happy outing in Group A. Mariano Martin Donda's impressive hat-trick looked to have sealed an opening draw against current UAE Pro-League champions Al Jazira, until the fourth minute of added time when Jader Volnei Bare put the ball in the back of the net for the home side.

Elsewhere, in Group B, there were opening home defeats for both Emirates Club and Al Ain, who were on the end of a 2-1 reverse. Both teams will face an uphill battle in a tournament where home wins are a must in order to reach the semi-finals.

Al Shabab kicked off with a spectacular start as they aim to





FIXTURES (Dubai time)	
Group A	
Al Jazira vs Dubai CSC	
Sep 30, 13:25	
Al Wasl vs Al Wahda	
Sep 30, 16:30	
Emirates vs Al Ain	
October 1, 13:15	
Group B	
Baniyas SC vs Al Nasr	
Sep 30, 13:25	
Ajman vs Al Sharjah	
Oct 1, 13:20	
Al Shabab vs Al Ahli	
Oct 1, 16:30	

GROUP A	GROUP B
Al Jazira	Al Shabab
Dubai CSC	Ajman
Al Wahda	Al Sharjah
Al Wasl	Al Nasr
Al Ain	Al Ahli
Emirates club	Baniyas SC

become to the first team to successfully defend their title. A 4-1 win over Abu Dhabi-based Baniyas SC—the biggest win margin of the opening weekend—set the benchmark and laid down the gauntlet for the pretenders hoping to wrestle this year's title away from Maktoum bin Rashid Stadium.

Also performing well in Group B was Ajman. The Orange Brigade proved that the influx of foreign, big-name players to Al Ahli was no replacement for hitting the ground running with a



“Big-name players were no replacement for hitting the ground running.”

tight-knit group of players. The Czech-managed Al Ahli Club's new signings failed to impress as they come to terms with life in the Middle East. Ajman will now be looking to build on their impressive start to the competition when they face Al Sharjah, who only managed a draw at home to Al Nasr, next Saturday to keep them pushing towards a home semi-final when the knockout phase rolls around.

However, the season has only just begun, so players are still trying to find their feet after a lengthy lay-off over the hot summer. The road to the final is a long one, and there is bound to be many more goals. So get out there supporting your local club, become familiar with all the big name summer signings and spur your team all the way to the final.

Irish win leaves everything to play for

Unpredictable moments in the early rounds of the Rugby World Cup leads to favourable knock-out draws.

RUGBY

With half the pool games now complete, the World Cup quarter-finals are already taking shape.

Other than some under-performing big names, there hasn't been much by way of great upsets. That is, of course, other than tournament second-favourites Australia buckling under the pressure of powerful underdogs Ireland. The result has all but ensured that the Wallabies will have to play the inform Springboks in the quarters, while Ireland appear to be headed to Wellington for a match against the unpredictable Welsh. It is a draw that will please both north-



FIXTURES (Dubai time)	
Pool A Canada vs Japan Napier, Sep 27 - 09:00 France vs Tonga Wellington, Oct 1 - 10:00 New Zealand vs Canada Wellington Oct 2 - 07:30	Pool C Italy vs USA Nelson, Sep 27 - 11:30 Australia vs Russia Nelson, Oct 1 - 07:30 Ireland vs Italy Dunedin, Oct 2 - 12:30
Pool B Georgia vs Romania Palmerston North, Sep 28 - 11:30 England vs Scotland Auckland, Oct 1 - 12:30 Argentina vs Georgia Palmerston North Oct 2 - 05:00	Pool D Wales vs Namibia New Plymouth, Sep 26 - 11:30 South Africa vs Samoa Auckland, Sep 30 - 12:30 Wales vs Fiji Hamilton, Oct 2 - 10:00

ern hemisphere sides as avoiding Tri-Nation competitors opens up the possibility for advancement beyond the last eight.

The opposite end of the draw is gearing towards at least one more former finalist bowing out when, results permitting, England and France face off for a coveted last-four spot. On paper, France look the more likely to progress, but both sides will be happy not to have to play New Zealand in the quarters. That seems to be a fate destined for the brave Scottish who, failing a miracle, will have to be content with an early flight home or, Argentina, the team that shocked the rugby world last time round.

Lost property campaign a success



DRIVERS LEARN LOST PROPERTY POLICY

The Dubai Taxi Corporation (DTC) of the RTA recently launched the “Vehicles with no lost items” campaign to educate cabdrivers on the adverse impact on the corporation’s services and reputation of failing to find passengers’ lost items.

Yousef Al Ali, director of DTC fleet operations, said that the campaign—the first of its kind at the DTC—had been hugely popular. Over the three-day campaign, only one driver was convicted for seizing a lost item, and his services were terminated for the breach of trust. A number of customers were suspected of attempting to seize some belongings left behind during the following trip.

“This campaign is one of a number of initiatives over the year as we

supervise and set up new policies, and closely monitor the performance of all franchise companies that operate taxis in Dubai. The drivers targeted were those most closely associated with frequent lost-and-not-found item reports. The campaign was run over morning and evening shifts,” he said.

Al Ali added that several sections of DTC and Public Transport Agency participated in the campaign including the Transportation Systems Department, Franchising and Enforcement Department, Marketing and Media Section, Internal Control Office, Drivers’ Training & Qualification Centre, Customer Service Helpdesk at the airport, and Airport Fleet.

“The participants posed as mystery riders and targeted driv-

ers who were selected by the Booking and Despatch Section at Public Transport Agency. The mystery rider then left his personal belongings in the vehicle after the end of the trip. After a short time, a customer service employee would make a phone call to the mobile phone left onboard immediately after the mystery rider was dropped off. Shortly afterwards the driver would receive another phone call on his mobile to notify him of a report about lost items. And then inspectors would take necessary measures to monitor the movement of the vehicle and driver afterwards,” said Al Ali.

This year, the DTC reduced the number of missing items by 50 per cent compared to the corresponding period last year.

