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SEPTEMBER 2-8, 2012 | Issue 64

Read



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THE GRUNGE REVIVAL

Amid the neon smiley face T-shirts and conspicuously baggy dungarees, the 'Nineties did leave its mark with one acceptable fashion trend



CITY OF CONTRAST



SELECTIVE MEMORY

The barrage of Hollywood remakes continues, but will the latest version of *Total Recall* be all too easy for cinema audiences to forget?



SPORTS FOR BEGINNERS

The Toyota 86 offers the perfect solution for those seeking an entry-level sports car, without having to lose out on any of the fun factor



School days

Get those kids ready for the new term



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

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Lulu Caty 6 in 1 Set



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Rayaf Fresh Chicken Per Kg



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Irish Coffee Cake Medium



Dhs. 19.50

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Pampers Active Baby Jumbo pack



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تي شيرت اولادي
Boys T-Shirt Asstd. Per Pc



Dhs. 29

باري فوط حمام متنوعة
Beach Towel Assorted



Dhs. 209

هيتاشي مكنسة كهربائية
Hitachi Vacuum Cleaner CV3160240CWR



Dhs. 49

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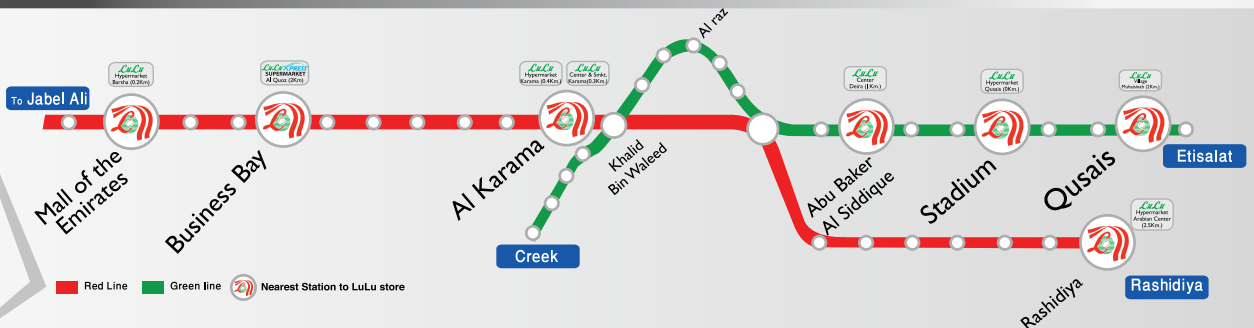


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Contents

Metro life 02
Community 08
You 10
Health 12
Review 14
Travel 16
Technology 18
Fashion 20
Film 22
Listings 24
Arts 26
Motoring 27
Public transport 30
Take a break 32

Read. Poll

Do people get influenced by what celebrities do?

- Surely yes
- Definitely no
- No comment

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

How often do you use the Dubai Metro?

Daily	64%
Weekly	18%
Monthly	18%

Letters

Email: letters@readme.ae

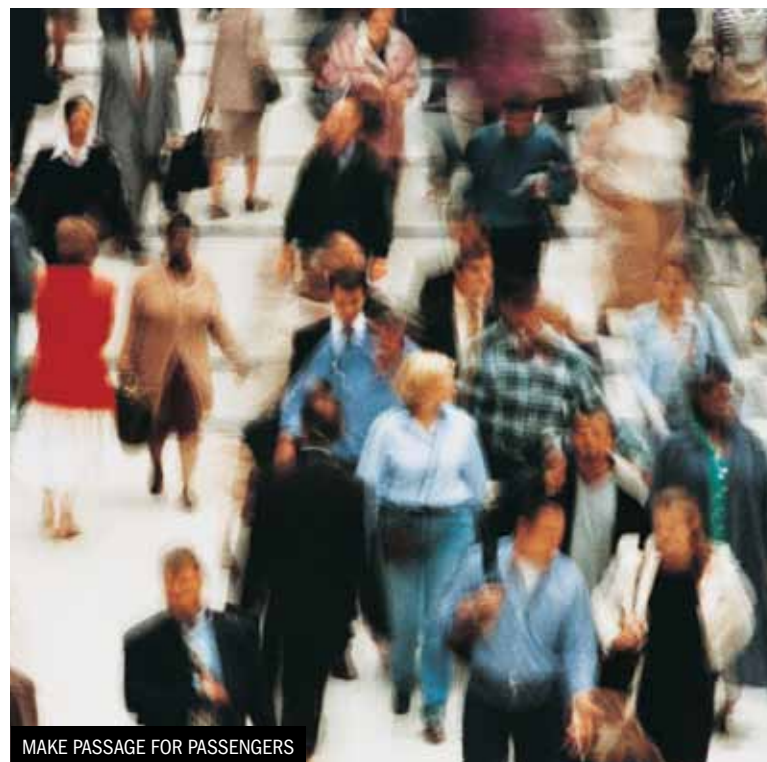
A selection of the letters we've received this week. Write in to have your say.

