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JULY 22-28, 2012 | Issue 58

Read



FRIENDS REUNITED

Seeking a Friend for the End of the World sees Keira Knightley and Steve Carell face the issue of what really matters in life



CULTURAL CAPITAL



SUITABLE STYLE STAPLES

During this special time of year, fashion trends take a demure and respectable turn without losing any value in the style stakes



GRAND DESIGNS

How one group of young adults with special needs are lending their artistic skills towards a fashion campaign with a difference



Natural healing

Harnessing the power of plants

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

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Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, I'm currently downsizing my car and my wife told me I should use the Metro in the meantime. As most husbands might, I reluctantly agreed and tried it. From day one, I felt so comfortable and relaxed. The trip is cool, cosy and comfortable. I have now been using the lovely, fast metro for the past month and am planning to use it from now on, as I feel less stressed and have more energy in the office as well as at home. Moreover, I feel I'm helping the environment by reducing emissions. I remembered someone once saying if you need peace in life, just follow what your partner says. Dubai Metro has taught me this is true!

Anantha

Dubai Metro continues to impress and help commuters; now it appears we can add "marital harmony" to its long list of achievements!

✉ Dear *Read.*, My mother is 55 years old and never travels alone in India, even though all the places, people and languages are known to her. But, last week in Dubai I wanted her to come to Al Fahidi Metro Station from Abu Hail Metro Station alone with my young son. She could not punch her card as there was not enough balance, but the management and the security service at the station were so good that they didn't give her a chance to get tense. They came to her immediately and explained what she had to do. They helped her to recharge the card and made her feel very relaxed and comfortable. She reached Al Fahidi station without any confusion. Now she has the confidence to travel alone on the Metro and she will remember this experience. Anyone can travel by Metro without fear, so thanks to the customer-friendly Dubai Metro.

Arpitha Deepak Chandar

It's great to hear that—thanks to the helpful Metro staff—your mother now has the confidence to explore our city alone and with ease.

Read. Poll

How do you deal with an unpleasant task?

- Do it promptly
- Delay doing it
- Pass it on to someone else

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Are the best things in life free?

Yes	30%
No	19%
I don't know	51%

QR codes



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MUSTHAFA



FAISAL V K



ISHA



MARK ANTHONY PUENTESFINA



NOEVA JUMAWAN



LECH NAZARETH

Station by station guide

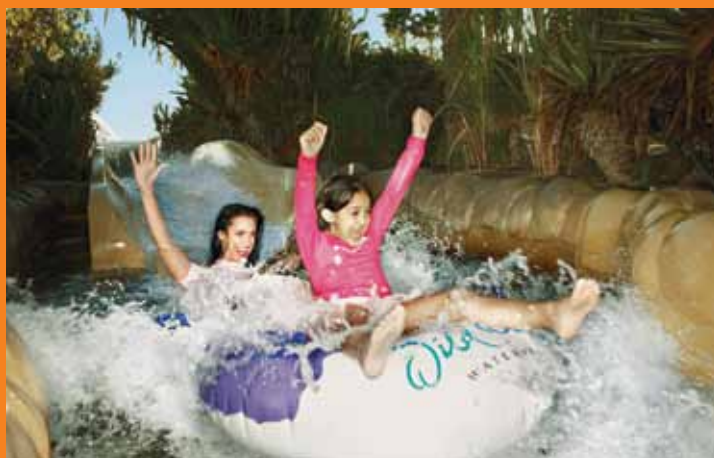
Looking for something to do? You could always hop off the train and visit one of these...



Wet Dog

UNTIL SEPTEMBER 10
CARBON 12, AL QUOZ

The latest exhibition from contemporary Iranian artist, Farzan Sadjadi, presents a collection of pieces inspired by the forgotten village of Mar in central Iran. By using wet dogs as his central subject in many of his works, the artist explores the duality of life and the daily struggles faced by an abandoned and isolated region. For more information, call 04 340 6016.



Cool off this summer

OPEN DAILY, RAMADAN TIMINGS 12PM - 12AM
WILD WADI WATERPARK

Throughout the Holy Month of Ramadan, one of the best attractions to help you cool down during a long, hot Dubai summer—Wild Wadi—will be open until midnight, meaning there's plenty of time to enjoy the thrill of the slides and a refreshing trip around the lazy river at the end of the day. After dark is when the waterpark—only a short taxi ride away from the station—truly comes to life throughout the summer; so why not get your swimming gear on and join in the fun?



Detoxification therapy

UNTIL SEPTEMBER 30
THE PALACE - THE OLD TOWN

At this time of year, many people are focused on fresh beginnings and overhauling various areas of their life; so why not include your body in the rejuvenation with a special summer treatment package at The Spa, The Palace - The Old Town? The latest 120-minute 'beach body detoxification therapy' includes a detoxifying body wrap to rid the body of toxic waste, a full body massage, an invigorating scalp massage, and a shot of deep sea algae concentrate to aid the internal detox.

TO FEATURE YOUR EVENT,
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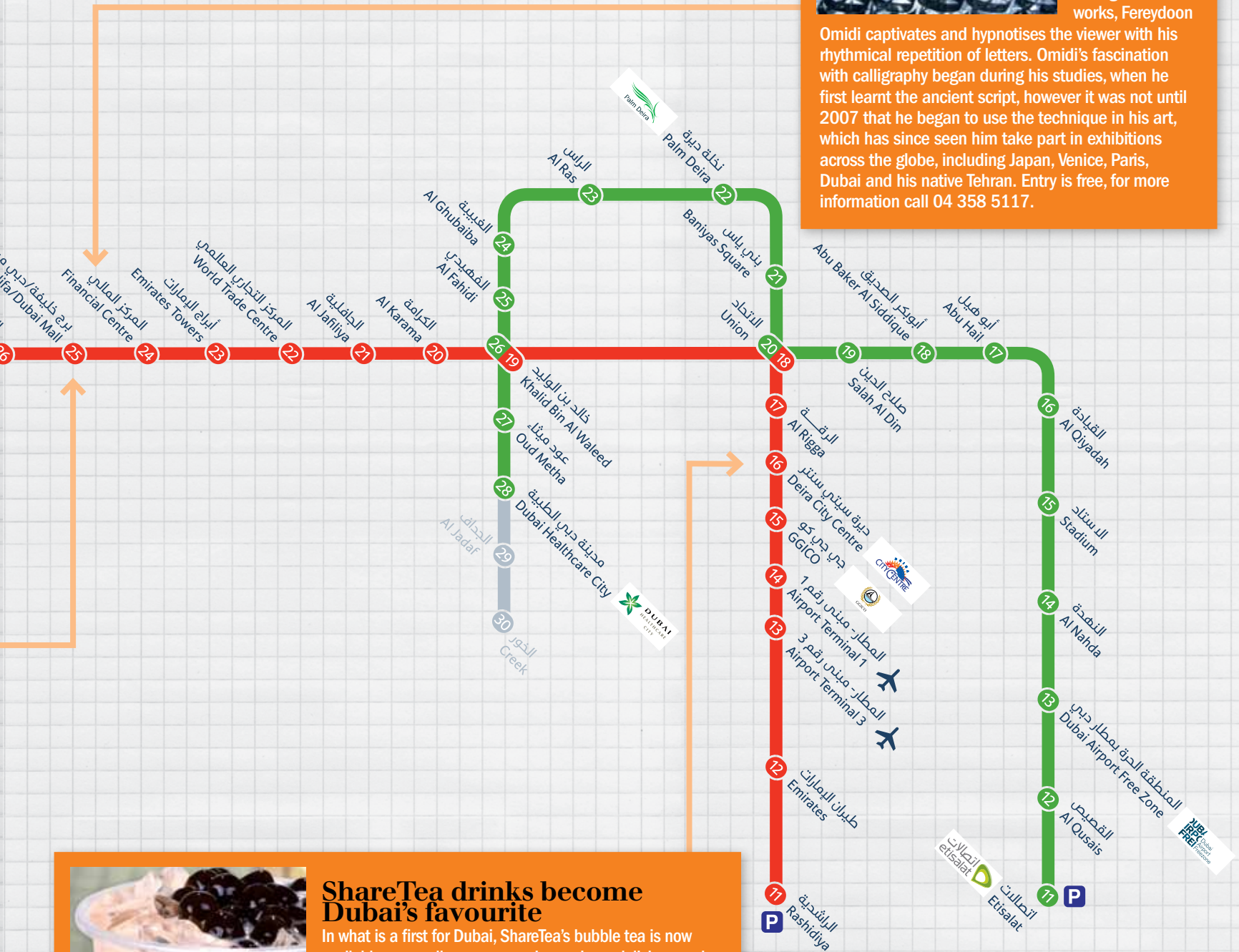
Demolition by Fereydoon Omid



UNTIL
SEPTEMBER 30
XVA GALLERY
BUILDING 7,
DIFC

Through a body
of large-scale
works, Fereydoon

Omid captivates and hypnotises the viewer with his rhythmical repetition of letters. Omid's fascination with calligraphy began during his studies, when he first learnt the ancient script, however it was not until 2007 that he began to use the technique in his art, which has since seen him take part in exhibitions across the globe, including Japan, Venice, Paris, Dubai and his native Tehran. Entry is free, for more information call 04 358 5117.

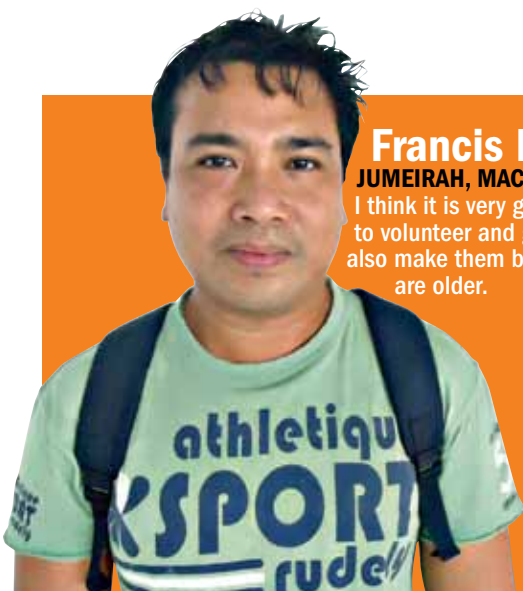


ShareTea drinks become Dubai's favourite

In what is a first for Dubai, ShareTea's bubble tea is now available as a wellness concern in a unique, delicious and natural handcrafted beverage. Instead of the powdered tea and fruit syrups that most industry players use, ShareTea's drinks are made from the finest ingredients: natural quality tea leaves – selected from ShareTea's own tea fields – which are freshly brewed and real fruits are freshly squeezed to ensure the best quality and freshness. Not only is the quality of ShareTea's drink one of the brand's main concern, but each beverage is unique, made on demand: one can choose sweetness level, adjust ice level and add extra toppings. With more than 40 drinks going from milk tea products to all natural fruit tea with flavours as different as Matcha Tea, Aloe Vera, Rock & Salt cream or fresh handmade taro, ShareTea offers an extensive array of unique drink recipes never seen before in Dubai. Fans of authentic Taiwanese bubble tea would not want to miss ShareTea's special offers as the brand is having daily limited-time-only promotion. So head over to the ShareTea outlet at Deira City Centre Metro Station (near exit 4) to check out each day's special.

The Burning Question

Q Children and teenagers are being encouraged to help out in the community this Ramadan. Do you think volunteer work is good for young people?



Francis Nimer

JUMEIRAH, MACHINE OPERATOR

I think it is very good for young people to volunteer and get experience. It will also make them better people when they are older.

Raquel Monacillo

SATWA, SERVICE

I think it is very important for them to volunteer and to help those who need it—but not outside, as it is too hot.



Mustapha Ouazaho

ABU DHABI, HOSPITALITY

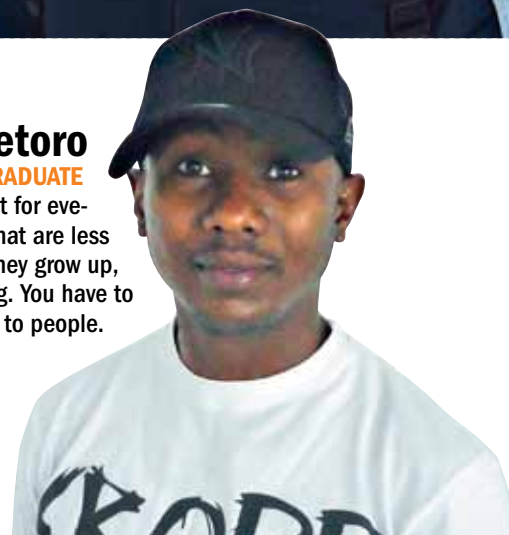
I think it is good to help during Ramadan as it is a special time for Muslims and it will make teenagers better people by helping others.



Adeniyi Adetoro

DUBAI MARINA, GRADUATE

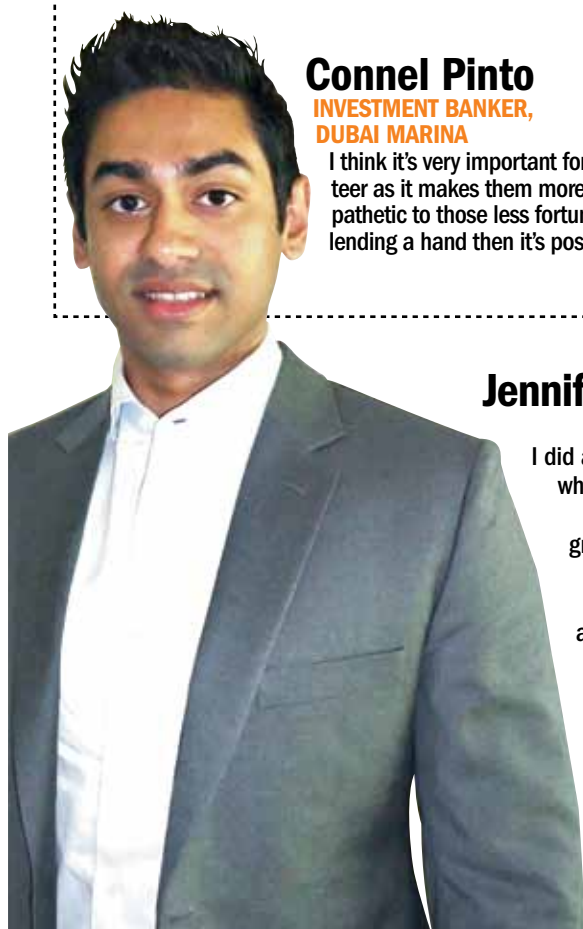
I think it is important for everyone to help others that are less fortunate, and when they grow up, they will be more caring. You have to be kind to people.



