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JULY 8-14, 2012 | Issue 56

Read.

**WIN A LUXURIOUS
SPA TREATMENT
AS PART OF DUBAI
SPAS 2012.**

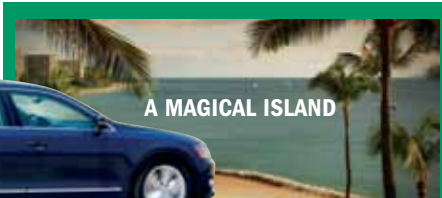
DETAILS ON THE READ. FACEBOOK PAGE.

PASSAT FOR THE PEOPLE

The new Volkswagen Passat offers all the qualities of a well-built German car for the economical price of a Japanese saloon



A MAGICAL ISLAND



WEAVING A STYLE WEB

The two hot young stars of *The Amazing Spider-Man* prove that looking good and dressing well comes easily to them off-screen



GETTING SNAP HAPPY

How one new photography competition offers Dubai residents the opportunity to see their work displayed publicly for all to admire



Happy families

Simple ways to maintain a peaceful approach to parenting



Health | Fitness | Film reviews | Entertainment | Cars & gadgets | Community | Listings

Please take
this copy
along with you.
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Dubai Metro
Dh200 fine.

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Read. Poll

Are the best things in life free?

- Yes
- No
- I don't know

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Are the current exchange rates of most currencies good or not?



Letters

Email: letters@readme.ae

A selection of the letters we've received this week. Write in to have your say.

✉ Dear Read., I would like to share my experience with the Dubai Metro, especially for those who suffer from being overweight. Before I started using the Metro, and because I have a car, there was no need for me to walk anywhere or use extra energy. Day after day I had no exercise as I was using my car to go everywhere, and I became a very fat lady who couldn't find her size in the shops. When I started suffering from heart palpitations I realised that it was time for me to stop using my car and use the Metro. In the last six months since I started using the Metro, I've lost more than 25 kgs. Can you believe it? Even I can't! But it is true. All the people around me are surprised how using the Metro has helped me. The daily practice of walking 45 minutes from my home to get the Metro, walking inside the station to change from Green to Red Line and disciplined food control has helped me lose weight and look younger and better than ever before, without wasting my money on an expensive gym or following a rigorous diet programme. I really encourage all to do the same as I have and I guarantee you will not regret it!

Zinab

Congratulations on the weight loss and new healthy lifestyle. Your success story can hopefully be an inspiration for the many people



USING THE DUBAI METRO CAN MAKE FOR HEALTHY LIVING

that struggle daily, but see no way of overcoming their weight problems. Keep up the good work!

✉ Hi Read., Just a note to let the readers know that Atte Miettinen recently completed the Seven Summits Mountaineering Challenge and is back in the UAE. Not only has Atte made Finnish mountaineering history by being the first person to do so for his native country, but he's also become the first person living in the UAE to accomplish the Messner Seven Summits List—a

more technically difficult mountaineering list than any other Seven Summits List because he climbed and summited Carstenz Pyramid (4,884 metres). We are all happy and relieved he's finished his expedition safely and are pleased to have him home.

Delanii Kerai-Miettinen

Thank you for the update. We're delighted to hear of Atte's success, as we're sure our readers are, and glad he had a safe, successful and history-making climb.

My Metro life

Avni Chotai
Student, Oud Metha



This is my second year in Dubai. I had visited

Dubai many times before I began living here and used to see the Metro under construction but never thought I would be using it in the future.

It was my second day in college and my friends wanted to hang out, but my grandparents had come on the same day so I wanted to spend time with them.

I had never travelled alone in the Metro, I was always accompanied

by my friends, but this time I had to travel alone. Thus, by following the signs, I walked to the DIFC station and my journey on the Metro was amazing.

Because of its great management and security I felt really very comfortable. I am also impressed that most of the men give preference to women for the seats.

I am now so habituated with the Metro that, in spite of having a driving licence, I still like travelling by the Metro because it's so convenient and a really fast mode of transport around Dubai. I am proud to use the Dubai Metro!



Tell us about your experiences on Dubai Metro. Send your story to mymetrolife@readme.ae for the chance to appear in an issue of Read.

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TUJI DAVID



HABIBULLAH



K.V. NARAYANAN



JAY COLINA



JOMS



HITESH TAILOR



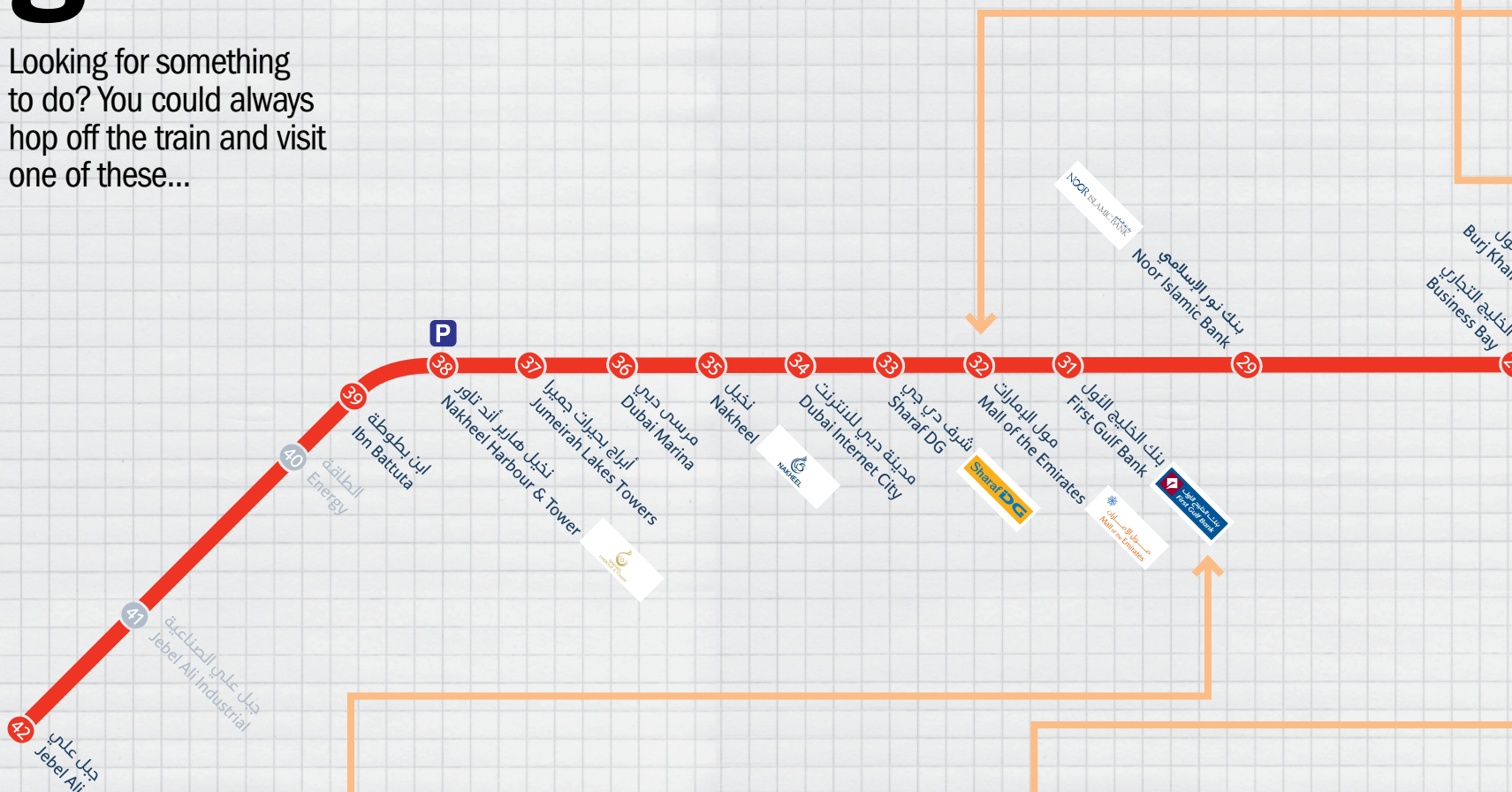
MUTHU MATTUMMAL



MUSTHAFA AT

Station by station guide

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



Build

JULY 13
7.30PM - 10.30PM
THE JAMJAR, AL QUOZ

Build events endeavour to raise awareness and extend support to communities around the world needing a helping hand to re-build their lives. This inaugural event, taking place at the jamjar will see various artists from across the UAE B-boy and street art scene come together for one exciting evening to provide a programme of battles and performances like no other.



When The Lights Went Off We Saw

UNTIL OCTOBER 24
THE PAVILION DOWNTOWN DUBAI

Sara Naim's recently-opened debut solo show, *When The Lights Went Off We Saw*, promises to be an insightful and thought-provoking exhibit featuring a photographic series that focuses on light to reveal hidden images that would otherwise not exist. Each of Naim's photographs is an enlargement of a photographic negative that was over or under-exposed and interrupted by light leaks, revealing forms that would otherwise have remained unnoticed.

TO FEATURE YOUR EVENT,
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Urban Epidermis



**UNTIL
SEPTEMBER 1
TRAFFIC,
BARSHA**
This solo
exhibition by
artist Vikram
Divecha explores
the relationship

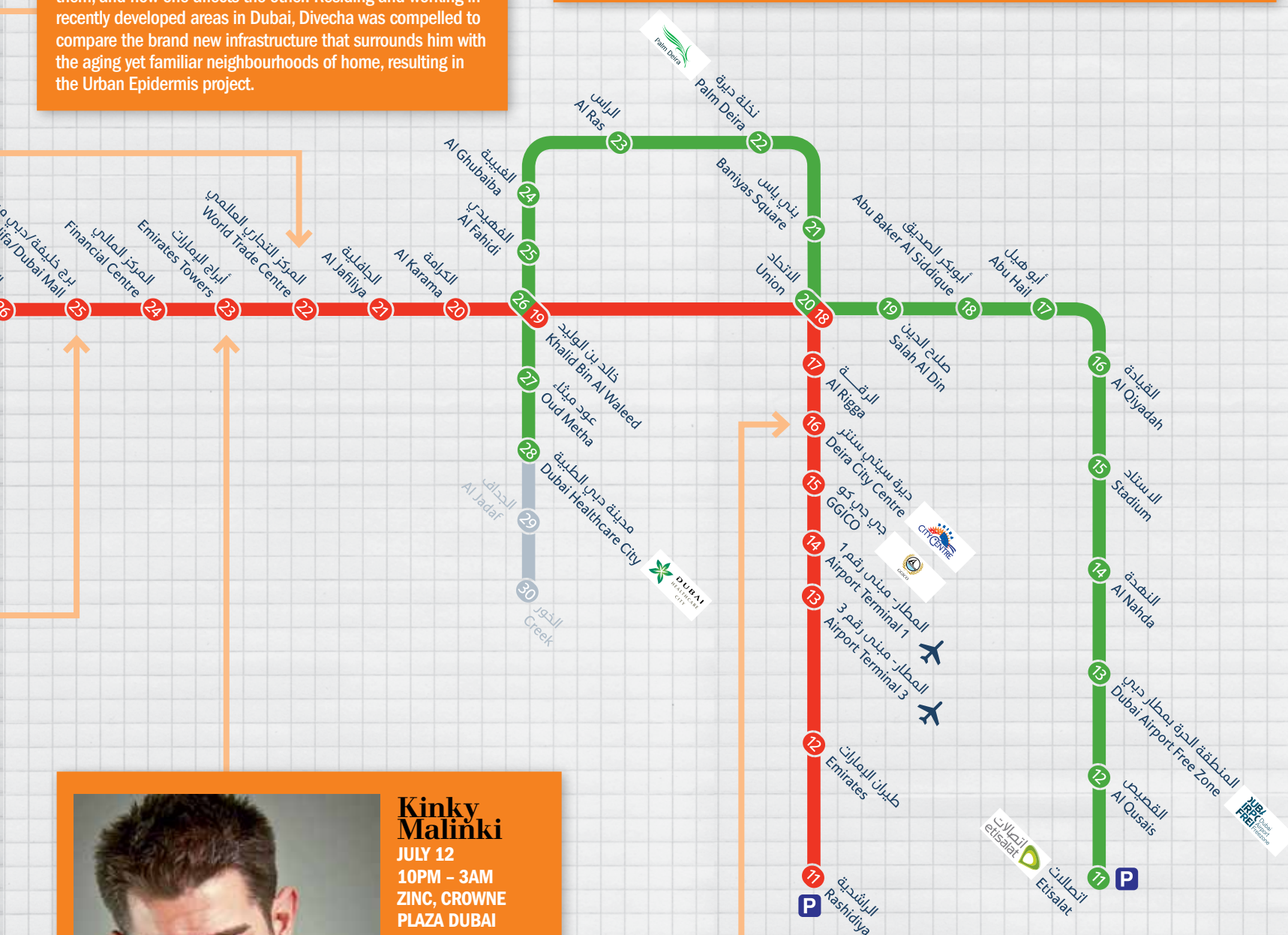
that people have with the urban environment that surrounds them, and how one affects the other. Residing and working in recently developed areas in Dubai, Divecha was compelled to compare the brand new infrastructure that surrounds him with the aging yet familiar neighbourhoods of home, resulting in the Urban Epidermis project.



Modhesh World

**JUNE 14 - AUGUST 25
DWTC**

Located at Dubai World Trade Centre and considered one of the largest indoor edutainment theme parks in the Middle East, Modhesh World is a highly anticipated family destination during the summer and this year is open to visitors from June 14 to August 25, 2012 during DSS, the holy month of Ramadan and Eid Al Fitr. Modhesh World offers its visitors more than 40 entertainment zones, in addition to international character shows for all nationalities. It receives around 500,000 visitors every year from across the region.