✉ Greetings to all Metro users, Every country depends on its tourists. Tourists are not just visitors they give business to the country so they are our guests. While I'm travelling on the Metro I see tourists standing, with only some regular Metro users giving up their seat. Maybe you think they [tourists] would rather travel in gold class, but they like to journey with us. Please give them your seat and honour them so they will want to come again. This is my small suggestion.

Albert Leo

We agree that tourists should be encouraged to return to our city—if this means simply showing them a little kindness on public transport then perhaps we should all try to be a little more courteous.

✉ Dear Read., I came to Dubai to visit my partner and see how wonderful the place is, and it was very convenient for me to use the Metro to get around the city. I got hold of the last issue of *Read.* and saw one of your reader's comments regarding the collision of disembarking passengers with those entering. I too have observed this, especially during rush hour, weekends and holidays. I agree that those who are disembarking must be given priority. This can be done if the people who are entering the carriage stay to the sides of the doors, while those disembarking use the middle of the



doors to pass. So how can we teach daily commuters of the Metro to do this? If I may suggest, it could be done by putting arrows on the platform. One in the middle area where the door opens that points away from the train, and also pointing towards the train at the sides of the doors as a guide for entering passengers.

John Rubenecia Montances

✉ Dear Read., The letter by Albert Emmanuel V. Funtilon last week was an eye opener and is a fact that many of us have noticed when using the Dubai Metro. The difficulty of boarding and disembarking increas-

es when there are kids involved, who often seem to get brushed aside.

A possible solution to this problem would be for passengers entering the train to enter from either side of the doors leaving enough room in the centre for the passengers disembarking the train. This discipline could ease entry and exit.

Pranitha Menon

It's great to hear such considerate—and similar—suggestions! There is plenty of time between the doors opening and closing to step aside and allow passengers off the carriage first, so let's keep the traffic moving smoothly and swiftly.

My Metro life

Sahar Ahammed
Customer service officer



I have been in Dubai for the last three years and every day of my life now is not complete without the Dubai Metro. I would like to share my story about one person who changed my Metro life.

I met him during my Metro journey. He often travels on the same train I travel on, but in the early days I didn't recognise him. He always obeys the rules and guidelines of Dubai Metro and informs others to follow them. He always gives his seat to senior citizens and pregnant women. He always respects his



PIC: SAMER ALRAWAS

co-passengers and they, in turn, respect him also. If there is anyone eating or drinking on the Metro, he will inform them that eating

and drinking is not allowed and they will be fined if caught. Also, if there is anyone not giving their seat to senior citizens and pregnant women, he will kindly request that they give up their seat.

I really admire this guy for what he is doing in his Metro life. And because I am a fan of his, I am following in his footsteps. So, dear readers, please also follow this person who changed my Metro life.

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

QR codes



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Please recycle this copy responsibly.