Connel Pinto

INVESTMENT BANKER,
DUBAI MARINA

I think it's very important for young people to volunteer as it makes them more culturally aware and sympathetic to those less fortunate. If they are capable of lending a hand then it's positive for everyone.



Jennifer Bleakley

VISITOR, TEACHER

I did a lot of volunteering when I was young and I think it helped me grow as a person. It's a two-way role; you are helping others and making yourself a better person.



Lida Muqadas

JLT, HOUSEWIFE

It is good because it helps people and so they will live a better life and they will be nicer as people.



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

Make sure you check out our website 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

When these men and women weren't composing poetry, combating the Great Depression or committing mass genocide, they were sharing their lives with their equally famous other halves. They may be revered for the deeds that secured their presence in history books, but many famous couples were also loved, much like Prince Charles and the late Lady Diana Spencer.



MONDAY

Canoes allowed our early ancestors to escape the confines of land, letting them explore places that were mysterious and alluring. But what about today? Can you still seek out adventure via canoe?



TUESDAY

Technology has increased exponentially over the years, but will the Burj Khalifa still be standing in 5,000 years? Some of the world's oldest buildings have already survived that long.



WEDNESDAY

An American lady is suing Justin Bieber for \$9.2 million as he whipped a concert crowd into a frenzy, causing her daughter's permanent hearing loss. But that's far from the strangest law suit ever filed.



THURSDAY

Have you ever watched those old adverts from the '50s and '60s demonstrating futuristic home technologies? They're quite funny, but you have to wonder: Why didn't those innovations pan out?



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)

What's the best way that social media websites work for you?

During ramdan period every day newspapers should give tips regarding prayers, fasting and how to obey during fasting this will help a lot in getting good tips for ramadan.

—Azmat Lodhi

Ramadan is the only month in the Islamic calendar which is kept to observe fast throughout the month. The media channels showcase wonderful videos which shows people fasting and breaking their fasts in many parts of the world. Social medias work for me wonder-fully as they take live telecasts of

many stuffs happening around the globe. It would be more better if they showcase people who are not able to participate in that event. For Ramadan, they should show the poor people who keep on fasting day and night.

—Muzammil Mohammed

Do you think the world's banking system needs a reform, and if so,



HOW DO YOU USE SOCIAL NETWORKS?

how and what might it achieve?

A lot. Is happening in the world today..there should be a reform. we tend to atlist have an idea bout laundry of dirty money..ask ur self this question how many pple can identify this washed currency especially dollar..the only way is to ban use of dollars..an bring in a concept wea Only the professionals e.g exchange rate office hv the liability to inspect en change in to local currency..

—Jesse Kioi

Absolutely need some reform for bankng system coz now a days a lot of loop holes are showing so for d expert its time for them to do some brainstorming.

—Andrea Garcia Q

Hmm complicated.

—Stanislaus Kc Mbaezuo



DO THE BANKS NEED REFORMING?

BYTES & PIECES

Konstantin Tsiolkovsky



While it is easy to imagine that most of the great rocket achievements came from the USA, many of the greatest leaps in this field came from Russia. The Space Race between the USA and the USSR brought about huge technological innovations from both sides, and in many cases, the USSR managed to hold its own against the onslaught of American firsts.

Even before the Cold War, Russia was home to some truly astonishing scientists, who are often overlooked in western technological histories. One

“Even before the Cold War, Russia was home to some truly astonishing scientists.”

of these scientists was Konstantin Tsiolkovsky, who is largely credited with helping to invent the science of

astronautics. With science that often overlaps with aeronautics, the practice of developing flight-capable machines, astronautics concerns itself with creating crafts capable of flying and navigating in space.

Tsiolkovsky was also a formidable rocket scientist, having published the Tsiolkovsky Rocket Equation in 1903. The equation describes the motions and basic principles of how the ideal rocket could function, and it helped to develop rocketry throughout the 20th century.

Though he died in 1935, well before the Space Race took off, Tsiolkovsky's work inspired some of the great Soviet-era scientists who would eventually create a craft that could work in space.

Looking at the world today, and comparing it to what it was 20 years ago, it's easy to be astounded at how far we've come technologically. Even 10 years ago, the mobile phone was only just making headway, and touch-screen tablets and smartphones were still a long way off becoming mainstream. By any stretch of the imagination, we live in the science fiction of barely two decades ago. But, given how far we've come, what would it take for us to reach the realms of today's science fiction?

According to the people behind the X-Prize Foundation, the initiative that offers huge cash prizes to scientists and inventors who can push the limits of what is technologically possible, all it takes is a little monetary incentive. The first X-Prize was won in 2004, when the \$10 million Ansari X-Prize was awarded to Scaled Composites

Finding the X factor

According to the X-Prize foundation, the key to bringing about huge technological leaps lies in large cash prize incentives.

for the creation of the SpaceShipOne craft.

The craft kick-started the private space tourism industry, and became the basis for the craft being used by Virgin Galactic. Since then, an entire industry of private space companies has emerged, offering services that couldn't have been dreamt of even 10 years ago, when space travel was the preserve of governmental agencies such as Nasa.

At the time, the foundation challenged teams to create a working spacecraft that could carry three people into space, twice in two weeks. And this is how SpaceShipOne was born. Indeed, many of the X-Prize's competitions focus on specific problems, offering large cash sums to anyone who can find feasible solutions. And it is often small teams that come up with the goods.

"Small teams of individuals are now empowered by the use of various, very powerful, exponential technologies to do what only large corporations and governments could do before,"

\$10 million

The prize money being offered for the creation of a working *Star Trek*-style medical "tricorder"



SPACESHIPONE GOES THROUGH ITS TESTING

Dr Peter Diamandis, chairman of the X-Prize Foundation, recently said. "We're living in a day and age where, literally, a small team of people can touch and positively affect the lives of a billion people."

Small teams of people also tend to react well to specific challenges, particularly when such large amounts of money are up for grabs. After all, a large corporation wouldn't bat an eyelid at the prospect of \$10 million, whereas it could be the making of a small team of experts.

In recent years, the X-Prize has also turned itself toward environmental issues, and in 2010, it launched a \$1.4 million oil clean-up challenge, having witnessed what the foundation called "clumsy" clean-up techniques in the wake of the Deepwater Horizon

oil spill. The winning team, Team Elastec/American Marine, from Illinois, USA, demonstrated that they could recover 4,670 gallons of oil per minute, recovering 89.5 per cent of oil from the water.

The foundation also looks to wildly more futuristic challenges. For example, Diamandis recently launched a challenge to create a *Star Trek*-style medical "tricorder", which, if completed, would come with a \$10 million prize. The device first came to fame in 1966, when the *Star Trek* doctor used it to diagnose illnesses simply by scanning a person's body. Indeed, without it, the Enterprise crew would have seen much more trouble than they bargained for.

The Qualcomm Tricorder X-Prize, as it is known, says that researchers

THE X-PRIZE NOTED 'CLUMSY' OIL CLEAN-UP EFFORTS IN 2010



should build a tool capable of detecting "key health metrics and diagnosing a set of 15 diseases", and must be no heavier than 2.2 kilograms. Should a winner come through, it would no doubt transform the medical industry, though organisers admit that it could be a long time before anything comes up.

Either way, offering large cash prizes in exchange for doing the impossible is what the X-Prize is all about, and it certainly shows the potential of small, dedicated teams. After all, according to Diamandis, "The rate at which innovation is occurring, that breakthroughs are coming online, is growing extraordinarily. We've entered an era where you can say to people, 'Stop complaining, and start solving.'" ●

Tech beat



GOOGLE+ USERS SATISFIED

Google+ might be known by some to be the "ghost town" of the social networking world, but according to a recent survey by the American Customer Satisfaction Index, it has the edge over Facebook. The social network has a 78-per cent satisfaction rating, while Facebook's rating lies at just 61 per cent.

IPHONE 5 WILL BE THINNER

According to a new report by the *Wall Street Journal*, the next-generation iPhone will sport a thinner display that combines both the LCD screen and the touch-screen layers. This will mean that the device will be considerably thinner. Reports also suggest that the new iPhone could feature a larger, four-inch display.



OFFICE SEES FRESH TOUCH

In anticipation of the launch of its touch-screen-friendly operating system, Windows 8, Microsoft has launched a touch-ready version of Office, the market-leading productivity suite. Microsoft CEO Steven Ballmer described Office 2013 as the company's "most ambitious release to date", upon announcing it in San Francisco last week.



YAHOO HIRES GOOGLE EXEC

Struggling internet firm Yahoo last week appointed Marissa Mayer, one of Google's most visible senior executives, as its new CEO, following the resignation of its previous CEO, Scott Thompson. The 37-year-old Mayer will become Yahoo's third CEO in the space of a year, and has recently announced that she is expecting a child.

The power of plants

Many plants contain natural remedies that can be used for a variety of purposes. From anti-inflammatory and anti-fungal substances, to insect repellents, sting-relievers, natural antiseptic or pain relief, some plants contain super powers that can come in very useful. For thousands of years, people from all over the world have used herbs and plants for their natural healing powers. From Aloe vera to chamomile or blackberries, there are hundreds of remarkably common herbs, flowers, berries and plants which can provide all kinds of surprising medicinal and health benefits.

Sage

Sage is an incredibly useful herb as it has anti-inflammatory, anti-oxidant, and anti fungal effects. It aids digestion, relieves cramps, reduces diarrhoea, fights colds, reduces inflammation and swelling and acts as a salve for cuts and burns and kills bacteria.



St. John's wort

St. John's wort has recently become one of the heavyweight herbs in medicine, mostly due to its reputed anti-depressant effects. Lesser known medicinal attributes of this plant include usefulness as an antiseptic, pain killer, and anti-viral agent.

Externally, St. John's wort can be made into an ointment for bruises, wounds, burns, haemorrhoids, sunburn and varicose veins. Oil can be made to rub on areas affected by arthritis and rheumatism and massaged around the spinal cord for back pain symptoms. There are some drawbacks to taking St. John's wort so it is important to consider these before embarking on a self-medication regime with this herb.



Aloe vera

Aloe vera is a therapeutic healing plant that works both externally and internally. When used externally, Aloe vera contains properties such as astringent, emollient and anti fungal.

Aloe vera has proved its efficiency from the simplest allergies to the treatment of wounds and skin infections and even to its usage in alleviating more serious afflictions, such as asthma, arthritis, bronchitis, intestinal inflammations, and muscle sprains and strains.

The most common use of the substance is aloe gel, a thick viscid liquid found in the interior of the leaves. The bitter milky yellowish liquid in the leaves (aloin) is commonly used in the treatment of burns. The herb contains 20 minerals, 12 vitamins, 20 amino acids and over 200 active components including enzymes and polysaccharides.

Aloe vera toughens the immune system and regulates the metabolism as well as purifying the body from toxins, bringing about a feeling of calm. It also has an antiseptic effect by destroying bacteria, viruses and fungi.

Wild liquorice



Native American's used wild liquorice leaves to make poultices for earaches. All parts of the plant are medicinal but the roots are the most active part. Liquorice roots were historically used for toothache, fever and to treat coughs. Clinically, wild liquorice is useful against gastric and duodenal ulcers, bronchial asthma and is an additive in cough syrups. The roots of wild liquorice can be eaten raw or cooked.

Chamomile

Due to its extraordinarily gentle effectiveness, chamomile is the first herb of choice for many home remedies. The endless list of uses for chamomile can all be traced to its effects on the nervous system and digestive system, as well as its anti-inflammatory and antibacterial properties. Chamomile calms anxiety, eases stress and may have a positive effect on attention deficit hyperactivity disorder (ADHD).

The bitter principles in chamomile make it an excellent tonic for the liver and digestive system. The bittersweet flavour stimulates the gastric juices and help to settle the stomach. Chamomile teas can also be used as part of a treatment programme for irritable bowel syndrome because of its antispasmodic properties.



Chamomile's anti-inflammatory actions soothe inflammation throughout the digestive tract, and the herb is highly effective for treating nausea and morning sickness when used with ginger.

Blackberries

Blackberries are packed with antioxidants and vitamins but the leaves and roots have value, too. Native Americans have long used the stems and leaves for healing. The leaves and roots can be used as an effective treatment against dysentery and diarrhoea, as well as being useful as an anti-inflammatory and astringent. Blackberries are ideal for treating cuts and inflammation in the mouth.

Top tips

- Steep chamomile for at least 20 minutes before using to thoroughly extract the bitters.
- Both chamomile teas and chamomile essential oils can be used in herbal skin washes to help heal cuts and scrapes.
- For boils, bathe the area with hot water blended with four drops of chamomile, lavender and tea tree oil twice a day. Chamomile and lavender oil also treat minor burns.
- To calm a dental abscess, place one drop of chamomile oil onto a cotton ball and apply directly to the abscess.



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Beautiful Belgium

Often overlooked as a tourist destination, the city of Brussels has so much more than chocolate and government buildings to offer the seasoned traveller.