Kinky Malinki

**JULY 12
10PM - 3AM
ZINC, CROWNE
PLAZA DUBAI**

At the end of a hard week's work, what could be a better way to unwind and let off some steam than gathering up a group of friends and dancing the night away to the beats of top house DJs Grant Richards, Greg Stainer, Andy Swift and Mister Ash? Kinky Malinki

has long been known as one of the hottest house music nights in London and now it's Dubai's turn to join in the fun as the evening arrives in our city for the season closing party at Zinc. Free entrance all night for ladies and facecard holders, free entrance before 12am for men, Dh100 after.



LOVE Art for the community

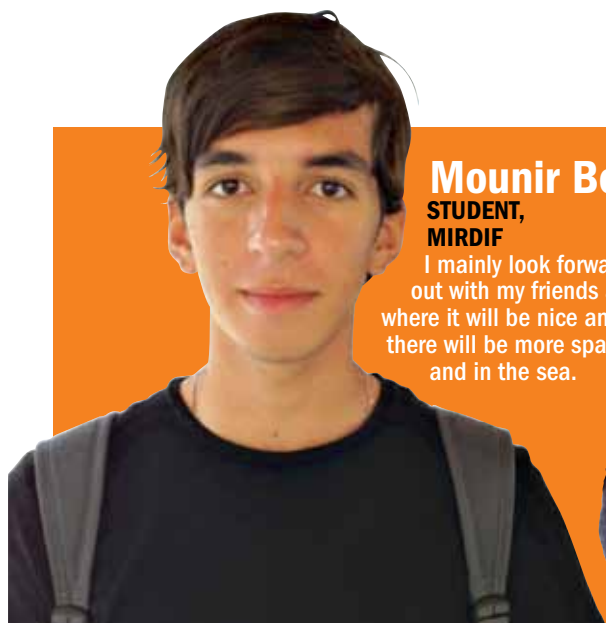
UNTIL JULY 14, DEIRA CITY CENTRE

Take a walk by the Bridge Gallery, in the Metro Link area of Deira City Centre, and check out a couple of 3D hearts made from a mosaic of photos. The latest feature in the mall's LOVE Art for the community programme promotes arts and culture within the local community, through the display of work from local artists and showcasing the

community's heartfelt support. The 3D hearts are decorated with Deira City Centre Facebook Fans' photos. Fans had to depict a heart in any shape or form, take a photo and submit it for inclusion in the 3D hearts.

The Burning Question

Q As people start to head out of Dubai for the summer, what are you most looking forward to about in a quieter city?



Mounir Bourayou

STUDENT,
MIRDIF

I mainly look forward to hanging out with my friends at the beach, where it will be nice and quiet and there will be more space on the sand and in the sea.

John Vinod

INTERIOR DESIGNER,
DEIRA

I usually go to Fujairah when Dubai gets quieter, so I can enjoy the beach without such big crowds around.



Ian McKenzie

ROYAL NAVY,
DUBAI CREEK

The heat of Dubai in the summer doesn't bother me luckily, but I suppose I do quite like the fact that shopping gets easier because there's less people, and the roads are also quieter.



Mohammed Attia

RECEPTIONIST,
JLT

I quite like going to the shopping malls when it's quieter during the summer. Since a lot of people are away on holiday, it's much less crowded.



Makarios Kamusoi

CLUB SECURITY,
SATWA

During the summer, the club I work at closes, so I enjoy working less hours. There is also less traffic on the roads, which can only be a good thing.



Sunitha Anil

BUSINESS DEVELOPMENT EXECUTIVE,
DISCOVERY GARDENS

During the summer months, when it's quieter in Dubai, I mostly enjoy staying at home with my kids and spending time with them while they are on their school holidays.



Donia Salem

STUDENT,
JLT

I like going to the pool during summer as it makes you feel good to get in the cool water. I also enjoy the fact that I don't have to study and can spend time with my friends.



What's happening this week on **readme.ae?**

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

Coming up this week



TODAY

More than two centuries have passed since humans first started using engine-driven devices to do work. From the first steam locomotives to today's petrol/electric hybrid cars, our development of motorised transport has had a parallel string of innovation. There's a sea of fuel-saving devices on the market, and while most of them sound great, many offer little—if any—benefit for what they cost.



MONDAY

These days, it's easy to get caught up in the pre-release hype surrounding the hottest new gadgets. Some devices look like they'll be duds even before they launch. Here are five that never quite made it.



TUESDAY

The inventor's best friend (or worst enemy) is the patent system. If you're the first to come up with an idea, it's yours. Learn about patents and trademarks to keep your inventions safe.



WEDNESDAY

Did you know that, on this day in 1821, the United States took possession of its newly bought territory, Florida, from Spain? Find out what else happened on this day throughout history.



THURSDAY

Over the last 29 Olympics, there have been more than 12,000 medals handed out to victors. However, these top 10 Olympians represent the crème of the crop, winning the most gold medals.



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.

Facebook chatter

Here's what you have been saying on the *Read*. Facebook page.

(Responses only edited for length)

How far should we accept technology in shaping our world?

Well, many of us including me really wants to have a baby, unfortunately not all are blessed to have one, and this technology helps somehow, i think we should think of it, there's nothing wrong in embracing technology as long as we will not go beyond and still believe that God is still the source of everything.

—Honey R-J

Test tube babies are alright but cloning doesn't sound too good, coz there can be adverse effects. After all our differences make us special. =)

—Fatimah Azkiya

Who do you think the greatest sports team has been and what earns them that title in your eyes?

Miami Heat has been the greatest sports team(NBA) for this year.

—Czar Johnlloyd Alde Portugal

Do you think that Hollywood stages weddings with contracts to keep stars in the limelight?



WHO IS THE BEST SPORTS TEAM?

Relationship is nt all abt respect. There are things relationship must comes with. A lot of attention hav paid to them. Most of there problem we base on issue that can be settle than di.

—Oyetunji Tunde

Hollywood love stories are for REEL and never for REAL

—Clen David

Older Hlywud supstrs wedins r just 2 keep dem in d limelight, whilst yungr hlywud supstrs wedins r fr fame and mor conctrcts for movies.

—Calvin Nazareth

Hollywood is all about being in the limelight... be it family relationships, working relationships or weddings.

—Tasneem Anwar



TOM CRUISE

Tea time on the Metro

Taiwanese tea-making favourite Share Tea opens its first UAE outlet at the Deira City Centre Metro Station.

STORE OPENINGS

Share Tea, the Taiwan original, has opened its first outlet in the UAE at Deira City Centre Metro Station. The authentic and renowned Taiwan Pearl Milk Tea brand, established in 1992, has since expanded to over 180 stores worldwide, including Taiwan, Singapore, Hong Kong, the Philippines, China, Malaysia, Macau, Brunei, the United States, Australia and the UAE, and is still expanding.

Starting out as one of the pioneers of developing Pearl Milk Tea, Share Tea has gained a very strong base of loyal fans in 20 years.

With over 40 drinks, Share Tea is most loved for its Classic Pearl Milk Tea drinks and is consistently moving with consumer demands, going from milk tea products to all-natural fruit tea, as well as other specialty beverages like Rock-Salt Cheese drinks, Yakult drinks and ice-blend-



THE SHARE TEA OPENING CEREMONY AT DEIRA CITY CENTRE METRO STATION

ed or flavoured fresh milk. All Share Tea beverages are made from the finest ingredients that are 100-per cent fresh, natural and healthy. With no preservatives or any artificial flavoring or colouring added, one can also adjust the sugar level so that each cup is filled with vitamins and all-natural antioxidants to give you delicious drinks that are authentic and healthy. Natural quality tea leaves are freshly brewed and real fruits are freshly squeezed to ensure the best quality and freshness.

Head over to the new Share Tea shop at Deira City Centre Metro Station, near exit four, to try the passion-fruit green tea Yakult or the Strawberry ice blend with lychee de coco.

Shine Shine Shine

By Lydia Netzer

BOOKS

What is normal? This is the question asked by the protagonists of Lydia Netzer's debut novel, *Shine Shine Shine*, which focuses on Sunny's desire to be, more than anything else, normal.

Bald since birth, she must always wear a blonde wig, while her husband, a brilliant Nasa scientist called Maxon, is socially clueless, often having to refer to algorithms in order to work out how to respond to compliments. What's more, their autistic son must always wear a helmet as he consistently bangs his head on walls.

Despite the slightly bleak precedent, this is a funny and entertaining read, full of charm and beautifully written. The characters navigate problem after



problem, from Sunny enduring a car crash to an accident occurring on Maxon's mission on the moon. The marriage is in danger of imploding, and Sunny does everything she can to save what little hope there is, and return the family back to "normal" life. But the question that must be answered is: can "normal" work for this extraordinary family?

If you like this then you could try...

The Red House by Mark Haddon

An inventive novel about the modern family, this book follows Richard, a wealthy doctor, as he invites his estranged sister, Angela, and her family to join him for a vacation. Richard has just re-married, and Angela is wife to a feckless husband, setting the stage for seven days of black comedy about resentment and guilt.

Living Things

Artist Linkin Park Label Warner Bros.

ALBUM

★★★★☆

Given that they've been well in the public eye since the release of their debut album, *Hybrid Theory*, in 2000, Linkin Park have had one of the most stellar careers of any modern rock band. But while their original work fused nu-metal with a healthy dose of rap, their latest release, *Living Things*, is the culmination of a decade's worth of experimentation with alternative rock and electronic sounds.

It's a far cry from the old *Hybrid Theory* days, though there are some references back to them. This much is obvious from the album's lead single, *Burn It Down*, which sees thoughtful lyrics from rapper and producer Mike Shinoda, and a powerful, screaming chorus from lead singer Chester Bennington. However, it's still as radio-friendly as anything else that the band have put out.

The same can be said for tracks such as *Lies Greed Misery* and *Victimized*. There's no way that these tracks would

have appeared on *Hybrid Theory*, but it's easy to see the evolution. What's more, the opening track, *Lost in the Echo* is full of energy, offering a feeling that the band have really become comfortable in their new skin.

But none of the new ideas feel as if they're given sufficient time to develop. Each track is made into an easy-to-digest and predictable three-minute tune. There's no doubting that this is a talented band, but it'd be nice to see them do something more with their skills.



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- High Resolution 3.0" LCD Screen (460k dot)
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- 360° Motion Panorama
- Full HD movies and photos

FINEPIX Z110



AED **599 only**

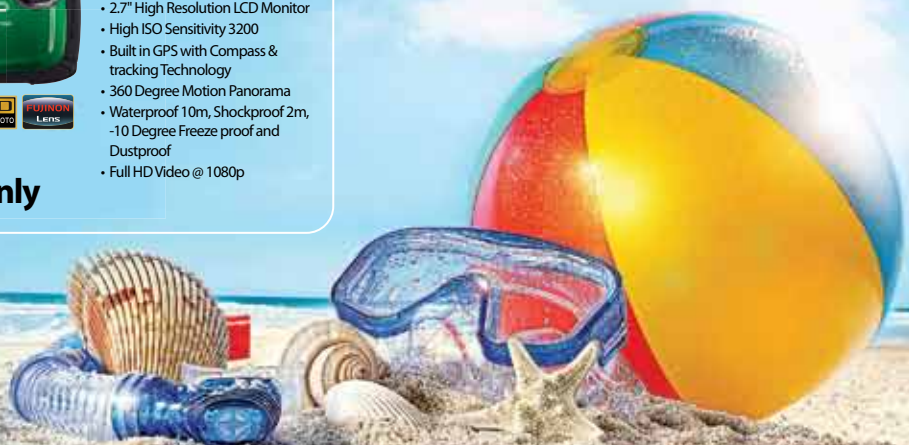
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FINEPIX XP150



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Email: photography@grandstores.ae **www.grandstores.com**

Wrapping up the surprises

As another successful edition of Dubai Summer Surprises (DSS) comes to a close this week, the festival aims to finish on a high.

Juggling group thrills mall visitors

Since family entertainment is an important element of the festivities during DSS, the ongoing edition's mall entertainment activities are certainly living up beyond expectations. Part of the must-see shows running in various malls is that of the fantastic juggling group from the Czech Republic. Hailed by many as the best jugglers in the Czech Republic, the five group members display their talents and skills in every show.

First seen in Dubai Marina Mall, the group was a sight to watch, thrilling huge crowds of both children and adults who were amazed by the jugglers' skills. Using various props such as balls, clubs, rings, and unicycles among many others, the five jugglers are providing an entertaining and amusing programme for the audiences.

Catch them perform three times a day in malls such as Dubai Marina Mall, Arabian Centre, Ibn Battuta Mall and Deira City Centre.



City kids get green-fingered

This summer, Modhesh Friends Club continues to offer an enriching experience to its young members as teachers share a wealth of knowledge with students attending the Gardening Class—one of the many educational workshops being offered by the club.

Studies have shown how gardening teaches children social skills, patience, cooperation, teamwork and the ability to focus. Children can be seen slowly gaining self-confidence and a sense of independence, along with new skills and knowledge in growing food. For instance, 10-year-olds Meera and Khawla (pictured) enjoy working closely as they look after the plants which they were assigned to grow and nurture.

The gardening class also teaches the young learners about the importance of nutrition, as well as basic organic farming practices to encourage them to practise healthy living at an early age by choosing nourishing foods over junk food.

Based at Modhesh World at Dubai World Trade Centre, the Modhesh Friends Club has development programmes, field trips, classes and different types of workshops which allow children to interact with their peers and use their summer vacation to learn new skills.



MEERA AND KHAWLA GO GREEN

A place for friends

For the very first time, and as part of DSS 2012, the Middle East is witnessing the live staging of *City of Friends*, one of the fastest growing television children series from Norway.

The characters and stories are uniquely based on bedtime stories created by Carl Christian Hamre for his young son. Inspired by his day-job as a special forces police officer in the Norway State Police, Hamre recreated stories from his daily adventures working with the emergency services.