Third RTA safety awards will recognise stakeholders

The RTA’s annual Safety Awards has kicked off in a move to recognise the consultants, contractors and entities that have adopted the best safety practices in their services.

Covering six categories, the RTA Safety Awards 2011 are part of an initiative by the RTA’s chairman of the board and executive director, Mattar Al Tayer, aimed at “Safe and Smooth Transport for All”.

Al Tayer said, “These awards aim to raise safety awareness among individuals and organisations and encourage them to play a proactive and constructive role in supporting the RTA to enhance safety throughout all operations.”

These awards have been de-

signed to encourage RTA stakeholders to adopt the best safety practices in RTA workplaces.

A committee has been established headed by Amair Saleem, director of the Safety, Risk, Regulation and Planning department under the guidance and support of Abdul Mohsin Ibrahim Younes, CEO of the Strategy and Corporate Governance Sector.

Younes said that the safety awards focused on reinforcing the leading role of the RTA in fostering partnerships and cooperation across all organisations, and set the concept of safe design, construction and operation high on the agenda of local organisations.

“Compliance with occupation-



ABDUL MOHSIN IBRAHIM YOUNES

al health and safety practices is one of the RTA’s main strategies.

“All the projects that are undertaken by the RTA are designed and implemented at the highest safety standards, and they are subjected to a very thorough assessment across all stages in order to ensure that operations are in line with international standards related to project safety,” he said.

Saleem also added that, “the safety process adopted by the RTA very much takes a risk-based approach that is focused on prediction and prevention to systematically assess and identify risks”.

Award winners will be announced later this year.





DIGNITARIES ANNOUNCE THE LAUNCH

Naming rights second phase announced

The RTA made its mark around the world in 2008 when a project to issue Metro naming rights kick started a new marketing concept that also created a new income stream for the emirate. And now the authority has announced that it will do this once again when the second phase of the project commences.

In 2008, 11 corporate partners were successfully signed and these continue to enjoy this innovative marketing platform, leveraging both naming rights and integrated branding opportunities – the first time this has ever been done in the world, according to Adnan Al Hamadi, CEO of RTA's Rail Agency.

"September 2011 marks the

second phase of the Dubai Metro Naming Rights Initiative and the RTA is pleased to announce the availability of specially-selected stations exclusively available to potential strategic partners.

"Each of these stations has been chosen for its unique value, calculated according to its prime location, anticipated passenger numbers and other variable factors. Of the 47 Dubai Metro stations and two lines, any landmark or historic sites will remain unbranded," said Al Hamadi.

"The RTA is now inviting companies to join their 11 existing partners in becoming part of this exceptional opportunity to have their brands and identities attractively represented in their

selected state-of-the-art Metro stations. Not only does this programme provide partners with a mega-marketing platform while generating daily secured brand recognition, but it also develops a continued sense of community and commitment to the growth of Dubai due to the exposure to the significant numbers of customers who use the Metro every day," he added.

Al Hamadi also confirmed that RTA would welcome companies to meet with the authority and discuss a possible partnership structure and more importantly hear from them on what is most important to their brands and how they see themselves benefiting from this opportunity.

Firms urged to participate in DAST



KHALID MOHAMMED AL ZAHID

"The RTA has added new categories to the third round of DAST, including a School Transport category. The number of DAST categories rises to five in addition to the Special Recognition categories (Best Academic Research, and Best Media Coverage).

"The decision to broaden DAST's scope of work to span all emirates in the country stems from the success made by the award in the past three editions within the level of Dubai emirate. It is also viewed as testament to the sincere determination of the RTA to offer more opportunities to the largest number of public and private organisations based in the UAE to contribute to establishing a solid base for the concept and application of sustainable transport in all episodes as it pays dividends to both the environment and public health alike," added Al Zahid.

The Higher Organising Committee of the Dubai Award for Sustainable Transport (DAST) has renewed the call to the business community, including government, semi-government and private organisations across the UAE, to participate in the fourth edition of the Award 2011.

"Since the first edition of DAST, we have been endeavouring to attract the largest possible number of entities and businesses to take part in all categories. This will undoubtedly enrich the submissions made and pave the way for developing more concepts and broader suggestions to uplift the sustainable transport in the

UAE," said Khalid Mohammed Al Zahid, chairperson of the DAST committee.

"The RTA is seeking to develop a mechanism to keep pace with the colossal development in its projects and initiatives. DAST has undergone extensive development spanning all aspects of the award, and excellence has become the headline for each of the past three editions. The number of participants in each cycle has picked up remarkably, with more opportunities offered to a bigger number of agencies, as well as private businesses to contribute to the development of sustainable transport in Dubai.

جائزة دبي للنقل المستدام
DUBAI AWARD FOR SUSTAINABLE TRANSPORT

RTA hosts SEWA visit



The Maintenance and Services Department of the RTA's Public Transport Agency recently hosted a visiting delegation from Sharjah Electricity & Water Authority (SEWA) with a view to reviewing the best practices adopted by the RTA.

The director of RTA Maintenance and Services, Omar bin Haider, stressed the importance of communication between various community organisations towards bolstering links and co-operation as well as exchanging expertise with the aim of delivering better quality services and adopting improved business practices.

