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OCTOBER 16-22, 2011 | Issue 18

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ANIMAL RIGHT

Skins and furs are once again the materials of the moment, whether they are real or not

DEIRA CITY CENTRE'S EXPANSION



SPREADING LIKE A VIRUS

Brand new medical thriller *Contagion* is receiving rave reviews thanks to its sleek direction and tight plot, bolstered by a stellar cast



TIME TO KICK OFF

With the UAE's pro league having begun in earnest, a reader offers his thoughts on what to expect from the season

Never *forget*

Breast cancer month sees
new ways to raise awareness

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

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copy responsibly.**



Letters

Email: letters@readme.ae

Hi Read! :), I read your crazy facts from your website and thought I may share some of my own favourites.

- Spider silk is an extremely strong material and its on-weight basis has been proven to be stronger than steel. Experts suggest that a pencil-thick strand of silk could stop a Boeing 747 in flight. I think that's why they created the marvel hero Spiderman :))
- All 17 children of Queen Anne died before she did.
- Mario, of Super Mario Bros. fame, appeared in the 1981 arcade game Donkey Kong. His original name was Jumpman, but was changed to Mario to honour Nintendo of America's landlord, Mario Segali.
- Fortune cookies were actually invented in America, in 1918, by Charles Jung.
- A lightning bolt generates temperatures five times hotter than those found on the sun's surface.
- A normal raindrop falls at about 7 miles per hour
- Less than 2 per cent of water on Earth is fresh water. That's all! thanks for reading :D

Kyle Dolor

Ed: Thanks for your input Kyle. If anyone has anything to add, contact us at letters@readme.ae for the chance to appear in next week's issue.

I'm sure you have probably dealt with sleep problems in past issues of your magazine, but I was hoping to get some advice in diagnosing my sleep disorder. On any given night, I find myself startled awake by breathing problems. As you can imagine, it seriously affects my productivity levels during the working day due to a lack of energy caused by less than the recommended amount of sleep. Thanks for your help.

Rayeesa Mir



LIGHTNING BOLTS
CAN GET RED HOT

Ed: There are a number of specialist centres in the UAE that can assist you. The recently opened Al Ain Hospital's centre monitors patients overnight to help diagnose disorders like excessive daytime sleepiness, impaired or deteriorating cognitive function, and disorders like your obstructive sleep apnea. Or the American Centre for Psychiatry and Neurology can conduct the study in your home.

Dear Sir, I've been in Dubai for over four years now and hang out with my friends over the weekends either in malls or movieplexes. Problem is, that even though they are fun they are also very expensive and become too routine. As its extremely hot to be roaming around during the daytime, do you know if there are some joints or clubs for a reasonable price that have sports activities indoors?

Allen

Ed: Hi Allen. We have found Duplays to be one of the best sports organisations in Dubai. They are the largest provider of sport leagues and events for adults in the UAE. During any one season, Duplays organises sports activi-

ties for over 3,500 active members. Men and women of all backgrounds and job titles come together through the camaraderie of sport. With the heat getting much more bearable, it is the perfect time to check out www.dubai.duplays.com

I'm impatient at the best of times—which is not the issue I need help with—and I have a fitness medical coming up. I'd consider myself in pretty good shape, but that doesn't alleviate the nerves when I'm waiting for results. Is there a way to speed up the process or do I just have to wait and sweat on the results of my medical, losing sleep and growing more impatient?

Megan Taylor

Ed: It seems like you're in luck. The Dubai Health Authority has just launched a VIP service at Al Muhaisnah Medical Fitness Centre for those who wish to get their test results the next day. So, for an extra Dh200 on top of the regular fee, you may only need to experience one nervous and sleepless night waiting for your results.

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Sirajuddin A.R
Forex trader, Al Qusais

My Metro life

I would like to share an incident which happened to me while I was travelling on the Metro one morning between Nasser Square and Dubai Free Zone.

When I reached my destination I got off the train and rushed through the station, it was only then that I realised that I had lost my mobile phone at some stage along the way.

Disaster!

When I managed to call the phone, thankfully, it was answered by a member of the Metro staff who said they would keep it safe until it could be returned.

I really appreciate all the staff of the Metro; both for their behaviour and the hard work they do, from the station guards to the cleaners.

The Metro has given us an easy and relaxing way to travel for which we are all thankful.

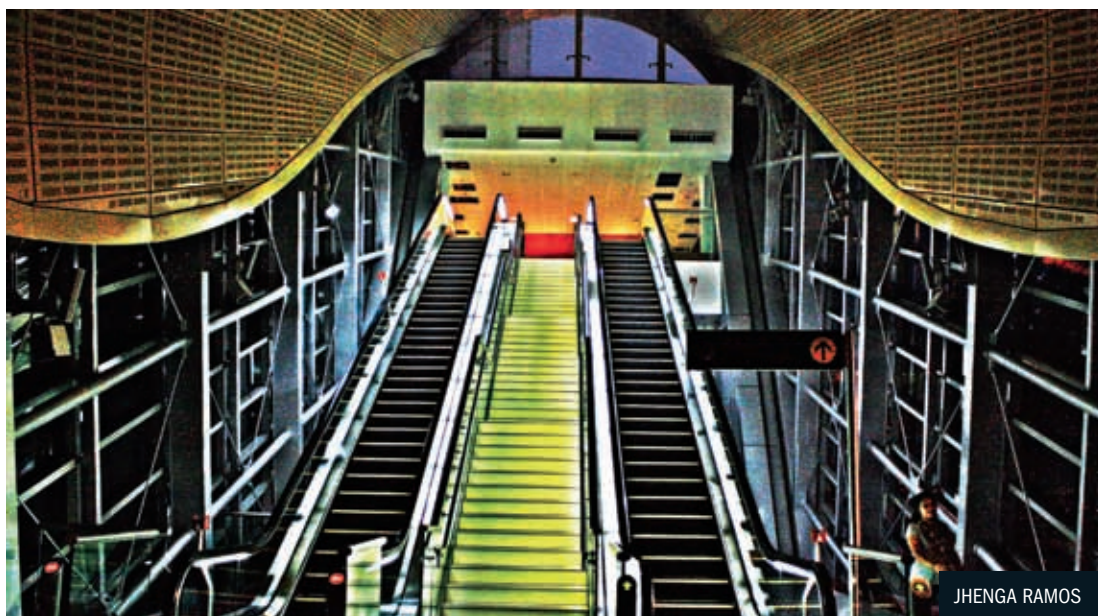
Tell us about your experiences on Dubai Metro. Send your story to mymetrolife@readme.ae for a chance to appear in next week's Read.

METROpics

From a gorgeous sunset behind the Burj Al Arab to the bustle of Deira 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 posted at regular intervals on our Facebook page at facebook.com/readmeae



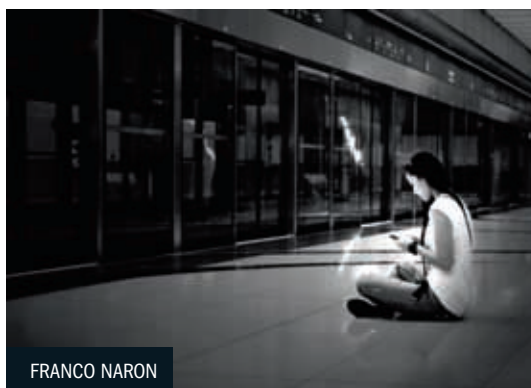
JHER & CHIEL



JHENG RAMOS



SYAM KUMAR



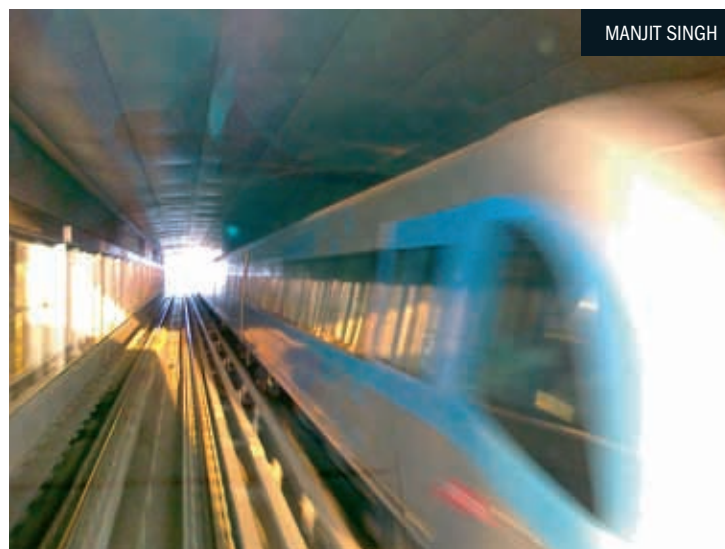
FRANCO NARON



MOHAMMED FAZIL K.



MAIECHO GRACE E. SABLAD



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STATION-BY-STATION *guide*

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MINX NAILS

Open daily according to mall timings

N.Bar, Ibn Battuta Mall

These hot new nail stickers are taking the stylish ladies of Dubai by storm, so why not try them yourself at this popular nail bar. They last roughly one week on the fingers and up to one month on toenails.



MOVIES UNDER THE STARS



Sundays from 8.30pm
Wafi Mall

Now that the weather is back to bearable temperatures in the emirate, why not head to Wafi Mall to catch one of their legendary movies under the stars? You can lounge on a jumbo beanbag and enjoy popcorn, hotdogs and beverages for free.

MEAL DEAL AT MORE



Open daily 8am-10pm

Garhoud, behind Lifco supermarket

This family favourite is offering a meal deal that could rival any other in town. More restaurant is renowned not only for its funky environment but also for its superb food, and is currently aiming to satisfy the biggest seafood fiends with their Dh62 for half a kilo of fresh prawns meal deal.

ROCK OUT! AT METAL ASYLUM



October 21, 9pm-3am
Cheers/The Lodge

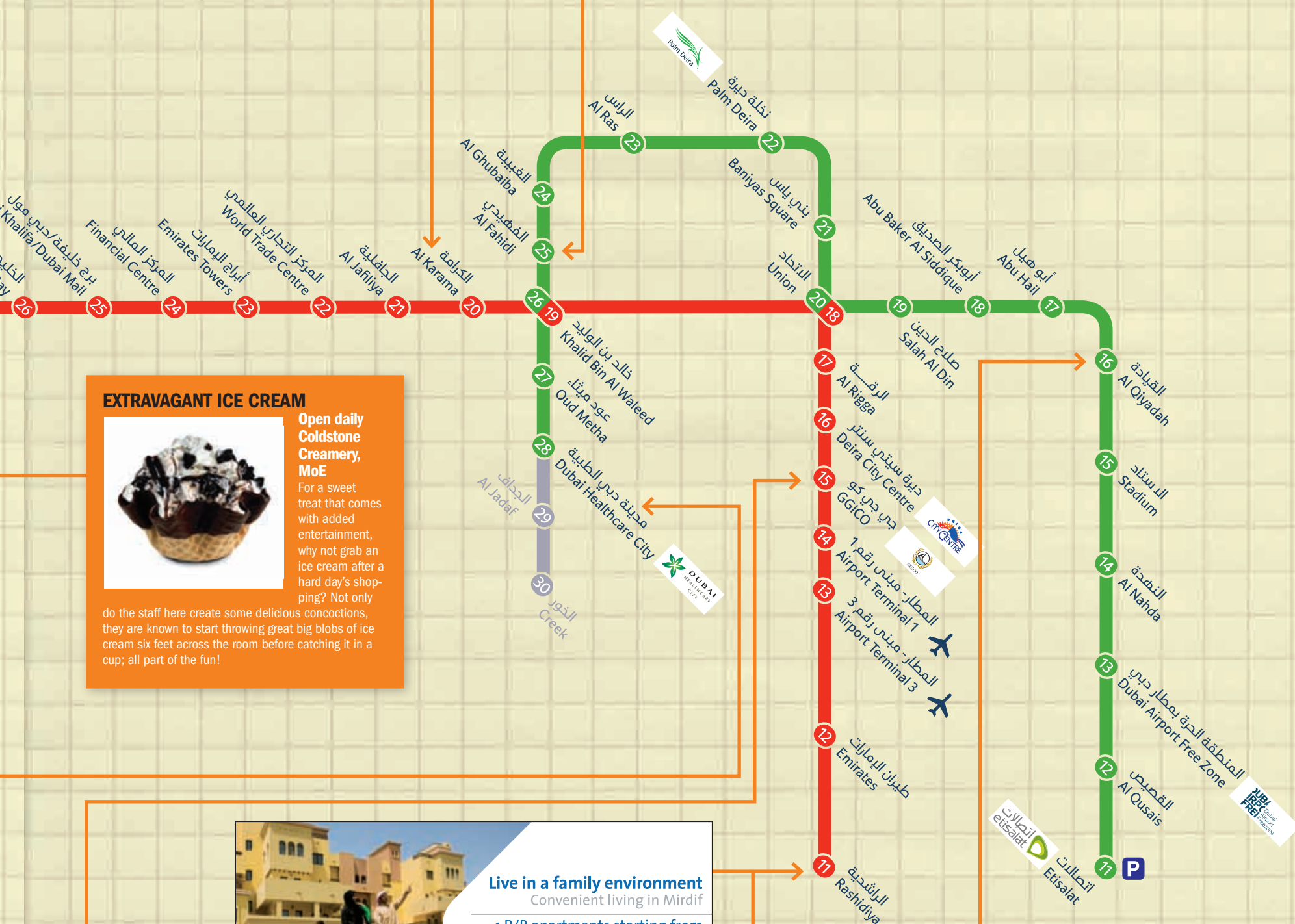
The crew at Metal Asylum are keeping the high-octane events coming now that the post-Ramadan gig season is in full swing in the country. Rock Out! will feature five of the UAE's most rocking acts, including Beat Antenna—who recently opened for Beady Eye at Yas Island.

HERITAGE VILLAGE



Open daily 8.30am-10pm
Bur Dubai, Dubai

This "living" museum by the Creek provides an insight into Dubai's maritime past and gives modern-day Dubai dwellers a glimpse of what life was like for the original seafarers who trawled the waters of the Gulf for pearls and fish. Call 04 393 7139 for more information.



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do the staff here create some delicious concoctions, they are known to start throwing great big blobs of ice cream six feet across the room before catching it in a cup; all part of the fun!

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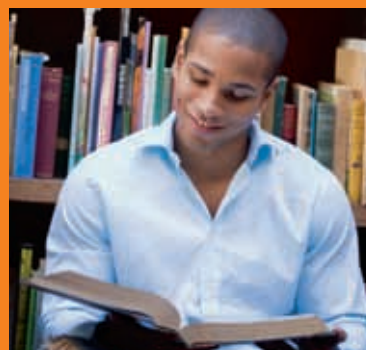


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City Centre gets more shops



A BIRD'S EYEWVIEW OF DEIRA CITY CENTRE

Shopping mall in Deira reveals fruits of its recent redevelopment, boasting more stores than ever before.

EXPANSION

Following a major expansion, Deira City Centre recently opened new areas of its mall, covering 33,000 square feet of retail space and making room for 55 new shops and outlets. The new shops will cater to a wide range of shoppers, offering fashion, accessories, jewellery and lifestyle brands, and the majority of these shops are now open.

Along with this ambitious expansion, Deira City Centre has also revamped its existing facilities, and added to the mall's overall features, providing greater comfort and ease of access for its visitors. These new aspects to the mall should make for one of the most enjoyable shopping experiences to be found anywhere in Dubai.

And shoppers will no doubt be keen to take advantage of the wealth of new brands and shopping chains that have now come to Deira City Centre. Within the expanse of new shops can be found some of the UAE's favourite high-street brands, such as Aeropostale, American Eagle,

“Win a shopping spree worth Dh50,000 and a covershoot for Cosmo.”