This DSS, Dubai is meeting the main characters from *City of Friends*. Max the monkey is the city's newest police recruit and chief mischief-maker. He rides a blue scooter and the children in the city think he is the coolest and funniest guy around. Max is always on hand to help out even when things go a little wrong, along with Elphie—an elephant that is bubbly, adventure-loving and extroverted. Her impressive trunk and its water-shooting abilities make her a natural fire-fighter and an integral part of the fire services in *City of Friends*, while Ted (a teddy-bear and the resident paramedic) is always on hand to help out when needed and is one of the city's most popular and caring characters, providing a great comfort to people in need of reassurance—or just a cuddle.

The live family show, taking place in Star Atrium of the Dubai Mall, has seen these loveable characters win the hearts and minds of the audiences, especially with exciting dance numbers and original songs—some of which were written specifically for the Middle Eastern children to enjoy.

City of Friends will be charming kids and parents alike at the Dubai Mall until July 8.



HUDA MOHD JOINS IN THE FUN

Modhesh World delivers on excitement

Modhesh World continues to bring joy and excitement to families and kids this summer as it presents many endearing characters that parade around the largest indoor theme park in the region. Five-year old Huda Mohd (pictured) from India completely agrees, saying, "It's my first time here. I love the walking characters and I had an incredible time jumping on the giant bouncy castle."

Charlie Chaplin Tap Dance

DSS has rolled out another new and exciting show for shoppers. Recently spotted performing at Oasis Centre was the touring dance show titled *Charlie Chaplin Tap Dance*. This dance programme, especially choreographed for DSS, can be seen in different malls, including Ibn Battuta Mall and Dubai Festival City.

The 30-minute show pays homage to the legendary Hollywood actor Charlie Chaplin and his comic and entertaining character. With more than 10 mixes of dance sets, the show recently set the merry mood at Oasis Centre where shoppers stopped, took photos and videos, and watched the programme from beginning to end.

Charlie Chaplin Tap Dance is being performed by 13 professional dancers hailing from Slovakia. The dancers have been trained in various dancing techniques, while some also have theatrical backgrounds as well as experience teaching tap dance. Showing off great dancing and acting skills, the performers do not disappoint and amazed the crowds with their skilled performances.

Aside from this dance treat to delight and entertain shoppers at Oasis Centre, the interesting sales and shopping promotions provided further entertainment and surprises for the mall visitors.

Oasis Centre also bore witness to the announcement of the winners of the ongoing DSS mega draws, including the weekly raffle draw by the Dubai Shopping Malls Group and Enoc.



Keeping the peace

How to maintain a cool head and a strong stance when it comes to parenting.

Being a parent is one of the toughest jobs in the world, but knowing how to settle a storm before it starts could make life a little easier for all the family. When your child threatens to kick off into a temper

tantrum, staying calm is easier said than done. However, there are some tried-and-tested methods which can prevent squabbles before they escalate, while maintaining your position as the authority figure of the household. Read on for a few handy tips on peaceful parenting.

Just the two of us

If you have more than one child, getting your attention can often be the root of fights. To avoid this, try to spend one-on-one time with each of your children; doing a fun activity together or watching a movie that you can both enjoy. The children will soon understand that they all get their fair share of your love and attention, meaning jealousy should subside and inter-sibling warring should ease away. Time you spend together as a whole family should be precious, so use this as a chance to reinforce good behaviour and praise your children for a great day spent together. While threats are never an advisable form of discipline, knowing that the chance of 'family-time' could be affected—or even cancelled—by bad behaviour should cause children to think twice about playing up.



Plan ahead

Asking a child to do chores, switch off the computer, or do their homework can often trigger a row. In order to change any behaviour it is necessary to first come up with a plan. If bedtime is at 8pm, for example, map out what needs to happen in the time beforehand in order to get there with as little hassle as possible. Approaching it like a school project, and asking for the child's input, can turn rule changes or new routines into something kids can understand the concept of. Listen to their input and agree to work out a solution together. If a child feels their opinion is at least being heard, they are more likely to go along with what you suggested in the first place.



Keep it up

Any changes in routine must be maintained in order to avoid a relapse. Changing the rules from week-to-week will confuse any child and make them more likely to rebel when you suggest yet another rule change. Parenting is a learning curve for both the parents and the kids, but with consistency and cooperation tantrums can be avoided. It's natural that you will disagree with your children or they will squabble among themselves, however knowing exactly where the boundaries lie will make asserting your authority easier and less stressful for everyone involved.



Step-by-step

It is important to remember that, at the end of the day, children are children. Attempting to tackle too much at one time is likely to cause them to feel overwhelmed, which in turn will trigger tantrums borne of frustration. For instance, asking your child to clean their room, do the dishes, have a bath then go to bed will sound like one long list of demands. Try to break things down into small chunks that the child can cope with easily rather than hurl orders at them.

Stop yelling

If the children are fighting with each other or disobeying what you have asked them to do, many parents' instant reaction will be to yell at them. However, the sound of your shouting will eventually become background noise to the child and your words will not sink in. Rather than yelling, try to calmly remove whatever is causing the problem. If siblings are squabbling, gently lead one into a separate room and ask them in a calm voice to stay there until you say otherwise. It is also worth bearing in mind—for older children particularly—that many children find it difficult to communicate without getting embarrassed or frustrated. Why not try using text or IM as a way to chat about any issues? They may feel more able to share things with you, and—in turn—they will be able to hear your comments in a calm and measured fashion rather than a shouting match.



Job well done

Praise is one of the things that the majority of children thrive on. When a child has done something well we are likely to praise them, which ultimately makes them feel good about what they have done and more likely to repeat the behaviour in future. However, praise should also come for small steps or slight changes in behaviour. If a child offers to share a computer game with their sibling rather than fight over the controller, a simple comment such as, "I'm really proud of the way you shared your game just then" will act as a positive reinforcement.



Caught in a moment

Residents of the UAE are being challenged to a photography competition that involves a summer theme.

There's no denying that creating long-lasting memories is made much easier when you capture them on camera. You open up the lens, slow the shutter speed, point and click. What you're left with is a moment in history that you may never be able to physically relive, but you have a physical copy of that fleeting instant with its own story that only a limited number of people might understand.

They say a picture is worth a thousand words. Now, your frozen moment in time could be worth much more than words if you enter More Café and Ductac's photography competition this summer.

The theme of the competition is Summer Fun, so whether you're having fun in the sun here in the UAE, or vacationing further afield, organisers want to see what you see during the summer. Wherever you are in the world, get snapping and send in the results. Spectacular or mundane—the view from the Burj Khalifa or the queue for the Metro, from desert sands to ocean shores—capture the people and places that make your summer fun. Interpret the theme as you please—symbolic, figurative and abstract portrayals will all be welcomed.

The competition is open to all UAE residents aged eight and above, and will be split into three age categories, with an array of prizes up for grabs for the winners of each. The winner of the eight to 12-year-old category will be able to hone their creative skills at Digital Photography for Kids and Expressive Art for Kids courses at Ductac, as well as inviting nine of their friends to More Café for ice cream. The winning teen (Aged 13 to 17) and adult (18 plus) will each win a digital

Photography advice

1. Move closer to the subject
2. Be quick on the trigger
3. Compose with care
4. Be selective
5. Focus on your subject
6. Experiment with shutter speed
7. Look at the light
8. Watch the weather
9. Keep it simple
10. Be bold

photography course at Ductac, plus brunch for six and afternoon tea for four at More Café.

What's more, the best entries will be exhibited in the Gallery of Light at Ductac in Mall of the Emirates. The overall winners will be announced on the opening night of the exhibition on September 18, before going on to take pride of place on the walls of More Café.

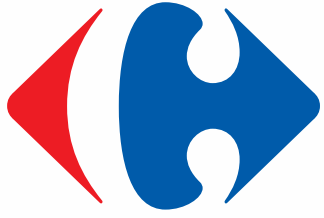
"More Café has always supported creativity and the arts and, like Ductac, we strive to provide a platform for local people to express themselves artistically," said Marijke Lap from More Café. "We are so proud to be working with our neighbours at Ductac to encourage aspiring artists here in the UAE. The café walls and space have always been a canvas for artists to display and expose their work, and we're so excited to see the UAE's best photographic talent on display at More Café."

To enter, simply log on to www.ductac.org, upload your photos and fill in the online form before August 30, or contact competitions@ductac.org. Then you just need to cross your fingers and wait for the winners to be announced. There are no limits to the competition, meaning you can submit any type of image and any genre, so it's time to get out there and get creative. ●



MORE CAFÉ, WHERE THE WINNING PHOTOS WILL BE DISPLAYED

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Barilla spaghetti 500g



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A 'cure' for the habit

A vaccine being developed by scientists could see nicotine addiction become a thing of the past.

Ask any smoker whether they enjoy being addicted to nicotine and you are likely to meet with a resounding "No". Unfortunately, along with the psychological and habitual links with smoking, the nicotine in each cigarette is what keeps smokers coming back for more.

But help could be just around the corner thanks to new research in America, where scientists have recently announced a new vaccine that floods the body with an antibody to assault nicotine entering the body, which, if all goes to plan, could mark the end of addiction to the evil weed.

Although the vaccine has, as yet, only been tested on mice, the results of the study, published in *Science Translational Medicine*, showed levels of nicotine in the brain were reduced by up to 85 per cent after they received the vaccine. The antibodies contained in the anti-smoking medicine are designed to attack the nicotine as it enters the blood, basically eating up all the remnants that gets in its way—not unlike the *Pacman* computer game—before the harmful and addictive drug can have any biological effects on the body.

The team of scientists behind the research

found that the amount of nicotine in the brains of normal mice—which had been exposed to nicotine—was 85 per cent higher than the amount showing in the brains of mice which had been vaccinated. On a simple level, the vaccine contains a genetically modified virus, which in turn contains the instructions for making nicotine antibodies. The vaccine is used to infect the liver, which then turns the liver into a "factory" whereby the nicotine antibodies can be produced continuously.

While the research has caused quite a stir among the world of science, smokers need not get too excited about finally finding a miracle cure just yet. It is not yet known whether the effects of the animal trials could be repeated in humans or whether the amount that human addiction can be lowered would be enough to help people kick the habit for good. The scientists behind the vaccine are hopeful, however, that human trials could start to take place within the next few years with further research.

While a vaccine like this could eventually provide the "cure" for smokers, shaking off the other habits associated with smoking—the need to do something with their hands, hunger pangs, routine and comfort, to name a few—is still down to the individual. But with further research, scientists may just have discovered the key to overcoming the physical effects of nicotine addiction, which could mark the end of a dangerous pastime for many and see smokers across the globe finally untangle themselves and break free from the vices of smoking. ●

It's good to talk

In an effort to reduce the number of UAE residents addicted to cigarettes, the Dubai Health Authority has announced the launch of a toll-free Quit Smoking helpline. Developed in collaboration with GlaxoSmithKline, the 24-hour, toll-free number, 800-123-QUIT (7848), offers help and advice to guide smokers on how best to go about quitting.

Going primal

Amid a slew of fad diets, many are now referring back to their caveman ancestors for answers on weight-loss.



PALEO DIETERS CAN EAT AS MUCH FRUIT AND VEG AS THEY WANT

Paleolithic diets are based on a simple premise—if the cavemen didn't eat it, you shouldn't, either. So long to refined sugar, dairy, legumes, and grains—this is a pre-agricultural revolution; hello to meat, fish, poultry, fruits and vegetables. What you eat and how much depend on your goals or the specific programme you're on, if you choose to follow one.

With readily available modern foods, the Paleo diet mimics the types of foods every person on the planet ate prior to the Agricultural Revolution a mere 500 generations ago.

Going Paleo is the unique diet to which our species is genetically adapted. This programme of eating was not designed by diet doctors, faddists, or nutritionists, but rather by Mother Nature's wisdom, acting through evolution and natural selection.

It is certainly true that hunter-

gatherers studied during modern times did not have as great an average life-span as those values found in fully westernised, industrial nations. However, most deaths in hunter-gatherer societies were related to the accidents and trauma of a life spent living outdoors without modern medical care, as opposed to the chronic degenerative diseases that afflict modern societies.

Because of the unlimited amounts of fruits and veggies permitted on the Paleo diet, your body will be slightly alkaline, meaning that diseases and disease symptoms of acid/base imbalance—osteoporosis, kidney stones, hypertension, stroke, asthma, insomnia, motion sickness, inner ear ringing, and exercise-induced asthma—will improve.

The carbohydrates—unlimited fruits and veggies—in the Paleo diet are of a low-glycemic index, meaning that they cause slow and limited rises in your blood sugar and insulin levels. Excessive insulin and blood

“Most deaths in hunter-gatherer societies were related to living outdoors without modern medical care.”

sugar levels are known to promote a cluster of diseases called Syndrome X (obesity, hypertension, undesirable blood cholesterol and other blood lipid levels, Type 2 diabetes and gout). The high fibre, protein, and Omega-3 fat content of the diet will also help to prevent Syndrome X diseases.

Obesity is one of the major health problems in the world today. It is caused by a number of factors, one of them being a poor diet. The hectic, fast-paced nature of life today has

encouraged the consumption of processed foods that are rich in calories, chemicals, fats and preservatives, so to cut those foods out can surely mean a healthier lifestyle.

There's of course something going unmentioned in all this. Despite a wildly different rationale and backstory, the practical, everyday dietary reality of doing the Paleo diet is very similar to the Atkins diet. The weight loss, then, should not be surprising. There are unfortunately no conclusive long-term studies on either diet, and the long-term effects of low-carb diets are not truly understood.

The idea of the Paleo diet has been around for decades, but it's really taken off over the last couple of years, with a host of books, blogs, and a prominent podcast espousing its virtues. But this is a lifestyle choice and giving up rice, bread and dairy won't be for everyone. One thing is for certain: should you choose to go primal with a caveman diet, you have a tough but rewarding road ahead of you. ●

This fashionable pair are not only making headlines for their incredible performance in the new *Spider-Man* movie but for their fashion choices on the red carpet. The cute couple have even donned matching outfits for their red-carpet premieres, with Stone opting for a stylish black dress by Martin Grant and Christian Louboutin heels and Garfield looking slick in Alexander McQueen.