Travellers who ignore Brussels, home of the European Union, twice-fried French fries and the Surrealist painter René Magritte, do so at their peril. For one thing, there is the food—a veritable galaxy of Michelin stars. Add to that a thriving design scene, and the city—once dismissed as a provincial and humorless wasteland—is finally making cultural waves. Just join the crowds gathered in front of the Manneken-Pis, the pixyish statue, and you'll get the idea.

Brussels' vibrant, cosmopolitan atmosphere and multicultural beat make it much more than simply the administrative hub of Europe. For all its world-class restaurants, architecture, and art, though, the city keeps a relatively low profile, so you'll have the breathing room to relish its landmarks, cobbled streets, and beautiful public parks.

As the capital of Europe, Brussels attracts a large number of high-powered international visitors—one in two travellers is here on business—hence, a disproportionate number of very attractive luxury hotels have

been built to accommodate them. It is a multicultural and multilingual city where there is always something happening, be it one of the many festivals or a political summit.

For centuries, tourists have reportedly fainted when confronted with the sheer beauty of Florence. This won't happen in Brussels. The city does not have the Uffizi Gallery or Michelangelo's *David*. But it does have the Grand de Place, a truly marvellous square in the city's centre.

Divided into 19 municipalities, Brussels often feels like an aggregate of towns with distinct personalities. It



THE MARVELLOUS GRANDE DE PLACE

Points of interest

- Grand de Place and Stock Exchange, Downtown
- Royal Palace and Royal Park, Upper Town
- Royal Museum of Fine Arts, Upper Town
- Court of Justice, Upper Town
- European Parliament, EU Quarter
- Jubilee Arch, Park and Museums, Etterbeek
- Royal Greenhouses of Laeken, Laeken
- Chinese Pavilion and Japanese Pagoda, Laeken
- National Botanic Garden of Belgium, Meise
- Museum for Central Africa, Tervuren

was a patchwork of styles long before it became cosmopolitan, from the sumptuous Renaissance façades of the Grand de Place to the Art Nouveau houses or the grand classical monuments. Around the 1,000-year-old historic centre of Brussels, a group of ring roads form concentric circles and crossing them is like travelling back and forth across the centuries.

The centre, sitting in a bowl, is sometimes known as the Pentagon from the shape of the oldest ring road, which roughly follows the ancient ramparts. The remains of the ruins include one of the gates, the Porte de Hal, and a small patch of wall next

to a bowling alley near Place de la Chapelle. From the 19th-century ring road you can see the cupolas of the Palais de Justice and the giant basilica in the Koekelberg commune (to the north). In the centre, the slender belfry of the Hôtel de Ville rises into the air like a beacon.

Although the city centre only has a handful of relatively small parks, the southern part of Brussels is incredibly lush and green. The Josaphat Park separates posh Schaerbeek to the west from immigrant Schaerbeek to the east.

The two main shopping streets in Brussels are the Rue Neuve and Avenue Louise. Rue Neuve runs

“At the Neuhaus Chocolate Outlet you can pick up pralines by the boxload at rock-bottom prices.”

HOTEL DE VILLE

from Place de la Monnaie, about 300 metres north of the Grand Place, to Place Rogier. It's here you find the big department stores like Galeria Inno or the City2 malls. Avenue Louise is Brussels' Champs-Élysées, where the upmarket boutiques and international fashion names can be found.

It's next to impossible to mention Brussels without talking about chocolate, and those partial to a nibble or two will find the finest praline-makers on the Place du Grand Sablon, located between the Central Station and the gigantic Palais de Justice. Celebrated chocolate makers Pierre Marcolini and Wittamer, as well as more prevalent brands like Neuhaus and Godiva all ply their trade here. If you feel like splurging, one of the “secret” places that many locals are still unaware of is the Neuhaus Chocolate Outlet, located just outside the outer ring of Brussels, where you can pick up pralines by the boxload at rock-bottom prices.

Brussels is small enough that you can get a superficial impression of it from a car window in a single day. For a more substantial appreciation, however, you need one day for the historic city heart, another for the uptown squares and museums, and additional days for museums outside

the centre and excursions to the periphery.

The city of Brussels is quickly becoming a trendy spot for weekend getaways and holidays. It is a centre of European culture, officially nicknamed “The European Village”, with almost 90 museums, beautiful parks, fascinating walks and trendy restaurants. The only challenge you should face is visiting this stunning Belgian city before word gets out that it's the place to be. ●



THE ROYAL PALACE

Marina Mall hosts Iconic

Boutique fashion store Iconic opens its doors in Dubai Marina Mall, with a new vertical lay-out inside.

OPENINGS

Iconic, the boutique fashion store, has opened at Dubai Marina Mall, making it the third such store in the UAE. The new fashion lifestyle destination was inaugurated by Raza Beig, CEO of Splash and Iconic, along with Nisha Jagtiani, Business Head of Iconic.

The new store stocks the latest fashion apparel, footwear, accessories and gifts, all under one roof for women, men and kids. The boutique format store features a new vertical lay-out, where the mannequins cat-walk from the ceiling, thus creating additional store space.

With an aim to keep the shopping experience totally new and exciting, a wide store entrance enhances a great in-store circulation, as a very youthful and dynamic sequence of different worlds are laid open to discover.



Speaking at the new store opening, Raza Beig, CEO of Splash and Iconic, said, "Packed with amazing, on-trend buys for incredible prices, the Dubai Marina Mall store opening is the first of the four new store

openings scheduled for this year in the UAE. Dubai Marina Mall is a strategic location and the store's setting provides customers with the opportunity to shop with increased ease in the heart of new Dubai."

The Iconic brand plans to expand with a store in The Dubai Mall in August. This will be followed by a first-time expansion to Sharjah and Abu Dhabi, with stores in Sahara Centre and Al Wahda Mall, respectively.



The Casual Vacancy

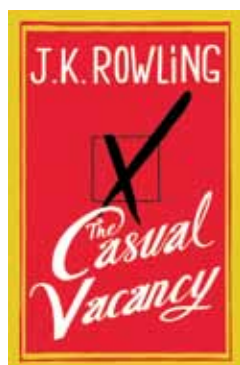
By J.K. Rowling

BOOKS

After a decade of writing the Harry Potter series, J.K. Rowling's first novel for adults, *The Casual Vacancy*, is a tale of an idyllic town torn apart by the results of a council election.

When Barry Fairbrother dies in his early forties, the town of Pagford is left in shock. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty facade is a town at war. Rich at war with poor, teenagers at war with their parents, wives at war with their husbands, teachers at war with their pupils... Pagford is not what it seems.

And the empty seat left by Barry on the parish council soon becomes the catalyst for the biggest war the town



has seen. But who will triumph?

The details of Rowling's 480-page novel, published at the end of September, are one of the most tightly guarded secrets in publishing. A big novel about a small town, *The Casual Vacancy* is J.K. Rowling's first foray into a more adult literary fanbase and is set to be the work of a storyteller like no other.

Overexposed

Artist Maroon 5 Label Polydor ★★☆☆☆

ALBUM

Everyone has friends that don't wish to keep up with the daily goings-on in global popular music, but like the odd update now and again so as not to feel left out. Maroon 5 are fast becoming their perfect band, being a fairly reliable and glossy barometer of how modern pop songs work.

So if the melodies on their fourth album have become more fragmented and repetitive, that's because pop music tunes have gone that way, too. *One More Night's* melody can't go more than a bar or two without repeating, just like a Rihanna song would.

And if their choruses have abandoned the strutting cockerel heat of *This Love* in favour of the saturated rave bliss of *Love Somebody* or *The Man Who Never Lied*, that's simply the effect of the market they have chosen to operate within.

Adam Levine fires up that nasal yelp as soon as the song begins, and does not let up until the fadeout. Wiz Khalifa

(guest rapper on *Payphone*) gets more space at the front of the stage than the rest of his band do.

The exception is *Ladykiller*, which boasts an actual guitar solo. Otherwise every passing second is a vocal battle against a declining attention span.

Even the sequencing of the songs betrays this fear, as all the compressed pop bangers—worked up with proven song-finishers like Ryan Tedder, Savan Kotecha and Brian West—are at the front, so you don't wander off too soon.

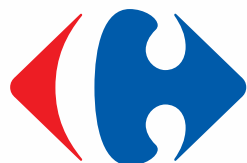


If you like this then you could try...

Dodger by Terry Pratchett

Dodger is a tosher—a sewer scavenger living in the squalor of Dickensian London. Everyone who is nobody knows Dodger. Anyone who is anybody doesn't. But when he rescues a young girl from a beating, suddenly *everybody* wants to know him. And Dodger's tale of skulduggery, and dark deeds begins to surface.

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Dhs 22
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وصلة كهربائية ٣ مآخذ (أوشتراكو)
Oshtraco 3 way universal t socket

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Dhs 49.00
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Kidzpro mini helicopter sky fly 22cm

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Dhs 1,499.00
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Sports+ treadmill cardio V2

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Dhs 12.75
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Nescafe 3in1 20g x24 + 4

Dhs 23.50
Dhs 16.75
سكر (الوادي الأخضر) ٥ كيلو
Green valley sugar 5kg

Dhs 50
Dhs 31.75
صدر دجاج (ساديا) ٢,٥ كيلو
Sadia frozen chicken breast 2.5kg

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Fit to fast



How people with diabetes can still observe the practice of fasting through the Holy month of Ramadan safely.



DEHYDRATION IN PATIENTS WITH DIABETES CAN LEAD TO COMPLICATIONS

Alongside prayer, humility, good deeds and self-discipline, the Holy Month of Ramadan sees Muslims fasting through daylight hours. While the practice is one of utmost importance to those of Islamic faith, the act of going without food and water for long periods of time is one that must always be taken very seriously, particularly by those with diabetes.

With the UAE having one of the highest levels of Type 2 diabetes patients in the world, understanding of the condition still appears to be limited among some communities. This is where a new initiative called Decide aims to step in. The group has been set up with the support of Dr Abdulrazzaq Al Madani, who explains "Decide has taken awareness out of the 'clinic' environment

and is looking to provide information on how patients can live life to the full with diabetes. Quite often, when patients are newly diagnosed or have suspected diabetes, it can be quite a shock, and having this support community available provides them with an opportunity to research privately what living with diabetes will mean for them."

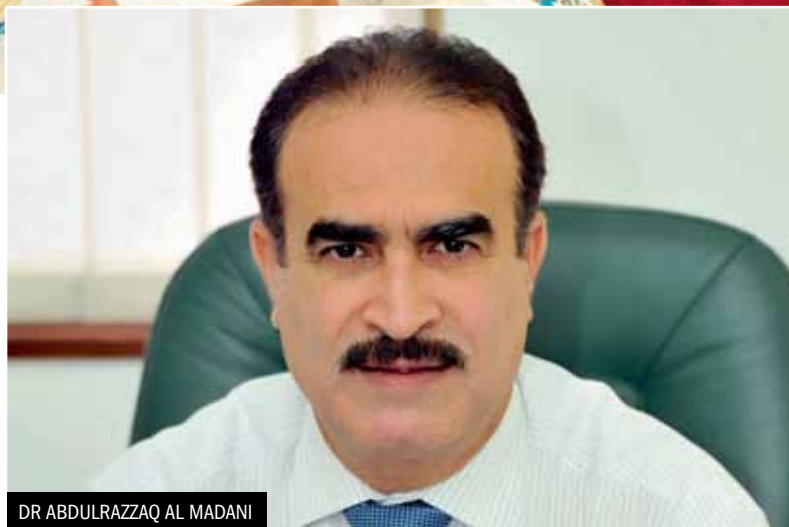
Even in our modern day society, information about long-term conditions can be unclear and almost 'too much' for some people. With the growth of the internet, some may even find the information overwhelming and could, potentially, be following false advice. Dr Al Madani says, "Awareness for diabetes is everywhere, and there are a number of organisations spreading the message of diabetes awareness, which is positive to see. However, there is some conflicting advice being



A DECIDE SCREENING AT AL BATHA GROUP

given, and while most of the information is sound, we live a different lifestyle from the West or East, and therefore information which is viable for North America might not be suitable for our environment.”

So, with the Holy Month of Ramadan now upon us here in the Middle East, could the practice of fasting have any effect on the overall health of those people with diabetes? Dr Al Madani explains, “If patients with Type 2 diabetes correctly manage their dietary intake and maintain a healthy lifestyle throughout the Holy Month, they should have no issue with fasting during Ramadan. It is not advisable to fast if patients have Type 1 diabetes, unstable Type 2 diabetes, complications from the condition, and pregnant women who have diabetes or elderly patients. Any patient with diabetes should do so only in consultation with their physician and if they feel any adverse effects should break their fast immediately. If anyone with diabetes is concerned about the



DR ABDULRAZZAQ AL MADANI

effects of fasting they should communicate directly with their doctor.”

But what about the effects of fasting on the body's blood sugar levels? Maintaining a healthy level is vital to controlling diabetes, so while it would appear that fasting must affect blood sugar, research has shown that with careful control and monitoring the effects need not be dangerous. Dr Al Madani says, “During the hours of fasting the patient can continue as normal, however they should not exert themselves too much, and keep themselves out of the heat as much as possible. Dehydration in patients with diabetes can lead to complications, so preventing fluid loss is imperative. For patients with diabetes, checking blood glucose levels during the fast hours should be a must. If it drops below 70 mg/dL (3.9 mmol/L) or exceeds 300mg/dL (16.7 mmol/L), they should break their fast.”

“If patients manage their dietary intake and maintain a healthy lifestyle, they should have no issue fasting.”

As with many long-term health conditions, Type 2 diabetes can be linked to lifestyle habits. However, with information and support from groups like Decide, knowledge and awareness is increasing and a new generation are growing up more aware of the danger signs. Dr Al Madani explains, “Being overweight can lead to diabetes, however, even if you are predicated towards diabetes, preventing it from occurring can be achieved by monitoring for the condition, such as checking blood glucose levels on a regular basis, through eating a healthy, balanced diet and adopting a regular exercise regime, even a simple walk every day.