Ted Baker, Marks & Spencer, Fred Perry, H&M, Tommy Hilfiger and more. The number of footwear shops in the mall has also been given a boost, with Vincci, Charles & Keith, Aldo, Nine West and Dockers, among others, all open for business.

In terms of jewellery stores, shoppers can find great products from both local and international designers being sold at the likes of Pure Gold, Pandora, Brietling, Manish Jewellery and GC Boutique. There are also a number of



new textiles shops, including Sisan Textile, Afrah Textiles and Al Khunji Textiles.

For those looking for a little more fun from their shopping experience, Toys 'R' Us should provide the answer, while fitness buffs will be able to let off steam by heading over to a new branch of the Fitness First health club.

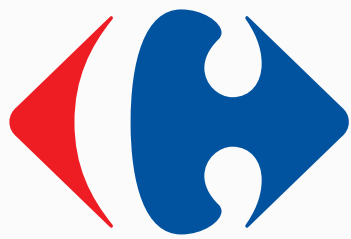
Aside from the new stores and rejuvenated shopping areas, Deira City Centre is also offering its visitors the chance to win a shopping spree worth Dh50,000, plus the chance to appear in a cover photo shoot for *Cosmopolitan Middle East*.

Starting on October 27 and running until November 14, all shoppers need to do is spend Dh300 or more at any of the mall's fashion stores to be in with a chance of winning the major shopping spree. For the photo shoot, taking place at Deira City Centre's centre stage from November 10, simply spend at least Dh300 at any of the newly opened stores for a chance to win.

For all the updates on Deira City Centre's new expansion, and how to get into the fashion spotlight, stay tuned to the *Read*, and Deira City Centre Facebook pages.



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Putting the 'fun' in fundraising

English expat is looking to make her mark on Dubai's charity scene.

Tracy Lewis is hardly a well-known name around Dubai, partly due to the fact that she only recently moved to the emirate. The main reason for her current low profile is simply because she has not yet made her mark on the local community.

This should only be a matter of time. According to Lewis, she has managed to make quite a name for herself wherever she has travelled, from her home town of Basingstoke, in the UK to South America, where she has just relocated from. And she manages this by undertaking unlikely challenges in order to raise sponsorship money for local charities.

"I've done all sorts of things for charity," says Lewis. "I've eaten a bucketful of bugs, I've gone without sleep for over 52 hours, I've hiked up mountains, loads



TRACY'S FUNDRAISING HAS RESULTED IN A NUMBER OF SOUTH AMERICAN INITIATIVES

"I found out that we were only able to raise \$8,000, which was disappointing because I was hoping for at least double."

of stuff, and it's all about helping the people around me through charity. I often find that charitable types are a bit earnest, and take themselves too seriously, so I try to have some fun with it."

Thanks to her wacky endeavours, Lewis has helped sufferers of terminal diseases enjoy

a better quality of life, raised funds for extensions to schools, and even stopped an elderly care home from being closed. She has become so proficient at raising money for charity that she describes a haul of less than \$10,000 (Dh36,000) as "a disappointment".

"One year, I'd been on such a good roll, and had raised thousands of dollars for various causes," Lewis explains. "And then I decided to go hiking in the high plains of Peru for charity. I'd raised a decent amount by the time I left, and then my husband was going to carry on raising money while I was on the hike. I spent two weeks hiking on some of the highest plains it's possible to visit without an oxygen tank, and it was the hardest thing I've ever done. When I got back, I found out that we were only able to raise \$8,000, which was a massive disappointment, because I was hoping for at least double that."



“I often find that charitable types are a bit earnest so I try not to take myself too seriously.”

TRACY LEWIS



Despite the 37-year-old's disappointment, the money was still enough to provide a Peruvian school with a brand new playground, meaning that challenge was by no means a wasted effort.

The fact that Lewis has been to so many places around the world might surprise, given that she hardly appears to be a travelling backpacker. But her experiences are made possible by the fact that her husband, Gareth, works with

an oil company, and is therefore, like so many of Dubai's oil executives, given postings all around the world.

“I used to work, but Gareth and I decided that it wasn't really necessary; we live quite comfortably,” Lewis says. “I suppose the charity thing really started out of boredom, which sounds terrible, but it's slightly true. I don't have kids, so I started thinking about the things I wanted to do, and how I could help people by doing them. And Gareth has been completely supportive all the way.”

For her first campaign, Lewis raised a sizeable amount of money for a cancer patient's health-care bills in the United States by taking sponsorships for every hour she could stay awake over an extended period of time, without the help of caffeine.

Since then, she has raised thousands and looks to bring her unique way of giving to Dubai very soon.

“I haven't decided what I want to do over here yet,” she says. “I've only been here for a few months, so I'm still getting to know the city and the people. I'm sure I'll find a cause that really sticks out for me at some point. And I'm sure Gareth will be able to help me come up with another way of raising money.”

Whatever Lewis decides to do, though, it is quite certain that the people of Dubai will know when she does it.

If her past endeavours are anything to go by, it will be impossible to ignore her.

Who's hot ...

KELLY BROOK

Fashion store New Look celebrated its fifth year in the Middle East with an exclusive party hosted by British actress Kelly Brook. The celebration took place at the Mina Seyahi Hall and Kelly, who designs swimwear for New Look, was left suitably impressed by Dubai's world-famous hospitality.



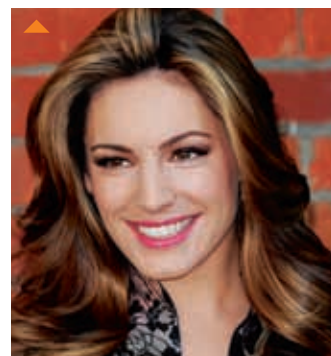
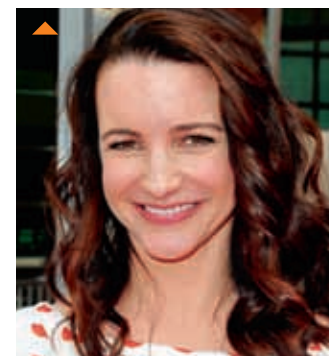
PAUL MCCARTNEY

The rock legend and former Beatle happily tied the knot for the third time, to actress Nancy Shevell. In a strange twist of fate, the couple were married in the Marylebone town hall in London—the same venue in which Sir Paul married his first wife, the late Linda McCartney.



KRISTIN DAVIS

The *Sex and the City* star, who plays Charlotte, has fulfilled her dream of becoming a mother after adopting a baby girl. The actress, who famously filmed the hit sequel to the *Sex and the City* movie right here in the UAE, is now happily the legal guardian of a young girl named Gemma Rose.



KIM KARDASHIAN

After what seems like one big build up, Kim Kardashian finally landed in Dubai last week for the opening of her Millions of Milkshakes store. Fans gathered for the chance to catch a glimpse of the star, who looked typically stunning as she performed her store-opening duties.

RICHARD ASHCROFT

The singer proved he still has what it takes to please a crowd as he was one of the hits at the recent Sandance festival. Joining a star-studded line-up, the former Verve front man performed new and old material, which kept his fans happy and also gained him quite a few new ones.

Get set for the day with a big breakfast

Our expert in taste visits Chow King in JBR to take a look at the restaurant's new breakfast menu.

RESTAURANTS

Dubai is renowned for having one of the widest selections of food anywhere in the world. Whether you fancy Lebanese, Indian, British or Mexican, there is an abundance of places to satisfy your cravings. While eating out in the evening has become the norm, one of the most important meals of the day is also being given the attention it deserves. If your palette is crying out for a traditional Chinese breakfast in the form of Congees—seafood, chicken or beef—or carefully crafted Almuchow, you can find it at this welcoming and pleasant chain which boasts seventeen outlets across the UAE, five of which are in Dubai. In keeping with the Chow King reputation, the branch at JBR, which *Read.* visited, has the ambiance and friendly service that makes it seem a world away from other chain restaurants.

The breakfast not only sounded tempting, but a whole new



THE CONTINENTAL PLATTER



CONGEES IS AN ORIENTAL BREAKFAST STAPLE

experience for the *Read.* team, considering how we usually sit with rumbling stomachs until about 2pm, when we make a dash for the nearest fast-food outlet. Having been recently redeveloped and repackaged, the breakfast menu now offers something for everyone with its new portfolio, with a particular early favourite

turning out to be the Continental platter which offers turkey strips and mouth-watering Congees. The food is quick, tasty and satisfying, with prices starting at a very affordable Dh10 for some of the breakfast options, including tea or coffee. It is, in our opinion however, The Kings Breakfast in particular that deserves a



CHOW KING: GREAT FOR BREAKFAST

mention, and is perfect for those who like their breakfasts big, with its strips of juicy, elegantly seasoned barbecue beef to fill even the most hungry of early-morning empty stomachs.

So, rather than wait until the sun sets before tucking in, why not head out for an early meal one day this week and see for yourself why Chow King is becoming the king of breakfast?

The Dummy Line

by Bobby Cole

BOOKS

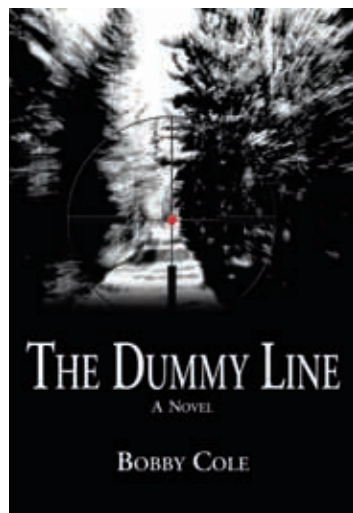
The Dummy Line tells the story of Jake Crosby, an avid hunter who shares a special bond with his nine-year-old daughter, Katy, as she loves nothing more than accompanying him on a hunt.

However, his wife, Morgan, is strongly against the idea, which leaves Jake and Katy to develop their bond over numerous hunting, fishing, and camping trips together. But when the two of them head off into the woods for a spring turkey hunt, every father's worst nightmare comes true for Jake when their camp is invaded by a gang of criminals and he is forced to protect his daughter's life—at any cost.

As he and Katy attempt to make their escape, the criminals are hot on their heels and Jake must use all of his hunting skills and knowledge of the great outdoors to outwit them in an adrenaline-fuelled, dangerous game of

cat and mouse. He knows they won't all come out of it alive, but like any father, Jake is willing to do whatever he can to make sure Katy does.

High-octane and engrossing, *The Dummy Line* explores the tried-and-tested formula of what happens when an ordinary man is pushed to the limit in order to protect the one he loves most.



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

The Reapers are The Angels by Alden Bell

Temple is a young girl trying to survive in a post-apocalyptic world where the undead roam. When she befriends Maury, she attempts to get him back to his family to bring forgiveness for her past deeds. However, Temple has made enemies, one of whom is determined to do anything to stop her.

Cell 8 by Roslund & Hellström

When John Schwarz is involved in a brawl on a cruise ship, nobody raises an eyebrow. Except Detective Superintendent Ewert Grens, who arrests Schwarz. When Grens discovers that Schwarz does not exist, he is astonished to find he is actually John Frey. But Frey cannot possibly be sitting in front of him—he died on Death Row six years earlier.

DJ Shadow – Less you Know the Better

★★★★★ Verve Records

ALBUMS

This album is not from the DJ Shadow you might have seen on posters around Dubai—the Best Asian DJ award winner at last year's Masala Awards. No, *Less you Know the Better* is by the hugely respected Josh Davis, who also goes by the alias DJ Shadow and who is from California.

He first gained serious recognition with the release of 1996's *Endtroducing*, which was constructed mostly out of samples, shooting Davis to DJ superstardom.

His releases since, however, have done well with critics, but done less to impress the fans he garnered earlier.

And it looks like the same could be said for this latest effort. For one thing, there seems to be little in terms of creatively using samples to make the music. There are plenty of catchy melodies to nod your head to, like the ones found on *Stay the Course*. There are also

some beautiful sounds on *Sad And Lonely*, which more than highlights Davis' proficiency as a producer.

After five listens, *Less you Know the Better* begins to make a little more sense. Songs like *Warning Call*, which at first seemed like fillers, have more depth upon listening to them again, as previously unnoticed layers and rhythms begin to creep up. Either way, this album will forever live in the shadow of *Endtroducing*, which, 15 years later, seems like a piece of magic that cannot be recreated.





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 Ted Baker ♥ The Face Shop ♥ Three Star Diamond ♥ Three Star Jewellery ♥ Tommy Hilfiger
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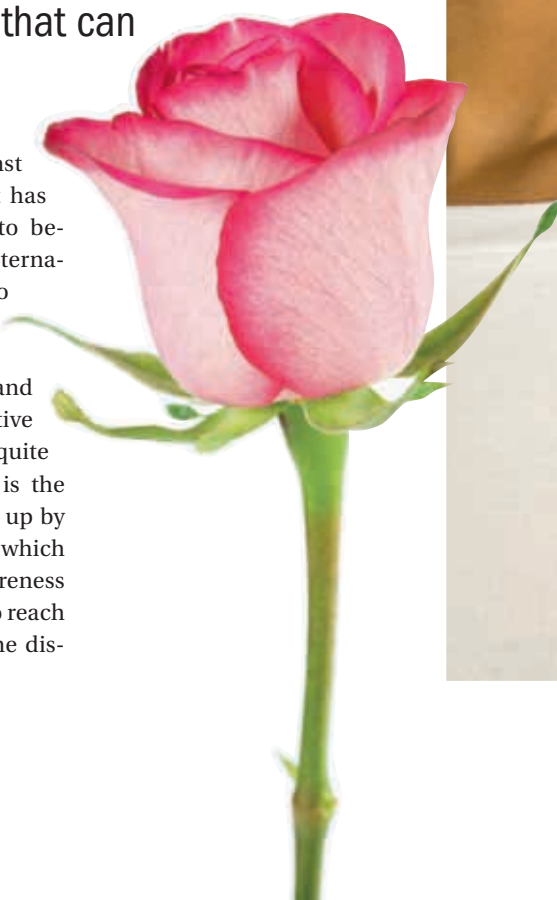
Think pink

This month is seeing women across the world banding together to publicise a disease that can be prevented by greater awareness.

If the sudden prevalence of breast cancer awareness adverts on the radio, TV and social media sites surprises you, along with pink ribbons appearing all over town, this can easily be explained by the fact that October is the international breast cancer awareness month. With origins in the USA, the international campaign was set up in the 1980s to promote education, detection and prevention as the

best lines of defence against the disease. Since then, it has spread across the world to become one of the biggest international health campaigns to be found anywhere.

In Dubai, the reach of the cause can be felt far and wide, with several inventive campaigns now making quite an impact. One of these is the Pink Rose, an initiative set up by floral boutique Worood, which aims to not only raise awareness of breast cancer, but also to reach out to those affected by the disease.



"We've lost many important women to breast cancer over the years," says Worood's managing director, Maryam Al Noori. "Women are almost everything in society—they can be a mother, a daughter, a sister—and the fact is that if a woman gets regular check-ups, then it can save her life."

The Pink Rose, then, is a web site set up by Worood, allowing users to post short inspirational letters of support to breast cancer victims and survivors. These messages will then be attached to pink roses, which will be sent out to hundreds of women across the UAE throughout October. This increases breast cancer awareness by allowing people to directly support anyone affected by the disease. What is more, there is no limit to the amount of roses that

19
Young women, some as young as 19 years old, can be affected by breast cancer.

will be sent out; more messages of support will mean more pink roses.

The campaign is still in its infancy, though the site, and Worood's Facebook page, have already garnered hundreds

of messages of support, meaning deliveries are expected to begin this week. Even as things stand, local bloggers have already voiced their support for the campaign, and links to the Pink Rose web site are being shared across a large spectrum of social networking sites.

The statistics must be encouraging for Al Noori, who has been involved in raising breast cancer awareness for over four years in the UAE.

She views the campaign as not only a way to help those who have been affected by breast cancer, but also to highlight the importance, in the UAE in particular, of staying on the look-out for signs of breast cancer.