Star

Emma Stone

Steal her style

While Emma Stone carves out an impressive career on the big screen, she's also making a name for herself in the style stakes. Her impeccable style comes naturally and her quirky outfit choices are Oscar-worthy. The actress loves experimenting with bold colours and ever-changing hairstyles, making her a firm favourite in the fashion industry. Get Stone's red-carpet look by pairing a little black dress with round toe-pump heels. Choose a leather fabric dress for an edgy look.

The actress loves mixing her looks up from innocent and playful to super chic and bad-girl villain. To get the girl-next-door look, pair a cute summer white dress with nude heels and a clutch. For a vibrant summer evening look, opt for a full-length maxi dress in bright hues. Accessorise your look with a silver clutch and keep your make-up to a minimum.

RIVER ISLAND

RIVER ISLAND

DEBENHAMS

MONSOON

MARKS AND SPENCER

TOPSHOP

ASOS

MARKS AND SPENCER

GARFIELD WITH TWO OF HIS PREVIOUS CO-STARS

style

Andrew Garfield

FASHION OPINION

GEMMA MATTHEWMAN
DUBAI PARTY QUEEN



Learning from Luhrmann

Every so often, a great film comes along and dictates a fashion trend. Well, hats off to Baz Luhrmann for his forthcoming film, *The Great Gatsby*, having done just that.

In anticipation of the film debuting this December, it has inspired a sensational summer trend—the

1920s-inspired flapper dress.

While most would usually reach for beachwear and shorts during the summer months, we will be embracing a new razzle-dazzle summer trend that is all about celebrating the glitz and glam of the 'Twenties. No longer is the chic evening party dress of tassels and sequins confined to the party season. The flapper dress' intricate beading, drop waist and pale colour oozes both sass and class, whatever the weather.

Usual accessories include a fur scarf and feathers in the hair. Although these might seem odd accessories to wear in scorching weather, such as in Dubai, the flapper dress is light and airy, and air conditioning will keep you high and dry.

With Gucci and Fendi's 'Twenties-esque runway collections supporting the *Gatsby* flapper style, the elegant evening look is taking the fashion industry by storm this summer. So get those jazz hands ready to accompany your mesmerising flapper dress.

"The elegant look is taking the fashion industry by storm this summer."

Steal his style

Andrew Garfield proves that Spider-Man can look good out of the hero suit. Staying true to his co-star, Garfield coordinates his red-carpet outfits. The actor looks handsome in black skinny jeans, a leather jacket and casual trainers. Opt for a pair of skinny jeans and a black jacket from River Island and pair with a basic t-shirt or polo shirt from Fatface. Top the look off with a plain pair of trainers from Burton for a relaxed style. To achieve Garfield's effortless fashion sense, opt for a checked shirt and jeans with hi-top trainers.

For a formal evening look, Garfield looks every inch the dapper gentleman in a tailored suit and shiny shoes. H&M have some great suits that are elegant and light-weight for the summer heat. Choose a neat tie and formal shoes from Debenhams to complete the look.

FATFACE

RIVER ISLAND

BURTON

RIVER ISLAND

DEBENHAMS

RIVER ISLAND

DEBENHAMS

H&M

H&M

DEBENHAMS

DEBENHAMS

BYTES & PIECES

Father of code



Were he still alive, last month would have seen the 100th birthday of renowned mathematician Alan Turing, who is widely credited with being the father of computer science and artificial intelligence. Born on June 23, 1912, Turing worked for the Government Code and Cypher School, Britain's codebreaking centre, during World War Two, and devised a number of techniques for breaking German ciphers,

"He devised a number of techniques for breaking German ciphers."

including a device that could find settings for the Enigma machine. After the war, he worked with the National

Physical Laboratory and created the Automatic Computing Engine, an early electronic stored-programme computer that ran its first programme in 1950, when it became the fastest computer in the world with a speed of 1MHz.

After this, Turing went to work in the computing laboratory at Manchester University, where he helped to develop the Manchester computers, an innovative series of stored-programme electronic computers. From this research, and interest from the British government, the world's first commercially available general-purpose computer, the Ferranti Mark 1, was born.

Turing also took an interest in mathematical biology, predicting oscillating chemical reactions that were observed later on in the century. This work also led him to develop the concepts of algorithms, which are now essential to technological life.

While it may seem as if the modern city has almost reached a peak in terms of what

is technologically possible and financially feasible, there are still those looking for ways to improve on city life. And the best ideas can this year be found competing for the 2012 TED (Technology, Entertainment, Design) Prize, which is granting 10 awards of \$10,000 to local projects in order to help create what the initiative calls the "City 2.0".

So far, five winners have been announced, with four coming from the recent TEDGlobal conference in Edinburgh, and one coming from another TEDx event earlier in the year. The remaining winners will be announced from August through December, and will likely consist of projects looking to bring better technology to the masses and basic rights to poorer countries, all while paying heavy consideration to environmental issues.

Such has been the vein in which the already announced winners have competed. At the TEDx summit in Doha earlier this year, one of the winners, Ugandan artist and teacher Ruganzu "Bruno" Tusingwire, successfully pitched his plan of turning thousands of plastic water bottles into an amusement park in the Ugandan slums.

Certainly, the children of Uganda are in dire need of an emotional lift, given the highly publicised lack of education, sanitation and nutrition. What's more, a mysterious brain disorder known as Nodding Disease has hit more than 3,000 children, leaving them both



CHILDREN IN UGANDA ARE IN LINE FOR A NOVEL AMUSEMENT PARK

mentally and physically disabled, with scientists no closer to finding out what causes the condition.

Meanwhile, in Edinburgh, Faisal Chohan, a senior TED fellow and TEDxIslamabad organiser, was awarded part of this year's TED Prize to help with his project to improve sanitation in Pakistan in order to prevent the spread of cholera.

Rawalpindi, home to two million people and Chohan himself, will serve as the pilot

City up to scratch

This year's TED Prize aims to bring poor cities above and beyond what's seen in more advanced countries.





A RESIDENT OF RAWALPINDI, WHICH HAS A LACK OF SEWAGE INFRASTRUCTURE



HOW A MODERN PAKISTANI SEWAGE PLANT COULD LOOK

city for the scheme. Only 18 per cent of Pakistanis have access to proper sewerage infrastructure there. The technology team will train local citizens to map the flow of water in their local areas, give them bicycles to travel around and mapping devices to record their findings. From this information, problem areas can be identified and then cleaned up.

"By putting these maps on the ground and making them available to voters, we can equip them to demand better sanitation. It's a basic right," said Chohan.

Addressing another basic human right were designers Alastair Parvin and Nick Ierodiaconou, who

have championed the idea of the WikiHouse, an initiative that will see everyday people be able to build their own homes using open-source designs and cheap, locally sourced, sustainable materials.

Parvin explained, "For too long, cities have been made by the one per cent and consumed by the 99 per cent."

The pair created a blueprint that would allow everyday people to build their own homes. They posted their designs and assembly directions online, and encouraged anyone to try it out. The cash from the City 2.0 prize will go toward kids in the favelas of Rio de Janeiro, Brazil, where they will be encouraged to build their own communal WikiHouses.

These are not the only projects stemming from the City 2.0 programme, but they're certainly among the most ambitious. The idea, then, hasn't been to take the most advanced cities in the world even further, but to bring the poorer ones in line with what's possible elsewhere in the world. ●

10,000

The amount, in US dollars, that is being awarded to each TED Prize winner.

Tech beat



INDIAN TECH GANG ARRESTED

An Indian gang who stole money by tricking cash machines has been arrested. The gang would use a machine to make withdrawals of Rs10,000, but would only take Rs9,900, leaving the last note to be taken back by the machine. They would then claim back the Rs10,000, using the failed transaction receipt as evidence.

MICROSOFT LOSES \$6.2BN

Microsoft has lost \$6.2 billion on the value of online advertising firm Aquantive, which it bought five years ago for \$6.3 billion in the hope of challenging Google in its search-related advertising domination. The writedown effectively wipes out any value of the company, though Microsoft's shares remain relatively unaffected.



US JUDGE IN TWITTER RULING

A United States judge has ruled that Twitter must hand over months' worth of data from the account of a user being prosecuted for disorderly conduct during last year's Occupy Wall Street protest. Twitter originally said that it was up to the user to hand over the tweets, as users own their own data under the site's terms of service.



WINDOWS UPGRADE NOW \$40 WITH MEDIA CENTRE

Microsoft recently knocked down the price of upgrading to Windows 8 from \$69.99 to \$39.99, and has thrown in its new Media Centre as part of the package in order to make the new operating system more tempting. Microsoft says that users of Windows XP, Vista or Windows 7 qualify for the downloadable upgrade.

"We see Grace at first through her daughter's disapproving eyes, and we only gradually come to understand her point of view."

NEW RELEASE

On one wall of her bedroom, Ansiedad (Cierra Ramirez), the teenage heroine of Patricia Riggan's *Girl in Progress*, has an outline of the stages of her planned coming of age. Derived from a montage's worth of research, the chart is also a knowing encyclopedia of teen-movie clichés. Ansiedad is a bright Seattle high school student who looks young for her age, even though she is in some ways wise beyond her years. She is determined to grow up fast, and to get away from her mother, Grace (Eva Mendes), who also may have some growing up to do.

So Ansiedad, with the help of her best friend, Tavita (Raini Rodriguez), plots a course of familiar milestones—"Dump Best Friend" is one of them. Ansiedad's plan is partly a play for attention from her mother and a with-it English teacher (Patricia Arquette) and partly an assertion of power. She wants to show herself and the adult world that she understands, and therefore has control over, the exasperating and sometimes nonsensical scripts that young women are expected to follow.

But as Emma Stone's character learned in *Easy A*, a sharp, feminist adolescent comedy that is a kind of older sister to *Girl in Progress*, certain stereotypes and assumptions may be stupid, but that does not mean they are easily outsmarted. Ansiedad's cleverness backfires in some predictable ways and in others that are surprising, and the movie turns out to be an unusually smart and sensitive example of the genre.

For one thing, Riggan (whose credits include the immigrant melodrama *Under the Same Moon*) and the screenwriter, Hiram Martinez, forthrightly acknowledge class and ethnicity, realities that most filmmakers prefer to sentimentalise or avoid altogether. Grace, originally named Altagracia, is a single mother juggling jobs, an affair with a married doctor (Matthew Modine) and her own ambivalence about adulthood. A teenager when Ansiedad was

Acting up, acting out and acting your age

Flat direction about the trite necessities of life makes *Girl in Progress* an admittedly confused but strangely compelling coming-of-age dramedy.

born, she has bounced around ever since, making a life for herself and her daughter out of menial jobs and dead-end relationships.

Grace is judged in the film, but not by it. This is not to say that she is given a pass for the irresponsible and selfish things she does, but rather that such behaviour is part of her complicated, sympathetically considered humanity.

We see her at first through her daughter's resentful, disapproving eyes, and we only gradually come to understand her point of view. At the same time we perceive the limits of Ansiedad's precocious but nonetheless naive way of looking at life.

The skill of the actresses and the unassuming good humour of Martinez's script help enormously, especially given the flatness of Rikken's direction. Mendes seems so confident, so comfortable in her beauty, that it can be easy to underestimate her emotional range and her comic instincts. Here she is, entirely believable, as a woman who is constantly improvising as she pursues pleasure, dignity and security. Ramirez is equally assured in her portrayal of a girl facing a similar kind of confusion.



EVA MENDES PLAYS THE SINGLE MUM JUGGLING RESPONSIBILITIES



CIERRA RAMIREZ AS ANSIEDAD AND RAINI RODRIGUEZ AS HER BEST FRIEND

Eva Mendes trivia

- Mendes is currently writing a book entitled *Crazy Leggs Beshee*, inspired by her nieces and nephews, that introduces vocabulary, art, history and values through a medium kids understand.
- She was the speaking voice in Will Smith's 1998 song *Miami* and appeared in the music video with

him. In 2005, when she was cast opposite Smith in *Hitch*, she mentioned this to him during rehearsals. But Smith sheepishly admitted that he did not remember her.

- The youngest of four children—two sisters and one brother—she is the only member of her family to be born in the United States.

Girl in Progress is hardly a perfect movie. Does it pull out all the melodramatic stops toward the end? Does it resolve its many climactic crises too neatly and too sweetly? Yes, on both counts. But, then again, what did you expect? A coming-of-age story, however realistic it might be, is also a kind of fable, a picture of how we hope things may turn out.

What makes this movie worthwhile is the clarity and sincerity of that hope, which it recognises as trite but also necessary. ●

Bollywood news

Free Sarabjit, says Khan

Bollywood star Salman Khan is making every effort to free the—allegedly—falsely accused prisoner Sarabjit Singh from Kot Lakpat jail in Lahore. Singh has been on death row since 1990. Salman tweeted, "Its a personal request to all of u in Pakistan to send Sarabjit back to his family in Punjab. Thx for your support."



Bolly Holly vegans

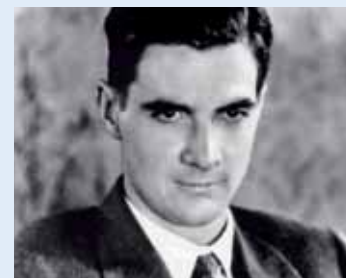
A number of stars from both Hollywood and Bollywood are to lend their favourite vegan recipes to a new cookbook for PETA. Stars expected to contribute include Vidya Balan, Sonakshi Sinha and Neha Dhupia. *The Bolly Holly Vegan Cookbook* is expected to hit the stands in 2013.

Outsiders not welcome

Prachi Desai is one of the few outsiders who have managed to break through in Bollywood, but the 23-year-old insists it wasn't easy. "I feel that the industry can be unfair sometimes. I personally think you need an extreme push for people to promote you and bring you to a certain level," the star recently said.

A-Z OF MOVIES

"P" is for Producer



He was a 22-year-old movie producer with a few films under his belt and a lot to learn. He wanted to make the greatest aviation film epic ever, so he bought 40 fighting planes for \$500,000 and nearly bankrupted the family business. He wanted the right cloud formations in the background, so he delayed production for months.