Station by station guide

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

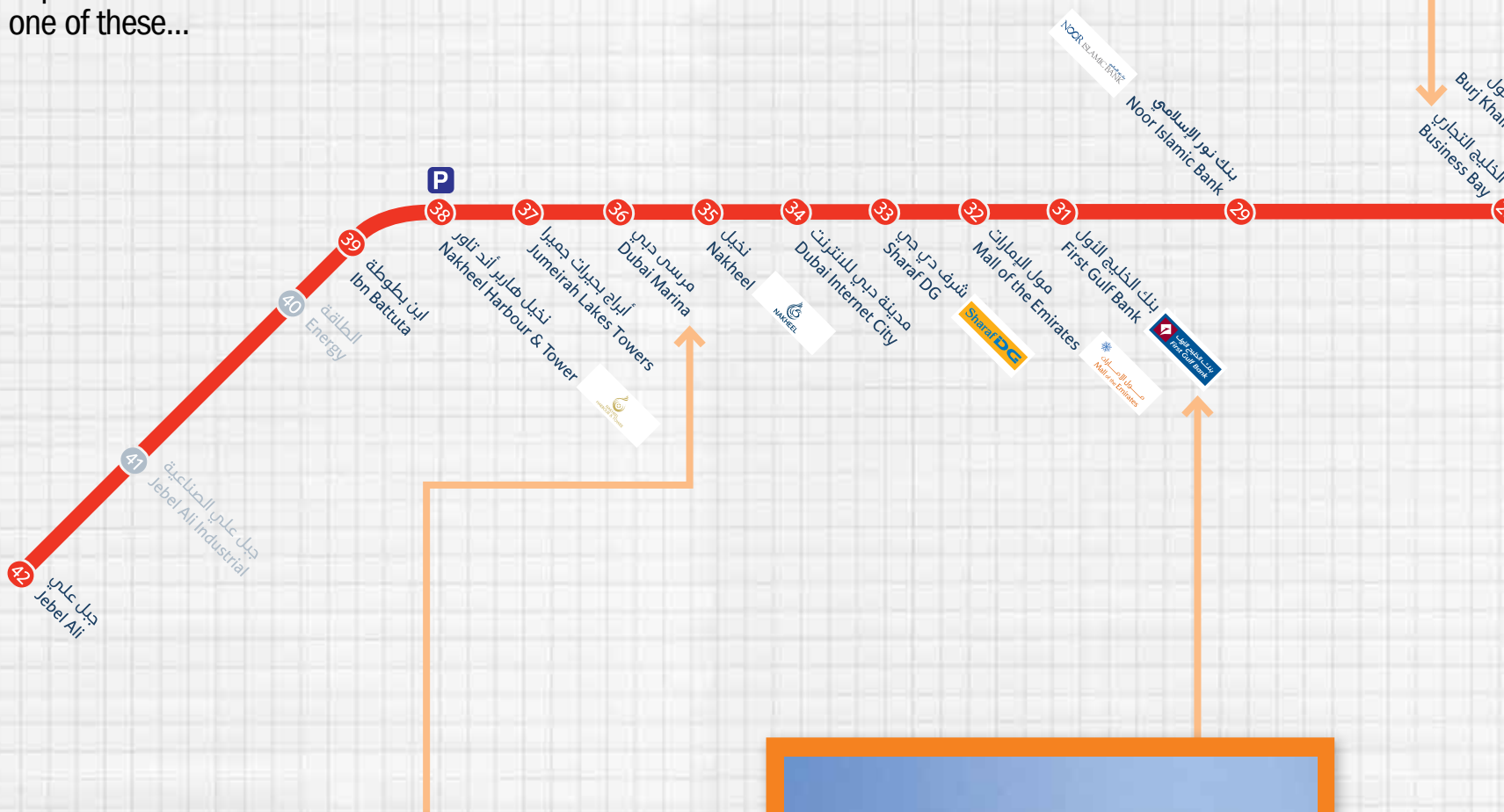


Capoeira

TIMES VARY

WORLD BLACKBELT CENTRE

Capoeira classes have started again with Professora Espoleta, so if you fancy having a go at this rhythmic martial art, why not head down to the open class for a different approach to fun and fitness? Classes are on Mondays, Wednesdays and Saturday at 8pm (for adults) and Saturdays at 4pm for kids. Call 050 103 4672 for info.



Magical Sands by Borna Ahadi

AUG 31 - SEP 14

ARSH ART GALLERY, JLT

Since 2009, Iranian photographer Borna Ahadi has been building this collection of black and white images that depict the landscapes of the seven emirates, and how the history of our region has not been lost among the sleek, steel metropolis that has taken over.



Farah Nasri residency

SEP 2 - 29

THE JAMJAR, AL QUOZ

The jamjar welcomes its second artist residency this September with UAE-based artist Farah Nasri. With a background in architecture Farah Nasri's practice is heavily influenced by photography where she explores the concept of space, scale and perception, reflecting and reinterpreting the architectural typologies that she is exposed to in everyday life.

TO FEATURE YOUR EVENT,
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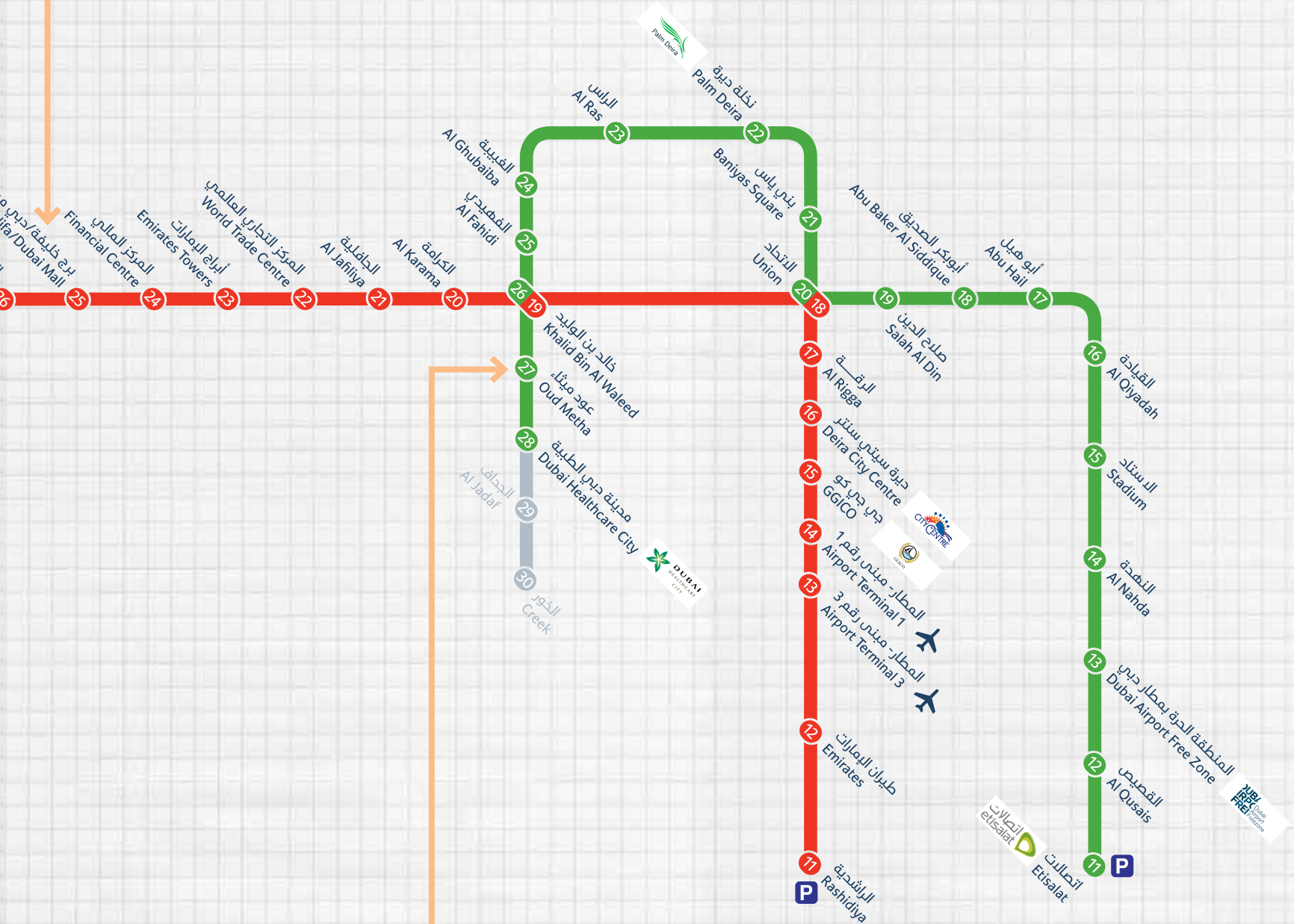