"In our society, women can be conservative or shy about talking about these issues," Al Noori says. "We've noticed that there are plenty of young women, some as young as 19 years old, who can be affected by breast cancer but do not know where to seek advice, meaning they discuss it at a much later stage than they should."

"We want young women to be aware of any changes to their bodies, and then to talk about them. Talk about them with your doctor, or your mother, anyone."

THINK PINK

- The incidence of breast cancer in women has increased from one in 20 in 1960 to one in eight today.
- A woman dies as a result of breast cancer every 13 minutes.
- Breast cancer is the second most commonly diagnosed cancer among women, behind skin cancer.
- Despite the increased incidence, breast cancer death rates have been falling since the 1990s. This is thought to be due to increased awareness, advances in treatment and earlier detection.
- In 2010, more than 2.5 million women in the United States survived breast cancer, thanks largely to recognising the early signs.
- Only 20 to 30 per cent of women diagnosed with breast cancer have a family history of cancer.

There are also many older women who are uneducated about breast cancer, so our hope is that, once the younger women have been informed, they can pass the information onto their older relatives. This way, we can save more lives."

If the Pink Rose campaign is successful, as it looks like it will be, there are talks of extending the campaign into 2012, with the help of a number of UAE-based charities. What is more, Worood

has been pleasantly surprised by the willingness of so many people to put effort into the campaign, with the only reward being the knowledge that they are helping to reach out to those affected by cancer.

Of course, the Pink Rose is not the only breast cancer awareness campaign being initiated this October, but it is a particularly heartwarming one. To send a pink rose and a message of support, visit www.thepinkrose.org

It's never too early to plan your finances

FINANCES

When it comes to issues like mortgages, savings or investments, don't you sometimes think how nice it would have been if someone had taken the time to teach you the rights and wrongs as a youngster?

In today's economic climate, the importance of giving young people a proper understanding of money is becoming even more necessary; this generation is the future of the economy after all. With this in mind, a new course is being launched at Dar el-ilm (DEI).

The Financial Literacy course for Teenagers aims to educate young people about managing their money and taking responsibility for personal financial predicaments, as well as covering a range of issues such as how the economy



works, budgeting, investments, debt, risks and setting financial goals.

While many children gain an early understanding by doing chores for pocket money, there

seems to be a grey area where, suddenly, teenagers are thrust into the adult world with no proper education on the business of earning money and subsequently spending, investing or saving it. So per-



haps courses like this could be the key to securing our financial future?

Zainub Bata, managing director of Integrated Business Care (IBC), the company that designed the course, said, "Having lived through the financial crisis in New York, I learnt the importance of personal financial management. Exposure to governments which were running in deficit also led me to develop concepts in order to secure my future, for example retirement planning."

"Since this spark was ignited for me, I have wanted to pass on the flame and assist our youth and their families in securing good, prosperous futures."

The Financial Literacy course for Teenagers runs from October 22 – December 17 on Saturday-mornings and costs Dh1,155.

BYTES & PIECES



ALEXANDER MCNABB
DIRECTOR, SPOT ON! PR

Kindle on fire but not coming here

Amazon's Kindle has not only been a brilliant success, it has transformed the publishing and writing world, injecting a great deal of fear and loathing into an industry that has been shaken out of its cosy leather armchairs. At the new \$79 price point, it will only continue to do so.

But it's the Kindle Fire that's really got people, well, fired up. The Fire is undoubtedly the tablet device that is going to challenge Apple's dominance of the tablet market—not because it's a really cool physical product (although it is), but because it's linked to the world's largest commercial content repository. Amazon not only has millions of books, films and pieces of music to sell us, it has our credit card numbers (and our trust), our addresses and frequently the addresses of our friends and family too. With Whispernet, Amazon is already delivering instantaneously accessible content to hundreds of millions of people globally. The Kindle Fire is the device that can access that content, as well as the services Amazon is building around it.

Sadly, we will have to wait a while for our new toys to arrive. Available on November 15 in the USA, the Kindle Fire cannot be shipped anywhere else in the world. And, of course, here in the Middle East we cannot sign up to download Amazon content. Worse, the stuff that makes the Kindle Fire so heart-wrenchingly cool—the movies, the TV series and the streaming content, most likely won't be licensed outside the U.S., which is frustrating, as the West gets the cool new content.

Secrets of the code

Another example of technological convenience, QR codes are changing the way we live.

You might have noticed the two strange, digital-looking boxes on the front cover of this magazine. You might also have noted the text underneath, advising you to scan the boxes in order to be taken to either the *Read.* web site or the *Read.* Facebook page. And you might have wondered, like many, what on Earth this box scanning is all about.

The boxes are Quick Response, or QR codes, and they are quickly becoming the bar code for the masses, given their ability to not only store large amounts of data, but also because they can be quickly translated into real informa-

tion, such as the address of a web site, by simple applications on smartphones.

QR codes work like two-dimensional bar codes, consisting of black marks and boxes arranged in a certain way on top of a white background. The size of the boxes and marks, as well as their positions, is then used by a QR reader to decode the information. The

\$8,500
Cost of getting your address seen from space through a QR code.

technique was invented by Toyota, which used it to track the status of cars in production at any one time, though now there are much wider applications. Many QR codes seen around town, on billboards or in magazines, contain web site addresses. And most QR reader apps available from either the Android Market or the Apple App Store will, once the information has been decoded, offer to take the user to the web site.

Even when simply directing users to web sites, though, QR codes provide massive scope for inventive campaigns. Supermarket chain Tesco proved this earlier in the year after it announced smartphone shopping in South Korea. According to Tesco, Koreans are the second hardest-working people in world, and therefore have little time for grocery shopping. The answer was to bring virtual



grocery stores to public areas such as metro stations or bus stops.

Pictures of shelves full of groceries were plastered up all over, with the prices underneath, as if they were in a normal shop. Also under the items, though, was a QR code which, when scanned, took users to the Tesco online shop, where they could order the item for home delivery. This negated the need to go to the shops physically or, indeed, lug groceries back home on the Metro. Predictably, then, the campaign was a huge success, given the large percentage of Korean commuters armed with smartphones, and many other chain stores have now taken up the practice in the country.

Elsewhere in the world, QR codes have been used to construct much grander projects. In the United States, public relations firm Phillips & Company last week introduced a marketing service that will allow businesses to turn their roofs into giant QR codes so that they can be seen from satellites in space, and, therefore, Google Maps.

The idea, called Blue Marble, targets businesses with their own buildings, as well as schools, shopping malls, or even entire cities. The idea is that, once a giant QR code has gone live, the information it contains will be appear online thanks to the satellite imaging that powers Google Maps and Google Earth. This means that the business can be found by anyone searching for a specific product or service on the internet.

The satellite images are gener-

SHOP WHILE YOU
COMMUTE IN SOUTH KOREA



WIKIPEDIA BRANDS ITS QR CODE



READ'S FACEBOOK PAGE IN QR



QR CODE FOR WWW.README.AE

“One service allows businesses to turn their roofs into giant QR codes.”

ally updated based on scheduled satellite pictures, but Phillips & Company has created its own schedule for satellite updates, meaning the company can explain when exactly a giant QR code will be seen from space.

However, getting a QR code out there does not come cheap. Prices begin at \$8,500 (Dh31,200), plus

QUICK QR FACTS

- Internet traffic from QR codes has increased 4,549 per cent since the beginning of 2010, and the number of people with a QR scanner on their phone shot up by 938 per cent during the same period.
- A QR code can be created in any colour, so long as there is enough contrast between the colour of the code and white background.
- A QR code can be branded, so long as none of the important parts of code are obstructed from the reader.
- Some QR codes can provide information for specific mobile phones, reader applications and even GPS locations.

a recurring \$200 (Dh735) support fee. Where the real expense comes, though, is if someone wants their QR code to go live outside of the satellite update schedule. For this, they will have to pay a whopping \$49,500 (Dh181,800).

Similarly, Tesco must have had to pay a great deal of money in advertising to have its virtual shelves put up and stocked across Korea's metro stations, never mind implementing a system which can be used to turn QR codes into product orders.

Even so, companies still seem keen to invest in innovative applications of QR codes, meaning that, as smartphone use becomes increasingly prevalent, end-users should begin to see the benefits of paying attention to those funny little boxes in the corner.

Tech beat

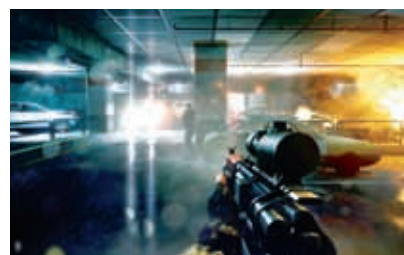


SLACKBERRY

Millions of Blackberry users in the Middle East, Africa and Europe were last week left stranded without email or Blackberry Messenger (BBM) services, after a major server crashed in the United Kingdom. As a result, social networking sites such as Twitter and Facebook were awash with complaints about the Blackberry services, voicing anger at Blackberry manufacturer RIM, which has since restored its email services but warned of continuing disruption to BBM.

BETTER LATE THAN NEVER

Facebook last week released the “full Facebook experience” in the form of its highly anticipated iPad app, which comes months after the release of iPad apps from social networking rivals such as Twitter. It combines elements of the iPhone app with the web-based interface, meaning a search bar at the top-left of the screen, notifications and messages at the top, plus a chat bar on the right hand side.



PLAYING GAMES

Amazon last week shook up the video games industry after announcing that it will offer pre-orders on digital games downloads for PCs, pitting itself against the likes of EA's Origin, Steam and a host of other game download services. These established services are right to be worried given Amazon's huge reach, popularity and infrastructure, not to mention the site's ability to undercut its rivals in terms of price.

MARK OF RESPECT

Samsung postponed the release of its Nexus Prime smartphone, which has been co-developed with Google, out of what the company terms “a mark of respect” to the recently deceased Apple founder, Steve Jobs. Samsung had planned to launch the new phone on October 11, but said that it would be unfair to go ahead with this, given that the world was still mourning the passing of Jobs.



Physical art form

Martial arts are great for fitness and discipline, and can be learned at a number of schools across Dubai.

Watch any movie starring the late Bruce Lee, and you're instantly bowled over by the amazing stunts and moves that he can pull off. The next thing you'll be blown away by is the fact that his body looks like it is made of thick steel disguised as skin and muscle, giving the impression that, physically at least, he is capable of almost anything.

Of course, these impressions should be taken with a pinch of salt; what happens in the movies doesn't happen in real life, after all. But is there

any truth to the notion that practicing martial arts can result in Lee-like levels of fitness and muscle tone?

"Health Ranger" Mike Adams certainly seems to think so. "It's not just for fighting," he says. "New research published in the British Journal of Sports Medicine shows that people in their forties and fifties who regularly practice martial arts demonstrate astounding levels of physical fitness in comparison to people the same age who don't exercise at all.

"The study subjects who practiced martial arts had 12 per cent less body fat, were able to do twice as many sit-ups, had enhanced flexibility and leg strength, demonstrated a stronger im-

MARTIAL ARTS ARE OPEN TO ALL AGES



READ. OCTOBER 16-22, 2011





“I loved the body conditioning and what it did for my flexibility.”

not designed specifically for this purpose, the movements work out almost every muscle in the body while also aiding muscular control and balance. And crucially, karate can improve aerobic fitness, allowing the body to go harder and longer, particularly when sparring with a partner.

However, despite its reputation, karate is not a particularly violent or high-energy martial art. For those looking for a real fitness kick, Muay Thai, a style of kickboxing, is the one to go for. Known by some as a “hardcore” martial art, those practicing Muay Thai are generally expected to wear padding and protective clothing to reduce the risk of injury. This is due to the fact that the fighters deploy the maximum amount of power in every move they make. And because so much energy is exerted so often, the practice does wonders for aerobic fitness. If this sounds hard, it’s because it is, and anyone involved in the martial art will pay testament to the extreme amounts of dedica-

tion it takes to master it. But Muay Thai is well-known to improve bone strength, muscle strength and all-round stamina, making it a favourite for fitness buffs around the world.

“I first started Muay Thai lessons 26 years ago,” says enthusiast Janet Darby. “The first martial arts I did involved English full contact karate, but after taking a weekend course with a Muay Thai expert, Master Toddy from Thailand, I was well and truly hooked. I loved the body conditioning and what it did for my fitness levels; I loved the stretching and what it did for my flexibility, and I loved the discipline and mental focus the training gave me.”

Perhaps the most attractive aspect of learning either Muay Thai or karate, though, is the capacity for self-defence that the two provide. Some, like Adams, believe that Muay Thai is “typically more focused on combat than is really necessary”, but it cannot be denied that this aspect would come in handy, should you ever find yourself in trouble.

Happily, though, in a city such as Dubai, hand-to-hand combat is almost exclusively reserved for the boxing or sparring ring. And those who practice competitive martial arts enjoy extremely high levels of fitness. For those who simply enjoy martial arts as a hobby, though, there is still plenty to be said for the physical benefits that they can produce, meaning that we can have a go at being Bruce Lee.

MARTIAL FACTS

- Despite many adults taking martial arts extremely seriously, around 85 per cent of all martial arts students are under the age of 13.
- Every year, martial arts movies sell more than 100 million cinema tickets worldwide.
- The popular Japanese sport judo was created relatively recently, in 1882, and makes use of jujitsu principles.
- The style of fighting Bruce Lee is most famed for is called Wing Chun, which is believed to be the only form of Kung Fu invented by a woman.

mune system and showed greatly improved balance.”

For those in the prime of their lives, in, say, their twenties and thirties, the benefits are even greater, though some have put this down to the fact that younger martial artists will spend more time training than older ones. Either way, it would seem that, in this instance, the movies have got it right.

For a newbie, an obvious martial art to begin with would be karate. There are numerous clubs around Dubai, but the most famous is probably the Dubai Karate Centre, which was founded in 1983 and is located just off Sheikh Zayed Road’s Safa Park flyover. As

its name suggests, the centre offers group or individual lessons in karate, as well as a number of other martial arts, and the teachers are all certified by the UAE Judo, Karate and Taekwondo Federation.

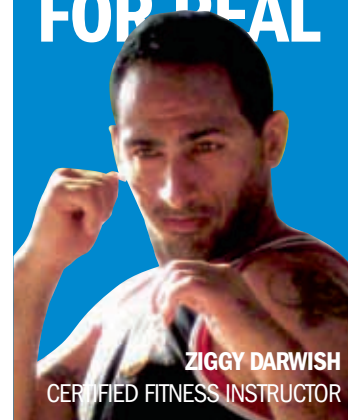
To begin with, a new student is subjected to a systematic stretching routine, which loosens the joints and improves blood flow. However, do not expect to be breaking planks of wood with your fists in the first few lessons; the moves—kicking, striking or blocking—are taught step by step and repeated painstakingly until they become second nature.

Eventually, though, the benefits will begin to show. Though they are



TOP-LEVEL MUAY THAI DOESN'T REQUIRE PADDING

FITNESS FOR REAL



ZIGGY DARWISH
CERTIFIED FITNESS INSTRUCTOR

Time to get out of the gym

Finally, the good weather has arrived, so get out of that air-conditioned gym and hit the road.

Run Safa Park, do a bootcamp at the beach, run the flights of stairs in JBR, do yoga in the park... whatever you do, just get out of that gym!

It’s very simple: man wasn’t born to work out in a gym; he was born to hunt in the wild. It’s pure human instinct, and people who run on a treadmill just aren’t getting the benefits of running outside.

Outside, the elements work for you or against you. The wind, rain, sun, hills—your body gets a much better workout than running on a hamster wheel.

There is so much great equipment designed for outdoor use that you really never need to head back into the gym, unless the hot weather rules it out in the summertime.

We have the TRX, kettle bells, heavy bags, run parachutes, kickboxing gear, the list goes on. As a trainer I have seen the best results outside of the gym; people just find themselves going that little bit harder in the fresh air.

Head down to any park in Dubai this month and you will see adults acting like kids as they play their favourite sports — and that is something you really don’t find happening in the gym.