He interfered so much that the director quit, and so did a second director. And when the pilots said a particular manoeuvre was too dangerous to attempt, he took over as stunt pilot and crashed. "Damn. We've just lost our meal ticket," one of the squadron leaders reportedly said.

But the pilot was wrong. *Hell's Angels* opened in 1930 to critical acclaim. Billionaire film producer Howard Hughes survived the crash and went on to make more than 20 movies.

"Howard Hughes survived the crash and went on to make more than 20 movies."

Probably no other movie producers could claim such a flamboyant career in movie production, although others like George Lucas and Steven Spielberg began making amateur movies in high school. But one thing these film makers seem to share in common is perseverance.

Movie producers can do everything from finding the idea and developing the script to working with the studio to market and distribute the film—all to create the highest quality movie, delivered on time and within budget.

Listings

THE READ. WEEKLY GUIDE TO WHAT'S ON AT THE MOVIES.



MADAGASCAR 3

MOVIE GUIDE

Grand Cineplex - Wafi

Abraham Lincoln - 21:30, 23:40
The Amazing Spiderman - 10:45, 13:30, 16:10, 18:50, 21:30, 00:10
The Amazing Spiderman (3D) - 12:30, 15:10, 17:50, 20:30, 23:10
Bol Bachchan - 10:00, 11:00, 13:15, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00, 01:00
Gangs Of Wasseyapur - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 23:55
Ice Age 4 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Keeper - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lady - 14:00, 16:30, 19:00, 21:25, 23:55
Madagascar 3 - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Teri Meri Kahaani - 10:00, 12:50, 15:40, 18:30
Transit - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Grand Megaplex - Ibn Battuta

Abraham Lincoln - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
The Amazing Spiderman - 10:00, 10:50, 12:30, 13:30, 15:10, 16:10, 17:50, 18:50, 20:30, 21:30, 23:10, 00:10
The Amazing Spiderman (3D) - 11:30, 14:10, 16:50, 19:30, 22:10,

00:50
Bol Bachchan - 10:30, 11:00, 12:00, 13:30, 14:00, 15:00, 16:30, 17:00, 18:00, 19:30, 20:00, 21:00, 22:30, 23:00, 00:00
Gangs Of Wasseyapur - 10:30, 13:30, 16:30, 19:30, 22:30
Haz Said - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Ice Age 4 - 11:00, 11:30, 13:00, 13:30, 15:00, 15:30, 17:00, 17:30, 19:00, 19:30, 21:00, 21:30, 23:00, 23:30
Ice Age 4 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
The Keeper - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lady - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Madagascar 3 - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45, 00:45
Men In Black 3 - 12:10, 14:20, 16:30, 18:40, 20:50, 23:00
Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Spirit - 11:10, 14:30, 17:30, 20:30, 23:30
Teri Meri Kahaani - 13:15, 16:00, 18:45, 21:30, 00:15
Transit - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Grand Cinemas - Festival City

The Amazing Spiderman - 10:45, 13:30, 16:10, 18:50, 21:30, 00:10
The Amazing Spiderman (3D) - 12:30, 15:10, 17:50, 20:30, 23:10
Bol Bachchan - 11:00, 12:30, 14:00,

20:00, 23:00
Transit - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Grand Cinecity - Al Ghurair

The Amazing Spiderman - 10:45, 13:30, 16:10, 18:50, 21:30, 00:10
The Amazing Spiderman (3D) - 12:30, 15:10, 17:50, 20:30, 23:10
Bol Bachchan - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Ice Age 4 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Lady - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Spirit - 11:30, 14:30, 17:30, 20:30, 23:30
Transit - 10:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Grand Mercato

The Amazing Spiderman - 10:45, 13:30, 16:10, 18:50, 21:30, 00:10
The Amazing Spiderman (3D) - 12:30, 15:10, 17:50, 20:30, 23:10
Bol Bachchan - 11:00, 14:00, 17:00, 20:00, 23:00
Ice Age 4 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Lady - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Madagascar 3 - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

Transit - 10:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Vox Cinemas - Deira City Centre

The Amazing Spiderman (3D) - 11:15, 12:00, 14:00, 14:45, 16:45, 17:30, 19:30, 20:15, 22:15, 23:00, 23:30
Bol Bachchan - 10:00, 11:00, 13:15, 13:45, 14:15, 16:30, 17:00, 17:30, 19:45, 20:15, 20:45, 23:00, 23:30
Gangs Of Wasseyapur - 11:15, 14:30, 17:45, 21:00, 00:15
Ice Age 4 - 11:00
Ice Age 4 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Lady - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Madagascar 3 (3D) - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30
Transit - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Vox Cinemas - Moe

The Amazing Spiderman (3D) - 09:45, 11:00, 12:00, 12:30, 13:45, 14:45, 15:15, 16:30, 17:30, 18:00, 19:15, 20:15, 20:45, 22:00, 23:00, 23:30, 00:30, 00:45
The Avengers - 11:15, 14:15, 17:15, 20:15, 23:15
Bol Bachchan - 10:30, 13:45, 17:00, 20:15, 23:30



BOL BACHCHAN

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



THE AMAZING SPIDERMAN

Ice Age 4 (3D) - 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 20:00, 22:00, 00:00
The Lady - 12:15, 15:00, 17:45, 20:30, 23:15
Madagascar 3 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30
Men In Black 3 (3D) - 19:15, 21:30, 23:45
Snow White & The Huntsman - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Transit - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Vox Cinemas - Mirdif City Centre

The Amazing Spiderman (3D) - 11:00, 11:45, 13:45, 14:30, 16:30, 17:15, 19:15, 20:00, 22:00, 22:45, 00:45
Bol Bachchan - 11:00, 14:15, 17:30, 20:45, 00:00
Ice Age 4 - 10:00, 11:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lady - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Madagascar 3 - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Transit - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Reel Cinemas - Dubai Mall

Abraham Lincoln - 14:10, 16:25,

19:00

The Amazing Spiderman - 10:30, 13:30, 14:00, 14:30, 15:00, 16:30, 16:50, 17:00, 17:50, 18:00, 19:30, 20:00, 20:10, 21:00, 21:10, 23:00, 23:30, 23:30, 00:30

The Amazing Spiderman (3D) - 12:05, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 00:05, 00:55
The Avengers - 15:30, 18:30, 21:30, 00:30

Bol Bachchan - 11:40, 14:50, 18:00, 21:10, 00:20
Chernobyl Diaries - 14:15, 15:00, 16:15, 17:20, 18:15, 19:40, 20:15, 22:05, 22:15, 00:05, 00:15

Gangs Of Wasseypur - 21:15, 00:25
Haz Said - 11:15, 13:30, 15:40, 17:50, 20:00, 22:10, 00:20
Ice Age 4 - 11:35, 12:35, 13:50, 14:50, 16:05, 17:05, 18:10, 19:10, 20:15, 21:35, 22:20, 00:05, 00:25

Ice Age 4 (3D) - 11:00, 15:05, 17:20, 19:35, 21:40, 00:10
The Keeper - 11:15, 13:30, 18:35, 23:15

The Lady - 17:40, 22:25, 01:05
Madagascar 3 - 11:55, 14:05,

16:05, 18:05, 20:05, 22:05, 00:05

Rock Of Ages - 13:30, 15:30, 16:00, 18:40, 20:40, 21:40, 01:00, 01:15

Snow White & The Huntsman - 14:10, 16:50, 19:30, 22:10, 00:50

Transit - 13:40, 15:40, 20:25

Reel Cinemas - Marina Mall

Abraham Lincoln - 11:00

The Amazing Spiderman - 12:05, 13:10, 15:00, 16:00, 18:00, 19:00, 21:00, 22:00, 00:05, 00:50

The Amazing Spiderman (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Chernobyl Diaries - 20:50, 22:45, 00:40

Ice Age 4 - 12:10, 14:20, 16:35, 18:50, 21:05, 23:40

Ice Age 4 (3D) - 11:05, 13:20, 15:35, 17:50, 20:05, 22:20, 00:35

Madagascar 3 - 11:00, 12:55, 14:50, 16:50, 18:50

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Kids' Fashion Week 2012

Don't miss the occasion to see Dubai's young fashionistas take to the runway this DSS.

Date: July 8 - 14
Duration: 7 days
Timings: 6pm - 7:30pm
Audience: Public
Category: Entertainment
Venue: Deira City Centre
Admission: Free
Telephone: 600 54 5555

Dubai Indoor Football Championship 2012

Watch the UAE's top football clubs gear up to tackle four of the world's most famous teams.

Date: July 8 - 12
Duration: 5 days
Timings: 6pm - 11pm
Audience: Public
Category: Sports
Venue: Dubai World Trade Centre
Admission: Dh50 onwards
Telephone: 04 306 4000



Sheila and Abaya Fashion Show

This fashion event will highlight the latest styles and designs in sheilas and abayas.

Date: July 11 - 14
Duration: 4 days
Audience: Public
Category: Fashion
Venue: The Dubai Mall
Admission: Free
Telephone: 600 54 5555



12th Asia Pacific Conference on Giftedness

This is the first time that the Asia Pacific Conference on Giftedness will be held in the GCC.

Date: July 14 - 18
Duration: 5 days
Timings: 8:30am - 6pm
Audience: Public
Category: Conference
Venue: Dubai International Convention and Exhibition Centre
Admission: Register online
Telephone: 04 392 3232



A Maui state of mind

Despite being a picturesque Hawaiian island, Maui is a haven for those seeking adventure.

The American State of Hawaii might be famous for its laid-back atmosphere and friendly inhabitants, usually imagined as long-haired surfers who like nothing more than to laze on the beach with a cocktail until the next big wave comes along. But in Maui, the second-largest of the Hawaiian islands, things have a much more adventurous and action-packed feel to them, with thousands of tourists flocking in annually from the US mainland and beyond for a taste of the outdoors.

And this is hardly surprising; with a climate that can range from heavy rainfall to baking humidity accompanied by the scorching sun in a single afternoon, Maui is a haven for those looking for the unpredictable and the unexpected. Try as you might to plan the perfect getaway in this Hawaiian paradise, there's no doubting that you will leave the island having experienced much more than you bargained for.

Adventure is shot through the en-

tire island. One of the main draws of Maui for hikers is the Haleakala National Park, which preserves a stunning volcanic crater and surrounding mountain, from the summit of which it's possible to see as many as eight of the main Hawaiian islands. There are a number of trails going through the park, catering for everyone from those looking to simply while away an afternoon with nature or else those seeking the full-fat wilderness experience.

The park is open all year-round, except in extreme weather conditions, and offers some of the most richly coloured and intensely evocative landscapes to be found anywhere in the world. For a once-in-a-lifetime sight, get up early one morning to watch the sunrise over the edge of the rim of the crater, which offers a dramatic vista on top of the world.

At a lower altitude, canoeing and kayaking feature heavily in Maui, though Hawaiian canoes feature two hulls and resemble something like a small catamaran. Several canoeing

clubs will be happy to take out visitors in exchange for a small donation for the upkeep of their equipment, while many more businesses will gladly help even the most lumbering amateur feel comfortable out on the water.

Meanwhile, the cove south of Black Rock, near the Sheraton Resort at Kaanapali Beach, offers an affordable and memorable snorkeling experience. And a bewildering variety of coral, fish and large turtles can usually be found at what the locals call Turtle Town, a bay south of the town of Kihei.

The adventure never stops in Maui, and the sun going down offers no decent reason for the fun to end. During the evening, fans of the famous Luaus, traditional Hawaiian feasts, come out to play, revelling in the traditional Polynesian singing, dancing and buffet dinners. The feast at Lele and the Grand Luau at Honua'ula are two of the best known and respected.

These parties can last well into the night, making for a hazy head the next morning. But the beauty

of Maui is that it's easy to clear this up, thanks to the fresh air, sense of adventure and endless opportunities for excitement that the island provides. After all, no two days are ever the same in Maui. ●

Fast facts

- Maui might be the second-largest Hawaiian island, but as of 2010, it held a population of 144,444, only the third-highest of the Hawaiian islands.
- The island's name comes from the legend of Hawai'iloa, the Polynesian navigator credited with discovering the Hawaiian islands. According to legend, he named Maui after his son.
- Maui is famous for attracting whale-watchers, as Humpback whales migrate to the warmer waters of Hawaii in the winter months for mating.

New rivals



★★★★☆ With its low price, the Volkswagen Passat will worry Japanese firms.

In the world of mid-sized saloons, the cars have to be practical, not too wacky and have to appeal to the mass market. Unfortunately, this includes a lot of car buyers that are only interested in the car as a practical tool, rather than something to be enjoyed and cherished. Over the years, this has led to manufacturers being more than a little lazy and churning out some pretty dull cars that arguably still perform the basic task of being a four-door mode of transport.

The old Passat did, to be brutally honest, fall into that category. So Volkswagen decided to come up with something a bit better. The results are pretty spectacular, but the biggest news is that it has been priced to directly compete with Toyota's Camry and Honda's Accord without the price hike normally

associated with German-built cars. At first glance, the Passat appears far bigger than the previous model, which is a good thing. Before, it was actually quite difficult to tell the difference between the Passat and the Jetta. The design is very sleek and clean, with no fussy lines to spoil the modern look. Although Volkswagen has followed the current automotive trend of using one clean design for a number of different models, the Passat certainly looks good. In the mid-sized saloon market, getting an approving nod from your peers is a great way of standing out from the rest of the crowd.

Inside the Passat, the excellent interior really sets it apart from the opposition. It's very high quality and

will certainly set this car far ahead of the opposition. The seats are very comfortable and it's all very reminiscent of a mid-range Audi saloon. Considering Audi competes directly with BMW and Mercedes, that's a great comparison.

It's also very well appointed, with enough gadgets to give it that upmarket appeal without pushing up the price point at the same time. With technology getting cheaper by the day, car companies are certainly loading their mid-range models with items previously held back for the top-of-the-range cars. That's great news for the buyer.