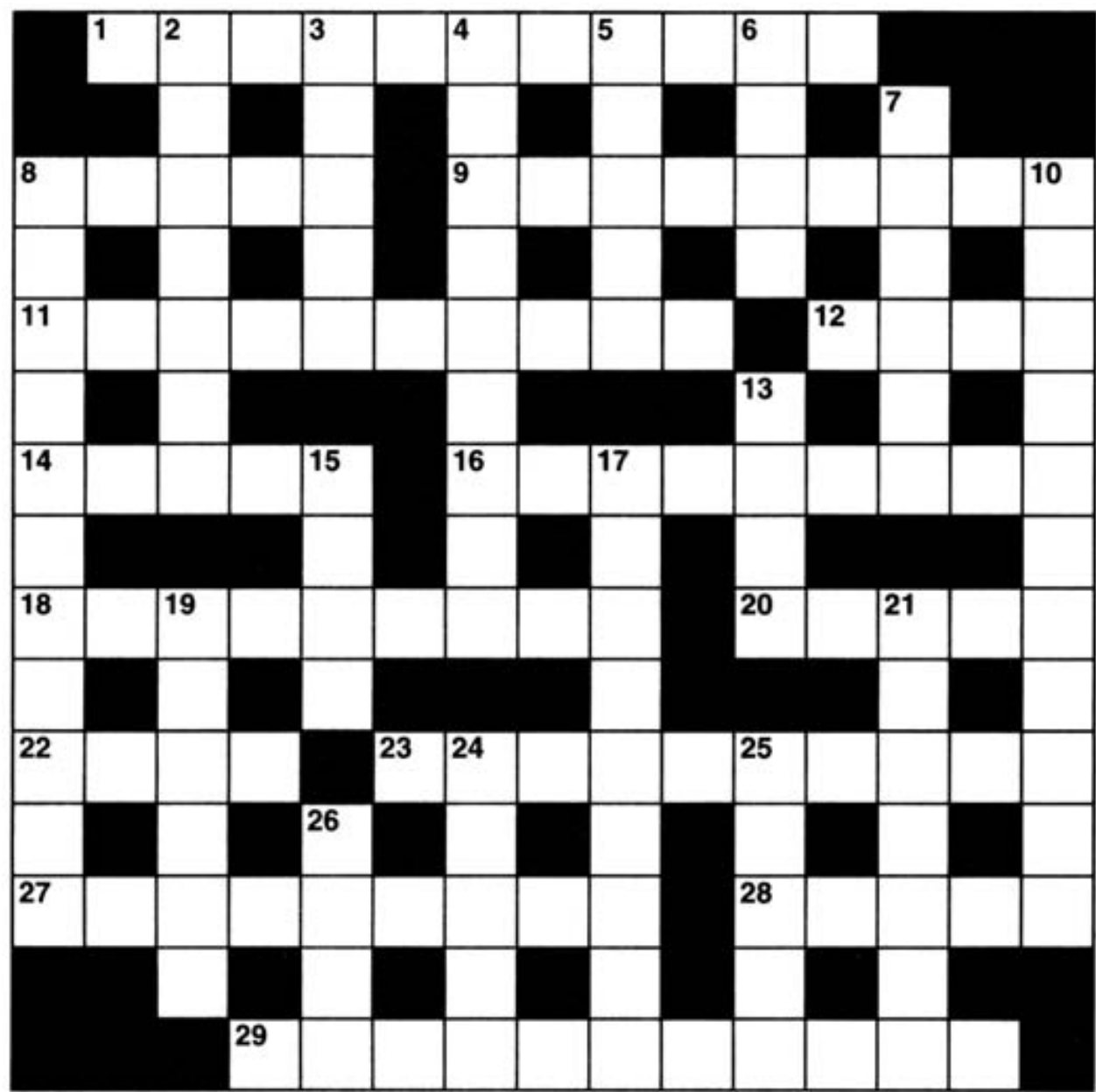
"During the meeting with the visiting delegation from SEWA, we were keen to present a comprehensive overview of the de-

partment's operations and how we continuously seek to increase our performance. The meeting also witnessed a visual presentation about the policies, systems and procedures adopted in the maintenance of vehicles. Afterwards, representatives of the department took the visiting delegation on a site tour to various sections and workshops of the department," said bin Haider.

"The delegation also attended a briefing on the achievements of the Maintenance & Services department during the first half of this year highlighted by raising the rate of valid ownership cards of RTA buses to 100 per cent, and saving costs by reducing RTA bus maintenance contracts while generating revenues of as much as 303 per cent."

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 Earthly (11)
 - 8 Hurrah! (5)
 - 9 Put together from parts (9)
 - 11 Footwear known in the US as pumps (5,5)
 - 12 Breathe hard (4)
 - 14 French pancake (5)
 - 16 System aimed at preventing speeding (5,4)
 - 18 Animals with good memories? (9)
 - 20 Song from *West Side Story* (5)
 - 22 Incite (4)
 - 23 Wildlife reserve ranger (4,6)
 - 27 Inclined towards (9)
 - 28 TV studio sign (2,3)
 - 29 Mindful (11)
- Down**
- 2 Person sent away from a war zone (7)
 - 3 Bird's perch (5)
 - 4 Calorie-free sweetener (9)
 - 5 Quick wash (5)
 - 6 Showily creative (4)
 - 7 Hair-roller (6)
 - 8 Tyre inflator (7,4)
 - 10 Urban development professional (4,7)
 - 13 Stiffly formal (4)
 - 15 Radio code word between 'delta' and 'foxtrot' (4)
 - 17 Stretched (9)
 - 19 Large raptors (6)
 - 21 Full of happiness (7)
 - 24 Land measures (5)
 - 25 Love affair (5)
 - 26 Protest march (4)

Answers



Tabouleh

A light and delicious Mediterranean salad that couldn't be easier to make.