All you find inside is people in their own world, dressed like they’re on a catwalk, getting agitated as they queue to use equipment—you don’t see much fun there.

Get out and live!

All about the animals

Skins—real and fake—are all the rage on this new season's catwalk.

Her

ANIMAL SKIN BAGS

Furs and skins. This autumn is all about the animals when it comes to accessories. A couple of weeks ago we saw spots take over and in reaction to the dotty trend, we briefly mentioned Cruella De Vil's love for spotty puppies.

Well it seems Topshop took to both the spotty and furry trend; bringing out a whole line of clothes, shoes and bags that are quite literally dalmatian in feel. While we can't quite bring ourselves to recommend a puppy

coat unless you are preparing for Halloween at the end of the month, we do quite dig the handbags for a modest, affordable dose of the trend.

But while Topshop didn't want to sacrifice real puppies, lines such as Fendi, Gucci and Chloe were not so kind to their reptile friends; with one Chloe bag featuring an entire snakes-head laid extravagantly over a crocodile skin. For many designers this season has been about opulence, with Gucci's 'Forties inspired line having a strong presence of furs, texture and rich colours throughout. And its handbags were no different. Classic tote in shape and crocodile skinned in feel, Gucci's handbags spared no expense. And it wasn't just reptile skins that

were sacrificed in the name of fashion, Lanvin added some edge to its mod handbags with the inclusion of ostrich leather. Emporio Armani also brought back the classic leopard print in fur for a slightly softer touch and in a more unusual draw-string bag. But generally speaking, handbags were classic and understated in style but luxurious in terms of materials and colour.

But, with so many high-street shops faking it this season, there is no need to splash out on real skins or furs whether or not your conscience or wallet allows it.

STYLE TIP

This green, snakeskin Gucci bag can be worn on any occasion alongside almost any neutral-coloured outfit.

LANVIN





GIORGIO ARMANI

EMPORIO ARMANI

Him

WATCHES

While watches have traditionally been sold in round cases, perhaps in-keeping with the circular and infinite nature of time, this year has seen the tradition broken up with some sharper edges.

The move towards square or rectangular watches feels both modern and retro, with pieces such as the iconic TAG Heuer Monaco, the first square chronograph, re-modelled and brought up to date. And with so many styles and models available across the price spectrum, there really is one to suit every occasion and taste.

The slimmer, more rectangular shaped ones channel a more refined, elegant and classic look. But with larger, statement-making watches being on trend in recent times, it really is the more square and chunkier the better when it comes to this style, and for an increasingly masculine feeling too.

Time and fashion may go round in circles but not when it comes to watches this season. We've always relied on telling the time, but as technology has advanced, we've seen clocks move away from gracing grand buildings to our pockets and then to our wrists. But the shapes and styles have always followed; just think of it as wearing a mini Big Ben on your wrist. Just as iconic, but a whole lot more convenient.



FASHION OPINION



ZOYA PASHA
FASHION BLOGGER

Don't commit design crime

Instead of writing about trends and what is hot for this season, I thought I would use this opportunity to talk about the the most frequently committed fashion crimes in Dubai.

First, there's too much make-up around. Less should be more. I don't see the need for all the make-up, ladies: you look better without it. Make-up should enhance beauty, not make you look like you're out of Jersey Shore.

Another "less is more" is when it comes to showing too much skin. Living in Dubai, it is important to respect the cultural sensitivities, so keep your hot pants at home. All too often, I see women dressed for Carrefour like they're going to Boudoir.

Guys commit fashion crimes here, too. When it comes to grooming, too hairy and over-plucked are both as bad as each other, in my opinion. If you have an excessively hairy chest, leave your V-neck at home and cover up with a nice shirt. Do remember, though, that there is such a thing as overdone: perfectly plucked eyebrows are not a good look and should be left to the ladies. A little hair removal goes a long way, but only use a little, please.

And last, wearing designer labels does not equal well-dressed. Branding yourself with multiple logos is quite the opposite, in fact. If you're wearing an outfit that tells you where each item is from, then you are a victim of this tacky crime. Go home and change.

Visit Zoya's web site at desertsanddiamonds.wordpress.com

Coming through the other side

It is sometimes difficult to recognise depression. The good thing is that, once diagnosed, it can usually be controlled.

We all have times when we feel down. Luckily, most of the time things start to look up and the feelings pass. However, for some people the feeling is unfortunately one that does not go away. When the feeling is deeper, longer and more unpleasant than short periods of unhappiness, the person could be suffering from depression.

Psychologist Dr Katherine Paul explains, "Anyone can feel low now and then, but with depression, the feelings don't go away, or they become so bad they start to interfere with everyday life. There may be events in a person's life that can trigger depression, although sometimes the reasons why a person becomes depressed are not clear. Often, the depression has come on gradually so the person has not realised it is developing. They may try to keep busy or deny anything is wrong, which can make it worse and

even lead to physical symptoms such as pain, headaches, or loss of sleep."

Technically defined as a mental illness, spotting depression in a loved one is often not an easy task; in some cases it may not even appear as though anything is wrong. However there are certain symptoms that can signal depression. Dr Paul says, "Some of the symptoms of depression include a loss of interest in life or socialising, being unable to make decisions easily, not coping with daily tasks such as getting dressed or washed, complaining about being exhausted but seeming restless and agitated, loss of appetite and weight, or rapid weight gain."

So, what if you spot these signs in a person? Attempting to tell someone you think they have depression is no easy feat, and Dr Paul advises that you approach the subject with tact. "It is often the family and friends who spot depression first, however I would recommend you broach the subject in a private and sensitive





“Sometimes the only way to start getting better is by admitting that you need a little help.”

of treatment available: counseling and/or medication, both of which can be accessed through your doctor. Dr Paul says, “Many people find that psychological treatment works well as it allows them talk about their issues

and find a root cause, however medicinal treatments have also been proven to be effective. Antidepressants are usually administered only if the depression is severe or has been going on for a long time, but without seeking intervention you won’t have access to any of the help available. Some people with depression will get better without help, but many of them will suffer the condition again at a later point.

“Even though it might not seem possible, try to remain hopeful about your recovery. Depression is a common experience for many people these days and you will come through it, often stronger and more resilient than before.

“Just don’t suffer in silence, sometimes the only way to start getting better is by admitting that you need a little help.”

ASK THE EXPERT



JUMANA QAQISH
PHYSIOTHERAPIST
SYNERGY MEDICAL CENTRE

What’s the best way to sit at work?

You have probably heard about healthy office ergonomics. Tips and guidelines based on ergonomic studies can prove helpful if applied correctly. Here is my recipe for a healthy sitting posture, which aims to get you sitting right without buying expensive chairs or desks.

The first ingredient is a chair—this should have a straight, high back which covers at least half the shoulder blades. It should be adjustable in height and the seat depth should be suitable for your thigh length. Arm rests/wheels are optional. You will also need a rolled or folded towel for lower back (lumbar) support, a thin cushion for upper back support and two small, folded towels for wrist support.

Start by sitting away from the desk then ensure that your bottom is at the back of the chair. Lean forward and slide the rolled towel down your back until it stops above your bottom. It should now be in your lumbar curve. Place the cushion behind your upper back, then relax your shoulders and bend your elbows 90-120° and keep them close to your trunk. Move the chair towards the desk maintaining your position. Adjust the chair height so your hands are higher than the keyboard and move the keyboard closer to you.

Place the small towels under the heels of the hands to avoid excessive wrist extension and move the monitor closer to prevent poking your chin forward. Your hips should be 90-120° bent, using a foot rest if your feet don’t reach the ground. This simple recipe should ensure that your desk job doesn’t affect your health.

DEPRESSION AS A SIDE EFFECT

Unfortunately, for some people depression can be caused by other illnesses and conditions, including:

- An underactive or overactive thyroid gland
- Vitamin B12 deficiency
- Viral infections
- Dementia
- Stroke
- Parkinson’s disease
- Chronic painful diseases such as osteoarthritis

manner. It may be that by offering an opportunity for the person to admit their feelings, they realise they are depressed for themselves. If someone you know has been diagnosed as having depression, don’t offer advice unless they ask for it. Listen to what they have to say but try not to be judgmental.”

For those who may suspect they are suffering from depression, the most important thing to remember is that you are not alone and help is at hand. There are two main types



GOOD LISTENERS CAN REALLY HELP SUFFERERS

HEALTH NEWS

Health precautions before Hajj

HEALTHCARE

While a large number of Dubai’s residents are busy planning their pilgrimage to Makkah, expected to fall from November 4-9 this year, many are seemingly unaware of recent regulations which state that all pilgrims should carry a meningitis vaccination certificate, valid for a minimum of ten days, from the health ministry.

With many Muslims determined to observe Hajj no matter what their health circumstances, senior officials from the ministry have been urging all pilgrims to be aware of the new requirements. They have also been reinforcing the usual advice that any pilgrims suffering from chronic diseases, pregnant women and the obese make sure they get a



flu vaccine before making the pilgrimage to avoid complications.

All the health procedures relevant to Hajj have been set by Saudi officials to safeguard pilgrims from infectious diseases. As is the case every year, huge numbers

of pilgrims are expected to go to Makkah and the inevitable overcrowding of many sites means that infectious diseases are more likely to be spread. Pilgrims will also be provided with useful information, including brochures

on how to stay protected against infectious diseases, spotting the symptoms, transmission, complications and treatment. Saudi Arabia has also confirmed a ban on pilgrims bringing any food products on the pilgrimage except canned food.



A FLU JAB IS ESSENTIAL FOR SOME PILGRIMS

We check out three of Greece's gems of the Mediterranean: Kos, Zakynthos and Santorini.

The islands of Greece have made for an enchanting travel destination for hundreds, if not thousands, of years. And with some of the most pleasant climates to be found anywhere, white sands surrounded by clear waters of deep azure and millennia of cultural history from east and west, it is easy to see why.

However, given that the Greek islands are made up of more than 6,000 separate land masses, it would be impossible to see them all within a single trip. Happily, though, the choice of which islands to visit is made easier by the fact that only 227 of the islands are inhabited, and, of these,

“The alluring ambience of ancient Greece is prevalent around the island.”

only a handful are home to more than 100 inhabitants.

A short, two-week excursion covering three destinations should provide a decent enough glimpse into why travellers spend years island hopping. And of these, Kos, Zakynthos and Santorini are surely the ones to

go for. And for a trip from Dubai, Kos is one of the easiest islands to get to, as the destination is serviced at least three times a week via Athens.

Kos is an island steeped in history, given that it was the birthplace of the so-called father of medicine, Hippocrates. It is believed that he taught his medical pupils under the shade of a tree named after him, which, some stories say, is over 2,000 years old.

However, the tree, located in front of the Castle of Knights in the centre of Kos Town, has actually been proven to be only 500 years old. But this does not detract from the alluring ambience of ancient Greece that is prevalent around the island.

Given its relatively small size, and the narrow width of its roads,

Island hopping in Greece



THE SANTORINI SKYLINE IS FAMOUS FOR ITS BLUE ROOFS

the easiest way to get around Kos is by renting a scooter or quad bike. This would provide the chance to explore the various sandy beaches around the island. In terms of picturesque settings, each one is as perfect as the last, though the smaller beaches are best for a quiet, lazy day in the sun. For thrill-seekers, the 10-kilometre long Tingaki Beach has become a popular destination for surfing enthusiasts due to it being on the windier side of the island. Either way, any trip to the beach will be rounded off nicely by a visit to Kos Town's Bar Street area, where there are enough hostelrys and restaurants to suit any mood or occasion.

After Kos has been sampled,

it will be time to liven things up with a short flight over to the much larger Zakynthos, which is famous for being the sunniest island in the Mediterranean Sea. Despite its stunning architecture and scenery, though, the island was not always so picturesque; in 1953, severe earthquakes hit the area, laying waste to most of the island's infrastruc-



A GREEK SALAD ALWAYS HITS THE MARK

ture. However, thanks to the perfect weather, Zakynthos has been rebuilt and is now a thriving tourist destination.

In terms of beaches, a must-visit is the famous *Navagio* Beach, or Smuggler's Cove. It is quite an effort to get there, being only accessible by boat, but it is certainly worth the effort, as it provides a glimpse into the illegal tobacco smuggling trade that flourished on the island decades ago. And for nightlife, head into Zakynthos City for some traditional Greek food before sampling the vibrant clubbing scene the island has be-

come famous for in recent years.

After replenishing your energy levels, it will be time to head off to another island, Santorini, which is famous for its stunning natural beauty and buildings with blue roofs. The destination is actually made up of two main islands, formed by one of the largest volcano eruptions in recorded history. Like Kos, the best way of getting about is by renting a small motorcycle or quad-bike. The latter will come in useful if you want to enjoy the spectacular views

of the island from the eleventh-century Dorian ruins, which lie at the top of a difficult pathway.

To round off the trip, no better view can be seen than the one from a Santorini sunset cruise. Find a local boat charterer and head off to the Red Beach in the late afternoon before watching the sun set over one of the most alluring natural views in the world. As many who return from the Greek islands say, the cruise will make for a perfect end to a very perfect holiday.



GREECE IS SYNONYMOUS WITH ANCIENT ARCHITECTURE

SCREEN UNDER THE STARS

For a special infusion of Greek culture when visiting Santorini, head over to the Kamari Open Air Cinema, one of the island's most iconic attractions. An outside cinema might not work well in the summer heat of Dubai, but in Santorini, watching a film against the picturesque settings of the island, under a kaleidoscope of bright stars, is nothing short of a wonderful experience. The cinema changes its listings twice a week, and many of the films are in Greek, so it's best to check what's on by visiting www.cinekamari.gr.

Muscat a new haven for culture vultures

WEEKEND AWAY

For culture aficionados, the opening of the Royal Opera House, Muscat last weekend will not have gone unnoticed. After a long wait, *The Power of Love*, the famous production by the legendary Franco Zeffirelli, inaugurated the new season after being specially commissioned by the new opera house's management. And given the quality of the shows in store for the next few months, Dubai-based fans of high culture will be rushing across the border to Muscat for a piece of the action.

From next week, Muscat's Royal Opera House will play host to a number of high-class ballets, starting with a performance of *Don Quixote* by the American Ballet Theatre on October 26. And in November, there will be a production



of the impeccable *Giselle*, performed by the Teatro Alla Scala Ballet Company, before the month closes with a dance from the Far East called *The Blind Man's Daughter*. And December's productions of *Swan Lake* should certainly result in a full house.

There will also be plenty more over the course of the coming season. On October 21, celebrated soprano Renée Fleming will perform with the Royal Philharmonic Orchestra before Andrea Bocelli offers his rendition of Love, *Italian Style*, on November 1. The London Philharmonic returns four days later to perform behind the world-renowned cellist Yo-Yo Ma, and the month will be seen out by one of the most celebrated jazz orchestras in the world, the Lincoln



Centre Orchestra with Wynton Marsalis.

Of course, an opera house cannot live up to its name without opera performances, but the Muscat venue has this covered with a production of *Opera Carmen* on December 17. Described as "passionate, hilarious and witty", the performance is produced with the help of Oscar-winning set designer Gianni Quaranta, making it a must-see for any opera fan.



All-star disaster movie makes a return

With a cast of many, **Contagion** marks a return for the disaster genre, showing no little style and some brilliant direction.

NEW RELEASE

This is the kind of thriller that not even an Oscar winning Gwyneth Paltrow can survive. Steven Soderbergh, the man behind *Traffic* (2000), examines the grim subject of a viral pandemic that kills within days, with a starkness that makes it clear that neither the virus nor the filmmakers care who lives and who dies.