The downside to the Passat is the engine. Quite what Volkswagen's engineers have done with the power from this unit is

170

The horsepower produced by the Passat's 2.5-litre, five-cylinder engine.

the elephant in the room. Despite its five cylinders and 2.5-litre capacity, the engine only produces 170 horsepower

That said, the excellent ride quality and chassis dynamics help to mask the engine's shortcomings, so it certainly isn't a deal breaker when considering the Passat. It goes okay considering the power available, has composed handling and stops well.

It seems you now can put a quality German car on your driveway without breaking the bank. ●

SPECS
(as tested)
Engine: 2.5-litre 5-cylinder
Power: 170hp @ 5,700rpm
0-100km/h: 9secs
Top speed: n/a
Gearbox: 6-speed auto
Price: Dh90,999



What your boss won't tell you

There are certain things that the majority of bosses do on a daily basis, they just don't make it known to the employees.



CAREERS

The boss-employee story has two sides. While one side is all about the bitter experiences caused by our bosses, the other side clearly shows that employees are not the only ones having a hard time dealing with their bosses. Bosses too get sick of their employees at times; they not only have to stay on top of what their staff are doing, but they also have to deal with all kinds of employees.

Yes, we acknowledge the fact that there are bad bosses out there, but despite being bad or unfair, bosses have to stay on top of things and keep an eye on what is going on in the workplace. Akhtaboot reveals what your boss is probably thinking, but isn't willing to tell.

YES, WE ARE READING YOUR EMAILS

Most employees understand the importance of communication with external clients and other stakeholders. However, few approach internal communication in the same way as they believe it will never be monitored. Well, things have changed and technology has taken over. Nowadays your boss can read your emails, read your chats, listen to your phone calls and monitor your computer. Just think

about it this way: if you're not willing to stand on your desk and shout something across the room, don't put it in an e-mail.

I KNOW WHEN YOU'RE FAKING THE FLU

Calling in sick to work when you really aren't can be risky business. Employers are not only starting to investigate their employees' fake stories, but they are also getting more creative in inspecting even believable excuses by asking for a doctor's note, calling the "sick" employee to check-in, or even asking someone else to make the phone call.

I'M YOUR BEST FRIEND... AND YOUR WORST ENEMY

Having a friendly relationship with your boss is never a bad idea, but how close is too close? There's nothing wrong with being friends with your boss, but think twice before you get too close. Disagreements

are natural between friends, but when your friend is your boss, it can make your work more difficult and may affect your career.

I DON'T PROMOTE BASED ON PERFORMANCE ONLY

It may sound obvious, but being the most qualified person with the most experience is no guarantee you'll be the one to get promoted. When it comes to promotions, make sure you're on your boss's good side, because having all the skills in the world will not matter if your boss thinks you're hard to manage. Keep a record of everything you do that enhances the company's overall goals to show your loyalty and commitment to the organisation.

YOU DESERVE A PAY RISE

In today's economy, there's a good chance that you have gone for years without a raise, although you have done your part right. Your boss might be aware that you have worked overtime and assumed responsibilities beyond your normal job description, but still wouldn't give you the raise you deserve. The best way to handle this situation is to have an honest discussion with your manager about what it will take to achieve these expanded responsibilities.

YOU SHOULD RESIGN

Unless you're seriously under-performing, don't wait for your boss to show you the door. If your boss never asks for your opinion, never wants to have a chat with you, and if you disagree with his or her style all the time, then your days are probably numbered. If you just can't seem to get the quality of your work back on track then perhaps it's time to start looking for a new job. Make sure your resume is in order, start networking, and get yourself out there again. If you are no longer up to the job, just leave. Why make yourself miserable, and others too, when you know that you can no longer perform? ●

By Akhtaboot, the career network (www.akhtaboot.com)



“Having a friendly relationship with your boss is never a bad idea, but how close is too close?”

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Sub-Editor/Writer urgently wanted for a general interest magazine in Dubai Media City. Full-time position. Salary 10-13k. Must have social media/web content skills too. Call 0505273351.

Correspondence Specialist with excellent oral and written communication skills required for a company. Email CV to: 2012jobsdubai@gmail.com.

Secretary/Admin Assistant with good knowledge in MS Office required for a company. Email CV to: 2012jobsdubai@gmail.com.

Cashier with experience required for a company. Email CV to: 2012jobsdubai@gmail.com.

Accountant required for a company. Preferably with no GCC experience. Email CV to: 2012jobsdubai@gmail.com.

US-based multinational company operating in 40+ countries offers part-time/week-end/after office hours. Income opportunity for professionals, housewives and students. Email murtazashj@gmail.com.

Experienced marine safety technician required for a marine company. Should have knowledge in life raft, fire extinguisher checking, filling, inspection and maintenance, etc. State minimum salary expected. Send CV to safety@sphinxmarine.ae/fax 067482764.

Data entry clerk urgently required for an Indian restaurant. Knowledge in accounting is a must. Send CV to fccastle@eim.ae.

Saleswoman urgently required for a company. Candidates with background in IT preferred. Valid UAE D/L and car is an advantage. Interested candidates send CV to info@tolinkin.com.

Barber required for a men's saloon at Al Rigga Road, Dubai. Must be Filipino. Competitive salary will be provided. Call 0509417816.

Marketing executive urgently required for a company. Banking and insurance experience preferred. Part/full-time position. Visa + salary + commission provided. Email sindhu@nguae.com/call 0558347982. Email ambmjbs@gmail.com.

JOBS WANTED

Male, MBA finance, BCom, seeks full-time job. 2 yrs experience. Call 0507274310/email hasseb.qasms@yahoo.com.

Indian female, BCom, seeks job in accounts/admin. 2 yrs UAE experience in similar field. Call 0559115490/email lincyenji@gmail.com.

Male seeks full-time job as an office IT administrator. 4 yrs experience. Call 0501681573.

Indian male, 28, graduate, seeks a full-time job. Experience in business development, client relationship development, brand building, management and production. Call 506954690/email ranjithravindran07@gmail.com.

Indian, male, degree holder, seeks full-time job in accounts and administration. 7+ yrs experience. Holds UAE D/L. On visit visa. Call 0554266001.

Indian male, BTech mechanical engineer seeks job. 1+ yrs experience in maintenance, heavy machinery in a reputable firm (FACT) in India. Call 0507645492/email mathewinasv@gmail.com.

Indian female, master's degree holder, electronics & communication engineer, seeks job. On visit visa. 2 yrs experience. Fluent in English/excellent in computer applications. Call 0529427737/email nkpkrishna@gmail.com.

Sri Lankan male seeks part-time job as a housekeeper. 6 yrs experience in 5-star hotels. Only in Dubai, Palm Jumeirah area. Call 0554806248/0504376848.

Sri Lankan male seeks full-time job as a driver. 5 yrs experience in Lebanon/2 yrs in UAE. Holds valid UAE D/L. Good knowledge of regional roads. Call 0554806247/0508275543.

Indian male seeks job in management. 10 yrs sales experience in insurance & banking. On visit visa. Call 0566174917.

Indian female, BCom + Tally seeks job as an accounting/office assistant, computer/data entry operator. 2 yrs UAE experience. Call 0556863428/email anithap@gmail.com.

Syrian accountant seeks job. 5+ yrs experience (preparing for CMA exam), accounts construction, industrial construction, real estate and commercial. Call 0554565235.

Filipino, male, seeks full-time job. 10 yrs experience in sales and retail. Hardworking, honest and achiever. Call 0566078666/email ronbautistarc@yahoo.com or bautista_ron@rocketmail.com.

Keralite female seeks job as an office assistant or any other computer related jobs. Call 0559317499/email manju2205@gmail.com.

Male, MBA, seeks full -time job. Owns UAE D/L. Can join immediately. Call 0508671953.

Indian male seeks job as a driver. 7+ yrs experience in UAE and Bahrain. Fluent in Arabic, English, Hindi, Tamil, Malayalam. Call 0554702551/email shafikizur@gmail.com.

Indian male, 27, seeks job as system administration/office assistant/customer support. 2+ yrs experience in IT. Call 0551104563.

Indian male, 27, graduate, seeks part-time job. 7 yrs experience. Good communication skills. Hold a UAE D/L. Familiar with Dubai roads. Call 0507488128.

Indian female, degree in mathematics, seeks job. Fluent in spoken and written English, Hindi and Malayalam. Knowledgeable in MS Office. On visit visa. Call 0555803202/email annathshafi@gmail.com.

Keralite female seeks full time job as a telephone operator, counter reservation staffer or ticketing staffer (Galileo). Email alka.biju@yahoo.com.

Male seeks full-time job. Proficient in wedding videos/editing/photography/graphic design, 3D art work. Call 0555731512.

Indian sales/marketing executive seeks job. 20 yrs experience in the field of electronics & household appliance. Well versed in the GCC markets. Proficient in technical affairs. Computer literate. Call 0505090621.

MISCELLANEOUS

GOA. 2-bedroom flat available for rent in 'Adwalpakar Shelter', Caranzalem, Goa, India. Piped gas, lift, 24-hour security. Near Miramar. Call +918412866577.

Good offer on website design. For only Dh375. Free domain/free hosting. Call 0508864342.

Covered cards available, criteria for STL (required salary 5k) and PDC (required salary 10k). Call 0506584042.

Proton International offers high discount on Peachtree Complete Accounting 2012 – Single User. Call 0551502636/www.protoninternational.me.

Kabayan tourist/cancelled visa assistance available. Call 0501149849/emailtravelteam07@yahoo.com.

AUTO

Toyota Camry, model 2005 for sale. 4 cylinders, fully automatic, driven for 150,000km, white colour, with remote key. In excellent condition. Call 0556796008.

Hyundai Getz, model 2005 for sale. Silver colour, 1.3-motor, driven for 241,000km. Automatic gear & windows. Good condition. No history of mechanical failure, brand new wheels. New filter and oil, power steering, oil pipes and A/c filter cleaned. Price required Dh12,000. Call 0508719193.

Nissan Altima, model 2007, for sale. Driven for 150,000km. Dark grey colour. In good condition inside and out. Mechanically fit. Price for Dh26,000. In Bur Dubai, near Golden Sand 9. Call 0508623353.

ITEMS

Furniture available for sale, Centre coffee table from ID Design. Dimension: 120 x 80 x 40cm for Dh650. Brown beige big sized sofa set, leather backrest, cushion seat for Dh1,200. Free delivery. Call 0557277085.

Garage sale items for kids: up to Dh20. Branded clothes for boys, shoes, swim trunk, glares, cap, toys, storybooks, games, gifts, summer keep kids busy with great deal. Call 0557277085.

Thick curtain material, cream, round metallic ring, self drawing curtain available for sale. W 180 X L 20 comprises 2 pcs. For Dh250. Call 0557277085.

Branded new quilt sheet available for sale. King size, nice embroidery work, high thread counts, good quality, and cotton polyester. For Dh85. Call 0557277085.

IKEA wall shelves available for sale, dark chocolate, size L 140 x D 40 x 3cm (2 pcs). For Dh100. Call 0557277085.

Suitcase Duchini, trolley luggage available for sale. Very spacious. Size 62 x 40 x 22cm. For Dh125. Call 0557277085.

Magrudy Oxford's first dictionary available for sale. Compiled by Claire Kirtley, illustrated by Georgie Birkett, paperback, colorful pictures. For Dh45. Call 0557277085.

Continental wristwatch available for sale. Quartz, rectangular with date display, black leather strap. For Dh275. Call 0557277085.

Used A/c available for sale. 1.5-ton window A/c. In good condition. Located in Hor Al Anz, Dubai. Call 0556796008.

Wanted: Used window 2.5-ton A/c. In Deira, Dubai. Should be in good condition. Call 0556796008.

Used HTC Desire available for sale. **Comes with** Ice Cream 4.0 loaded with the entire accessories included. In good condition. Price for Dh850. Call 0553981799.

Kolber watch, Swiss made available for sale. Ladies watch. In good condition. Call 0504607958.

Brand new wooden sofa set available for sale. 6-seater. All new material. Located in Oud Metha. Call 0509505977.

SERVICES

Full-time babysitting/daycare services available in Karama, near LuLu Center. Experienced Indian lady. Starting from 07:30am to 06:00pm. (Sunday to Thursday). Call 0559039701.

Window & split A/c services available. We install and repair all types of damages. For offices & homes. Call 043972922, 0559578109.

Fitness trainer available. Private classes are also accessible. We teach Pilates as well. Call 0504607958.

Tutoring lessons available by Keralite teacher. Near Rashidiya near metro station. Courses taught are mathematics and physics. Call 0552137341.

Home tutoring lessons available by experienced & well qualified Indian female in Deira, near Karachi Darbar. From KG to 7th grade. All subjects & any curriculum. Limited seats. Call 042356862/0567533972.

Babysitting services available in Rashidiya. For Keralites only. Call 0557550453.

Tutoring lessons available in accounts, commerce, and economics. Also available French lessons for beginners. Call 0501732142.

ACCOMMODATION

Furnished room available for rent. Indian families/working ladies only. Located in Bur Dubai, near bus stop opposite Etisalat offices. Comes with separate bathroom, balcony. Rent for Dh2,000 + DEWA. Free internet. Call 0559465990.

Spacious room available for rent. Kabayan families/bachelors only. Rent for Dh2,200. To be shared with 4-6 plp, max. 4. Comes with facilities. Located opposite Al Maya + Al Rigga metro station. Call 0553365328.

Bed space available for rent. Indian single ladies only. To be shared with 3 other plp. Located near Dubai Pyramid building, Karama, opposite Burjuman, behind KFC. Call 0555858603. Rent for Dh850 including DEWA.

Bed space available for rent. Keralite bachelors only. Located opposite Hyatt Regency hotel. Clean room, comes with kitchen, and free internet. Call 0557914924, 0502832962.

Room/bed space available for rent. Bachelors only. Located near Oud Metha metro station. Call 0529192300, 043373769.

Semi-furnished room available for rent. Indian bachelors only. Located in Karama, 10 minutes away from metro station. Rent for Dh2,000. To be shared with 2 plp max. Call 0505583551.