Serves
3



RECIPE

By: Bimi Firoze
Photos by: Firoze Edassery

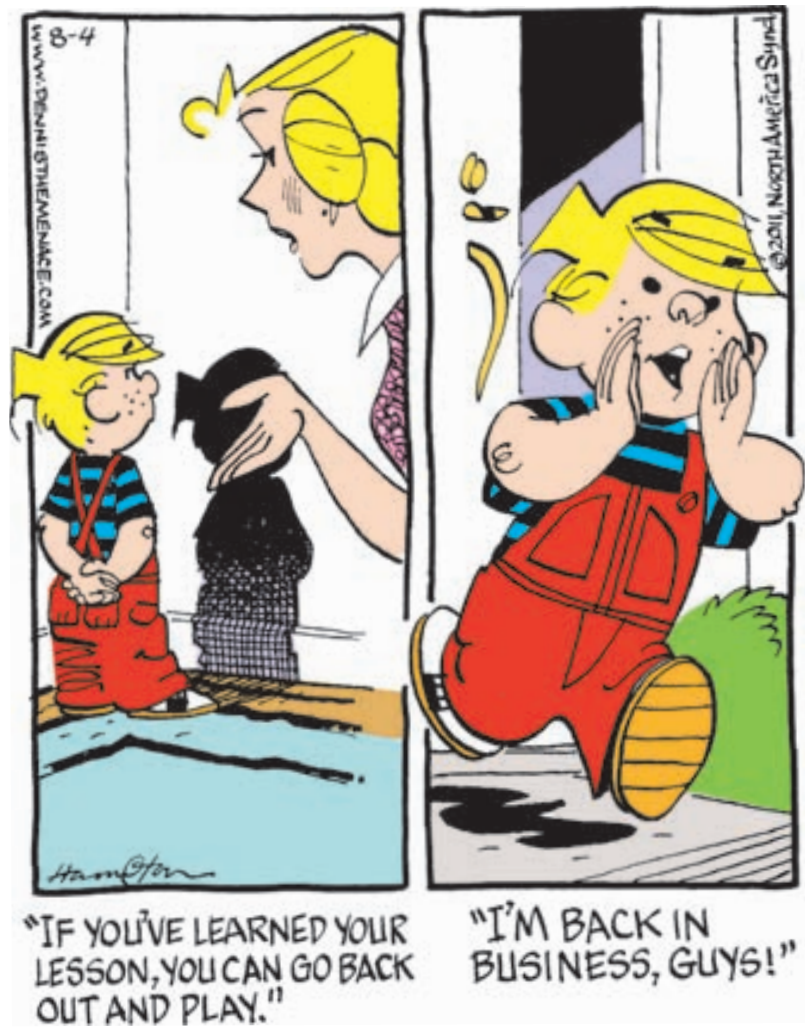
- Ingredients**
- 2 bunches of fresh parsley (1½ cup chopped, with stems discarded)
 - 2 tablespoons of fresh mint, chopped
 - 1 medium onion, finely chopped
 - 6 medium tomatoes, diced
 - 1 tablespoon salt
 - ½ teaspoon black pepper
 - ½ cup bulghur, medium grade
 - 6 tablespoons lemon juice
 - 6 tablespoons

extra virgin olive oil

- Method**
1. Soak the bulghur in cold water for one-and-a-half to two hours until soft.
 2. Squeeze out excess water from bulghur using your hands or paper towel.
 3. Combine all the ingredients in a bowl, except for the salt, pepper, lemon juice and olive oil.
 4. Sprinkle the olive oil, lemon juice, salt and pepper on top.
 5. Serve immediately or chill in refrigerator for 2 hours before serving.



Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I recently moved to Dubai but my English is not very good yet. Is there anywhere I can do some classes to improve this?

Read. says: There are a large number of English language tutors in Dubai, many of whom you can find on websites such as dubizzle.com. There are also many group classes available if you don't fancy one-on-one lessons, but these may be more costly than a private tutor. One of the most reliable schools is the British Council, who run courses throughout the year. For more information see www.britishcouncil.org

Q A friend of mine recently had a minor stroke, which made me realise that I wouldn't know the signs of a stroke if it happened again. Any advice?

Read. says: A stroke is a "brain attack" caused by a disturbance of the blood supply to the brain. One of the most common ways of spotting a stroke is to "Think



FAST". This acronym means Face, Arms, Speech, Time. Face refers to one side of the face drooping, arms relates to whether the person can raise both arms and keep them lifted, speech refers to slurred or strange speech, and finally time stands for dialling an ambulance as soon as you spot any of these warning signs.

Q I'm slightly confused by sunscreen. I know I should be wearing it living in this climate, but I never know what an SPF is or how often to apply it, what do you suggest?

Read. says: The easiest way to understand SPF (Sun Protection Factor) is this: however long it takes for your unprotected skin to start to burn, a sunscreen—SPF 15 for example—should theoretically prevent this for 15 times longer than unprotected skin. However, it is important to apply the lotion to all exposed areas 30 minutes before sun exposure and to reapply around every two hours, or more often.

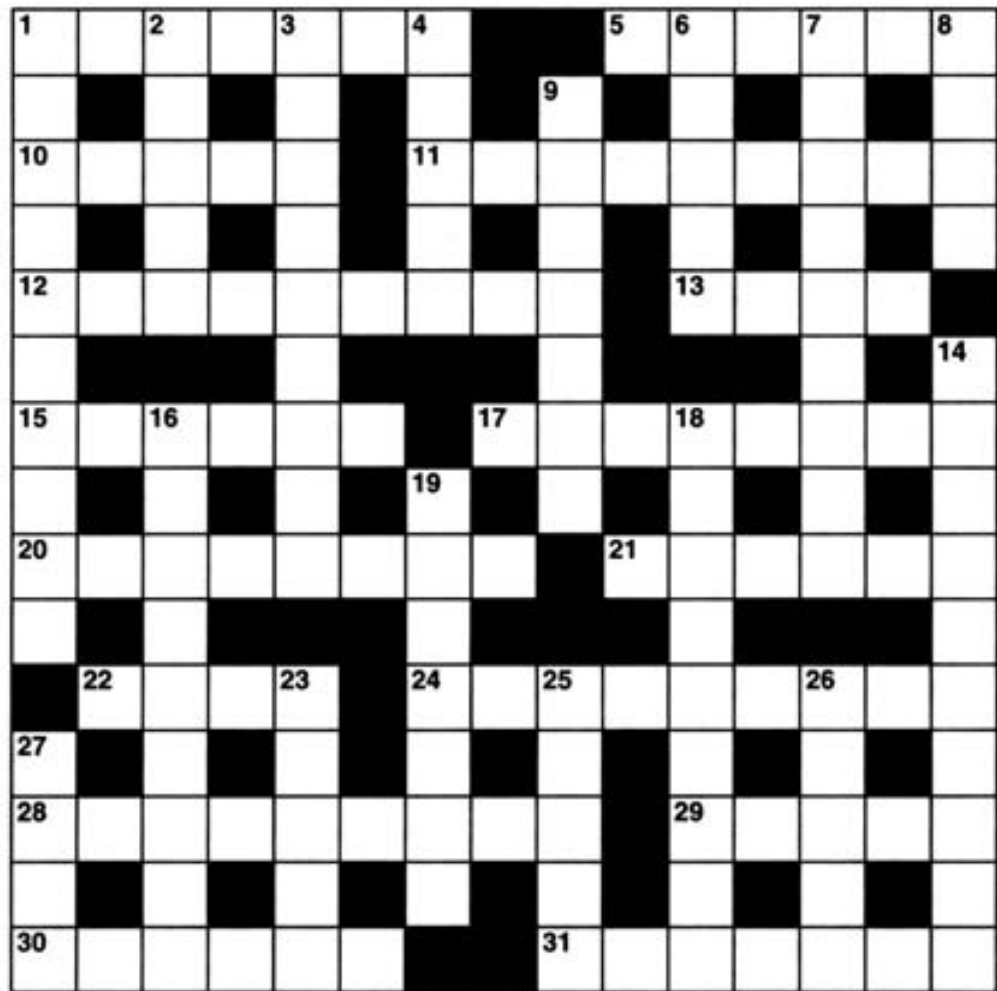
At Read. we are happy to help with any advice you might need to live your life to the full. If you have a problem we can help with, email us at letters@readme.ae