Sega Republic

OPEN YEAR ROUND
THE DUBAI MALL

To give the kids one final energy blowout before they head back to the classroom, why not enjoy a family day out where the fun is just as exciting for the adults as it is for children? Packed with arcade games and rides, Sega Republic provides a fun-filled way to wave goodbye to the summer holidays. Rides are Dh15-30 each and games are Dh8-25 each.



Cool down on the ice

OPEN DAILY

AL NASR LEISURELAND

Al Nasr Leisureland hosts one of the oldest ice rinks in the emirate. The school often presents "Ice Shows" for regulars as well as lessons to beginners. Ice hockey is also popular at the rink, with professional teams having visited in the past. If you fancy just a play around the rink, it is open to the public daily. Call 04 337 1234 for more information.

The Burning Question

Q Malls in Dubai are focusing on fire safety following a recent restaurant fire. What would be the one item you would save if a fire hit your home?



Mohammad Al Ansari

STUDENT, QATAR

I would take my phone because it has a lot of important information and all my contacts for my friends and family.



Sankaran Sisupacan

CUSTOMS CLEARING, BUR DUBAI

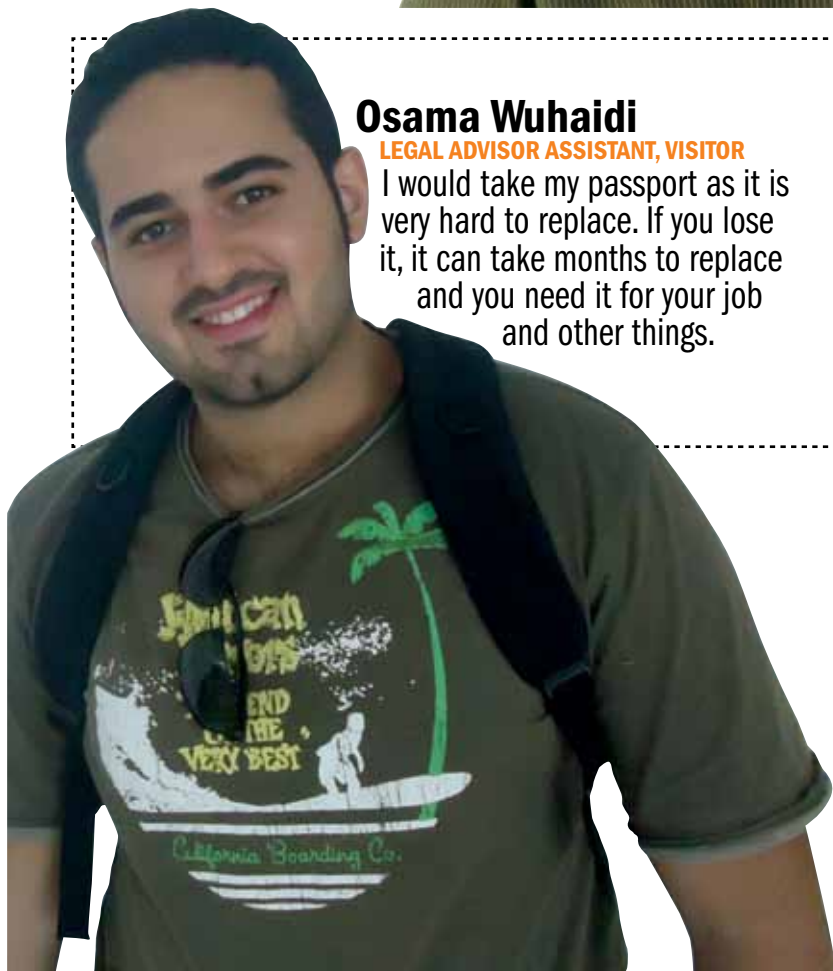
I would take my passport as it is very hard to replace and you need to have it for ID purposes.