Ms Paltrow's character, Beth Emhoff, an executive shortly returning from a business trip to Hong Kong, is one of the first casualties. The film opens up to a close-up of Beth, looking as bad as Ms. Paltrow possibly can, with "Day 2" stamped across her sweaty face. This use of dramatic device, often employed in disaster movies, has been utilised throughout the film by Soderbergh more successfully

than ever before; to record and track the progress of the plague as it spreads around the world. And soon after greeting her husband (Matt Damon) and son, Beth is lying on her kitchen floor in fits

and sweats. From here on out, the film moves at a pace only rivalled by the virus itself. After witnessing a few more sweaty, but mercifully quick deaths, we zoom out to see the bigger picture, as medical

JUDE LAW PLAYS THE PART OF THE VILLAIN WITH STYLE



professionals and government officials attempt to find a cure for the disease and control the erupting panic. Laurence Fishburne plays Dr Ellis Cheever, the deputy director at the Centres for Disease Control and Prevention, who tries to remain calm and restrained, while tracking and fighting the disease. He sends a defiant Erin Mears

(Kate Winslet) a medical-intelligence specialist, with a scrupulous sense of duty, to the Minneapolis hot zone. Her selfless character is contrasted by San Francisco blogger, Alan Krumwiede, played by Jude Law. Much like Paltrow, Law is perhaps looking his worst, with bad teeth and a raspy voice. He represents how panic, human ar-

DID YOU KNOW?

- To promote this film, Warner Bros. Canada built two giant Petri dishes treated with bacteria and fungi. Over days, these specimens grew to spell out the name of the film with biohazard symbols.
- This is the first film that Gwyneth Paltrow, Matt Damon and Jude Law have worked together on since *The Talented Mr. Ripley*. However, Law doesn't have any scenes with Damon or Paltrow here.
- Almost the entire cast has been nominated for or won an Oscar.
- Kate Winslet only took 10 days to film her scenes.
- Soderbergh has worked with Damon on all the Ocean movies.

GOOF!
When Leonara Ofuentes discovers the identity of Patient Zero, her colleague, Sun Feng's polo shirt begins the scene inside-out.

rogance and self interest can be just as dangerous as the virus itself. Making accusations against the authorities for not telling the public how it is, he could be a heroic whistleblower, or dangerous conspiracist.

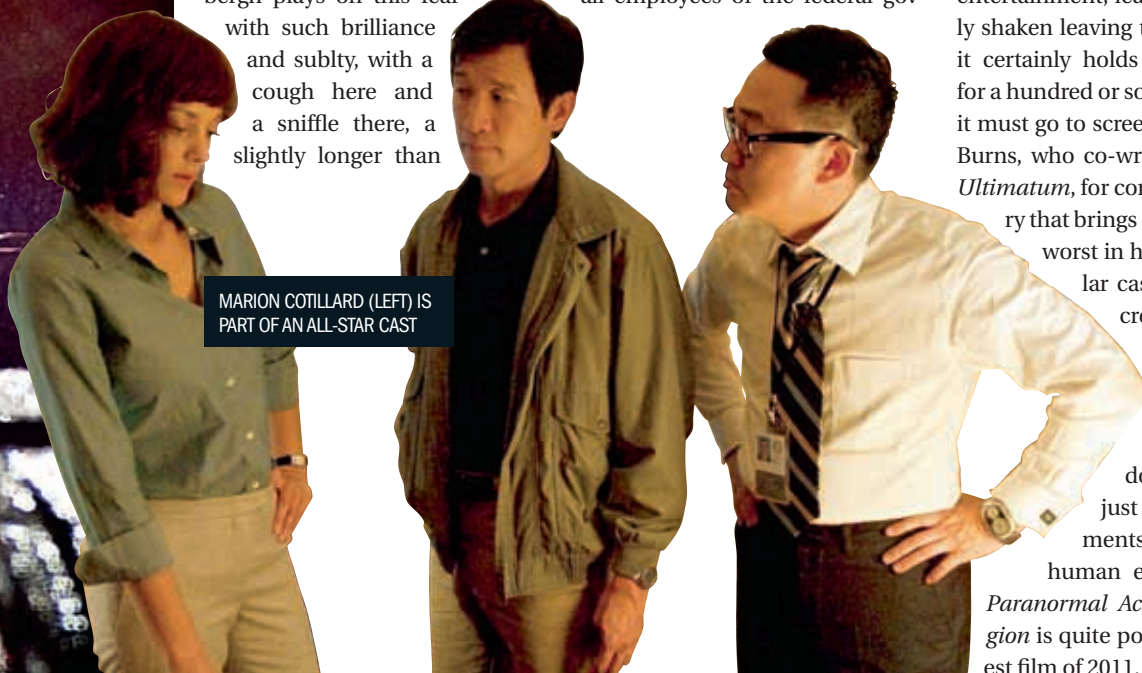
And it all started out so small, so innocently; Beth digs into some peanuts at the airport, hands over her credit card to the waitress, blows on some dice for luck. This is what makes *Contagion* more terrifying than your average alien attack disaster movie: it is the every-day-ness of it all. We've seen pandemics such as swine flu cause panic and deaths in recent years; this is just one small, easy step up. It could happen. Soderbergh plays on this fear with such brilliance and subtlty, with a cough here and a sniffle there, a slightly longer than



necessary shot of a contaminated, and therefore murderous, lamp-post. There are no ridiculous symptoms, no bleeding eyeballs, no characters turning into zombies. The story of an out-of-control virus that causes death within days is gripping enough. The heroes are all employees of the federal gov-

ernment, and instinctively factual people. The film is much like the virus: scientific, medical, cold and calculating. It is a highly controlled film about an out-of-control event.

Contagion proves there is something greater to fear than terrorists. It's certainly not conventional entertainment, leaving you slightly shaken leaving the cinema, but it certainly holds your attention for a hundred or so minutes. Credit must go to screenwriter Scott Z. Burns, who co-wrote *The Bourne Ultimatum*, for constructing a story that brings out the best and worst in humanity. A stellar cast also deserves credit. Actors like Matt Damon, playing small but crucial roles, slow down the film at just the right moments for a touch of human emotion. Forget *Paranormal Activity 3*, *Contagion* is quite possibly the scariest film of 2011.



MARION COTILLARD (LEFT) IS PART OF AN ALL-STAR CAST

SILVER SCREEN

ANDY FORDHAM
GULF FILM

'Hollywood will do a really good Jobs'

I like to think of movies being, as one great man once said, like a box of chocolates: you never know what you are going to get.

Even though your expectations are often exceeded—or sometimes not lived up to—the one constant about movies is their ability to educate, entertain and excite. I call it the three E's.

One of the best movies I have watched in the last 12 months was *The Social Network*. Why? Because Facebook is part of most people's lives and one cannot help but admire the innovation and inventiveness of Mark Zuckerberg (and maybe a few unpaid friends).

The idea is quite simple in its premise, but for Facebook to achieve what it has done in such a short time is quite miraculous.

Which brings me to a movie that I am really looking forward to. The soon to be announced biopic on the life of Steve Jobs will be a must. Months ago I had never owned a single Apple product and now I have an iPhone, iPod and iPad. Take a look at many movies and look for the product placement—you will see Apple Products everywhere. My only wish is that whoever makes the movie about the life of Steve Jobs does not stray from the facts and portrays the man in his true colours—good *and* bad.

He will certainly go down in history as one of the most innovative inventors and marketers. Even through all his brilliance he credits death as one of the greatest inventions in life, as death clears out the old and brings in the new.

iSalute you, Mr Jobs. iAdmire you and iWait for your life story on the big screen.

Bollywood news

BEBO MISSES RA.ONE PREMIERE

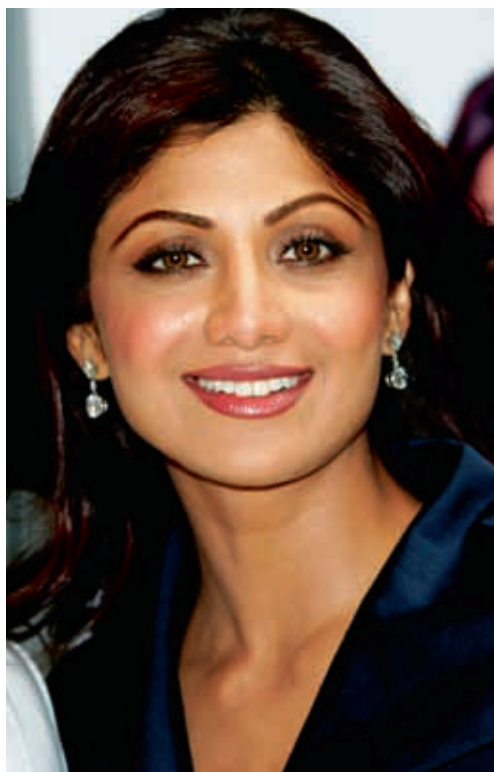
Kareena Kapoor had no choice but to miss the international premiere of *Ra.One*, the most expensive Indian movie to date, as the date clashes with the shooting of *Dhuan*. Kapoor has had to take part in special training for an underwater sequence, which meant the premiere was out of the question.



PAKISTANI PAPER CALLS FOR BOLLYWOOD BAN

A leading Pakistani newspaper has sought to ban Indian films in a bid to help Lol-

lywood develop and thrive. This is in response to many Pakistani cinema houses only screening Indian films. However, it is unlikely that this will go ahead as a 1965 ban on Indian films was only lifted in 2008. And even in the midst of the ban, Bollywood cinema remained highly popular in Pakistan.



SHILPA SHETTY MISSES THE SILVER SCREEN

Bollywood actress Shilpa Shetty, who is returning to the big screen after four years with the Sino-Indian venture *The Desire*, admits that she has missed acting, but has learnt to enjoy many other aspects of her life. Shilpa, who is married to Britain-based Indian businessman Raj Kundra, also said that she now wants to focus her attention on areas of her personal life and business.

Reviews *in brief*

A quick look at the week’s biggest films.



Johnny English Reborn, 2011

★★★★★ Rowan Atkinson, Rosamund Pike, Dominic West

This is the second installment of Rowan Atkinson as fumbling MI7 spy Johnny English. Since the pretty appalling original, English has been honing his skills somewhere in Asia, but is called back into action thanks to a threat to the Chinese premier’s life. This is better than the original, with a few funny moments, but ultimately Atkinson is funnier than Johnny English and this movie.



Straw Dogs, 2011

★★★★★ James Marsden, Kate Bosworth, Alexander Skarsgard

Rod Lurie has remade Sam Peckinpah’s 1971 *Straw Dogs*. David and Amy Sumner (Marsden and Bosworth), a Hollywood screenwriter and his actress wife, return to her small hometown in the deep south to prepare the family home for sale after her father’s death. Old conflicts resurface with the locals, including Amy’s ex-boyfriend, Charlie (Skarsgard), leading to a violent confrontation. The remake doesn’t quite live up to the original, and it makes a potentially fatal error; it has glamorised violence. Perhaps rent out the 1971 video.



Mujhse Fraaandship Karoge, 2011 (Hindi)

Saqib Saleem, Saba Azad, Nishant Dahiya

Premiering this week is *Mujhse Fraaandship Karoge*. Directed by Nupur Asthana, the film stars a completely fresh cast, with debut appearances by Saleem, Azad, Dahiya and Tara D’Souza. The plot centres around relationships built up on the social networking site ‘Fraaandship’ (essentially Facebook). The film looks at how differently relationships unfold in this digital era and with mistaken identities, trickery

and poking, it has been touted as “this season’s most messed up love story”. If that takes your fancy why not check it out this week and email us with your thoughts on the film: letters@readme.com.

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Abduction - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Azaan - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Change-Up - 10:10, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Edge of Love - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Johnny English Reborn - 10:00, 11:00, 12:10, 13:10, 14:20, 15:20, 16:30, 17:30, 18:30, 19:30, 20:30, 21:40, 22:30, 00:00, 00:30
The Lion King (3D) - 10:30, 12:30, 14:30, 16:30, 18:30
Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Mujhse Fraaandship Karoge - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Rascals - 10:20, 13:30, 16:30, 19:30, 22:30
Real Steel - 10:20, 13:00, 15:40, 18:20, 21:10, 23:50
The Three Musketeers - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Welad el Baled - 20:30, 22:30, 00:30

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The Change-Up - 10:10, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
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Cowboys and Aliens - 10:00, 12:15, 14:30, 16:50, 19:10, 21:30, 23:58
Edge of Love - 10:30, 12:45, 15:00,

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Johnny English Reborn - 10:00, 10:30, 11:00, 12:10, 12:40, 13:10, 14:20, 14:50, 15:20, 16:30, 17:00, 17:30, 18:30, 19:00, 19:30, 20:30, 21:00, 21:40, 22:30, 23:00, 00:00, 00:30
Killer Elite - 18:40, 20:50, 23:00, 01:00
The Lion King (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
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Paranormal Activity: Tokyo Nights - 11:00, 13:30, 16:00, 19:00, 21:30, 23:55
Rascals - 11:00, 13:30, 16:30, 19:30, 22:00, 00:30
Real Steel - 10:20, 13:00, 15:40, 18:20, 21:10, 23:50
Sneha Veedu - 11:00, 21:30, 16:30, 19:30, 22:00, 00:30
Smurfs - 10:00, 12:00, 14:00, 16:00, 18:00
Spy Kids 4 - 11:00, 13:00, 15:00, 17:00
Straw Dogs - 10:00, 12:20, 14:40, 17:10, 19:30, 21:50, 00:10
The Three Musketeers - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Welad el Baled - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

GRAND CINEMAS - FESTIVAL CITY

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Azaan - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Change-Up - 21:40, 23:50
Edge of Love - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Johnny English Reborn - 10:00, 10:30,



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

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

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Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Real Steel - 10:20, 13:00, 15:40, 18:20, 21:10, 23:50
Straw Dogs - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Three Musketeers - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
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Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
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Rascals - 10:20, 13:30, 16:30, 19:30, 22:30
Real Steel - 20:30, 23:10
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Mother's Day - 19:15, 21:35, 23:55

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VOX CINEMAS - DEIRA CITY CENTRE

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Killer Elite - 09:30, 14:30, 19:15, 00:00
The Lion King (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Mother's Day - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Mujhse Fraaandship Karoge - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Paranormal Activity: Tokyo Nights - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Rascals - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Real Steel - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Welad el Baled - 12:15, 17:00, 21:45

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The Change-Up - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Horrid Henry (3D) - 11:00, 13:00, 15:00, 17:00
Johnny English Reborn - 10:00, 10:45, 11:15, 12:15, 13:00, 13:30, 14:30, 15:15, 15:45, 16:45, 17:30, 18:15, 19:00, 19:45, 20:30, 21:15, 22:00, 22:45, 23:30, 00:15, 01:00
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Mother's Day - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Real Steel - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Straw Dogs - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Three Musketeers (3D) - 22:00, 00:15
Welad el Baled - 19:00, 21:15, 23:30

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Johnny English Reborn - 10:00, 11:00, 12:15, 13:15, 14:30, 15:30, 16:45, 17:45, 19:00, 20:00, 21:15, 22:15, 23:30, 00:30
The Lion King (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Mother's Day - 09:45, 14:45, 19:30, 00:15
Real Steel - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Straw Dogs - 09:45, 12:00, 14:15, 16:30, 19:00, 21:30, 00:00
The Three Musketeers (3D) - 22:00, 00:15
Welad el Baled - 12:15, 17:15, 22:00

REEL CINEMAS - DUBAI MALL

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Azaan - 13:50, 16:30, 19:10, 21:50, 00:30
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The Change-Up - 14:00, 16:30, 19:00, 21:30, 00:05
Dark Country (3D) - 21:30, 23:35
Edge of Love - 15:00, 17:25, 19:45, 22:05, 00:25

Friends with Benefits - 00:00, 16:40, 21:20
Horrid Henry (3D) - 11:05, 13:10, 15:15, 17:20, 19:25
Johnny English Reborn - 11:15, 12:15, 13:30, 14:00, 14:30, 15:45, 16:40, 16:45, 18:00, 19:00, 19:30, 20:15, 21:15, 22:10, 22:30, 23:30, 00:40, 00:45
Killer Elite - 12:20, 14:30, 14:50, 17:10, 17:20, 19:40, 20:10, 22:10, 23:00, 00:40
The Lion King (3D) - 11:30, 13:30, 14:00, 15:30, 16:00, 17:30, 18:00, 19:30, 20:00, 22:00, 00:05
Mother's Day - 15:45, 18:00, 20:15, 22:30, 00:45
Mujhse Fraaandship Karoge - 15:15, 17:30, 19:45, 22:00, 00:15
Paranormal Activity: Tokyo Nights - 14:30, 16:45, 19:00, 21:15, 23:30
Real Steel - 11:00, 13:40, 16:20, 19:00, 21:40, 00:05
Rise of the Planet of the Apes - 12:30, 21:30, 23:45
Straw Dogs - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
The Three Musketeers - 14:20, 19:00, 23:40
Welad el Baled - 17:00, 19:15, 21:30, 23:45

REEL CINEMAS - MARINA MALL

The Change-Up - 12:20, 14:50, 17:10, 19:40, 22:15, 00:35
Friends with Benefits - 12:00, 14:30
Johnny English Reborn - 12:30, 14:45, 17:00, 19:30, 21:45, 00:05
The Lion King (3D) - 11:00, 13:00, 15:00, 17:00, 19:05, 21:10, 23:15
Real Steel - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
Straw Dogs - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Trudy Lillis
Sales consultant,
Arabian Ranches



When I was young, my favourite film was *The Lion King*. Now I have a daughter of my own and was so excited when I heard the movie was being re-released in cinemas. It was more of an excuse for me to go and see it again, really, as my daughter is only three. It was just as good as I remember, and although I wasn't sure it would gain anything from being remade in 3D, it definitely did. The animation looks better than I remember and it was amazing to hear all the classic songs booming out of the cinema speakers. My favourite part of the whole film was, and still is, the song *Hakuna Matata*. It is just such a nice part of the film where you get to see Simba grow into an adult lion and I couldn't help singing along. The best thing about *The Lion King*, though, is that the story itself is really good, which is something many of the newer Disney films seem to lack.