Who's this?

Answer
Turn to page 44



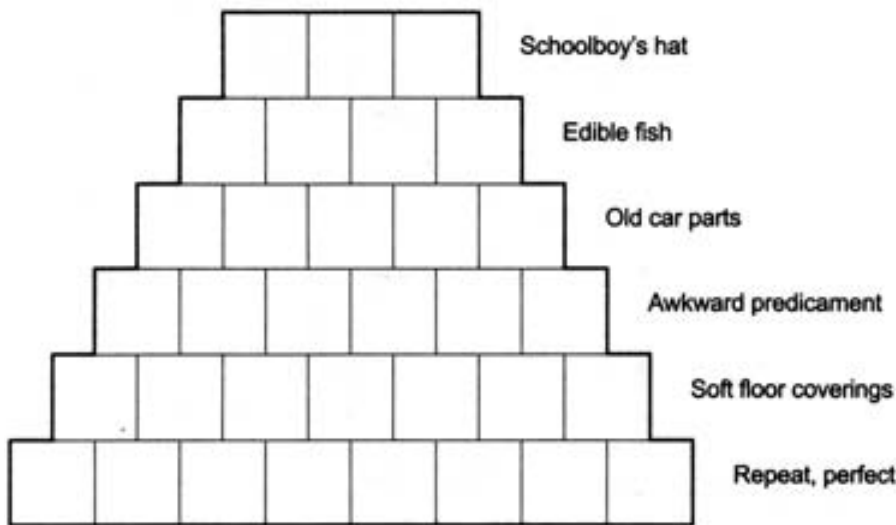
Crossword — Teaser



Across
1 Glad, delighted (7) 5 Comply with (6) 10 Wandering seafarer (5) 11 Thin coating of precious metal (4,5) 12 Financial controller (9) 13 Sewer-dwelling rodents (4) 15 Country person (6) 17 Words of praise for good work (4,4) 20 Fish with a arded tail (8) 21 Tittle-tattle (6) 22___*Drake*, Mike Leigh film (4) Hortensia (9) 28 Dramatic buildig? (9) 29 Jeremy ___, actor in the TV serial *Brideshead Revisited* (5) 30 Conifer trees (6) 31 Stayed longer in bed (5,2)

Down
1 Express more simply (10) 2 Diplomatic minister (5) 3 Reaching outwards (9) 4 Arithmetic symbol (5) 6 Part of a shoe (5) 7 Irritable, peevish (9) 8 Stare lustfully (4) 9 Indistinct in outline (7) 14 Track (4,4,2) 16 Type of electronic key (5, 4) 18 Double (9) 19 Coy, sheepish (7) 23 Detest (5) 25 Feats (5) 26 Hit a nightclub for an evening (2,3) 27 Long film or novel (4)

Word Pyramid

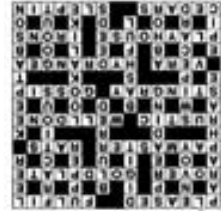


Word Search



AEOLUS
APHRODITE
APPOLLO
ARES
ARTEMIS
ATHENE
CRONUS
DEMETER
EROS
GAEA
HADES
HECATE
HELIOS
HEPHAESTUS
HERA
HERMES
HESTIA
IRIS
MORPHEUS
NIKE
PAN
PERSEPHONE
RHEA
SELENE
ZEUS