“Everyone should be aware of the early signs of diabetes, which range from frequent urination and unquenchable thirst, to tingling in the hand, feet or legs, weakness and fatigue, and in some cases, blurred vision, dry and itchy skin and slow healing cuts and bruises, which are all potential signs. If you notice any of these signs, and are concerned, you should contact your physician immediately and have yourself checked over. The sooner diabetes is picked up, the quicker it is to make those all important changes which will help you live life to the full.” ●

SPOTLIGHT ON

Prickly heat



There are many things we are more susceptible to here in Dubai. Along with excessive sweating and sunburn, the heat of the desert sun can also see many people fall victim to an itchy rash called prickly heat.

Also known as miliaria, prickly heat is a rash of small, raised red spots that causes a prickling sensation on the skin. The rash can develop anywhere on the body, however it is more likely to appear on the face, neck, back, chest and thighs. The rash presents a cluster of spots, which sometimes look like tiny blisters, on an area of reddened skin. It can cause mild swelling, itching and a stinging or prickling sensation; hence the name.

“In Dubai, many people will develop the rash due to sweating then quickly cooling off in the AC”

Prickly heat develops when a person sweats more than usual, yet the sweat glands become blocked. The trapped sweat causes the irritation, therefore it is understandable why, particularly in Dubai, many people will develop the rash due to sweating then quickly cooling off in the AC, which encourages trapped sweat.

Luckily, prickly heat does not require specific treatment and will usually clear up on its own within a few days. Calamine lotion or hydrocortisone cream will soothe the affected area of skin and an over-the-counter antihistamine (anti-allergy treatment) may help to relieve the symptoms.

What's the difference?

- **Type 1 diabetes** can occur at any age, but is usually diagnosed in children, teens and young adults. It is where the body makes little or no insulin, so daily injections of insulin are needed. The exact cause is unknown.

- **Type 2 diabetes** most often occurs in adulthood, but diagnosis in teens and young adults is becoming more common due to high obesity rates. Many people with Type 2 diabetes are unaware they have the condition.

A special time of year

As the Holy Month of Ramadan continues across Dubai, so do the celebrations, charitable causes and sales.



Armani/Dolci

This Ramadan, Armani/Dolci presents its dark chocolate praline in blue, while the top part in gold is enriched with the distinctive Armani "A" in relief. The soft cream filling will win you over with its notes of cardamom and saffron—spices taken from the intensely aromatic and fragrant traditional Arabian coffee.

The package is wrapped in golden satin ribbon, printed with a tonal logo and the Arabic wording for "Ramadan Kareem" and "Eid Mubarak". The pralines are available at the Emporio Armani Café at Mall of the Emirates and Armani/Dubai Café at The Dubai Mall.

Enjoy Ramadan at The Farm

Celebrate Ramadan this year by enjoying Iftar or Sohour at The Farm, the concept restaurant from Al Barari. Set in the heart of the estate's lush surroundings, the team at The Farm has transformed the restaurant to celebrate the Holy Month, with a live oud band and traditional lanterns adding to the oriental ambience.



The Iftar buffet is open from Maghreb prayer until 9pm for Dh200 per adult and Dh90 for children. Suhour is served to visitors until 2am. The Farm has a dedicated area for kids aged five years and above, and henna is available. For more information, contact The Farm on 04 392 5660.

Jewels for the holy season

Stone, the multi-brand fine jewellery boutique in Dubai, has curated a unique collection of jewels for the Holy Month of Ramadan and Eid, featuring masterpieces which reflect the mood of the season by top designers.

Emeralds, jade, diamonds, stars and crescents from around the globe are elegantly presented at the boutique, located at the Village Mall in Jumeirah. Apart from exquisite pieces from international designers and creators, along with Stone's own collection of handcrafted designs inspired by modern and classic jewellery, Stone also carries Andre Marcha, Tubogas, Tiigan, Nawbar and many others.



Special perfume for Ramadan

Ajmal Perfumes has launched a special fragrance for Ramadan. Dahn Al Oudh Rabia Al Omr, a name which means Spring of Youth, uses premium-quality Indian Agarwood Oil from an exclusive region in Assam, which in turn is blended with the finest Oudh from Laos and Cambodia.

Available in Ajmal stores as a three-millilitre Regal Oriental Concentrate, it is priced at Dh750 per bottle.



Luminarc helps bond families

For the Holy Month of Ramadan, Luminarc, the French tableware brand, has brought family-inspired collections to the UAE. The new design concepts hail from the essence of families coming together for Iftar and Sohour—making each meal a meaningful occasion. During Ramadan, families bond while dining together and this time is best enhanced by dressing the table with fresh, highly attractive and alluringly colourful tableware.



Ramadan Night Market

Sumansa Exhibitions is set to host the popular Ramadan Night Market from August 10 to 19 at the Dubai World Trade Centre. The night market will be held over the last 10 nights of Ramadan and will offer UAE residents and tourists a great opportunity to shop for all their festival needs under one roof.

The multi-products, multi-country, multi-utility consumer fair will feature products and services from across the globe with product categories ranging from food items, garments and leather items, electronics, perfumes, home appliances, accessories, furniture and handicrafts, toys and baby items, automobiles, souvenirs and collectibles, besides musical instruments.

Entry to the consumer fair is free, with timings from 8pm till 3am during Ramadan and from 5pm to 12 midnight during Eid.



Make a difference



This Ramadan, Ajman City Centre, Deira City Centre, Fujairah City Centre, Mall of the Emirates, Mirdif City Centre and Sharjah City Centre are encouraging shoppers to donate everyday items such as clothing, books, reading glasses and mobile phones through the malls' regionwide "Make a Difference this Ramadan" charity campaign.

The initiative is part of Majid Al Futtaim Properties' regionwide Ramadan campaign. Back for its sixth consecutive year, and underscoring the malls' commitment to help support local and underprivileged communities across the region, all the malls have special collection boxes,

with donated items being handed to the Red Crescent.

To ensure that the campaign continues to grow year-on-year, as an extra incentive, all five malls are providing leisure and entertainment vouchers for each donation made. The vouchers provide discounts to many of Majid Al Futtaim Properties' entertainment venues, including Ski Dubai, Magic Planet and Playnation.

Ramadan Tournament 2012

Soccer Circus Dubai at PlayNation in Mirdif City Centre is offering guests the chance to enjoy the spirit of teamwork by participating in the Soccer Circus Dubai Ramadan Tournament

2012. The tournament will run from August 9, 2012, on weekdays and the weekends, from 9pm to 11pm.

In addition to the opportunity to engage in an exciting inter-team soccer match and be crowned tournament champions, the winning team will also receive a Mirdif City Centre gift card worth Dh6,000. Participants can register by visiting Soccer Circus Dubai or calling 050 714 5356. Teams comprising of a maximum of eight people can partake in the tournament at a charge of Dh1,200 per team.



Dubai Outlet Mall celebrates the spirit of sharing



With the support of the community, Dubai Outlet Mall has organised a charity campaign

that will last the duration of Ramadan.

Throughout the campaign, mall visitors can donate items such as clothes, books, toys, electronics, personal hygiene products, medicine and non-perishable foods, camping tents, blankets and heaters. Visitors can also donate cash at Red Crescent collection boxes at designated areas around the mall.

Dubai Outlet Mall also extends its charity campaign by working closely with Dubai Cares and Dar Al Ber Society. Donation boxes and desks for these two charities are located all around the mall.

Ramadan delights

Springli is offering a premium selection of specialities in celebration of the Holy Month of Ramadan. Delicious hand-made pralines, truffles and chocolate-filled crispy wafer rolls, lovingly produced in Switzerland, are available as gifts during this time of thanksgiving and contemplation.

A variety of exquisite gift hampers are also available to delight loved ones, and the pralines can also be personalised with messages in English and Arabic. The Sprüngli showroom is located in Dubai Flower Centre.



Emly Chilli charity meals



Emly Chilli has launched its Ramadan charity drive by giving people an opportunity to pay their Zakah this Ramadan by booking bulk meals for those in need. Once booked, bulk orders of specially designed combo meals are delivered to mosques and other locations as desired by the sponsor.

Two specially designed meals are the 500-gram Chicken Biryani, with fruits and fried assortments (Dh15), and the 375-gram Chicken Biryani, with fruits and fried assortments (Dh11). For more information, contact Emly Chilli outlets on 04 334 4554, 04 450 4280 or 04 283 7474.

Ramadan Style

Look modest and respectful during Ramadan with our selection of stylish suggestions.

All the dresses

Stay modest during the Holy Month of Ramadan and cover up with flattering yet demure dresses. Opt for a floor length, long-sleeved dress with an embellished neckline for a stylish, reserved look. Choose dresses in bright hues for a youthful style. This yellow dress from Valleydez is perfect for wearing as the 'Fifties silhouette is demure yet structured.

**Top tip:
shrug it off**

If your shoulders are bare, add a blazer or shrug jacket for a respectable look.



ASOS

VALLEYDEZ

DEBENHAMS

RITA ORA



LOUISE ROE



MONSOON

DEBENHAMS



H&M



SAUCE

Jumpsuits

Take your cue from Valentino couture and don a chic jumpsuit. Stay traditional and opt for an all-black ensemble like Stella McCartney, or go for a playful look like stylist and model Louise Roe. Cover your shoulders with a bright coloured jacket or blazer for a more refined style.

Colourful trousers

Trade in your summer skirts for a pair of floral or patterned trousers. Opt for a high-waisted pair in bright pink and pair with either a black or white shirt for a sophisticated yet young and funky style.



Her



Top tip

Try a long-sleeved shirt with jeans in either checked, denim or block colours for a simple, refined look.

Him

Appropriate dress

During Ramadan it is respectful for both men and women to cover up and not show bare skin. So avoid wearing beach shorts and vests in public and opt for longer sleeved T-shirts and full length trousers. Pair a bright coloured T-shirt with chinos or jeans for a fresh yet reserved style. For a more traditional look, opt for an all-black ensemble. Skinny black jeans look great with a fitted black shirt and jacket.



TOPMAN

DOMINIC COOPER

FASHION OPINION

HISHAM WYNE
COLUMNIST



Summer drenches hope for men

Summer months are for women. With shorts and tops, summer dresses, skirts and sleeveless constructions, bronzed skin and an array of cosmetic aids that all boast a rating of SPF 70, women glide through the hated summer months looking their very best.

It is almost sickening how unflappable they look as the heat barges down.

In our hubris, angst and insecurity, we tend to compete. What she can do, we can do better, we say. No, no, and no. Vest tops and shorts, while flattering the female form, don't work quite as well on a male figure boasting a generosity of pounds and enough hair to stuff a duvet eight times over without inconveniencing the follicle accountant above the forehead.

We rush down the abyss—matching shorts for shorts and vests for vests until the women look utterly flawless and we appear akin to sweaty beasts.

Cease, desist, and be wary. On the other hand, pity those of us who're forced to trundle on the nine to five treadmills in suits. But, luckily, there is hope. Long loose shorts, cargo pants, pastel coloured cotton shirts and funky

tees might be our salvation this summer.

Since a slouchy vacation to Beirut, I've been taking refuge in flappy cargos and a comfortable shirt, waiting for the cooler months to arrive.

"The women look utterly flawless and we appear akin to sweaty beasts"



Melancholic armageddon

Seeking a Friend for the End of the World highlights the need for a connection.

NEW RELEASE

Like the romance it portrays, *Seeking a Friend for the End of the World* is brief, sweet, funny and sad. It's also tonally uncertain and occasionally foolish, but somehow these flaws never derail the story's wistful pleasures, not the least of which—if we ignore an unpleasant speech by Patton Oswalt—is its pleasing lack of the frat-boy vulgarity that has come to define so much of the genre.

Even when wobbling dangerously between tragedy and comedy, Lorene Scafaria's screenplay (which she also directed) resists the lifeline of cheap-and-cheesy; she'd rather end a scene with

Steve Carell trivia

- Carell originally wanted to be a lawyer, but he reached a question on an application form that said, "Why do you want to be a lawyer?" He couldn't think of anything to write.
- The scene in *The 40 Year Old Virgin* (2005), where Andy has his chest hair removed, required five cameras set up for the shot. It was Carell's real chest hair which was ripped out in the scene. Carell told director Judd Apatow just before shooting the scene, "It has to be real. It won't be as funny if it's mocked up or if it's special effect."
- Carell owns and operates the Marshfield Hills General Store in Marshfield, Massachusetts, where he has a summer home.
- When he attended the premiere for his breakthrough movie *Bruce Almighty* (2003), he came to the screening with the impression that his scenes were left on the cutting-room floor. He was pleasantly surprised to find they were not.

a question mark than a dirty laugh.

Brevity is the film's mantra and driving force—specifically, if an asteroid were scheduled to pulverise your planet in exactly 21 days, how would you spend your time? It's a fascinating question that Scafaria never fully explores, mainly because she's not that kind of filmmaker.

Hers is a microview: Like her 2008 script for the charming *Nick and Norah's Infinite Playlist*, which unspooled over the course of one tune-filled night, *Seeking a Friend* filters big themes through the lens of a single, tentative relationship. On one side, we have Dodge (Steve Carell at his most crestfallen,

KEIRA KNIGHTLY'S
PORTRAYAL IS SPOT-ON

A-Z OF MOVIES

“R” is for Repetition



Sometimes we are quick to dismiss something we have heard several times before. Some people might even refer to it as listening to a broken record. But there is power in repetition because the looping message may be an important key to making your dreams come true.

The movie *Groundhog Day* resonates with many people because they can relate to Bill Murray's character caught living the same day over and over again. The repetitive loop is there to make you see the message in the loop about your old habits and the need to create new ones.

Murray's character, Phil, finally “gets it” after countless days of repetition. Phil was forced to see that his old selfish habits would never get him what he wanted. He finally realised he needed to change his paradigms.

By surrendering to his situation, giving himself time and having a desire for change, he created new, authentic and effective habits. Phil ended up finding true happiness, respect for himself, respect from others and even finding love.