Osama Wuhaidi

LEGAL ADVISOR ASSISTANT, VISITOR

I would take my passport as it is very hard to replace. If you lose it, it can take months to replace and you need it for your job and other things.



Aneel Michael

HOSPITALITY, BUR DUBAI

I would take my wallet because it has all my ID cards and bank cards, which I need for everyday use.



Gene Thelmo

TEACHER, JUMEIRAH

I would take my important documents, like my birth certificate and passport.



Rita Mehrez

BUSINESS OWNER, JBR

I would take my passport as it is the practical thing to take, but if I could take something that means a lot to me I would take my cuddly toy dog.



Metro pics



Post your pictures on the Facebook page of *Read*. The most creative ones will be published. The pictures must be your own and should not be copied from any source. Post your pictures on the wall at www.facebook.com/readmeae or send them to pics@readme.ae



JUDITH BALDEO



UMESH KARKI



CHANDAN ROBERT REBEIRO



SAFIR MURSINGANAKATH



BEN SALES



PRANISH



LIGAYA ABLANIDA

Heading back to the books

Ensure your kids kick off the new school term in style and comfort, with a great range of products and deals.

Babyshop

Bringing fun back into the classroom is Babyshop's new 'Back to School' collection for children aged 3-16 years. Capturing the latest and greatest from the world of action-heroes and animation, the vibrant collection is designed for style, safety and functionality. The young ones can now own school bags, water bottles, stationery pouches and lunch boxes that sport their favourite cartoon characters.

Babyshop also offers educational toys for pre-schoolers to primary level. The learning companions include alphabet and number grid mats, analytical learning centres, toy laptops and white boards. Also available are microscopes, telescopes and other material to enhance the school-going experience.



ECCO

ECCO, has launched its innovative and comfortable 'Back to School' collection, featuring less-is-more philosophy with up-to-date fashion trends and state of the art craftsmanship, offering only the very best footwear for young explorers.

The range for boys comes in five groups—the Sidewalk group is a sporty shoe with support in the front. The Strider group comes in a fabric and leather combination giving it a very cool and sporty feel, while the Biom Lite group boasts natural motion technology allowing the feet to move freely. Junior Arlanda group is formal looking with a glossy leather finish, and the Junior Street is a sneaker style with laces in a combination of suede and leather in fashionable colours.

The girls also have a wide variety to choose from. The Imagine group has a glossy finish, elegant looking Mary Jane style shoes with velcro or a more sporty option with girly details. The formal school shoes with matte are called Alicia, for girls who love cute and sleek design, while the Biom Lite range is available for girls as well, featuring full grain leather uppers with speed lace for easy instep and a healthy environment for the feet, for optimum walking comfort.



Home Centre

Motivate kids to wake up to joyful mornings, with Home Centre's 'Back to School' special collection. The range comprises trendy pillows and cushions, soft toys, wall art, photo-frames, rugs, lamps and storage boxes in various shapes and sizes. Other space-savers range from knapsack hangers to bookshelves and bins, ideal for organising a child's favourite knick-knacks around the room.

Bold floral prints, bright colours, and popular cartoon themes are the focus of the collection—this season, it's all about utility mixed with fun and functionality.



Majid Al Futtaim



Students of all ages can get all their Back to School necessities while also giving back to the community this year by shopping at any of the Majid Al Futtaim Properties' City Centre malls across the UAE. Until September 15, Ajman City Centre, Deira City Centre, Fujairah City Centre, Mirdif City Centre and Sharjah City Centre are collaborating to

create some of the best back to school deals for parents and kids.

Pointing shoppers in the right direction is a 'Pack to School' booklet featuring exclusive offers for students to find the perfect 'first day of school' outfit and must-have items. In addition, each mall is running individual Facebook 'Back to School' specials and charity campaigns—allowing students to contribute items to other kids in their community while learning the importance of social responsibility.



Shoe Mart

Shoe Mart offers a wide variety of school bags, school shoes, and many other school must-haves with their 'Back to School' campaign.

Girls can choose from the simple yet elegant selection of Mary Janes and pumps available, while boys can choose from a number of comfortable casual shoes and slip-ons. There is also a wide selection of sports shoes on offer for both boys and girls.

Other must-haves, such as lunch bags, water bottles and stationery sets are available across all Shoe Mart stores. A free magic mug comes with every purchase of a pair of shoes or school bag until September 16.



GapKids

Gap shares stories about children who make the world a brighter place through their unique talents and community service in its 'Shine On' campaign for fall. Ranging from one to 12 years old, the Shine On campaign features a ballerina, comedian, DJ, violinist and anti-bullying advocate alongside the winners of Gap's sixth annual casting call contest.