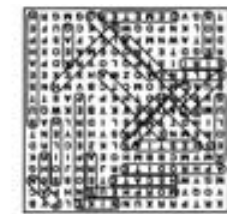
Crossword — Teaser answers



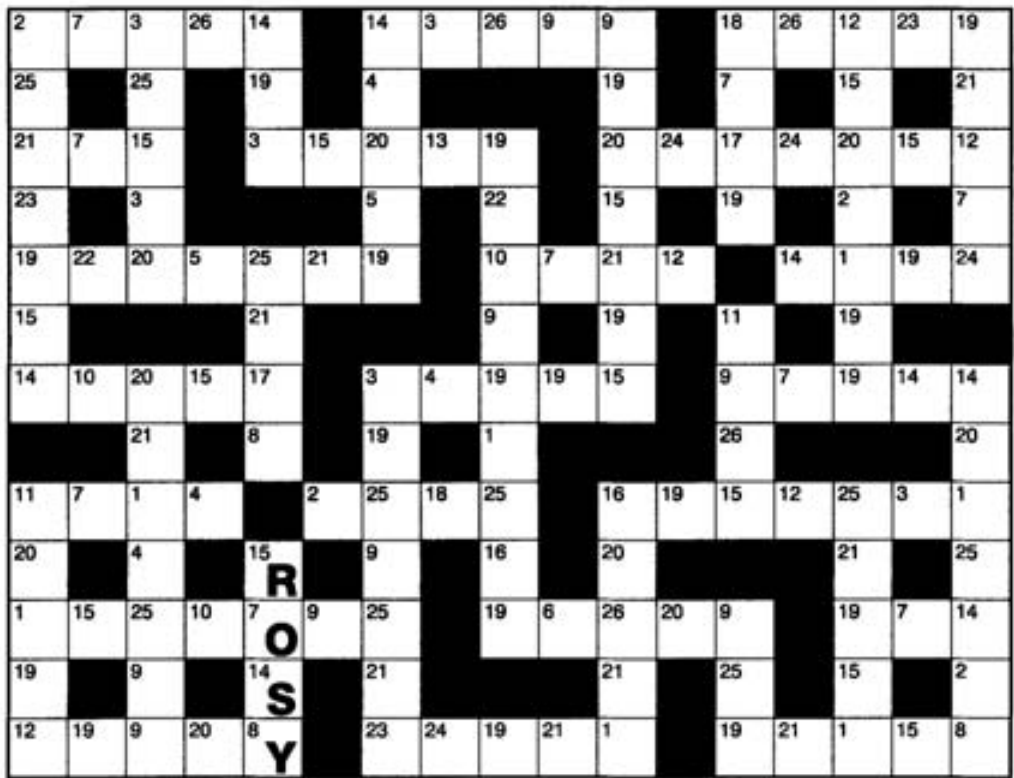
Word Pyramid answers



Word Search answers



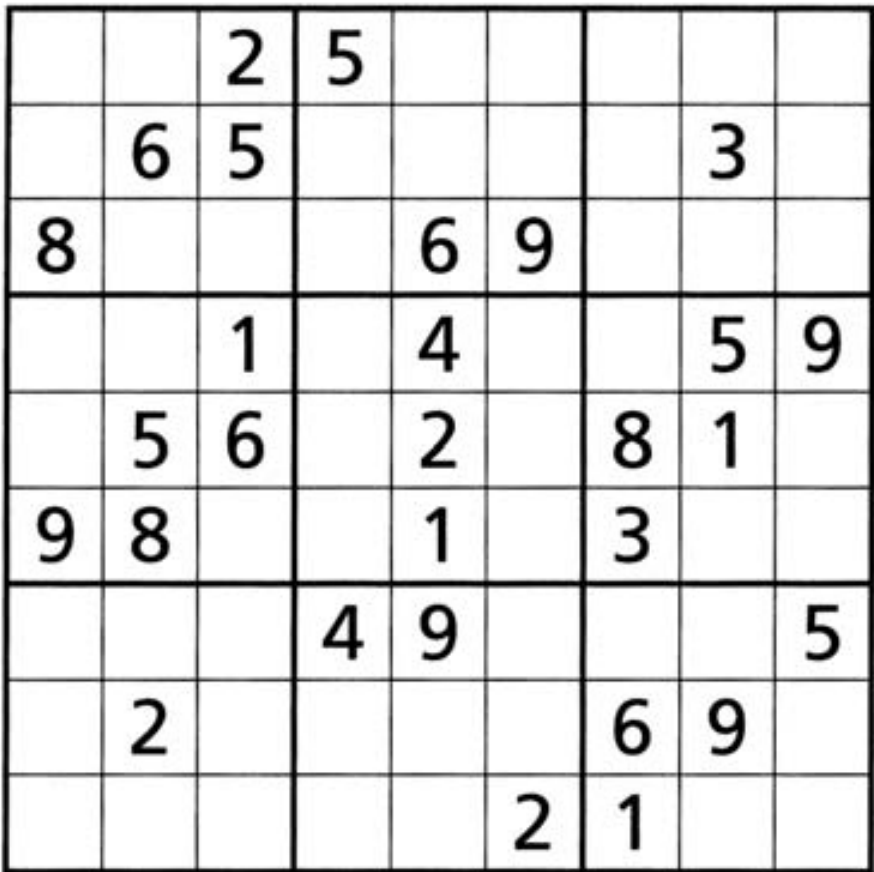
Codeword 1



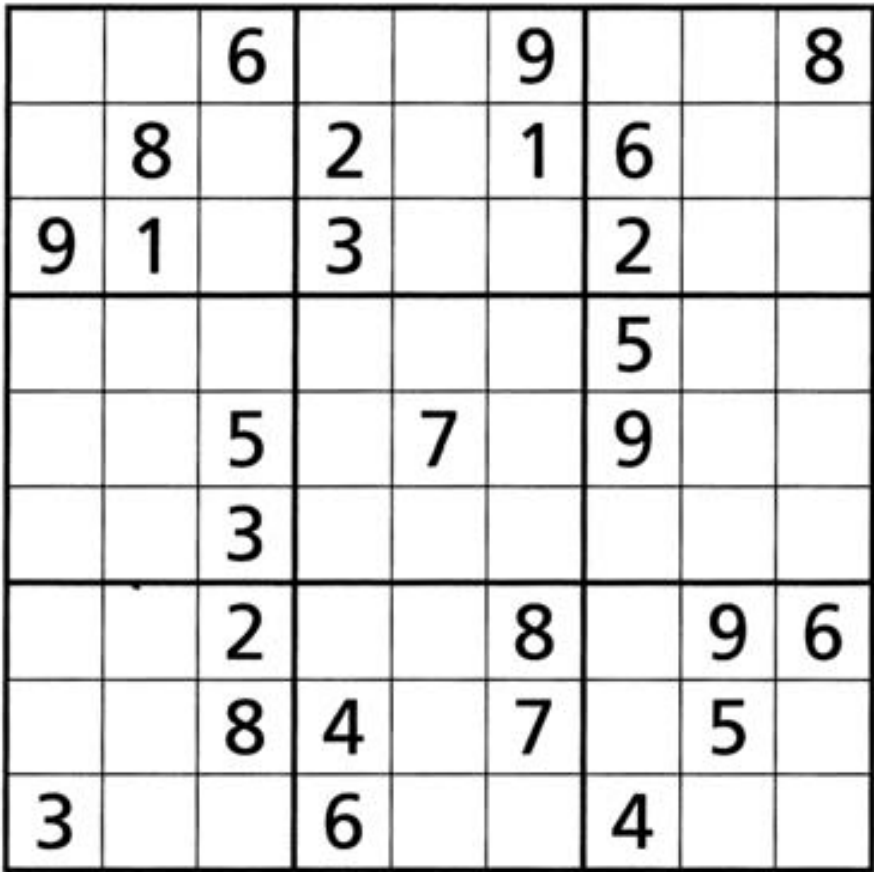
Code-words are like crosswords but without clues. Each letter of the alphabet has been replaced by a number. This number represents the same letter throughout the puzzle.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
S	R																								