8/10

Want to be in Read.?
If you've been to see a recent movie, we want to hear your views. Email us your 100-word film review, along with your job title, location and a high-resolution photograph, and you could be featured in our *You Review* section.

Mistress of the Rolls

★★★★★ Lucy Torchia takes a departure from her usual small cars to try out one of the biggest, loudest and quietest around.

ROAD TEST

I have owned two cars in my life. The first was a Ford Fiesta called Tide and the second a VW Polo named Ula. I'm not convinced that two cars are enough to warrant a trend so to speak, but I am definitely a small-car kind of girl. In fact, I am a small girl. I wasn't lucky enough to make it far past the five-foot mark, so driving a big car has never really appealed to me.

Therefore, when I found out I would be one of the few people in Dubai to test drive the new Rolls-Royce Phantom 102EX, the only concern I had was not over the whole "petrol vs. electric" debate, but whether I would be able to reach the pedals.

The 102EX is Rolls-Royce's first venture into the world of electric motoring, a concept that has perhaps shocked many pockets of the motoring world. The discussion behind the car's world tour

is whether the company have created the ultimate in luxury, or whether it is simply a compromise?

On first look, it would seem the answer is ultimate luxury. The 102EX is as classy and impressive as any other model bearing the Pantheon grille. The detail-

SPECS

Engine: Two electric motors
Power: 290kW
Torque: 800Nm
0-100km/h: 7.7secs
Recharge: 8 hours (approx)

ing inside is impeccable, with the finest leather, a chrome-finished dashboard that looks like the controls of a spaceship, every mod-con you could ask for, even doors that close at the touch of a button. As chief designer, Ian Cameron says, "It's a credible design concept that perfectly complements the experimental nature of the car, exploring options in light, space and use of materials. Had we changed the overall aesthetic, the concept would have lost credibility; our audience would assume it was simply a styling exercise."

However, it is when the bonnet is lifted you realise where this model has a lot to compete

with. The 6.75-litre V12 petrol engine and 6-speed gearbox you would find in the petrol model have been replaced by a lithium-ion battery pack and two electric motors mounted on the rear sub-frame. Each motor is power rated to 145kW, giving the car a maximum power output of 290 kW and torque of 800 Nm available over a wide band. Not bad, but how does it drive?

Admittedly, a couple of laps around the Autodrome will never give the full driving experience of any car, but it was good enough for me. Having not actually driven a car since moving to Dubai six months ago, I was not exactly going to complain about the ice-breaker being a Rolls-Royce. The first thing that struck me was the noise of the car. There is none. Nothing. If I hadn't been instructed that we were good to pull away I wouldn't have realised the engine was even running. Getting up to speed requires the lightest touch on the gas and the steering responds to even the slightest movement. For such a sizeable car, the handling was easy, probably thanks to some serious seat

800

The amount of torque, in Newton metres, available almost immediately.



THE ROLLER HAS THE BIGGEST BATTERY PACK EVER FITTED TO A CAR



adjustment, but nevertheless you could almost forget you were sat at the wheel of a Rolls-Royce.

The whole purpose of this concept car is for Rolls-Royce to explore whether they could deliver an acceptable electric range for customers without frequent re-charging. Is there confidence in its ability to operate in extreme conditions? Will reliability and quality be consistent with expectations?

As it stands, there are no plans to build a production version of this car, but at the end of my drive I was left open to the possibility

that perhaps there is an alternative drive-train somewhere in the future of luxury motoring. Having previously been a member of the anti-electric car brigade, witnessing the technology applied

in such an impressive way as to a Rolls-Royce, I can start to see the appeal.

Perhaps luxury motoring need not mean gas-guzzling engines, although whether this stands for hardened petrol-heads who want their cars loud, fun and forceful, we will have to wait and see.

I am afraid I cannot answer Rolls-Royce's original question; I am not sure whether the 102EX is the ultimate luxury or simply a compromise. But, whatever the answer turns out to be, one thing's for sure: I want one.



Car briefs



Engine uncovered

BIKES With super bike fans eagerly waiting for the new Ducati 1199 Panigale to be unveiled in November, the Italian manufacturer has released details behind the engine powering the eagerly anticipated new bike. The twin-cylinder engine is lighter than its predecessor, yet it still chucks out 195bhp and 98lb-ft of torque, making it quite a monster, and the distance between services is reported to have been extended to 24,000 kilometres.

To Infiniti and beyond



TUNING Nissan's luxury arm, Infiniti, last week gave the go-ahead for production of the Sebastian Vettel version of its FX, which was seen at this year's Frankfurt Motor Show. The move follows the young Formula 1 driver gaining his second world championship in a row. What's more, the announcement comes amid rumours that this tuned FX could give rise to a Mercedes AMG-style tuning arm at Infiniti, meaning a number of hard-core Infinitis could be on their way soon.

Top Tom Gear

TECH Satellite Navigation firm TomTom recently unveiled a limited edition, Top Gear version of its Go Live satnav, featuring the voice of the TV show's infamous presenter, Jeremy Clarkson. The satnav also offers a "Stig mode", which essentially means that the device will remain silent while on the move. The satnav is so far only available in the United Kingdom, meaning that eBay.com might be the best place to bag one.



Rugged for the great outdoors

LAUNCH

Fujifilm's new XP20 digital camera is able to take the bumps and grind of extreme terrain, whether hot wadi or ice-cold tundra. This dustproof camera is waterproof to 16.5ft, shockproof to 5ft and freezeproof to -10C. The XP20 features a 14-MegaPixel CCD sensor, a 2.7" LCD for better viewing in bright sunlight and a 5x wide angle refractive optical zoom lens. The XP20 is available in black, blue, green and orange colours. The camera offers stunning movies in 720p with sound at 30 frames per second with one touch ease.





Bring on the league

READER SUBMISSION: Football fanatic

Dariush Kamyab offers his two cents on the upcoming season of local football.

Fresh from his side's shock loss to Dubai Club in the Etisalat Cup, Al Wasl boss Diego Maradona was quick to answer any possible criticism directed his way, labelling the competition as an experimental "playground" before the start of the Etisalat Pro League. You have to see his point of view: despite a plethora of cup matches having been played across the UAE over the last month, the season really kicks into gear with the beginning of the league proper.

This means no disrespect to the Etisalat Cup, however, as

matches in the competition have allowed football fans all over the country to finally catch their beloved clubs in action, and provided a good glance into what the upcoming season will bring. By the time you read this, the Pro League will indeed have started. But no matter the results of the first few matches on Saturday, October 15, the Etisalat Cup offers more evidence to base our predictions for 2011/2012 on.

The surprise package of the matches played so far has been Ajman Club, storming to the top of their cup group with 10 points

from four games, firmly establishing them as a potential force to be reckoned with this season. Much of this early season form can be attributed to their imposing Senegalese striker, Ibrahima Toure. Fresh from his exploits in the AFC Champions League with Iranian club Sepahan, Ajman's summer acquisition has weighed in with seven goals so far, including a hat-trick against Sharjah, a

double against Al Ahli and a last-minute equaliser at Bani Yas.

Bani Yas themselves have had a somewhat rocky start to their season. The euphoria that surrounded World Cup-winning French star David Trezeguet's move to the capital quickly dissipated following the heartbreaking death of rising Emirati star Theyab Awana in a car accident. Tragedies such as these have the ability to galvanise or disrupt team spirit, the latter sadly being apparent so far with Bani Yas suffering tame losses to Al Ahli and Al Nasr since the catastrophe.

Clubs in the UAE have seen their fair share of foreign managers come and go year after year, and this season may prove to be no different. After an initially promising start to their Cup games in which they were nar-





“The opening of the Green Line should be of great benefit to fans wishing to attend local matches across Dubai.”

rivals 4-2 thanks to a hat-trick from another new signing, Mirel Radoi. Coach of fellow Abu Dhabi side Al Wahda, Josef Hickersberger has experienced no such luck, however, as his side sit bottom of their cup group after losing three games in a row.

The opening of the Dubai Met-

ro Green Line should be of great benefit to fans wishing to attend local matches across the Emirate. Al Ahli fans wishing to catch a glimpse of their powerful new striker Grafite can stop at their own Rashid Stadium station, which also is a short distance



AL WASL COACH, MARADONA

rowly beaten by Al Jazira but won their next two home games with 3-0 score lines, Diego Maradona's Al Wasl were quickly brought down to earth with a 5-0 thumping by Dubai Club. Maradona will undoubtedly remain a fan favourite despite the result, but satisfying the club's uncompromising fans will demand much more consistency now that the league has kicked off.

Particularly active in the transfer market this summer, Walter Zenga's Al Ain side seem to have kicked into gear at just the right time. Despite having their recently acquired lethal strike force of Yasser Al Qahtani, Ignacio Scocco and Asamoah Gyan absent against the mighty Al Jazira, Al Zaeem were able to defeat their



AL SHABAB

from Al Shabab's Maktoum bin Rashid ground. The Oud Metha and Healthcare City stations cater effectively to Al Nasr and Al Wasl fans—trains on the Green Line are bound to be awash with swathes of blue and yellow on derby day.

It is difficult to determine the course of the league season with these early indications from the Etisalat Cup, but what is guaranteed is a rollercoaster ride of a year. What we have learned from matches at the start of the season is that no one club should feel like they are unable to achieve success this time around. Consistency will prove to be key for any team wishing to win silverware, but for now, consider the league well and truly up for grabs.

Last round brings tension to last four

The silverware is in sight as the four best teams charge into the final leg of rugby's showpiece event.

RUGBY WORLD CUP

And so the business end of another Rugby World Cup is upon us. If Ireland's defeat of Australia came as somewhat of a shock in the pool stages, Wales went a step further to set up a final-four clash against Six Nations rivals France by beating the hotly fancied men in green. Only two short years ago, Wales shocked the rugby world by snatching the inaugural Rugby 7s World Cup in Dubai—could they shock us all again by marching on to the final and plucking the Webb Ellis trophy from the grasp of number one seeds New Zealand?

For that to happen, the bolstered

youth of Wales needed to overcome Les Bleus. The French have always had a Jekyll and Hyde sense to their game play, in that you never know whether the impressive French flair will click and run in tries from their own 22, or if a ca-

lamity of errors from an unhappy camp will shake them into submission. In defeating England last week France may well have found the right gear to see them through to their third World Cup final.

The other semi-final is a match-

up that everyone believed would be the final, and a repeat of the Tri-Nations decider, New Zealand versus Australia. The Aussies have been shrouded in mediocrity since the beginning of their campaign. In spite of injuries, inconsistency

and complacency enveloping the Australian camp, the fall of the ball and the luck of the bounce have let them squeeze into the final-four.

As for the pre-tournament favourites New Zealand, not everything has gone their way. Star fly-half Dan Carter was lost to a groin injury, followed quickly by second choice Colin Slade to a similar injury, and also 100-cap Mills Muliaina, whose All Blacks career has been ended by a fractured shoulder. But at the end of the day, New Zealand churn out rugby stars as if they're going out of fashion, and their strength in depth should see them coast past their neighbours and into the final.



SCHEDULE (DUBAI TIME)
Bronze Final Loser of SF1 vs Loser SF2 - Auckland, Oct 21 - 11:30
Final Wales or France vs New Zealand or Australia - Auckland, Oct 23 - 12:00

Free travel and more on Nov 1

PROMOTION



Mattar Al Tayer, chairman of the board and executive director of the RTA, last week announced the launch of the second edition of the Public Transport Day initiative under the theme, "Together we move." Taking place on November 1 to commemorate the sixth anniversary of the RTA, the initiative will allow Nol card holders free use of Dubai Metro, public buses and water bus services.

"Initiatives like this help the environment and are part of a sustain-

able future," said Al Tayer. "By offering free transport for a day, we are encouraging commuters to use the various forms of public transport available across Dubai.

The initiative also seeks to enhance the integration of multi-modal transport systems and showcase the RTA's pioneering role in promoting public transport, and spreading the message of mass transit to all sections of the community."

The Public Transport Day initiative comprises a host of programmes and events. Besides free rides on the Metro, public buses and the water bus services to Nol card holders, the RTA will also kick-start Phase II of the Dedicated Bus & Taxi Lane programme, which covers part of Naif Road extending 1 km from Al Musalla Road up to Al Khaleej Road and Al Ittihad Road in a sector extending 1 km in the direction from Sharjah to Dubai starting from the entry point of Dubai up to Al Nahdah Interchange. RTA has added a dedicated lane for bus-



MATTAR AL TAYER

es and taxis to Naif Road by removing the parking spaces on the right-hand side of the road while leaving the parking on the left-hand side of the Road unchanged.

As for Al Ittihad Road, the RTA has removed the concrete barriers on the road in the direction of Sharjah-Al Nahdah Interchange used to separate the mainstream road from the service road and close the traffic movement from Sharjah to Al Mamzar; which will now be open for buses.

The initiative also includes the staging of heritage and public art shows at Al Ittihad, Al Ras and Al Ghubaiba stations, and the holders of the 50 most used Nol cards will each be rewarded with Dh100 additional credit.

Events also include a mobile exhibition across a number of university campuses to promote the public transport system in Dubai and encourage students and teaching staff to use mass transit, particularly given the range of special offers available to students.



هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY





لبيده...
Here to help...

Just call 800 90 90 or visit rta.ae. You can also email us on ask@rta.ae or visit our groups on Facebook/YouTube.

RTA shares best practices

SEMINAR



The Public Transport Agency of the RTA recently hosted a gathering of strategic partners during which all parties shared their thoughts on various aspects of Dubai's bus services.

The gathering was attended by the CEO of the Public Transport Agency, Eisa Abdul Rahman Al Dosari, directors of the agency and representatives of strategic partners from various companies and entities in Dubai.

In his opening address, Al Dosari praised the initiative, which reflected solid relations between the two parties based on cooperation.