The fall collection of back to school essentials is rooted in an assortment of coloured jeans for girls and boys alike. For girls, Jewel Box skinnies (Dh195) come in vibrant hues like brilliant blue, hibiscus pink and coral and pair with matching embellished T-shirts, striped sweaters and denim jackets. For boys, Action Stretch denim (Dh160), designed to move for all-day play, pairs with items like the military cardigan, athletic shawl sweater and striped Oxford. At babyGap, the fall denim collection includes the Littlest Legging Jean and Skinny Flare for girls and the Straight for boys.

Splash

Splash is back with its latest Smiley inspired 'Back to School' collection. Featuring funky new designs from Smiley World, the vibrant colours are style statements that bring the collection to life. Packed with must-haves like school bags, box files, key chains, badges and wristbands, there is something for everyone from Smiley World.

The collection takes its inspiration from music, sports and much more, combining Smiley World and fashion to ensure every child stays fashion savvy, even at school. Creating even more buzz are the new addition neon highlighters and neon Post-Its, that take their inspiration from the sun-kissed summer in the region.



Mall of the Emirates

This season, the new term can be both fashionable and fun at Mall of the Emirates, where students can dress up in the latest styles, get organised with school supplies and also tap into the creative arts with a choice of extra-curricular activities to fill up the calendar year.

Featuring one of the largest and widest collections of children's and teens fashion brands and other school-essentials, Mall of the Emirates carries all the things a child needs to start the new term. Additionally, a number of retailers are offering exclusive deals for students and teachers only, upon showing of a student or teacher ID.

The Dubai Community Theatre and Arts Centre (DUCTAC) has organised a series of 'Back to School' activities for young children and teens. Highlights include kids' photography, creative arts, pottery, sculpture, expressive art and a specialised course on presenting and public speaking. All courses are offered at convenient after-school hours.



Loco about coco(nut)

The coconut provides a nutritious source of juice, milk and oil that has fed and nourished populations around the world for generations. But did you know that coconut oil is thought to possess healing properties?

Many cultures have used coconuts and coconut oil not only as food, but also as a source of health and healing. The Pacific Islanders believe that it is the cure for all illness, which is why the palm tree from which coconuts are grown is known as "The Tree of Life." People from many diverse cultures, scattered around the globe have revered the coconut as a valuable source of both food and medicine. For thousands of years, coconut products have held a respected and valuable place in local folk medicine.

In traditional medicine around the world, coconut is used to treat a wide variety of health problems including abscesses, asthma, baldness, bronchitis, constipation, fever, flu, malnutrition, skin infections to tuber-

culosis and tumours amongst many other conditions. While coconut possesses many health benefits due to its fibre and nutritional content, it's the coconut's oil that makes it a truly remarkable food and medicine.

Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is unique and different from most all other fats and possesses many health giving properties. The benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antioxidant, antifungal, antibacterial and soothing qualities.

The human body converts lauric acid into monolaurin, which is believed by many health experts to help out greatly when dealing with viruses and bacteria-causing diseases such as influenza or cytomegalovirus.



Hair and skin care

Coconut oil is one of the best natural aids for hair. It helps in healthy growth of hair, providing a shiny complexion. Regular massage of the head with coconut oil ensures that your scalp is free of dandruff and lice, even if your scalp is dry. It is an excellent conditioner and helps in the re-growth of damaged hair. It also provides the essential proteins required for nourishing damaged hair.

Coconut oil is excellent massage oil for the skin as well. It acts as an effective moisturiser on all types of skin—including dry skin. It also delays wrinkles, and sagging of skin which normally becomes prominent with age. The oil is excellent for keeping young and beautiful, as its antioxidant properties slow down the aging process by protecting the body from harmful free radicals. Coconut oil also helps in treating various skin problems including psoriasis and eczema.



THE AMAZING FURRY FRUIT

It may be surprising that the naturally occurring saturated fat in coconut oil is actually good for you and provides a number of profound health benefits, such as improving your heart health, boosting your thyroid, increasing your metabolism and promoting a lean body and weight loss if needed. It also supports your immune system.

Eating coconuts also supports the development of strong, healthy bones and teeth. It does this by improving the body's ability to absorb calcium and magnesium and helps to prevent osteoporosis. This makes coconuts a good, healthy alternative for those who are lactose intolerant,

3.5

According to researchers, an adult should consume around 3.5 tablespoons of coconut oil daily.

but still want to have strong bones and teeth. Those who prefer a vegan diet can benefit from it as a good source of protein and fatty acids.

Coconut water

Coconut water is the juice in the interior of a young coconut. The water is one of nature's most refreshing drinks and is consumed worldwide for its nutritious and health-benefitting properties.

Its juicy water is usually obtained by opening a tender, green, healthy, and undamaged coconut. The liquid is clear, sweet and sterile and composed of unique chemicals such as sugars, vitamins, minerals and amino acids. It is naturally low in calories and fat-free. A serving of coconut water has about the same amount of potassium as a banana and it is low in sodium. It also has a small amount of calcium, magnesium and phosphorus.