Repetition is a good thing. All the motivational and self-help information around the world is the same; it's just packaged differently. It's there in all its diverse vehicles to attract you in a way that fits your current preferences. The irony is that the messages are all the same.

“Phil was forced to see that his old selfish habits would never get him what he wanted.”



STEVE CARELL IS PERFECTLY CAST TO PLAY THE SOCIALLY AWKWARD DODGE

evoking memories of his suicidal portrayal of Frank in *Little Miss Sunshine*, an insurance-company drone whose wife has fled to the arms of her secret lover.

On the other floats Penny (Keira Knightley), a flappable pixie with a wrong-for-her boyfriend edge and a fanatical attachment to her vinyl record collection. Penny, it seems, bonds best with people—and objects—that require a lot of nurturing.

Thrown together during a riot (riots and raves appear to be humanity's top two end-of-days choices), Dodge and Penny make a rather uneven deal: She will help him locate his first love if he will help her reach her family in England. As title cards and TV news mark the apocalyptic countdown, the movie becomes a quirky travelogue peppered with offbeat, episodic encounters.

While some are more successful than others—a stopover with Penny's survivalist ex-boyfriend subtly nails the way past loves prepare us for their successors—together these segments create an emotionally off-kilter atmosphere that feels appropri-

ately precarious. One hinges on such a shocking development that, for a second, laughter and horror are one and the same.

Stumbling occasionally but never completely falling, *Seeking a Friend* faces the fear of death not with images of widescreen digital destruction but with small moments that sidle up when we least expect them.

In this, the film is helped immensely by the casting of Carell, an actor who carries an inner wound into every role. Dodge looks like a man who has lived with knowledge of the apocalypse all his life, and Carell uses that terror to isolate his characters. Watching a scene in which Dodge is expected to participate in a questionable suburban party, you can't imagine another performer of his generation so clearly embodying socially awkward alienation.

Filled with poignant nudges toward human connection—including the final sign-off of an emotional news anchor—this uneven disaster comedy has no need of the couple's unconvincing declarations of love. Their friendship is miracle enough. ●

Bollywood news

Beauty and the beast

Bollywood newcomer and former Miss India Universe Puja Gupta didn't like Saif Ali Khan. Well, at least in one of his movies: *Dil Chanta Hai*. In real life, however, she finds him to be quite the gentleman. Gupta is currently gearing up to shoot *Go Goa Gone* and *Shortcut Romeo*, so we'll be seeing a lot more of her in the future.



When film and sport collide

Rumour has it that Ranbir Kapoor has a new best friend, and much to everybody's surprise, it's not Deepika Padukone that the star can't stop talking about; it's cricketer Virendra Sehwag. Sehwag admits to trying to learn some dance moves from Kapoor but says he'll be sticking to cricket, otherwise “Ranbir would have to face the toughest competition from me” in Bollywood.



Going for gold

After an overwhelming response to his recently released *Bol Bachchan*, Abhishek Bachchan is getting ready for *Dhoom 3* followed by a remake of *Businessman*. After experimenting with *Drona* and *Raavan* in the past, the star now knows which type of movies work better for him, and that is the mainstream kind of film.

Listings

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



GIRL IN PROGRESS

MOVIE GUIDE

Grand Cineplex - Wafi

The Amazing Spiderman - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
The Amazing Spiderman (3D) - 12:20, 15:00, 17:40, 20:20, 23:00, 01:40
Billa 2 - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Bol Bachchan - 10:30, 11:30, 13:30, 14:30, 16:30, 17:30, 19:30, 20:30, 22:30, 23:30
Cocktail - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
Dancing Ninja - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:30
Game Over - 18:20, 20:10, 22:00, 23:50
Girl In Progress - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Ice Age 4 - 11:10, 13:00, 14:50, 16:40
Madagascar 3 - 11:00, 12:50, 14:40, 16:30
Red Lights - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Think Like A Man - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Urban Explorer - 18:30, 20:15, 22:00, 23:45

Grand Megaplex - Ibn Battuta

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
The Avengers - 11:30, 14:30, 17:30
Billa 2 - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Bol Bachchan - 10:30, 13:30, 16:30, 19:30, 22:30
Cocktail - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00, 00:50
Dancing Ninja - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:30
Game Over - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Gangs Of Wasseypur - 20:30, 23:30
Girl In Progress - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Graystone - 20:45, 22:45, 00:45
Ice Age 4 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Lady - 19:00, 21:30, 00:00
Madagascar 3 - 10:45, 12:45, 14:45, 16:45, 18:45
Men In Black 3 - 10:30, 12:30, 14:40, 16:50
Red Lights - 11:30, 13:45, 16:00, 18:15, 20:30, 22:45
Snow White & The Huntsman - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Spirit - 11:30, 14:30, 17:30, 20:30, 23:30
Think Like A Man - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Urban Explorer - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Ustad Hotel - 10:30, 13:30, 16:30, 19:30, 22:30

Grand Cinemas - Festival City

The Amazing Spiderman - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00

17:15, 19:30, 21:45, 00:00
Think Like A Man - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Urban Explorer - 18:30, 20:15, 22:00, 23:45

Grand Cinecity - Al Ghurair

The Amazing Spiderman - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Billa 2 - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Bol Bachchan - 10:30, 13:30, 16:30, 19:30, 22:30
Cocktail - 10:00, 13:00, 16:00, 19:00, 22:00, 00:50
Dancing Ninja - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:30
Girl In Progress - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Ice Age 4 - 11:10, 13:00, 14:50, 16:40
Urban Explorer - 18:30, 20:15, 22:00, 23:45
Ustad Hotel - 10:30, 13:30, 16:30, 19:30, 22:30

Grand Mercato

The Amazing Spiderman - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Bol Bachchan - 11:30, 14:30, 17:30, 20:30, 23:30
Cocktail - 11:00, 14:00, 17:00, 20:00, 23:00
Dancing Ninja - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:30
Game Over - 18:20, 20:10, 22:00, 23:50
Girl In Progress - 10:30, 12:30,

14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Ice Age 4 - 11:10, 13:00, 14:50, 16:40
Think Like A Man - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

Vox Cinemas - Deira City Centre

The Amazing Spiderman (3D) - 12:00, 14:45, 17:30, 20:15, 23:00
The Avengers (3D) - 21:30, 00:30
Billa 2 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Bol Bachchan - 10:00, 13:15, 16:30, 19:45, 23:00
Cars 2 - 12:00, 16:00
Cocktail - 10:00, 13:00, 16:00, 19:00, 20:15, 22:00, 23:15, 01:00
Girl In Progress - 10:00, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Ice Age 4 (3D) - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45
Madagascar 3 (3D) - 09:45, 11:45, 13:45, 15:45, 17:45
Red Lights - 00:15
Toy Story 3 - 10:00, 14:00, 18:00
Urban Explorer - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Ustad Hotel - 11:30, 14:30, 17:30, 20:30, 23:30

Vox Cinemas - Moe

The Amazing Spiderman (3D) - 12:00, 14:45, 17:30, 20:15, 23:00, 00:30
The Avengers - 11:45, 14:45, 17:45, 20:45, 23:45
Cars 2 - 12:00, 16:00
Cocktail - 20:45, 23:45



GANGS OF WASSEYPUR

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



MEN IN BLACK 3

Dancing Ninja - 10:45, 12:45, 14:45, 16:45, 18:45
Girl In Progress - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30, 01:00
Ice Age 4 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15
Madagascar 3 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30
Men In Black 3 (3D) - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Red Lights - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15, 00:15
Snow White & The Huntsman - 10:00, 12:30, 15:00, 17:30, 20:00, 22:30
Think Like A Man - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15
Toy Story 3 - 10:00, 14:00, 18:00
Urban Explorer - 10:00, 22:30, 00:30

Vox Cinemas - Mirdif City Centre

The Amazing Spiderman (3D) - 10:00, 12:45, 15:30, 18:15, 20:00, 21:00, 22:45, 23:45
Cars 2 - 12:00, 16:00
Cocktail - 11:45, 14:45, 17:45, 20:45, 23:45
Girl In Progress - 10:30, 14:30, 18:30, 22:30, 00:15
Ice Age 4 (3D) - 09:30, 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Madagascar 3 (3D) - 09:45, 11:45, 13:45, 15:45, 17:45
Red Lights - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Think Like A Man - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
Toy Story 3 - 10:00, 14:00, 18:00
Urban Explorer - 12:30, 16:30, 20:30, 00:30

Reel Cinemas - Dubai Mall

21 Jump Street - 14:50, 17:10, 19:30, 21:50, 00:10
Abraham Lincoln - 14:00, 16:15, 18:30, 20:45, 23:00, 01:10
The Amazing Spiderman - 12:05,

14:00, 15:05, 17:05, 17:30, 18:05, 20:00, 20:30, 21:05, 23:30, 00:05, 00:30
The Avengers - 14:15, 17:15, 20:15, 23:15
Cocktail - 15:10, 18:10, 21:10, 00:15
Dancing Ninja - 12:10, 14:15, 18:40, 20:50, 01:10
Dark Shadows - 14:45, 17:05, 19:20, 21:25, 23:40
Game Over - 14:10, 16:15, 18:25, 20:35, 22:40, 00:50
Girl In Progress - 14:05, 16:15, 22:25
Ice Age 4 - 13:50, 16:05, 18:10, 20:15, 22:20, 00:25
The Intouchables - 16:25, 23:00
Madagascar 3 - 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 00:55
Men In Black 3 - 14:30, 16:45, 19:00, 21:15, 23:30
Prometheus - 15:30, 17:50, 21:00, 00:05
Red Lights - 12:30, 14:10, 16:40, 19:10, 21:40, 00:20
Rock Of Ages - 14:05, 16:40, 19:15, 21:50, 00:25
Think Like A Man - 14:20, 16:50, 19:20, 21:50, 00:20
Urban Explorer - 16:10, 20:20, 00:30

Reel Cinemas - Marina Mall

The Amazing Spiderman - 16:00, 19:00, 22:00, 00:50
The Amazing Spiderman (3D) - 14:30, 17:30, 20:35, 23:35
The Avengers - 15:00, 18:00, 21:00, 00:05
Ice Age 4 - 15:35, 17:50, 20:00, 22:05, 00:15
Madagascar 3 - 15:05, 17:05
Snow White & The Huntsman - 19:05, 21:45, 00:25
Think Like A Man - 15:10, 17:40, 20:10, 23:00

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Made in Tashkeel

Made in Tashkeel is an annual exhibition showcasing the works of Tashkeel members, workshop participants and exhibiting artists.

Date: June 6 – August 30

Duration: 2 months 26 days

Timings: 10am – 10pm

Audience: Public

Category: Arts and Culture

Venue: Tashkeel Gallery, Nad Al Sheba

Admission: Free

Telephone: 04 336 3313

Dubai Sports World 2012

Don't miss your chance to get active this summer and register in one or several sports activities at Dubai Sports World.

Date: June 8 – August 31

Duration: 2 months 25 days

Timings: 10am

Audience: Public

Category: Sports

Venue: Dubai World Trade Centre

Admission: Rates vary depending on the activities

Telephone: 04 308 6332



Modhesh World 2012



Modhesh World is the best destination for family entertainment during the

summer in Dubai.

Date: June 14 – August 25

Duration: 2 months 13 days

Timings: 8pm – 2am during Ramadan

Audience: Public

Category: Entertainment

Venue: Dubai World Trade Centre

Admission: Entry ticket is Dh10 for children and adults, free for children below two years

Cultural Iftar at SMCCU



Held in the courtyard of the wind-tower house in the heart of historical Bastakiya, the event begins

after the Athan (the call to prayer).

Break the fast with your Emirati hosts and enjoy Arabic coffee and dates.

Then take a moment to watch your hosts pray, before Iftar is served. You are invited to ask any questions you may have about Ramadan, or the culture and traditions of the UAE. After Iftar, visit the Diwan Masjid, before returning to the SMCCU house for dessert and tea. The event will begin approximately 15 minutes before the call to prayer every night from July 22 until August 15, 2012.

Date: July 22 – August 15

Venue: Sheikh Mohammed Centre for Cultural Understanding, Bastakiya, Old Bur Dubai

Admission: Dh135, children under 12 years of age are free

Telephone: 04 353 6666

Ramadan Majlis 2012



Friends and family can enjoy the Dubai World Trade Centre's annual Ramadan Majlis.

Date: July 20 – August 19

Duration: 1 month 1 day

Timings: 8pm – 3am

Audience: Public

Category: Cultural celebration

Venue: Dubai World Trade Centre

Admission: Free entry

Telephone: 04 306 4000

The 16th Dubai International Holy Qur'an Award 2012



This event features the Holy Qur'an memorisation contests as well as lectures on Islam aimed at confirming and celebrating Islamic values.

Date: July 21 – 29

Organiser: Government of Dubai

Venue: The men's lectures are held at the Dubai Chamber of Commerce Hall on Baniyas Road, Deira and the women's lectures are held at the Dubai Women's Association on Abu Bakr Street, Deira

Admission: Free

Telephone: 04 261 0666, 04 261 00883

Ramadan in Dubai 2012



The Holy Month of Ramadan is one of the most important and reflective

times in the Islamic calendar.

Date: July 20 – August 18

Duration: 30 days

Audience: Public

Category: Cultural celebration

Style with substance

How a group of young artists with special needs are turning their talents into feel-good fashion items.



THE YOUNG ARTISTS FROM MAWAHEB

COMMUNITY ART

Among the many things the UAE is known for, shopping and fashion will always come quite high up on the list. However, style is not always about the latest big name designer product, with many people these days choosing a different sort of style statement. One trend that appears to strike a chord with many Dubai residents is "fashion for a cause" - where design houses of high street stores team up with charities or initiatives to provide cool and stylish clothes that also support the people behind the items.