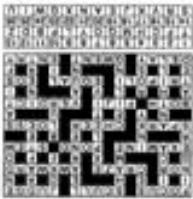
Sudoku 1



Sudoku 2



Codeword 1 answers



Sudoku 1 answers



Sudoku 2 answers



Codeword 2

1632051313551752252413

22132323312

322412111717112632132324

1123235235

158261011423242111323148

235121113

2412313537513517234

561823

31515726511723101023216

232122411

3131332425315973135

3318517923

7224319195111771165

241713511512

13819511172352133135

ABCDEFGHIJKLMNOPQRSTUVWXYZ

12345678910111213

D.WE

14151617181920212223242526

W

Sudoku 3

	6		2	4				8
	1			5				9
						5		
3		4			1			
		7	4		8	6		
			7			9		2
		1						
7				9			8	
2				1	6		7	

Sudoku 4

7	5		4			1		
							8	6
6		2		5				
	9	8			5		4	
		6	8		3	2		
	3		1			6	5	
				3		9		2
3	2							
		9			8		6	5

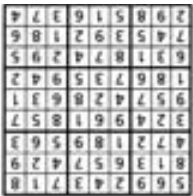
Sudoku 5

			3	1				
			6		2			
5			7			8		1
	2				7		5	
	5	9				6	8	
	6		5				7	
3		1			6			4
			4		8			
				5	3			

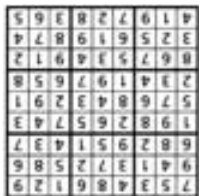
Codeword 2 answers



Sudoku 3 answers



Sudoku 4 answers



Sudoku 5 answers



Who's this? answer - Liam Gallagher, who played in Abu Dhabi last week with his band, Beady Eye

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.

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

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.

Sales Executive required. Must be witty and dynamic. Should have excellent communication skills. Commission based. Call 0508584514/Email: access.opportunity@gmail.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.

Male seeks job in sales & marketing. 15 yrs experience in the Far East and Middle East. Fluent in English, Japanese, Korean, Arabic and Urdu. Email gscbusiness1@gmail.com.

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.

B.Com graduate having 6 years experience, including 3 years in Dubai. Intensive knowledge in Oracle financial software. Please call 0501296109 or email: thalavai_85@yahoo.co.in.

Indian male, MBA seeks job in sales/marketing. 5 yrs experience in the UAE. Holds a valid driving licence. Call 0557418755.

Male seeks job in HR/Admin/Executive secretarial field. 7+ yrs experience. On visit visa. Have valid UAE driving license. Call 0506867440.

Polymer Engineer seeks job. 5 yrs experience in tyre manufacturing industry. Knowledgeable in quality control and technical field. Call 0553323804/jithesh-suku@yahoo.com.

Egyptian male seeks job as accountant. 2 yrs experience in UAE. Proficient in Tally, MS Office, visa free zone. Call 0554741782.

Senior Filipina female seeks job as executive secretary/HR assistant/admin. Knowledgeable in accounting, computer literate. Call 0551863238.

B.com graduate seeks job in accounting and the administrative field. 6 yrs experience. Knowledgeable in MS Office. Call 0502024610, email: nsszmrg@yahoo.com.

Male, 35, seeks job as HSE Manager/HSE Engineer/HSE Officer. Masters degree in Social Science. On visit visa valid till the 6th October. Email: doctimes@gmail.com, Call 0554182021.

Physiotherapist seeks job. Valid DHA licence. 4 yrs experience in hospital & clinic. Ability to work with multilingual team. Hold residence visa. Call 0506827411.

Male, 26, seeks job in social/event media management. Holds an MBA with 4 yrs experience. Own UAE driving licence. Call 0567782340.

Female, 18, seeks job in the administrative field. 1 yr of part-time experience in promotions/telemarketing. sana_dubai248@hotmail.com/0551842290.

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.

Babysitting services available in Meena Bazar. 18 yrs experience. Call 0504675948.

Tutoring lessons available in Bur Dubai for all subjects including accountancy and computers up to Grade 8. Call 0501682371.

ITEMS

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

Dell laser printer for sale. Never used. In excellent condition. With warranty. Call 0555523996.

Logitech 5.1 channel home theater for sale. Never used. In excellent condition. With warranty. Call 0555523996.

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

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.

Bed space available for rent. For Kerala Muslim bachelor in Abu Hail, Deira. Free parking. Call: 0559267292/0557523290.

Bed space available for rent. Tamil Muslim bachelor only. Naif road near Khalid mosque. For five people. Rent Dhs500. DEWA Included. Call 0505672781.

Bed space available for rent. For Keralite bachelor. In Deira, near Union Square metro station. Call 0558121336.

Studio Flat available for rent. In Discovery Gardens. Rent 22K-25K. Call on 0555354303.

Furnished accommodation available for rent. Bur Dubai behind Palm Beach hotel. For Indian couple/working ladies only. Call 0504501149.

Elegant and spacious three bedroom apartment. Chiller free. Kitchen appliances included. In Al Barsha. 2000 sqft/115K. Four cheques. Call 0557015502.