Coconut water has been generally

offered to patients with diarrhoea in many tropic regions to replace fluid loss from the gastrointestinal tract.

Taking coconut water regularly aids in flushing the liver, since it contains lauric acid which gives it anti-microbial properties and makes it suitable for treatment of some liver ailments like hepatitis.

Coconut water is composed of many naturally occurring bioactive enzymes such as acid phosphatase, catalase, dehydrogenase, diastase, peroxidase, RNA polymerases etc. Altogether, these enzymes aid in digestion and metabolism. Most importantly, coconut water acts as a detoxifying agent; and potentially the strongest antidote against any form of poison infusion in the body.



Amazing facts: The human body

The human body is a mysterious and marvellous thing. While science has done a great job of explaining how the body works, it has also discovered some strange facts as well.

Brain box

The human brain is a very powerful organ. It requires 20 per cent of the total oxygen and calories a human consumes, yet it only makes up two per cent of the body's total weight. The brain is 80 per cent water, and to operate only needs 10 watts of energy. Unlike other body cells, brain cells cannot regenerate. Once brain cells are damaged they are unable to be replaced.

The strangest aspect of the brain is its workload. You'd think the brain would be most active when we're awake. However, the brain is actually working the hardest when we are asleep. According to scientists, the brain is actually more active at night during Rapid Eye Movement (REM) sleep. This is the part of the sleep cycle where we experience dreams. This might help explain why people with a higher IQ have more dreams. Most dreams only last two to four seconds, which is too short to remember, or even register, them the next day.



The lungs contain over 300,000 million capillaries. If they were laid end to end, they would stretch 2,400km.

The largest organ in the human body is the skin. In an adult man it covers about 20 square feet. The skin constantly flakes away and in a lifetime each person sheds around 18kg of skin.

Human bone is as strong as granite when it comes to supporting weight. A block of bone the size of a matchbox can support nine tonnes. That is four times as much as concrete can support.

Approximately two million blood cells die in the human body every second, while the same number of cells are born each second.

“The brain is actually working hardest when we are asleep.”

The muscular system



There are about 60 muscles in the face, and using them to smile is easier than forcing them to frown. It takes 20 muscles to smile and over 40 to frown. The biggest muscle in the body is the gluteus maximus, in the buttock. It pulls the leg backwards for walking, running and climbing steps.

The smallest muscle is the stapedius, deep in the ear, which is only 5mm long and even thinner than cotton thread.

The focusing muscles of the eyes move around 100,000 times a day. To give your leg muscles the same workout, you would need to walk 80km every day.

“It takes 20 muscles to smile and over 40 to frown.”

SPOTLIGHT ON...

Tooth decay



Tooth decay is when acids in the mouth dissolve layers of the teeth. It can also be referred to as dental cavities or dental caries.

The human mouth is full of bacteria which combine with small food particles and saliva to form a sticky film known as plaque which builds up on the surface of the teeth. However, when you consume food and drink high in carbohydrates (things that are sugary or starchy), the bacteria in the plaque turns carbohydrates into energy, producing acid at the same time. Over time, this acid starts to gradually break down the surface of the tooth. If left for a very long time, this eventually will destroy the tooth

and possibly expose the nerves inside. Fortunately, tooth decay is usually treatable by a

dentist, especially if it is detected in the earlier stages. The dentist will usually remove the decay and fill the gap with a filling. This filling is often medicated and infused with fluoride to try and keep the remainder of the tooth in good shape.

In more advanced cases of tooth decay, there may be a need for the dentist to perform a root canal or even remove the tooth completely if the decay has completely rotted the tooth and damaged the nerve. However, prevention is always better than cure, and so long as you keep your teeth clean, floss daily and attend regular check-ups with your dentist, you should be able to avoid the dreaded decay and keep your teeth healthy and strong for years to come.

“Keep your teeth clean, floss daily and attend regular check-ups with your dentist”

The skeletal system

A typical adult human skeleton consists of 206 bones. The ears and end of the nose do not have bones inside them. Their inner supports are made from cartilage or 'gristle', which is lighter and more flexible than bone. This is why the nose and ears can be bent. The longest bone in the body is the femur, otherwise referred to as the 'thigh-bone'. It makes up almost one quarter of the body's total height.



A single human blood cell takes only 60 seconds to make a complete circuit of the body. The heart beats around 3 billion times in the average person's life.

The scent of success

A new range of affordable perfumes launches across the UAE, smelling sweet to fragrance fans in the land.

LAUNCH

If there's one thing the people of Dubai know, it's that the finishing touches count. Whether it's your watch, eye make-up or the scent you leave trailing behind you, hitting the mark when it comes to first impressions can make all the difference.

Walking around any mall, your nostrils will be tempted by all sorts of scents—not just of food but of the perfumes worn by fellow shoppers. In fact, it is not uncommon for people in this part of the world to wear a variety of fragrances at the same time to create their own unique blend and really make an impact. But now there is one more scintillating scent that doesn't need any help from other perfumes.