Bed space available for rent. Bachelors only. Located in Al Qusais, near Airport Free Zone metro station. Rent for Dh460+ DEWA. Call 0507874007.

3 bed spaces available for rent in 1BHK. Indian bachelors only. Located near Baqer Mohebi, Rolla Street, Bur Dubai. Starting from July 1. Comes with internet, E-Vision, kitchen and gym facilities. Call 0504262347, 0553689118.

Room available for rent. Filipinos only. Located in Al Murraqabat, Deira, behind

Hamarain Center. Can be shared with 4-6 plp. Comes with attached bathroom + balcony. Rent for Dh2,000, with free internet and Orbit connection. Call 0505286270.

Bed space available for rent. Gender not specific. Comes with automatic washing machine, landline number. Also rent comes with free Orbit and internet. Rent for Dh400 (upper bed) and Dh450 (lower bed). Call 042327201.

Bed space/partition available for rent. Filipinos only. Located behind Emirates Driving School. Rent for Dh500, 600 and 1,200 including DEWA and internet. Call 05293391.

Exclusive flat available for rent. 2 rooms to be shared. Couples only. Separate room, bathroom, Comes with furniture. Near Khalid Bin Waleed metro station and creek. Rent for Dh1,600 per bed or Dh3,000 for room including Wi-Fi/W&E. Call 0504545862.

Bed space available for rent. Bangladeshis only. Clean room. Located near Talal supermarket, Hor Al Anz, Dubai. Comes with free W/E, refrigerator, kitchen, rooftop, separate bathroom, etc. Rent for Dh200. Call 0556796008.

Accommodation available for rent. Families/executives/ bachelors only. Ajman building, opposite Snowwhite show-room, in Al Nakheel, Ras Al Khaimah. 2-bedroom flat. Common hall. Kitchen is shared. Comes with attached bathroom. Call 0552128648, 0509845419.

Spacious room available for rent in 3 B/R flat. Couples/bachelors only. Located in Deira, opposite Hyatt Regency hotel. Rent for Dh1,700 + DEWA (quarterly Dh5,100). Availability starts from July 1. Call 0554050347.

2 bedspaces available for rent. Decent Muslim bachelors only. Located near Al Shaab, No recharge bus stop. Call 0503868007.

Room available for rent. Executive bachelors only. Near Al Rigga metro station. Clean and neat flat. Comes with free E-life internet/kitchen and washing machine. Rent for Dh2,000. Call 0552854854.

Bedspace available for rent. Keralites only. Near Hyatt Regency, Deira. Internet accessibility. Call 0557914924, 0502832962.

Fully furnished studio available for rent on monthly basis near Al Ghurair City for short term. Call 0504955025.

Shared accommodation available for rent. Keralite Christian couples or two working ladies only. Located in Deira. Call 0561539594.

3 bedspaces available for rent. Located near Palm Deira station. Clean room comes with internet, kitchen, washing machine. Rent for Dh2,600 divided by each. Call 0553148907.

Bedspace available for rent. Executive Filipino bachelor/working couple only. Located in Deira spacious & convenient. To be shared with 3 other plp. Walking distance to Salah Al Din/Abu Baker Al Siddique metro station. Rent for Dh667. Call 0558018501/0556782038.

Family room available for rent. Keralites only. Located near Rashidiya near metro station. Call 0552137341, 0505789433.

Big room available for rent in a two-bedroom flat. Located near new Talal S/M, Al-Qusais. Rent for Dh650 + DEWA. Call 0507995723.

RTA promotes innovation

Recent workshop held by the RTA focuses on the culture, strategy and management of successful innovation.



RTA EMPLOYEES TAKE NOTE OF HOW TO DISCERN CORPORATE INNOVATION

WORKSHOPS

The RTA recently held a training workshop, entitled Innovation Management, as part of its strategy to enhance corporate innovation, which is a crucial requirement for the thriving of various business institutions, particularly under the positive and competitive business environment along with the successive changes in place—something that prompts these institutions to explore excellent and creative fields.

Commenting on the above, Laila Faridoun, Director of the Office of the

“The emirate of Dubai is playing a pioneering role in adopting the best global practices.”

Chairman of the Board and Executive Director of the RTA, said, “The RTA’s keenness on holding these workshops is consistent with its vision and strategic plans aimed at adopting and boosting improvement initiatives driven by innovation and

creativity. Moreover, the emirate of Dubai is playing a pioneering role in adopting the best global practices, which makes it imperative for all UAE agencies and authorities to develop their work teams in order to step up their productivities through adopting innovation as a lifestyle.

“Through holding this workshop, the RTA is seeking to outline the effective management of the innovative environment, especially as it has a host of creative agencies that require effective management to achieve sustainability, excellence and leadership in the corporate business map. The

key topics discussed in the workshop focused on the culture, strategy and management of innovation.”

The workshop introduced to the attendants several models and applications highlighted by administrative innovation, operational innovation, service and product innovation and business model innovation.

The workshop also spotlighted innovative thinking patterns, and stressed the importance of exploring ways and means of bringing in added value to customers, which can only be achieved through reviewing their tacit requirements.

80 interns to get RTA training

INTERNSHIPS

The Human Resources and Development Department at the RTA has embarked on training about 80 male and female school and college students among the sons, daughters and relatives of employees under the Summer Internship Programme, which the RTA is keen on running every year to instil principles and positive values among students. The programme started on July 1, and is set to continue for a month.

Commenting on the programme,



KAWTHER KAZIM

Kawther Kazim, Director of the RTA Human Resources and Development Department, said, “The training section is always keen on staging the annual internship programme for Emirati students.

“However, this year, we opted to offer priority to enrolling the sons, daughters and relatives of RTA employees, due to the huge number of applications received this year.

“The summer training is a great opportunity for interns to fill their pastime in a proper manner, impart them with multiple skills in various

“This year, we opted to offer priority to enrolling the sons, daughters and relatives of RTA employees, due to the huge number of applications.”

RTA women in health lecture

Women's Committee at the RTA hosts lecture about healthy diets and the importance of good, nourishing food.



FEMALE RTA EMPLOYEES LEARN THE BENEFITS OF HEALTHY EATING

LECTURES

As part of its ongoing, year-round initiatives, the Women's Committee at the RTA recently staged an educational health workshop for employees under the theme Healthy Diet, where it hosted dietitians who contributed to transferring core knowledge about the sound principles of a healthy diet.

"Holding such workshops and health lectures is of great benefit and effect on our female employees, who are instrumental to the success of the diverse initiatives we are keen to roll out at the start of every year, aimed at enriching their knowledge

"The nutrition expert highlighted to the female staff the importance of taking fresh, natural foods."

in a variety of fields," said Dr Aysha Al Busmait, Director of RTA Marketing and Corporate Communications, and Head of the Women's Committee.

"Selecting this topic about healthy diets and how to maintain agility is a crucial issue worthy of considera-

tion under the dictum, 'A sound mind in a sound body'. Cooperation is in hand with various specialist entities in Dubai, which are concerned with tailoring individual dietary regimes, through hosting a bunch of dietitians to spotlight the appropriate and healthy food pyramid, and how to benefit from various types of foods along with their ingredients without impacting the physique or picking up illnesses such as high cholesterol, obesity, high blood pressure, diabetes or other diseases associated with malnutrition," she added.

During the lecture, the nutrition expert highlighted to the staff the importance of taking fresh, natural

foods which, he said, are healthy to humans, particularly the working woman who has a huge responsibility, be it at home in bringing up children or at the workplace where she is required to put additional efforts, resulting in the loss of vitamins that can only be supplemented through healthy-cum-natural diets to supply our bodies with the requisite energy and life. Attention has to be made to refraining from taking fat-saturated foods, and reducing the intake of carbohydrates, which have countless harms, the expert said.

At the end of the workshop, Dr Al Busmait presented a certificate of appreciation to the nutrition expert.

fields, motivate them to work, and inculcate the principles showcasing the value of achievement in the interest of the community.

"In the context of our training plan for this year, we planned to enrol a fixed number of interns, not exceeding 80 male and female students, in order to better care for them and realise the objectives and principles pursued by the programme through deploying them to various departments of the RTA.

"The training section will keep all records of students, while the immediate supervisor will oversee the per-

formance of interns in their respective organisational units by way of progress reports raised to the training section about their performance and commitment to delivering the tasks assigned to them," she continued.

During the internship, several educational workshops will focus on future career plans of interns, be it in selecting appropriate academic majors in colleges or taking up proper employment.

An open-house fair will also be arranged, to which the best universities operating in the UAE will be invited to acquaint the interns with the pro-

"The training section will keep all records of students, while the supervisor will oversee the performance of interns."

grammes and specialities required by the job market.

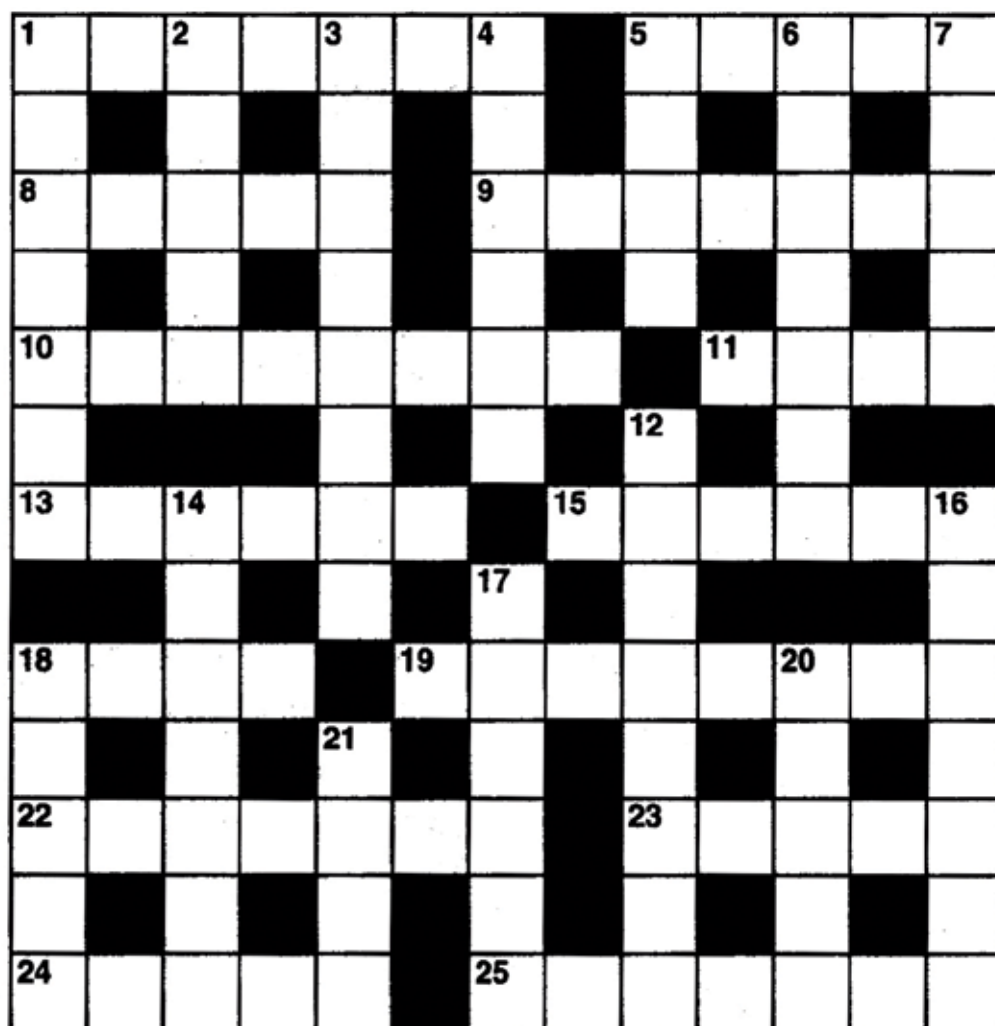
Moreover, these universities will also offer potential affiliated students special packages, including discounts on all academic disciplines.

Kazim also indicated that the interns would be subjected to the staggered working hours system adopted by the RTA.

Thus, they would be required to comply with daily attendance and would not be allowed to absent themselves unless a sick leave was produced. Financial rewards would also be disbursed to the interns.

Taking your time

Test your skills with our puzzles or try something new with a recipe.



Crossword

Across

1 Examining (7) **5** Bustles ineffectually (5) **8** Surname of singer Gareth or businessman Bill (5) **9** Takes the covering from (7) **10** Salary (8) **11** Plural personal pronoun (4) **13** Tugged (6) **15** Busy, or bound (4,2) **18** Weak man (4) **19** Crumpling (8) **22** Elvis ___ rock 'n' roll legend (7) **23** Slacked (5) **24** Corroded (5) **25** Australian dogs (7)

Down

1 Inexactly (7) **2** Lecturer (5) **3** Encourages (8) **4** Allow unwillingly (6) **5** Birds collectively (4) **6** Showed briefly (7) **7** Jaunty (5) **12** Merit award (8) **14** Counts (7) **16** Many-storeyed tapering towers (7) **17** Photographed internal organs (1-5) **18** Automated arm for cleaning a car windscreen (5) **20** Ice house (5) **21** Peel the skin off (4)

ANSWERS



Recipe

Stuffed mushrooms

These tasty mushrooms are not only suitable for vegetarians; they make a perfect low-carb treat for anyone counting the carbohydrates.

Ingredients

1 large Portobello mushroom
25g unsalted butter, cubed
Salt and freshly ground black pepper
50g spinach
¼ red onion, finely chopped
1 finely chopped garlic clove
50g halloumi
50g breadcrumbs
1 tbsp olive oil

Method

1. Preheat the oven to 200C/400F/gas mark six.
2. Wash the mushroom thoroughly then place it on a baking sheet

gill-side up. Place the chopped blocks of butter inside the hollow of the mushroom and season with salt and freshly ground black pepper to taste.