One such project is the recent initiative launched by fashion brand, Giordano, in conjunction with Mawaheb from Beautiful People. Mawaheb—the Arabic word for 'talent'—is an art studio for young adults with special needs and is the first of its kind in the Middle East. The studio provides space for 10 artists a day, aged 16 years and older, in a bright and vibrant environment designed to inspire everyone. The concept is to bridge the gap between society and individuals with special needs, as people with special needs often feel isolated and lack purpose once they finish school.

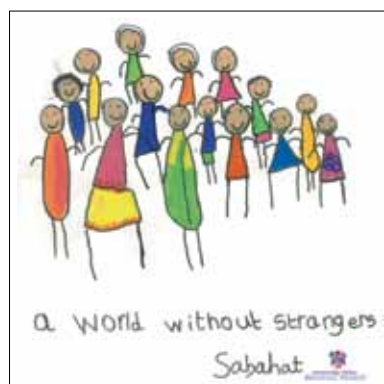
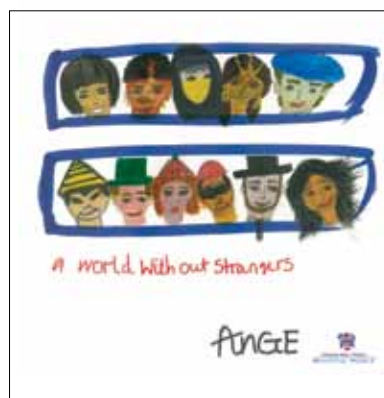
It is with this in mind that the Giordano Initiative For Talent (GIFT),

a programme developed to support the local community, partnered with Mawaheb to give its students the opportunity to showcase their artistic talent. The students were asked to interpret the theme "World Without Strangers" and the result was an eclectic mix of artworks, from which 10 final designs were chosen.

The first six of the chosen designs are now being launched in the debut phase of the programme, which will see an exclusive range of T-shirts—imprinted with the six art creations and signed off by the artists themselves—sold across Giordano's stores in the UAE. And, at a special time of year, when giving back to the community is of great importance to many people, the initiative is made even more poignant as Dh20 of the Dh40 retail price of each limited edition T-shirt will be given back directly to Mawaheb to support future projects and provide help for those with special needs.

As well as being a time for fasting, prayer, self-discipline and thanksgiving, the Holy Month of Ramadan is a time for humility, reflection and kindness to others. Supporting those who may be less fortunate is of particular importance to many people at this time of year, but support is not always about the monetary reward. By showing appreciation for

"It gives the artists the opportunity to be recognised because of their abilities instead of their disabilities."



the designs by the young adults at Mawaheb by purchasing one of the T-shirt designs, the public will not only be giving back to the organisation in the form of a donation, but—more importantly—by giving the artists behind the designs a sense of purpose and worth.

Wemmy de Maaker, the founder of Mawaheb from Beautiful People, says, "People with special needs are part of our society. Giordano in collaboration with Mawaheb is giving the artists the opportunity to be recognised because of their abilities instead of their disabilities. When our artists see their work displayed in an exhibition or printed on coffee cups or T-shirts, it makes them feel recognised, proud and accepted. That's the biggest reward we can give them." ●





Ready to cruise

★★★★☆ If a solid and reliable 4x4 is what you're looking for, the Toyota Land Cruiser will tick all the right boxes.

Of all the cars plying the highways of the UAE the Toyota Land Cruiser surely needs little introduction. A favourite of many, this huge 4x4 is indeed part of the country's automotive furniture.

The Land Cruiser serves two distinct markets, with the GXR built as a utilitarian workhorse and the VXR sold as a serious luxury vehicle for the well-heeled motorist. Although the two cars are in essence the same, they differ in both engine size and, of course, the interior trim.

The GXR has a fairly basic interior,

with cloth seats and a purposeful, yet basic, dashboard. It's VXR sister model could hardly be further apart, with leather, wood trim and every conceivable extra you can think of.

4.6

The Land Cruiser GXR certainly packs a punch with its 4.6-litre V8 engine

Inside the GXR it's back to basics with the feel of a smaller Toyota model. There are acres of plastic and very little in the way of tech toys to play with. But anyone seeking that sort of a car will be far better off in the VXR, which is tailored to that market.

The GXR is however extremely solid in feel and, importantly for anyone wanting to cover lots of miles, comfortably.

There's also a third row of seats for anyone with a large family. Those extra seats can easily be removed

to create a huge load space, while still leaving room for five people to sit in comfort.

Under the hood, the Land Cruiser gets a 4.6 litre V8, which is as solid as a rock and should give you years of motoring without trouble.

Couple that with the bullet proof 6-speed auto gearbox and the big Toyota is one of the most reliable cars you can buy.

Out on the highway the car feels like it would cruise to Europe and back without missing a beat. It's no sports car, but the engine is easily big enough to haul along the Cruiser's hefty weight.

Once the road tightens up and the going starts to get twisty, it really isn't in its element, but then you wouldn't expect it to be. The brakes are up to the task of stopping all the momentum and body roll is actually quite good.

The Land Cruiser GXR does exactly what it promises. It's amazing off-road and solid on it. The parts all feel unbreakable, and the engine will get you out of any situation.

If you're looking for a high-end luxury 4x4 then this is not the car for you. You'll need to pay a little more and go for the upscale VXR.

But for everything else the GXR is pretty much the perfect car for the roads of the UAE. ●

SPECS
(as tested)
Engine: 4.6 litre V8
Power: 304hp@5,500rpm
Torque: 439Nm@3,400rpm
0-100km/h: n/a
Top speed: n/a
Price: From Dh229,000



THE INTERIOR OF THE HIGHER-SPEC VXR WILL SET YOU BACK MORE THAN THE GXR



Getting ahead in the holidays



With some easy tricks, taking a break from work for the holidays doesn't have to mean all your hard work comes undone.

HOLIDAY TIPS

We all wait for the holiday season. Whether it's Eid Al-Adha, Christmas or New Year, these are seasons for relaxation with friends and family; a time where you can sleep as much as you want, eat and just hang around with no cares in the world. For many people, regardless of career level, the holiday season is a time when work is low on their list of priorities. Most people stop working, stop blogging and stop any work-related activities all together.

While not taking time off can do your career more harm than good, staying on top of your job and up-to-date during holidays can help you get ahead of competition and advance your career. With just a bit of minimal work, you can set yourself apart from the crowd and dedicate a small amount of your time-off to work. Akhtaboot offers these smart tips to help you go the extra mile and get ahead of others during the holidays.

SELF EDUCATION

Dedicating an hour or two daily to educate yourself on things that are relevant to your business will always do you good. Perhaps it's a new but relevant topic that you are not familiar with, or maybe you came

“Make sure that when clients head back to work, you are the first in mind for everyone that knows who you are.”

across a new article that you haven't had the time to read. Get a relevant book and devote some time to read whenever you're free. There is actually a saying that states, “Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young”.

THINK LONG TERM

If you're an employee handling the social media or client services department of your company, the worst thing to do is to just stop answering people's enquiries. Of course you don't need to respond as often, but getting a few posts and responses out there is important because chances are you're going to be one of the few people who are

still available. You might also want to start planning conferences you want to attend. Usually, we're busy at work and don't have the time to organise and keep things neat, so this is a good chance for you to keep on track. Keep on building your relationships with clients over the holidays and don't forget to send out holiday cards.

Make sure

that when clients head back to work, you are the first in mind for everyone that knows who you are.

WORK HARD, PLAY HARD

It's totally fine to give yourself a break. Don't feel guilty about it; we all need a vacation every once in a while. Spend time with family and friends, celebrate the holiday with loved ones or work on a hobby that you rarely get the chance to devote time to. Sleep for long hours, eat healthy and go to the gym. Doing so will help you feel enthusiastic and energetic long after you go back to work.

Going back to work after a holiday vacation is typically something we all dread. After all, you were just getting used to staying up late reading or spending your days watching football. While it may naturally be a jolt to your system when you first get back to a normal work schedule, trying to prepare for work before the end of your vacation can help reduce the discomfort. Go back to your regular sleep routine before the holiday ends and check your emails to get yourself organised before going back to work after a long holiday. ●

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



Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Assistant Editor required for well established English magazine in Dubai. Must have minimum 3 years experience working in monthly magazines in Dubai on full time basis. Must have excellent interview and writing skills for both print and online. Must be good at multitasking. Immediate recruitment. Salary Dh10,000 to Dh13,000. Contact 0505273351.

Filipino hairdresser for children required for a salon. Gender not specific. Should be experienced. Salary will depend on years of experience. Visa will be provided. Send CV to abdulla.alsaadi@convergys.com/call 0506514336.

Part-time income opportunity. A US-based health and wellness company in over 150 countries including the UAE offers income opportunity for professionals after office hours/weekends/housewives, etc. Be coached by the UAE's top distributors and add thousands of dirhams to your existing income. (Visa will not be provided). Send CV to healthyplanet@myflpbiz.com.

Indoor/outdoor salesperson required for a stationery shop in Bur Dubai. Preferably with valid UAE D/L. Should be knowledgeable in stationery product sales. Basic internet usage skills are a must. Call 0506942918/abdullaalmanoor@gmail.com.

Experienced salesman required for an auto spare parts company in Deira. UAE D/L is a must. 3-4 yrs experience. Should be fluent in Hindi, English and if possible Gujarati. Should also be able to independently buy/sell goods and deal with customers. Salary up to Dh4,000-4,500 + commission. Visa will be provided. Send CV to kalpen@ks-international.com and tushar@autopax.ae.

Telemarketer required for a life insurance company. Part/full-time position available. Call 0557535750.

Female driver required for a UAE national family. Preferably Filipino. Call 042351919/Fax 042351700/send CV to adibest@eim.ae.

Marketing executive urgently required for a banking/insurance company. Part-time position only. (including fresher). Phone + commission will be provided. Email rameshp7799@gmail.com.

Highly motivated and energetic medical representatives required for a leading German pharmaceutical company. 1-2 yrs experience is a must. Should be fluent in English. UAE D/L is essentiality. Send CV to jobsnpharma@gmail.com.

Graphic designer + machine operator (Signage & BTL) required. Minimum of 4 yrs experience. Should be familiar with graphic and print media. Strong knowledge in Adobe packages is a must. UAE residents only. Advantage will be given to candidates with experience in FMCG, signage, BTL displays. Send CV to recruitmentthr97@gmail.com.

Middle aged female required for a domestic services company. From 8am to 8pm, or timings can also be flexible. Call 0502465370.

JOBS WANTED

Two females seek full-time job as babysitters/housemaids/housekeepers. Call 0556796008.

Female seeks full-time job as a secretary and sales coordinator. 5 yrs experience. Call 0503904801.

Pakistani, male, BCom + ACCA seeks full-time job as an accountant. 3 yrs experience in an audit firm. Call 0529820074.

Filipino, male, 22, graduate, seeks job as an office clerk, office boy, admin, data encoder and any other related field. 4 yrs experience in two different companies. Knowledgeable in computer software, testing and car insurance. Call 0509431981/email paulandrewvelarde.07@gmail.com.

Filipina, bachelor degree holder seeks job as a doc. controller/admin assistant/receptionist. Hard worker and can work under pressure. Call 0502108840.

Indian female, graduate, seeks full-time job in the media field. Good in digital media. On family visa. Call 529086836/email tonyjds@gmail.com.

Pakistani male graduate seeks job in the Gulf. 7 yrs UAE experience as PRO/marketing and sales supervisor. Fluent in English, Hindi, Urdu, Punjabi and Arabic. Holds valid D/L. Call 0509621037/email farooquisgranit@yahoo.com.

Male, MBA seeks full-time job. 5 yrs experience as an accountant. Proficient in Tally, Peach Tree, QuickBooks, MS Office. Call 0508066716.

Indian male diploma holder seeks job in the automobile industry. 4 yrs experience in automobile servicing jobs. Call 0551753345.

Filipina seeks full-time job as an accountant. 14 yrs experience as a billing cashier. Call 0567362641/email lets_k@yahoo.com.

Indian male, MCA degree holder seeks job in software development and admin. 1 yr experience in similar fields. Call 0559010659/email mcashanawaz@gmail.com.

Single Nepalese female seeks full-time job as a secretary or admin. 6 yrs experience in Dubai. Email btamang_2011@yahoo.com.

Indian male seeks job as a caretaker for the elderly and sick. Can take care of daily activities. Fluent in Arabic, English, Hindi and Gujarati. Call 0509412636.

Indian male (MCA) seeks job in oracle development/support. 4 yrs experience. On residence visa. Call 0557565930/email only.ashish99@gmail.com.

Indian female, 28, BCom and MCom seeks full-time job as a sales coordinator. 3+ yrs experience. Familiar with MS Office and typing. Good communication skills. On husband's visa. Call 0555373762.

Indian female, BTech electronics and communication engineer seeks job. 5 yrs experience. Fluent in English. Excellent computer skills. On husband's visa. Call 0508511279, 0554808015/email priyapulari@yahoo.co.in.

MISCELLANEOUS

Visa assistance available. For Dubai tourist visa/transit visa 14-30-60 days. At Gulfa Tourism. Call 0558046287.

Personal Loan available. We finance self employed with minimum requirements. Taking one week process. Call 0551032210.

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

Personal Loan. Salary transfer loan, PDC loan, auto loan, (required salary 5K). Call 0558241991.

Astrology, vastu, palmistry reading available. Call 0558066470/0508408219/043582488 or email vvas75@yahoo.com.

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/email-travelteam07@yahoo.com.

AUTO

Ford Explorer for sale. 2004 model in very good condition. 4WD. Dark blue colour. Trouble-free. All servicing done. Call 0508504226.

Jeep Patriot for sale. 2009 model. Silver colour. In excellent condition. Very clean inside. Done 62,000km. With Navigator 500GB built in hard disk. Accident-free. 4-wheel drive. Dh65,000 negotiable. With full agency history and service. New tyres. New battery with warranty. Call 0566582285.