MISCELLANEOUS

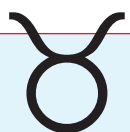
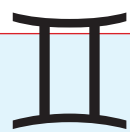
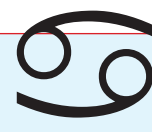
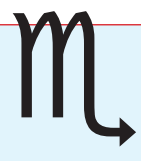
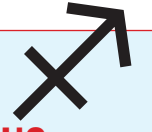
Indian Henna for hands is now available at a really amazing price in Discovery Gardens and Gardens. Call 0501350558.

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 detailsplease 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) You may find yourself moving into a better and more progressive zone when it comes to work. Your energy levels in general are rising, which signals the start of a bright and optimistic time for you, both career-wise and personally.	 TAURUS (APR 21 - MAY 21) You may find you have a tendency to be more wasteful than you need to be. Treats need to be just that: a treat. However you may find that temptation leads them to become an everyday luxury. Remember, shiny things will lose their appeal if you have too many.	 GEMINI (MAY 22 - JUN 21) A much bubblier side of your personality could emerge this week, which could see you getting back to top form socially. Someone could make you a very tempting offer but be careful; it may have invisible strings attached so proceed with caution.	 CANCER (JUN 22 - JUL 23) You may have felt as though the hard work you have been putting into a new project has been a waste of time, but you can now start to reap some rewards. Just be aware that you need to remain focused a little while longer for optimum results.
 LEO (JUL 24 - AUG 23) A significant change could be on the cards for you soon, which will increase your self-confidence no end, and could find you being thrust into the spotlight. If you have always harboured ambitions to perform, now is the time to get down and go for it.	 VIRGO (AUG 24 - SEP 23) An opportunity to make money could come from an unexpected person, perhaps a former colleague or someone you have not spoken to for a while. This will also provide the perfect opportunity to dust off old skills that haven't seen the light of day for a while.	 LIBRA (SEP 24 - OCT 23) If you have been dealing with tricky events surrounding a relationship recently, it's time to dust yourself down and move on from the issue. By focusing your energy on something else you could find yourself catapulted towards a decision much quicker.	 SCORPIO (OCT 24 - NOV 22) Make sure you don't take anyone for granted, especially when it comes to a family matter. You could find yourself focusing more on what you personally want from situations rather than considering the feelings of those close to you.
 SAGITTARIUS (NOV 23 - DEC 21) You have been enjoying pursuing your personal goals and ambitions recently, but perhaps you have been sacrificing quality time with loved ones in order to push yourself further. Plan some group trips or activities, it will do you the world of good.	 CAPRICORN (DEC 22 - JAN 20) You have more insight than you often acknowledge, which is particularly handy when it come to business or money-making ideas. You may feel determined to improve on what you already have, which could see a more ambitious and determined you shine through.	 AQUARIUS (JAN 21 - FEB 19) The more competitive side of your nature could be bubbling towards the surface, which is ideal if you're heading into a situation where you need to outshine others. This could also mean an exciting new time is on the cards for your personal life.	 PISCES (FEB 20 - MAR 20) If you've been getting to know someone new on either a professional or personal level, you could find the relationship moving towards a more committed agreement. A close friend or family member may be keen to spoil you; your refusal will only offend them.

This week's local weather

SUNDAY 25 th	MONDAY 26 th	TUESDAY 27 th	WEDNESDAY 28 th	THURSDAY 29 th	FRIDAY 30 th	SATURDAY 1 st
						
Sunny High 36C Low 31C Humidity 49%	Sunny High 37C Low 30C Humidity 53%	Sunny High 36C Low 35C Humidity 55%	Sunny High 36C Low 31C Humidity 50%	Sunny High 37C Low 31C Humidity 49%	Sunny High 36C Low 30C Humidity 45%	Sunny High 36C Low 30C Humidity 43%

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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

SUNDAY

When a sports team wins a tournament, the city or country puts everything on hold and celebrates with homecoming parades, proudly displaying the spoils of sporting war through the streets of the city. Readme.ae looks at some of the more sentimentally significant big game wins, such as New Orleans capture of the Super Bowl for the first time just five short years following the city’s destruction by Hurricane Katrina.



MONDAY

Did you know that bear wrestling matches are illegal in Alabama? Or that in Washington, it is illegal to pretend one’s parents are rich? In Samoa, it is illegal for a man to forget his wife’s birthday. On Monday, we bring you some of the most unusual and comical laws from around the world.



TUESDAY

This week we bring you *Fright Night* as our featured film—the latest in an apparent never-ending stream of vampire movies. The blood suckers may go back centuries in mythology and folklore, but our fascination has continued to evolve thanks to Irish author Bram Stoker’s *Dracula*. We take a look at vampires in popular culture throughout the last century.



WEDNESDAY

With rumours that Charlie Sheen is set for a \$25 million settlement from Warner Bros following his sacking from *Two and a Half Men*, we take a look at the possibility of a successful comeback for the former highest-paid actor in television and compare him to other actors that have managed to return from the depths of celebrity obscurity.



THURSDAY

Nirvana’s masterpiece album *Nevermind* is now 20 years old. It changed the rock scene overnight and paved the way for commercially successful grunge music. Each generation seems to produce one stand-out album that becomes the soundtrack for that particular decade. Online on Thursday we profile the most influential albums throughout recent decades.



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 Burning Questions.

ETISALAT PRESENTS

5 बजे गार क्या ?

तो मोबाइल उठा और इंडिया कॉल कर



T & C apply

केवल वासल होम लैण्ड प्लान के साथ
शाम 5 बजे से ही ऑफ पीक रेट का आनंद उठाएं

अब इंडिया, पाकिस्तान, बांग्लादेश और फिलिपींस में परिवार और दोस्तों को शाम 5 बजे से लेकर सुबह 9 बजे तक केवल 2 फिल्स प्रति सेकेंड में कॉल करें, केवल वासल होम लैण्ड प्लान से। शामिल होने के लिए s99 लिखकर 1010 पर एसएमएस करें।

प्रति मिनट विलिंग भी उपलब्ध है।

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