3. Place the spinach, onion, garlic, halloumi and breadcrumbs into a food processor and blend for 15 to 30 seconds until the mixture is combined but still quite rough.

4. Fill the mushroom hollow with the breadcrumb mixture, drizzle lightly with olive oil then season again with salt and freshly ground black pepper if required.

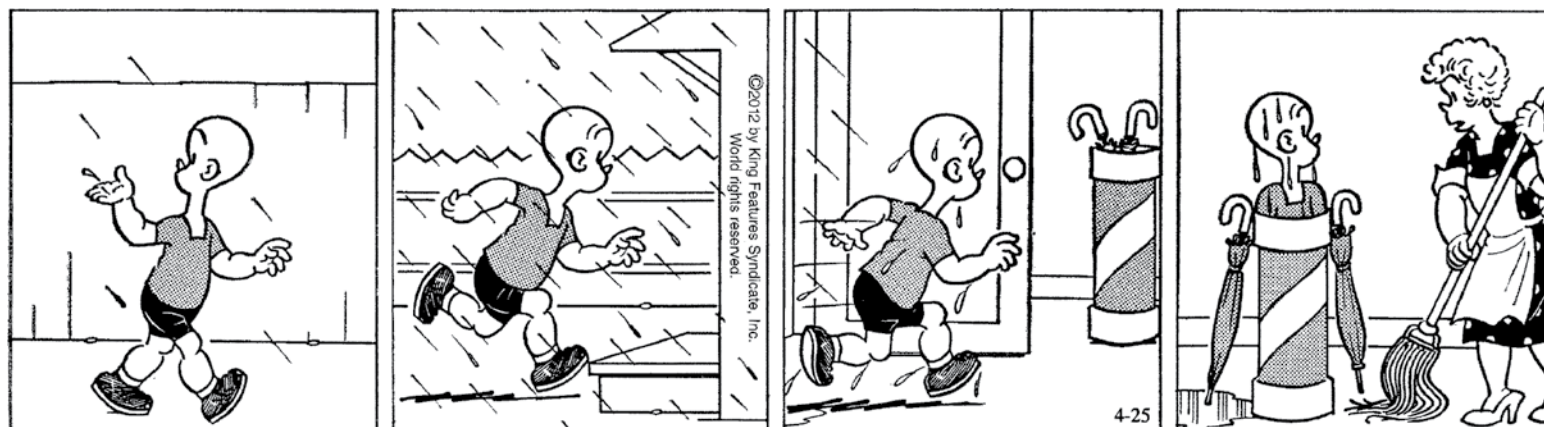
Serves
1

5. Place the mushroom in the centre of the oven and bake for 15 minutes, or until the mushroom is cooked through and the stuffing becomes melted and golden.

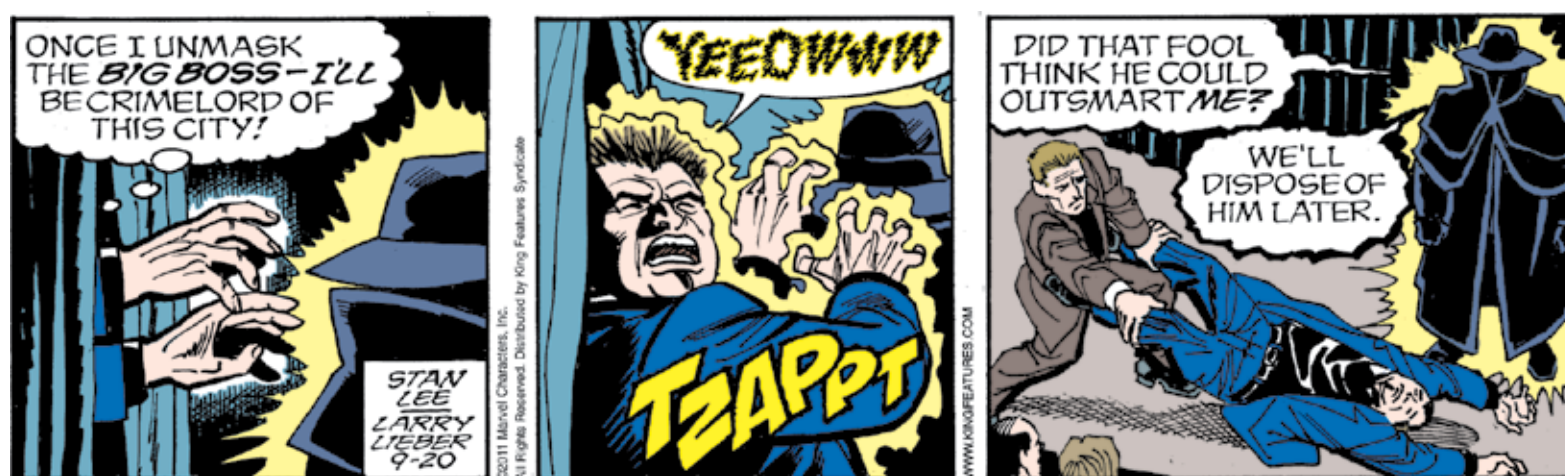
6. To serve, place the mushroom in the middle of a large warm plate and enjoy on its own or with a side serving of vegetable rice.



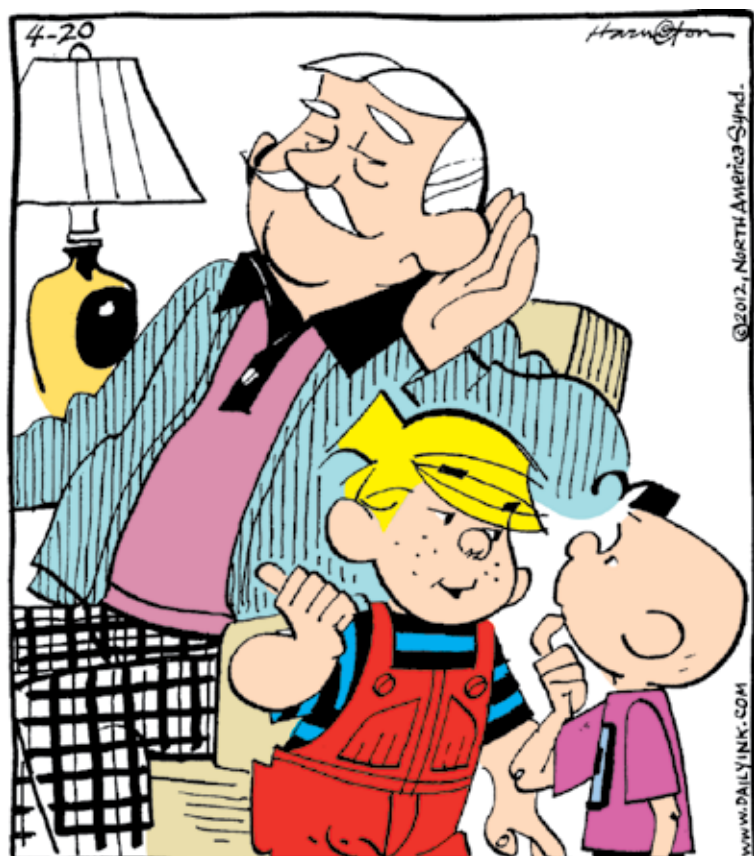
Henry



Spiderman



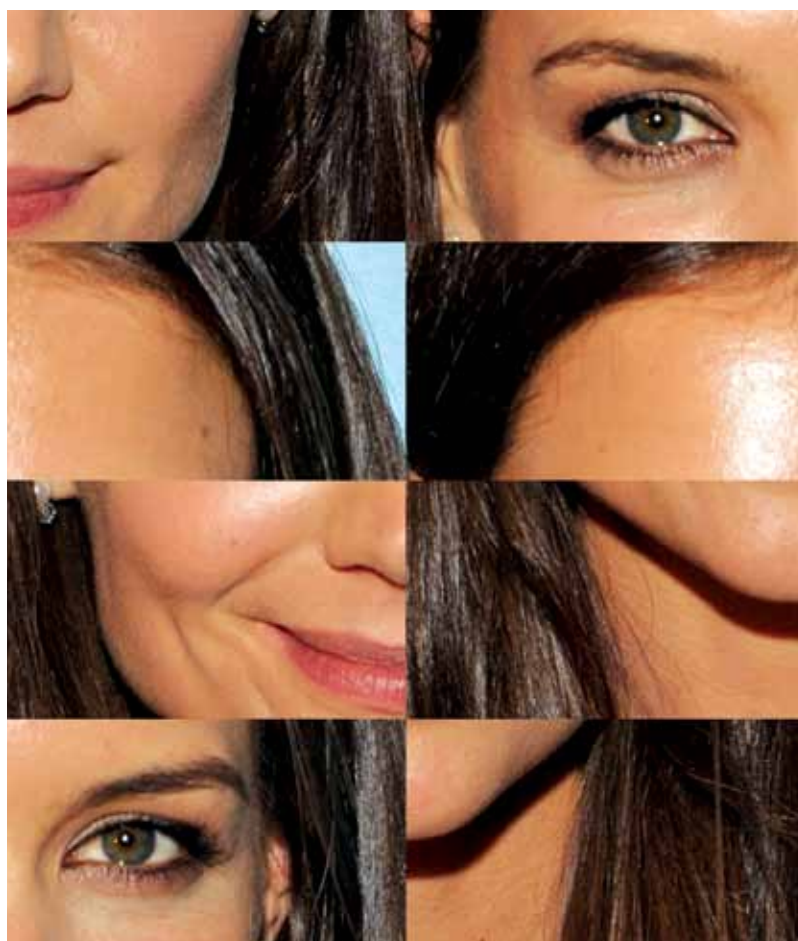
Dennis the menace



"GRAMPA SAYS HE PREFERS A NATURAL HEARING AID."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

US cable-TV company (inits)	Legal code	Lion's long hair	Ewan _____ pictured actor	Most recent	City of NE Italy	Possessive pronoun
Mont _____, mountain in the Alps			Bakes (meat)			
		_____ up, faster Dobbin!		Expenses	Legal proceedings	Nervy, on edge
_____ Collins, <i>Dynasty</i> actress	Be clothed in		Rabbit's tail			Underside of the foot
		Stares at lecherously	Throaty			
					Electrically charged particle	
		Summonses, court orders	Nicks, pinches			
					Away from the wind	

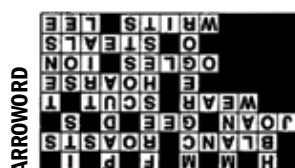
Sudoku 1

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

Sudoku 2

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

ANSWERS



SUDOKU 1



SUDOKU 2



WHO'S THIS? ANSWER - KATIE HOLMES



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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

How you feel about other people's ethics and the way in which they communicate could be of some concern this week. It may be that their language creates friction. Once over this hurdle, and having accepted that most of a project has been done, it's just down to tying up loose ends.



TAURUS

(APR 21 - MAY 21)

It appears there's much to do this week. Urgent repairs must be done if you're not to incur extra expense. Given that your career may lurch in a slightly different direction at the end of the week, possibly due to a colleague's absence, there's also the danger of work overload.



GEMINI

(MAY 22 - JUN 21)

It's probable you have been incubating ideas for some months. Now they are ready to be aired and you want—and need—action. Initially, you should find that others are responsive—delighted even—that you seem back to your usual self. Be sure to take it easy though.



CANCER

(JUN 22 - JUL 23)

At work, as has been the case for some time, power struggles continue. What's different now is that there's little effort made to hide antipathy. You might be able to laugh much of this off, but an ally will help to ensure arrows are deflected before they hit your shell for now.



LEO

(JUL 24 - AUG 23)

A new and urgent rhythm plays from Tuesday, which could initially feel like fun. Ideas abound—and some of them will no doubt sound good—so it probably won't be hard to get swept away by other people's enthusiasm. It wouldn't hurt to ask a few questions though.



VIRGO

(AUG 24 - SEP 23)

A project that's been on the back-burner for some months should gain momentum. Initial excitement may be fuelled by renewed support, which might even be financial. The key to success may be to ensure that contractual matters are resolved early on.



LIBRA

(SEP 24 - OCT 23)

It would appear there's good will around you, especially leading into the weekend, when it appears your ideas will be well received. Trip-planning is another possibility, but bear in mind that difficult aspects are building and that you could be stopped in your tracks.



SCORPIO

(OCT 24 - NOV 22)

You may find you're busy looking after others. The tasks involved give you time to think about what's truly important and start making changes. Recharging your spiritual battery-pack may be vital—especially if your health has been under par for any reason.



SAGITTARIUS

(NOV 23 - DEC 21)

An increase in the number of visitors you receive is probable, while it's also likely you will see increased contact with people a little older than you. With all this extra socialising, it's not hard to imagine a party-like mood gathering momentum towards the weekend.



CAPRICORN

(DEC 22 - JAN 20)

You may be very much at the centre of things at work. Expect the number of emails and phone calls to increase markedly. Your nerves could suffer—so take care you don't overload—but with a little control you should enjoy a very different pace and style of working.



AQUARIUS

(JAN 21 - FEB 19)

Paying attention to your health emotionally, spiritually and physically would be wise for you right now. It may be that by worrying about matters over which you have little or no control, you've run yourself tired. Take time to rediscover your own inner balance.



PISCES

(FEB 20 - MAR 20)

A revival of an old friendship may be on the cards, which could even turn into a working partnership before long. You may have been seeking a new opportunity to follow your business dreams for some time now, just ensure the appropriate documents and plans are in place first.



This week's local weather

SUN



HOT
HIGH 43C
LOW 31C
HUMIDITY 47%

MON



HOT
HIGH 43C
LOW 30C
HUMIDITY 47%

TUE



HOT
HIGH 43C
LOW 31C
HUMIDITY 49%

WED



HOT
HIGH 42C
LOW 31C
HUMIDITY 52%

THU



HOT
HIGH 44C
LOW 31C
HUMIDITY 48%

FRI



HOT
HIGH 43C
LOW 32C
HUMIDITY 49%

SAT



HOT
HIGH 44C
LOW 32C
HUMIDITY 49%

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