Toyota Camry, 2008 model for sale. White colour. Automatic, Gulf specs. In perfect working condition. Price for Dh42,000. Call 0505887434.

Mitsubishi Lancer GL, 2006 model for sale. Silver colour, 1.3 engine, driven for 110,000km. Automatic, comes with new battery, timing belt, tires and wheel mugs. Price for Dh17,000. Price can be negotiated. Email more_aragon@yahoo.com.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, white colour, remote key. In excellent condition. Dubai registration. Near Talal supermarket, Hor Al Anz, Dubai. Call 0556796008.

ITEMS

Used crib and a brand new Graco baby car seat available for sale. 0-13kgs. Price for Dh350 for both. Call/SMS 0502100388.

Used 2.0-ton window Mitsubishi A/c available for sale. 6 months old in good condition. Free delivery. Near Talal super market, Hor Al Anz, Dubai. Call 0556796008.

King size bedroom set available for sale. Also comes with bed/mattress and cupboard, etc. Email yoursyousif@gmail.com.

Brand new Wii console for sale. Red colour. Comes with a nice collection of Wii games. Email yoursyousif@gmail.com.

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, good quality, and cotton polyester. For Dh85. Call 0557277085.

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

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

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

Continental wristwatch available for sale. Quartz, rectangular with date

display, black leather strap. For Dh275. Call 0557277085.

Microsoft genuine software available for sale. Full version, DVD + key, in original seal, special promotion. Office 2010 Pro, Office 2011 Mac, Office 2008 Mac. (Items are for personal use and non-commercial). Price for Dh280. Wholesale available. Call 042555328

SERVICES

Babysitting/Daycare services available in Karama, near LuLu centre. With an experienced Indian female. Timings between 7:30am to 6pm. Sunday to Thursday. Call 0559039701.

Car rent services available. Fee will be on a monthly basis. Low rates. Call 0556796008.

Babysitting services available. In executive towers near business bay metro station with an experienced Indian female. Timings between 8am to 6pm. Sunday to Thursday. Call 0501172019/0562040297.

Car lift service available. Circulates from Dubai to all locations. Call 0509621037.

Babysitting services available. Located in the OPC area, Bur Dubai. Call 0508057846/0502101329.

Micro Station training available. Home tutoring will also be accessible. Call 0558520173.

Babysitting services available. Located near Pizza Inn, Karama. Call 0558012027/043967983.

Business card printing and designing services available. We offer a variety of printing options from business cards to other types of stationery. Call 0508645387/www.quilldraws.com.

Experienced freelancer editor/writer available. Ability to handle assignments ranging from proof reading, editing, web content provision, product descriptions, academic articles, press releases and more available. Call 0509501851.

Kung fu master teaching services available (Master Hang from the home of Kung fu, International 6 Dan Black Belt, Martial Arts International Level Coach, Shaolin Kung fu 6 Dan). Located in Radisson Hotel Blu, Dubai Deira Creek. Three times a week, group teaching for Dh650, personal teaching for Dh300. Call 0505467286/email yinianyijyu@vip.qq.com.

ACCOMMODATION

Bed space available for rent. Executive Keralite bachelors only. Clean and neat room. Located near Rigga metro station. Free E-life. Kitchen and washing machine accessibility. Rent for Dh500. Call 0552854854.

Furnished bed space available for rent. Keralites only. Located near Business Bay metro station. Walking distance to Safa Park. Available starting August. To be shared with 3 plp. Comes with attached bath & kitchen, and other facilities. Call 0555172163.

Shared executive accommodation available for rent. Spacious room comes with balcony/kitchen facilities. Keralite bachelors only. Located in Deira, behind Al Futaim mosque. Call 0504959581.

Partition/bed space available for rent. Filipinos only. Located in Al Kuwaiti Building; Maktoum road near Al Ghurair Center. Call 0507063737.

Furnished shared accommodation available for rent. Keralite couples/work-

ing ladies only. Spacious. Central A/c. Comes with attached bathroom. Located in Al Qusais. Starting September 1st. Free internet /Wi-Fi facilities. Rent for couple Dh1,800 + Dh800 + water and electricity for singles. Call 0503904801.

Furnished rooms, partitions and bed spaces available for rent. Located along Century Mall and Al Mulla Plaza. Walking distance to Al Qiyadah metro station. Call 0507956579/0509243760.

Accommodation available for rent. Indian executive bachelors only. To be shared with another person. Located in Bur Dubai, opposite Royal Ascot Hotel. Call 0501760780.

Executive bed spaces available for rent. Comes with kitchen facilities. Located near Union metro station, Deira. Call 0507055962.

Furnished bed space available for rent. Spacious room comes with kitchen. Executive working ladies only. Located near Palm Beach Hotel, Bur Dubai. Call 0509226500.

Bed space available for rent. Indian Keralites only. Located near Salah Al Din metro station, behind Reef mall, 2nd building. Internet/kitchen and other facilities also available. Rent for Dh550 + DEWA. Call 0503690114/0554539656.

Partition available for rent. Filipinos only. Located in front of Emirates Towers metro station. Spacious and convenient place. Call 0551158605.

Bed space available for rent. Clean room, free W/E. Refrigerator, kitchen, roof top, separate bath facilities also available. Bangladeshis only. Rent for Dh200. Located near Talal super market, Hor Al Anz, Dubai. Call 0556796008.

4 bed spaces available for rent. To be shared with 4 other bachelors. Located near Satwa bus stop. Comes with attached bathroom and kitchen. Rent for Dh600 including W/E. Call 0556932581.

Wanted: Pakistani looking for a bed space located near metro station in JLT, Dubai Marina, Nakheel or Dubai Internet City. Near mosque is preferred. Email industrialchemist@hotmail.com/call 0502985320.

Family room available for rent. Located in Rashidiya near the metro station. Keralites only. Call 0552137341.

Furnished bed space/shared accommodation available for rent. New building. Males only. Walking distance to Al Fahidi metro station. Comes with attached bathroom. Free Wi-Fi. Rent for Dh650 + DEWA. Call 0561922828.

Bed space available for female, located in Al Rigga road, Dubai. Call 0502749466/0502749032.

Furnished room available for rent. Located in Muhaisena 4. Couples or working ladies only. Rent for Dh1,750. Call 0502843581.

3 bed spaces available for rent in BHK. Indian bachelors only. Located near Baqer Mohebi, Rolla Street, Bur Dubai. Starting from 1st of July onwards. Internet, E-vision, gym facilities also available. Call 0504262347, 0553689118.

Furnished bed space available for rent. Bachelors only. Located near Bank Street, Bur Dubai. Internet accessibility. Walking distance to Khalid Bin Waleed metro station. Call 0502867570.

Dubai buses serve more

Public bus occupancy in Dubai rises to 41 per cent in 2011, amid a raft of other improvements to the service.

BUSES

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, has revealed that seat occupancy on Dubai public buses clocked 41 per cent last year, compared with 40 per cent in 2010.

"This rate is considered relatively high considering the lifetime of public transit systems in the emirate, as bus seat occupancy in countries that have long histories in public transport systems is 25 per cent in Sweden, 30 per cent in Finland, 32 per cent in Japan and goes higher to hit 45 per cent in the UK, 55 per cent in Belgium, and 58 per cent in Austria, for instance," he said.

"Public bus adherence to schedules soared from 17 per cent in early 2008 to 77 per cent in 2010 and went even higher to hit 80 per cent in 2011, whereas this rate in countries like Singapore, which is one of the countries known for its high bus schedule adherence rate, is 83 per cent. The geographical coverage of urban areas by public transport kept moving upward from 75 per cent in 2011 to reach 80 per cent in the first quarter of this year. The operational rate of the bus fleet in the first quarter of this year recorded 92 per cent, and



MATTAR AL TAYER

adherence with preventive bus maintenance programmes amounted to 97 per cent, whereas the targeted rate was 90 per cent," revealed Al Tayer.

"Initiatives rolled out by the RTA to upgrade the operational efficiency of the public bus fleet, augment revenues and rationalise expenditures have contributed to reducing the operational expenses in the first quarter of this year by as much as Dh16.29 million, while revenues were

hiked by Dh3.27 million.

"The RTA has succeeded in posting high traffic safety rates in public bus operations, as it managed to curb the number of accidents from 127 minor crashes in the first quarter of 2011 to about 90 minor crashes in the same period this year. This reduction is attributed to the huge attention paid by the RTA to training and qualifying bus drivers in coping with different road conditions, and the implementation of the offences and fines regulations to drivers flouting driving rules applicable in the UAE," continued Al Tayer.

"The RTA has succeeded in posting high traffic safety rates."

Meanwhile, Al Tayer stated that the number of marine transport passengers was expected to hit 15 million by the end of this year. He added that the number of Water Taxi users in the first quarter of this year shot up by 23 per cent, compared to the same period last year, and the number of Water Bus passengers showed a five-per cent growth in the same period, while the number of passengers using Ferry Dubai clocked 5,000 to 6,000 passengers per month.



PUBLIC BUSES SERVE MOST URBAN AREAS IN DUBAI

RTA holds customers' meeting

GATHERINGS

In its 32nd gathering, the Customers Council of the RTA recently held an open-house gathering for customers of the Licensing Agency and discussed the processes in place and services offered in a bid to exchange views and explore ideas on how to achieve the best results toward improving business conduct.

The gathering, which was held in the RTA Auditorium, was chaired by Mohammed Obaid Al Mulla, RTA Board Member and Chairperson of the Customers Council, in the presence of RTA Customers Council members, Director of Commercial Transport Activities Sultan Al Kutubi, Director of Customer Service Ahmed



THE CUSTOMERS COUNCIL OFFERS REPLIES TO QUERIES

Mahboob, and external customers who are directly engaged with the Commercial Transport Services.

Al Mulla pointed to the importance of communication between officials and customers in the exchange of views and suggestions made in the public interest of Dubai, particularly

as the Licensing Agency is the home to several services that have direct relation with external customers.

"This prompts us to hold these gatherings, which seek to explain our views on certain issues as well as the applicable procedures, and offer replies to customer queries. The

Customers Council is keen and committed to continually meet with the clients of all RTA agencies and sectors, with a view to realising the RTA's vision of safe and smooth transport for all, and enhancing initiatives, systems and development projects undertaken by the RTA," explained Al Mulla.

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

If you're in a car with a person who is **texting while driving**, stop him or her in the best possible way. Or if your spouse refuses to buckle up, don't get into the car. Or if a friend is speeding, sing off key until he or she slows down. Don't let an accident happen. A safer road is everyone's responsibility.

Join the community. Take the pledge at www.facebook.com/rtatakecare

معا نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

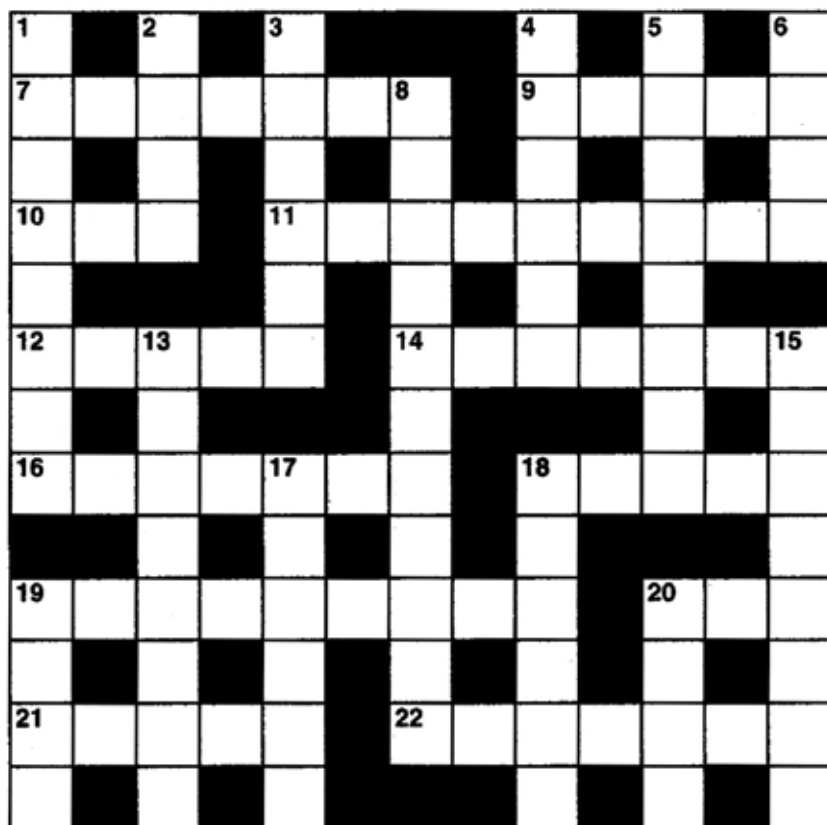
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Taking your time

Test your skills with our puzzles.