"The agency is keen to exchange

ideas, thoughts and suggestions with its strategic partners, who are the backbone of our successes and who play a pivotal role in realising our vision and aspirations by familiarising them with our achievements and our future projects. We therefore hold such gatherings on regular basis over the year so we can step up business practices to the highest standards," Al Dosari added.

He added that the key benefits coming from seminars like this included the sharing of common issues of interest, technology transfer and strategic principles.

"The agency is keen to exchange thoughts and suggestions with strategic partners."

Road works around Green Line stations come to an end

WORKS

The Traffic and Roads Agency of the RTA has reported that all road works for the Metro stations on the Green Line have been completed. It added that the Etisalat-Al Nahda Junction has also been opened and will offer access to both Etisalat Station and the multi-storey park-and-ride facility situated at the intersection of Emirates Road and Al Nahda Road. Dedicated bus and taxi lanes have also been constructed at the front-end of the parking terminal.

Engineer Maitha bin Adai, CEO of the Traffic and Roads Agency, stated that these works were aimed to bring integration to public and private transport at the stations. Accordingly, the RTA has constructed all roads leading from and to the Metro stations and linked



MAITHA BIN ADAI

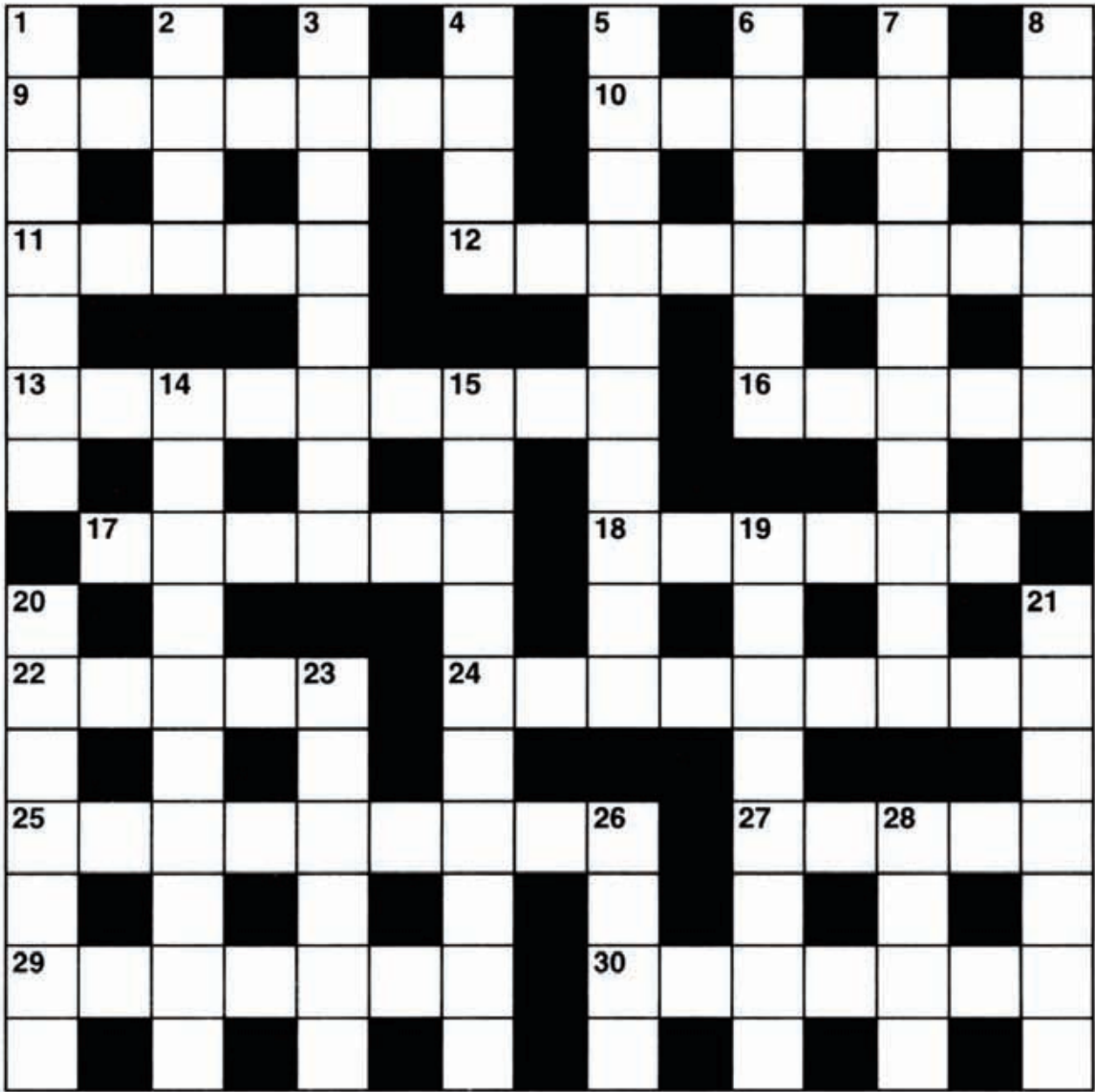
them with other roads in the surroundings. It also provided parking lots for buses and taxis, pick-up and drop-off points for passengers of private vehicles, parking spaces for special-needs commuters, parking areas for motorbikes and paid parking zones.

Signage has been erected on all main and subsidiary roads around stations to direct road users and also to guide pedestrians to stations through safe walkways constructed around stations.



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**
- 9 Formal letter (7) 10 Characteristic of a female (7) 11 Increase in temperature (3,2) 12 Housey-housey house! (5,4) 13 Arrogance (9) 16 British peers (5) 17 Health centre or private hospital (6) 18 Expensive seafood item (6) 22 Multi-layered vegetable (5) 24 Shopper (9) 25 Nasty boil (9) 27 Without rehearsal (2,3) 29 Downloaded digital media programme (7) 30 Native inhabitant of a country (7)
- Down**
- 1 Maybe (7) 2 Scotsman's best-known garment (4) 3 Resign from a post (4-4) 4 Word indicating an action (4) 5 Number of carats representing 100% pure gold (6-4) 6 Force upon (6) 7 Partiality (10) 8 Bike rider (7) 14 Type of engine oil (10) 15 Legal disqualification (10) 19 Cloying sentimentality (8) 20 Idea (7) 21 Defender of the public in Roman law (7) 23 Sweet that originated in Montélimar (6) 26 All singularly (4) 28 ___ Susan, revolving tray (4)

Answers



Autumn pumpkin soup

A perfect autumn comfort food, this soup couldn't be simpler.

RECIPE

Submitted by
Avril-Rose Parker

- Ingredients**
- 1 4kg pumpkin
 - 125g butter
 - 2 finely chopped medium onions
 - 1 cinnamon stick
 - Freshly grated nutmeg
 - Salt and freshly ground black pepper
 - 1.7 litres chicken stock (or vegetable stock)

Method

Cut the top off the pumpkin and

set aside. Scoop out the seeds and fibres and discard. Remove the flesh and setting aside, ensuring you leave 2cm of flesh all around the inside, then roughly chop the scooped-out pumpkin flesh.

Melt the butter in a large pan over a low heat and add the onions. Cook gently for 10-15 minutes until they are golden-brown.

Add the pumpkin flesh, cinnamon and nutmeg, and season to taste with salt and freshly ground black pepper. Increase the

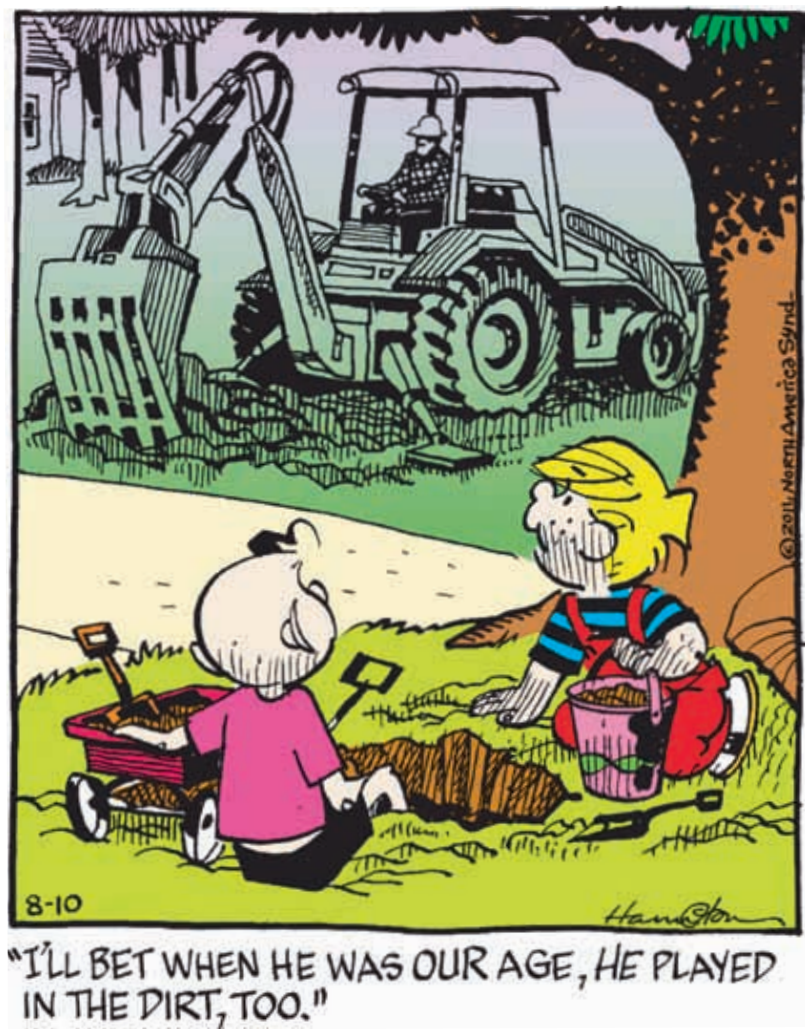
heat to medium and cook for 45 minutes, stirring occasionally to prevent burning.

Add the stock and bring to boil. Remove from heat and allow to cool slightly, before transferring the soup to a food processor then blending until smooth. Return the soup to the pan and simmer gently for a further half an hour.

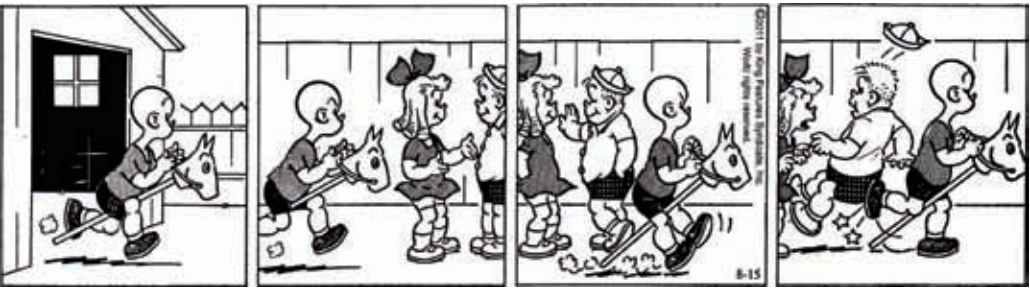
To serve, pour the soup into the hollow pumpkin shell and place the pumpkin 'lid' on top for an authentic display.

Serves
4

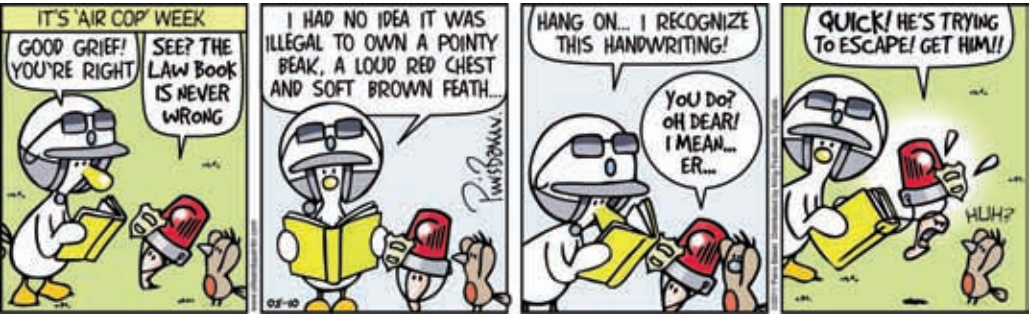
Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I like my job but every now and then I feel so lazy at work. I can't concentrate or focus and sometimes I leave the office exactly the same as I entered in the morning, with nothing done! What should I do?

Read says: Maybe your job role isn't giving you enough to sink your teeth into. This doesn't mean you need to change jobs, but maybe speak to your boss and see if there is more you can do around the office instead of sticking to one task all day. Perhaps a change of responsibilities might give you the boost you need to rediscover your motivation.

Q I have been in Dubai for three weeks and the itching on my skin is unbearable. I have never had any allergies before, so how do I avoid bug bites if that is the issue? I am yet to spot any bed bugs, but if that's the problem what should I do?

Read says: Bed bugs are elusive and usually nocturnal, which can make them hard to spot. Look in dark crevices and fabric seams. Aside from bites, signs include fecal spots, blood smears on sheets, and molts. Eradication frequently requires treatment with pesticide from a pest control expert, but if the infestation is bad the only sensible option is to throw out your bed and mattress.

Q I always see people's pictures or posts on Facebook and just think they look like they are having a much better time than me. I have a good job and am happy, but I just feel like I'm not living my life as much as other people are.

Read says: You need to remember that what people put on social networking sights is an edited version of their life. Of course they are going to post photos and comments about all the good things they do, but only because we all keep the boring stuff to ourselves. If you really feel as if you are missing out on life, though, you should do something about it. Get out there and travel, take a course or start a new hobby, but do it for yourself, not for your followers on Facebook.

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
Eva Longoria

The Burning Question

Three UAE nationals are promoting science subjects within schools after completing a NASA internship. What subject would you like to promote and why?



Santa Luximan

Assistant
JLT

I think that respect is somewhat lacking among many young people today, therefore I would like to promote lessons within schools that teach respect for others. I think this would show them to lead a better life within society.



Tasneem Zisham

HR executive
Bur Dubai

The Internet is such an important part of the world today that I would definitely promote it as a subject in schools. It is important for children to learn how to use it properly and not spend all their time online playing games.



Malick Shabbir

Bilkish associate
Deira

I would definitely like to promote business as a subject within schools. It is a worthwhile thing for children to learn so that they can get better jobs and gain enough business knowledge to support the future of the economy.

Chokkalingam R

Marketing executive
Bur Dubai

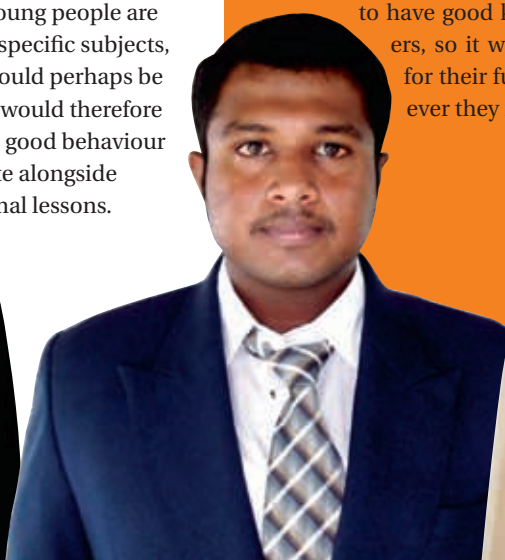
I think that if I could promote a subject within schools, I would like to make children more aware of accountancy. Knowing how to control and balance accounts would definitely be a good thing for their career prospects.