Crossword

Across

7 42nd President of the USA (7) 9 Separated by a distance (5) 10 Branch of the armed services (init) (3) 11 Jury decision (3,6) 12 Number of years celebrated by a golden wedding (5) 14 Fulfil (7) 16 Clement (7) 18 John Cleese's *Fawlty Towers* character (5) 19 Disney cartoon about a wooden puppet (9) 20 ___ de cologne (3) 21 Ask for (5) 22 Migratory (7)

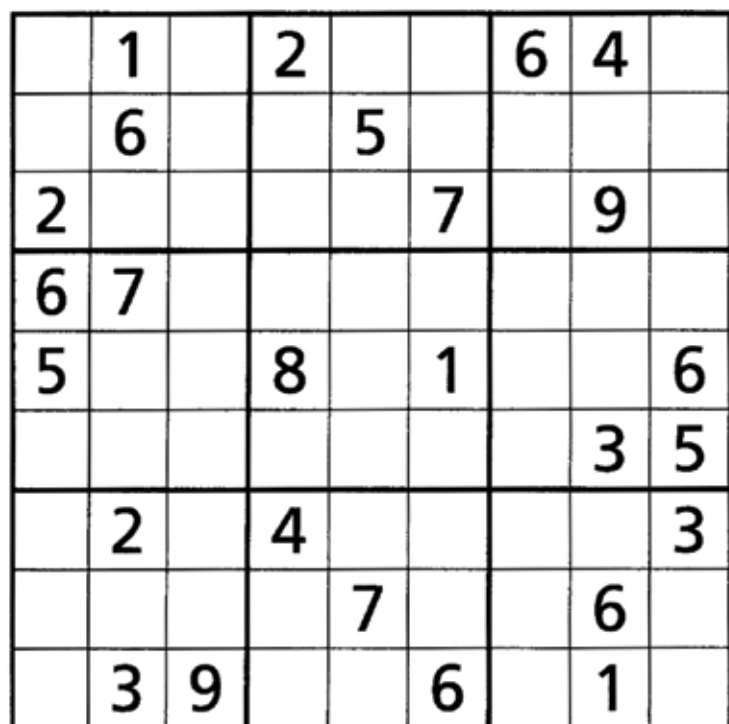
Down

1 Mocking (8) 2 Quarrel (4) 3 Tight-fisted, penny-pinching (6) 4 More uncertain (6) 5 Air-filled bags (8) 6 Support, prop (4) 8 Of an inferior standard to (3,1,5,2) 13 Amounts of money (8) 15 Gastropods, eg (8) 17 Surfeit (6) 18 Flourishes (6) 19 Send in the mail (4) 20 Ceases (4)

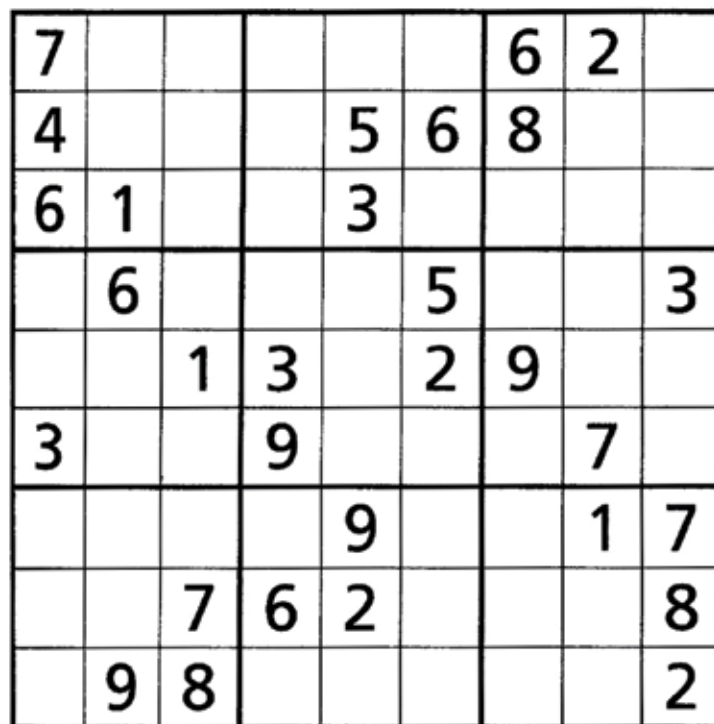
ANSWERS



Sudoku 1

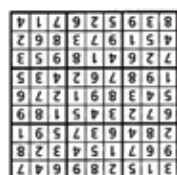


Sudoku 2

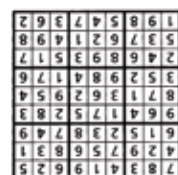


ANSWERS

SUDOKU 1



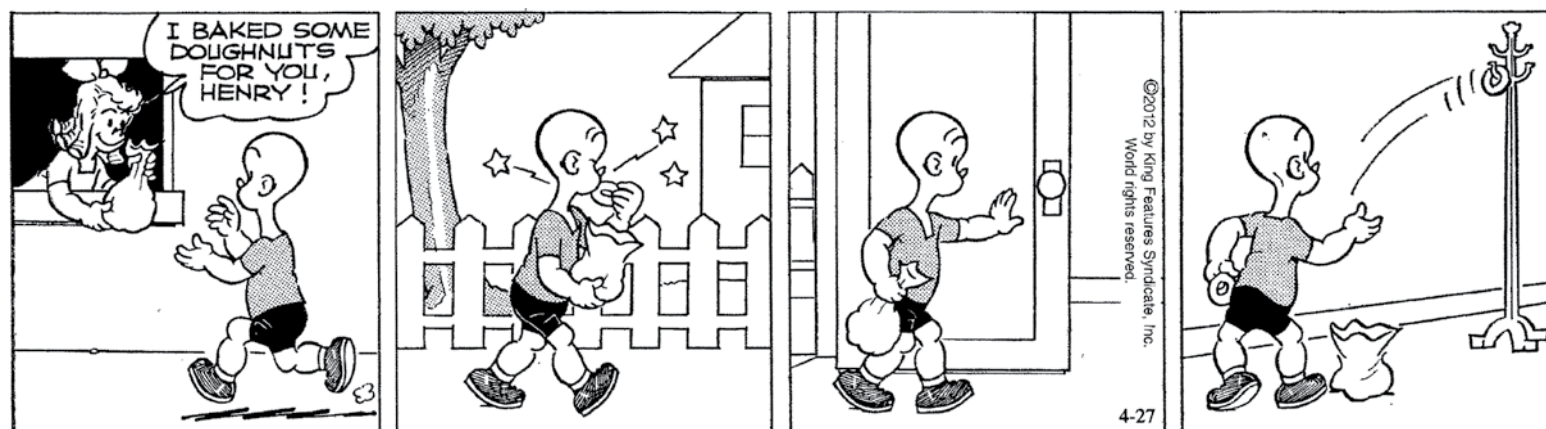
SUDOKU 2



WHO'S THIS? ANSWER - DAME KELLY HOLMES



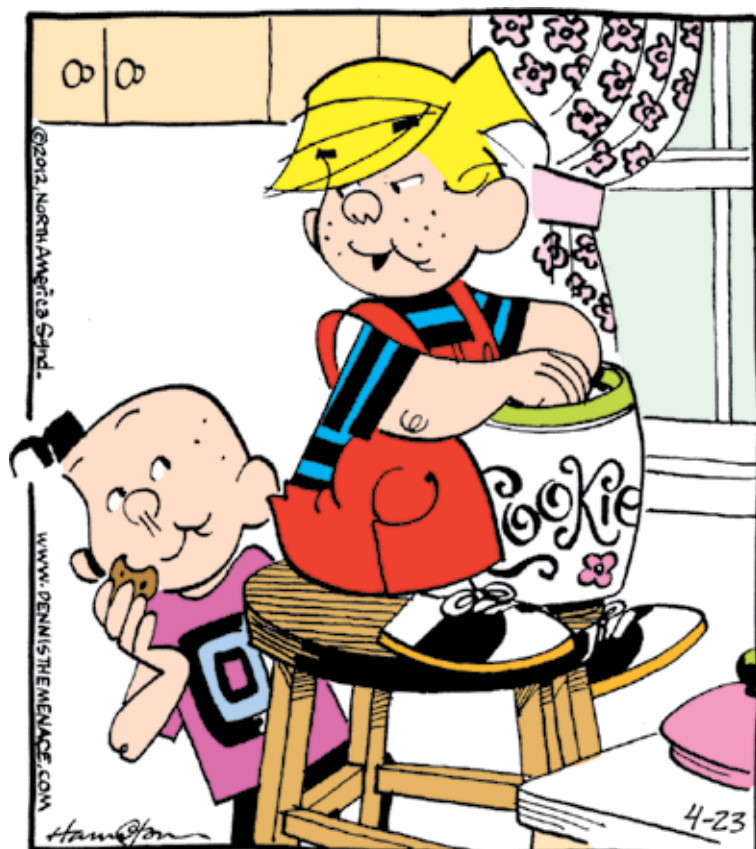
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 32



What's in your stars?

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

ARIES

(MAR 21 - APR 20)

It might be helpful to think of this week as a competition, but you don't have to take part. You could learn more by being part of the audience. The probability is that you'll see a few disagreements over the next few days and there's a war-like atmosphere around.



TAURUS

(APR 21 - MAY 21)

A test of strength could leave you feeling slightly wrong-footed. The possibility is that 'expert' advice will have been found wanting. This isn't likely to be a cheap period either, with more going out than coming in. It could be worth checking that your insurance cover is adequate.



GEMINI

(MAY 22 - JUN 21)

Though you feel more than happy to be part of a team at the start of the week, it may be that someone undermines group intentions and you're left wondering what you've got involved in. This is where the advice of someone older could come in useful.



CANCER

(JUN 22 - JUL 23)

Making improvements while also mopping up a project that took shape in late February is probable. Though there may be good news by the weekend, over Thursday and Friday a difficult situation might require you to check the small print of a contract.



LEO

(JUL 24 - AUG 23)

Over the next few days, finding the courage to go your own way shouldn't be a problem. It's just possible that a certain person will tap into your resources for courage. Helping someone find a way to get themselves out of a corner they've backed into seems likely.



VIRGO

(AUG 24 - SEP 23)

You may find you experience an unusual number of 'dead-ends' or that paperwork you've relied on isn't in order. Double-checking details would be wise. It's likely that you'll find yourself in a financial dilemma and may need the support of someone else.



LIBRA

(SEP 24 - OCT 23)

Take care that you don't get caught up in wars; it would be all too easy to find yourself on one side or another. It may be necessary to make clear to someone that they've crossed a line, and that in order to move forward you each need to agree to new terms.



SCORPIO

(OCT 24 - NOV 22)

On the career front, commercial opportunities could be discussed but take until early September to be implemented. Your cash flow may be affected. It wouldn't be surprising if you got quite hot under the collar when it appears others are ignoring your aims.



SAGITTARIUS

(NOV 23 - DEC 21)

This week you could take on the role of a mentor or guide. The most likely background to this could be within a group or association that's in danger of fragmenting if someone doesn't keep reminding those involved of the original mission statement.



CAPRICORN

(DEC 22 - JAN 20)

You might want to go back and check the details of a contract; your memory may be better than those who remember quite differently. It's possible that something which has been a second string to your bow will take on new life, with the potential financial gain.



AQUARIUS

(JAN 21 - FEB 19)

Escape and adventure seem to be the main underlying themes by the end of the week. It is probable that your thinking has developed in such a way that you're now finally ready to embrace changes that earlier on this year would have seemed unthinkable.



PISCES

(FEB 20 - MAR 20)

You know very well that reality comes before dreams, but what you conjure up now could show potential for development. Both your domestic and working scene could be a little chaotic; perhaps because work-related items are taking up more room.



This week's local weather

SUN

22nd

HOT
HIGH 42C
LOW 34C
HUMIDITY 31%

MON

23rd

HOT
HIGH 42C
LOW 34C
HUMIDITY 36%

TUE

24th

HOT
HIGH 42C
LOW 33C
HUMIDITY 44%

WED

25th

HOT
HIGH 43C
LOW 33C
HUMIDITY 46%

THU

26th

HOT
HIGH 43C
LOW 35C
HUMIDITY 44%

FRI

27th

HOT
HIGH 43C
LOW 35C
HUMIDITY 44%

SAT

28th

HOT
HIGH 43C
LOW 35C
HUMIDITY 42%

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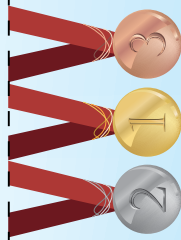
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LONDON 2012 OLYMPIC GAMES SCHEDULE

Sport	Venue	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12
Opening Ceremony	Olympic Park (Olympic Stadium)																			
Archery	Lord's Cricket Ground																			
Athletics	Olympic Park (Olympic Stadium)																			
Athletics (Marathon)	The Mall																			
Athletics (Race Walk)	The Mall																			
Badminton	Wembley Arena																			
Basketball	Olympic Park (Basketball Arena)																			
Beach Volleyball	North Greenwich Arena																			
Boxing	Horse Guards Parade																			
Canoe Slalom	ExCel																			
Canoe Sprint	Lee Valley White Water Centre, Hertfordshire																			
Cycling (BMX)	Eton Dorney, Buckinghamshire																			
Cycling (Mountain Bike)	Olympic Park (BMX Circuit)																			
Cycling (Road)	Hadleigh Farm, Essex																			
Cycling (Track)	The Mall																			
Diving	Hampton Court Palace																			
Equestrian (Dressage)	Olympic Park (Velodrome)																			
Equestrian (Eventing)	Olympic Park (Aquatics Centre)																			
Equestrian (Jumping)	Greenwich Park																			
Fencing	Greenwich Park																			
Football	ExCel																			
Gymnastics (Artistic)	City of Coventry Stadium, Coventry																			
Gymnastics (Rhythmic)	Hampden Park, Glasgow																			
Gymnastics (Trampoline)	Millennium Stadium, Cardiff																			
Handball	Old Trafford, Manchester																			
Hockey	St James' Park, Newcastle																			
Judo	Wembley Stadium																			
Modern Pentathlon	North Greenwich Arena																			
Rowing	Wembley Arena																			
Sailing	North Greenwich Arena																			
Shooting	Olympic Park (Handball Arena)																			
Swimming	Olympic Park (Basketball Arena)																			
Swimming (Marathon)	Olympic Park (Hockey Centre)																			
Synchronised (Swimming)	ExCel																			
Table Tennis	ExCel																			
Taekwondo	ExCel																			
Tennis	Wimbledon																			
Triathlon	Hyde Park																			
Volleyball	Olympic Park (Aquatics Centre)																			
Water Polo	ExCel																			
Weightlifting	Earls Court																			
Wrestling (Freestyle)	Olympic Park (Water Polo Arena)																			
Wrestling (Greco-Roman)	ExCel																			
Closing Ceremony	Olympic Park (Olympic Stadium)																			

All competition schedules are subject to change.

Session with medals awarded

Session

D3200

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