Natalia Belaets

Salesperson
Dubai Marina

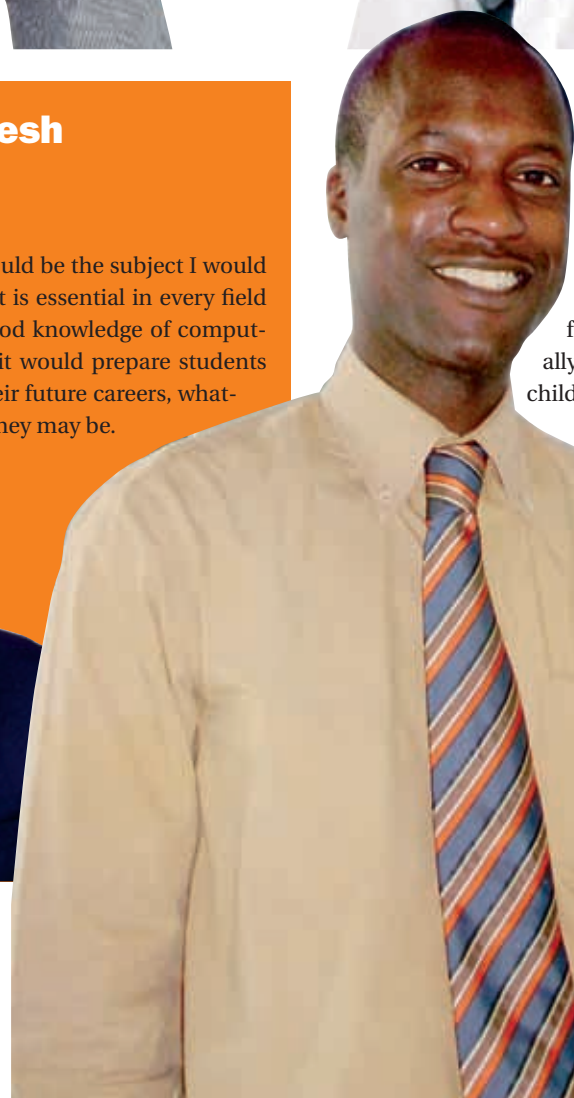
I teach English and history myself and I notice that while many young people are educated within specific subjects, their behaviour could perhaps be improved at times. I would therefore choose to promote good behaviour and etiquette alongside normal lessons.



Mithun Ganesh

Receptionist
Bur Dubai

Computer science would be the subject I would promote in schools. It is essential in every field to have good knowledge of computers, so it would prepare students for their future careers, whatever they may be.



Marlon Weir

Media executive
Jumeirah

I would like to promote art history. It was my favourite subject personally, plus I think it can teach children a lot about culture. I also believe that art makes a person more well-rounded.

Post-it

AUTO

Mitsubishi Pajero 2008 model. Black colour. Only done in 60,000km, full automatic option with sunroof. Single driver used. Only AED 86,000. Call 0559704790.

Nissan Tida sedan, 2011 model, white colour, 29,000km, in good condition. Looking for a prospective buyer. Call 0501513138.

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.

Nissan Sunny 2010 model for sale. Single lady owner. Driven for 15,000km. In excellent condition. Call 0567976504.

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

Car lift services urgently required to commute from Dubai Academic City to Sharjah and vice versa. Call 0552498456.

A part-time cashier female is required at a supermarket in Jumeirah Lake Towers, Dubai. Call 0551023813.

Beautician required at a ladies salon near Khalid Bin Waleed metro station. Call 0567259554.

Cleaning ladies required. Filipinas only. Email wanted.maids@gmail.com or call 0557042979.

Beautician required for a beauty salon near Khalid Bin Waleed metro station. Should have experience in henna design. Young females only. Call 0553696354.

Female marketing manager/executive required for an event management company. Experience is a must. Email CV to ravi@tigermediaandevents.com.

Graphic Designer required. Should be knowledgeable in Adobe PhotoShop and Adobe Illustrator. Call 0507826790.

Lady helper required for a part-time job. Keralite ladies only. In Al Khail Gate, Al Quoz. Call 0552968857.

Sales executive required. Must be smart and dynamic. Should have excellent communication skills. Commission based. Call 0505650201/Email: access.opportunity@gmail.com.

Housemaid services needed for a family in Al Ghusais. Call 0507085331.

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.

Pakistani male seeks job. 3 yrs experience in the UAE. Familiar with software, MS Office. On employment visa. Call 0555946155/Emailmalikjee63@gmail.com.

Indian female seeks job. 7 yrs experience in India in financial services /customer services. Knowledgeable in MS Office. Call 0507295351/emailpreeti.a.shah@gmail.com.

Muslim male seeks job in MEP engineering. 2 yrs experience in mechanical engineering. Call 0553872755.

Graphic designer seeks job. 6 yrs experience. Can do freelance jobs as well. Email dxbcreation@gmail.com.

Male with diploma seeks job . 3+ yrs experience in sales/ marketing in Dubai. Knowledgeable in the sales field. Call 0558583569/ emailaslam.cp786@gmail.com.

Law graduate, Indian male seeks job in corporate-legal/ financial sector. One yr experience. Knowledgeable in litigation, drafting and general consultancy. Emailbedadutta.nag@gmail.com/ Call 0501402937.

Freelance senior software programmer/ web developer seeks job. 10 yrs experience in software engineering and web development. Call 0502212303/emailis-samk@maktob.com.

Experienced executive driver seeks part-time job. Call 0553096274.

Filipina, 26, seeks job as a call centre agent. Owns a bachelor's degree in computer science. Experience in sales and secretarial field. Call 0561432439.

Graphic designer seeks job. 3 yrs experience as a competent designer in Adobe PhotoShop, Illustrator and has a diploma in computer hardware. Call 0505324740.

Indian female seeks job in operations departments, secretarial, documentation departments. Call 0554772602/0554604221.

Indian male seeks job. On valid visa till 2014. 9 yrs experience in general administration, HR & facilities. Call 0507504513/emailbuddy_kalyan@yahoo.com.

Female, 18, seeks job in an administrative department. Can work part-time. 1 yr experience in telemarketing. Fluent in English. Email sana_dubai248@hotmail.com /0551842290.

Electromechanical engineer seeks job. 2 yrs experience in sales and maintenance. On a visit visa. Call 0552194343 or email ehab.abuajmia@yahoo.com.

Indian male seeks job. Holds MBA, B.com. 2 yrs experience in India. Call 0558476954.

Accountant seeks job. 4 yrs experience in Financial Accounting. Knowledgeable in payables with Oracle Financials (ERP) & MS office. Email isa_khan919@yahoo.com.

B.com Indian seeks job. 5 yrs experience in Tally and Quick books. Call 0556581295.

Indian male with BSc /MBA seeks job. 7 yrs experience in sales and office admin works. Knowledgeable in software. Call 0558554008/email: syed200777@yahoo.com.

Pakistani male seek job as PRO. 3 yrs experience. Fluent in Arabic. Knowledgeable about immigration, labour and Dubai Courts works. Call 050-2008925 or e-mail: ibrahimpasha41@yahoo.com.

IT professional seeks job as IT manager. 6 yrs experience using MS VISIO, MS Active Directory, etc. valeednaem@gmail.com, 0553279257.

Female seeks job in administrative/sales and marketing field. 5 yrs experience in UAE. Valid UAE driving licence. Call 0505041950.

BCom graduate seeks job. 4 yrs experience as an accountant. Knowledgeable in accounting software. Call 0558279080/emailshamshamirchi@gmail.com.

Computer graduate seeks job in Dubai. 7 yrs experience as technical support executive. Call 0557851434.

SERVICES

Car lift services available from Sharjah National Paints to Etisalat metro station. Morning timings only. Call 0504605575.

Professional moving, shifting & goods delivery services available at low charges. Call 0558630234.

Babysitting services available in Karama (Behind Sukh Sagar). Call 0558012027/0507921824.

Experienced babysitter available in Ajman. Good with children. Call 0507749214.

Tutoring lessons available in Sheikh Colony, Qusais near metro station. For science and mathematics up to grade 12. Call 0502132942.

Tutoring lessons available in Al Twar near Star International School, also available special tutoring lessons in Mathematics. Call 0559986797.

Tutoring lessons available on all subjects from KG1 to Grade 8 in Karama behind Sukh Sagar. Call 0558012027/0507921824.

Affordable/professional Filipina cleaners available. House cleaning; cleaning of standard rooms to babysitting. Emailmaids.uae@gmail.com /call 042511882/0557042979.

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.

PERSONAL

Wallet, black colour lost in Jumeirah area, near Cooperative supermarket on Oct. 4, 2011 between 6.30-7pm. Also lost is national ID, labour card, driving licence, etc. If found please call 0507981606. Thank you.

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

Massage therapist. Seeks part-time job. For more info, call: 0556910247.

ITEMS

Sofa bed available for sale. It is 2 yrs old. In very good condition. It comes with storage space. Price AED350. Call 0504605575.

WestPoint cooking range available for sale. One year old. In very good condition. Price at AED450. Call 0504605575.

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

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

Canon 60D/18-55mm lens. Brand new. For 4,100AED. Price not negotiable. Free 4GB memory card/ carry case. Call 0508446279.

ACCOMMODATION

Bed Spaces available for rent. For Filipinas only. In Al Jafliya, near Malabar grocery store. Rent 520AED/550AED. DEWA included. Call 050129053.

Bed space available for rent. To Filipinos only. Rent 600AED excluding DEWA. Near Al Rigga metro station. Call 0558343969.

Bed space available for rent. Keralite working ladies only. In Bur Dubai near Khalid Bin Waleed metro station. Call 0509747807

Fully furnished bed space available for rent. Kerala executive bachelors only. Near Al Rigga metro station/Deira, Dubai. Wireless internet available. Call 0505145974/0508753153.

Roommate required in a fully furnished studio flat in Scala Tower Business bay. Near Radisson Blu Downtown Hotel. DEWA / Internet Inclusive. Call 0557869458.

Bed space available for rent near Union Metro station for Executive Keralite bachelors only. Call 0558121336.

Bed space available for rent. Keralite executive bachelor only in Deira, Al Barha. Internet available. Reasonable rent including DEWA. Call 0502663846/0559981347.

Bed space available for rent. Executive Keralite Bachelors only. Near Al Rigga metro station. Call 0506762979.

Spacious sharing bedroom available for rent. Executive Bachelor only. In Al Qusais behind the Al Nada metro station. Rent 650AED +DEWA. Call 0559567123.

Partition/single accommodation available for rent. Wanted for bachelor only. Should be working/studying. Call 0507469047.

MISCELLANEOUS

Ethnic, handmade and trendy accessories available for sale at the best price. Call 0502351597.

Sports goods available for sale. Cheap prices. For more information call 0555143904/0552498456.

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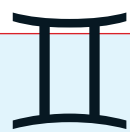
ARIES
(MAR 21 - APR 20)

You may be entering a new and exciting period within your personal life. While the temptation is to let your imagination run wild and get caught up in the rush of it all, keeping a sense of reality will, in fact, help the relationship blossom even quicker.



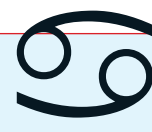
TAURUS
(APR 21 - MAY 21)

Now could be the ideal time to straighten out some of the jagged edges that have been bothering you lately. This could mean taking action if you are unhappy at work or feeling worn out by the stresses and strains of daily life. Don't be afraid to delegate tasks.



GEMINI
(MAY 22 - JUN 21)

A close friend or partner could appear resentful of your social life, however you may be feeling pressurised by your social circle to spend even more time with them. Good time management is essential and remember, you can always say no to an invitation.



CANCER
JUN 22 - JUL 23

Your work-life balance may be in desperate need of some careful attention, have you been working too hard and not been getting enough rest recently? If so, make some time for yourself and don't feel guilty for being away from the office for a change.



LEO
(JUL 24 - AUG 23)

If you put your mind to it, you may find that now is an ideal time to absorb fresh and exciting knowledge or pick up new skills. However, ensure you take good care of files or documents; they may not seem important now but you will need them in the future.



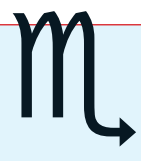
VIRGO
(AUG 24 - SEP 23)

Your communication skills will start to come in handy where a family member is concerned. You understand that it might not simply be a case of getting along with people and listening, but also offering them advice in a way that they will genuinely appreciate.



LIBRA
(SEP 24 - OCT 23)

You have been sticking firmly to your plans recently, which may have seemed slightly out of character due to your often-indecisive nature. Feedback from others about this change may be negative, but your new determination will see you succeed in the face of adversity.



SCORPIO
(OCT 24 - NOV 22)

It may start to appear that you cannot avoid a tricky subject any longer. However, you will be pleased to find that the thing you have been dreading discussing has been playing on the other person's mind as well. The relief from both sides will clear the air instantly.



SAGITTARIUS
(NOV 23 - DEC 21)

You may find yourself seriously considering your options when it comes to future career plans. Take time to think things through carefully rather than charging in head-first. And remember, those closest to you can always be trusted for their honest opinions.



CAPRICORN
(DEC 22 - JAN 20)

If it has been a while since you spent some quality time with family, maybe now is the time to pick up the phone and arrange a visit. You have been focusing on your various responsibilities and may have overlooked the need for some much-needed family time.



AQUARIUS
(JAN 21 - FEB 19)

You could find yourself involved in some formal or legal discussions, in which you may have to take an unplanned prominent role. It could work out positively in your favour though, as influential people may start to notice your individual qualities.



PISCES
(FEB 20 - MAR 20)

This is the perfect time to plan some exciting trips or adventures. Exploring places of natural beauty or jetting off for a well-deserved short break could help you rediscover your equilibrium, which seems to have felt slightly out of balance recently.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 th	17 th	18 th	19 th	20 th	21 st	22 nd
						
Sunny	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
High 34C	High 34C	High 34C	High 34C	High 33C	High 33C	High 32C
Low 29C	Low 28C	Low 29C	Low 28C	Low 30C	Low 29C	Low 28C
Humidity 48%	Humidity 47%	Humidity 44%	Humidity 46%	Humidity 48%	Humidity 48%	Humidity 49%

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

COMING UP THIS WEEK



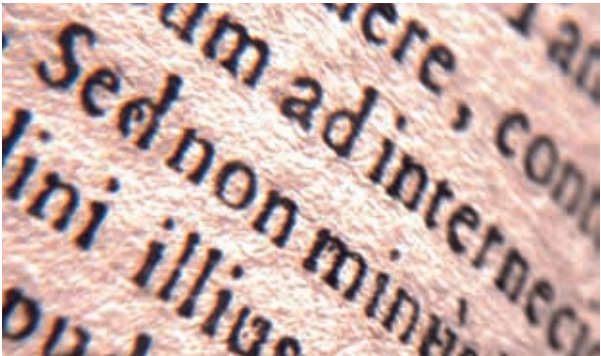
TODAY
Just over 40 years ago, the race to space culminated with the Americans landing a man on the moon. Since then, not much seems to have happened by way of sub-orbital flight. Readme.ae figures out what has been going on behind the scenes all these years, and looks forward to the future space tourism industry, which will be spear-headed by Virgin Galactic. Reach for the stars.



MONDAY
Read. was invited along to Dubai Autodrome to test drive the one-of-a-kind Rolls-Royce Phantom 102EX electric car. And Readme.ae tagged along with the video camera to find out if our writer, Lucy Torchia, could handle the beast, especially as she had never driven either a luxury or an automatic car ever before.



TUESDAY
While rumours abound that another Hollywood power couple, Ashton Kutcher and Demi Moore, are going their separate ways, Readme.ae takes a look at other power couples from the entertainment business, like “Bennifer”, “Brangelina” and “TomKat”, and assesses if it was ever possible to predict the longevity of their unions.



WEDNESDAY
It is not only animals that can become endangered nowadays; languages can be too. Languages like Latin have disappeared, while others, with only a handful of living speakers across the world, are in danger of extinction. On Wednesday, we will profile some of the languages that are going the way of so many languages before them.



THURSDAY
Music is a part of everyday life thanks to the radio, music television and the iPod. Everybody has a preference for a certain type of music, but some songs are just more successful. Do you know the greatest-selling singles of all time? Find out today on Readme.ae which songs have sold more units than any others.



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



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