Samba Skin is a new fragrance that has just been launched in the UAE market. This long lasting fragrance for both men and women makes a



of cinnamon and the masculine scent of cedar and tobacco provide distinctive signature to the heart. The fragrance dries down to a warm amber, sueded musk, and patchouli nuances, epitomising the edgy allure of the Samba man.

Skin Woman comes with a soft petally top and a warm sensual back, perfectly capturing the freshness of just-showered skin. Topnotes of fresh bergamot and peach nectar are teased by a steamy hint of incense, while heartnotes of fluttery petals hint at a youthful femininity, with elements of delicate dewy peony, gentle rose de mai, and sensual jasmine. Irresistible warmth emerges from the back, where long-lasting soft musks are blended with creamy sandalwood and velvety oakmoss for a touchable, huggable sensation.

The new Samba Skin perfumes, consisting of Skin Man and Skin Woman, are available for Dh45 each.

powerful declaration about who you are and what you stand for.

Skin Man features a sensuous blend of citrus notes; black pepper gives brightness to the top note, while the subtle spiciness

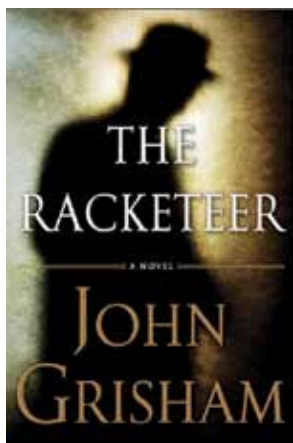
The Racketeer

by John Grisham

BOOKS

After taking a break from legal thrillers with his last novel *Calico Joe*, John Grisham returns to what he does best with his latest legal thriller, *The Racketeer*. The book sees a return to form for the author, and posts an intriguing question to begin with. Considering the controversy that surrounds federal judges and the violent people they face—and often convict—on a regular basis, is it not somewhat surprising that only four active judges have been murdered in the USA?

Well, only four up until now, as Judge Raymond Fawcett just became number five. His body was found in the basement of his idyllic lakeside cabin—a favourite place which he frequented on weekends. Mysteriously, however, when the FBI discov-



ered the crime scene, there was no sign of forced entry or a struggle, just the two dead bodies of Judge Fawcett and his young secretary. Can an imprisoned lawyer reveal the truth about what really happened to the judge and his companion that fateful day in the cabin?

If you like this then you could try...

Winter of the World: Book Two by Ken Follett

The lives of a group of colourful individuals become entangled against the backdrop of World War Two, with ever-increasing complexity, conflict and clashes—occurring both on and off the battlefield.

Havoc and Bright Lights

Artist Alanis Morissette Label Collective sounds

ALBUM

★★★★☆ After being a constant feature on the radio for what seems like decades, it's hard to believe this is only the eighth album from long-term angst-rocker Alanis Morissette. However, after a brief sabbatical to become a mum, the latest offering from the Canadian superstar appears to have suffered somewhat thanks to her new, mother-earth approach to life and, it would appear, songwriting.

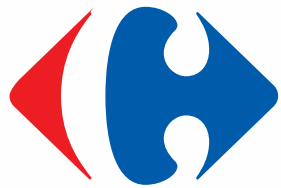
Her huge 1995 album, *Jagged Little Pill*, set a benchmark within the rock-pop genre. With its cutting and direct lyrics, flowing melodic lines and raw vocal emotion, Morissette proved she had the edge to trounce all other female artists within the genre. Her approach to life and love was honest and humorous, with a delivery that couldn't be faltered both on the record and when performing live.

Suffice to say, now the singer has finally found her soulmate and brought life into the world, her material has lost the gritty appeal it

was so well-revered for, appearing to teeter on limp, sentimental, even clichéd at times. Stand out track, *Guardian*, hints at the Morissette of old, with the belting voice and power chords we all came to know and love, however, the rest of the album lacks bite. Fans will proclaim *Havoc and Bright Lights* is a "new direction" for the star to show off her softer, more gentle side; but for your average music fan, the former pin-up for strong and independent women in music appears to have lost some of her integrity to a case of the baby-brains.



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Jekyll and Hyde

Why it's worth exploring both sides of what **Madrid** has to offer.

When it comes to split personalities, few cities are as Jekyll- and-Hyde as the Spanish capital of Madrid. On the one hand, the metropolis is a refined centre of culture and arts, harking back to a more conservative age with a well-to-do attitude and a penchant for keeping everything clean and tidy. But on the other, Madrid is one of the most liberal cities in Europe, with more bars per capita than almost any other European town and inhabitants who like nothing more than to party through the night until the sun rises the next morning.

And yet the dissociative identity disorder that Madrid suffers from seems to work in its favour. No one returns from Madrid disappointed, whether they're a respected university professor or indeed a vagrant university student. If the main characters out of *The Big Bang Theory* wanted a geek-tastic way to unwind,

they'd surely find no better destination than Madrid.

The eclectic collection of cultures and attitudes that Madrid packages so beautifully into a single bouquet can be attributed to its varied history. During the early 1930s, it was a bustling metropolis full of new ideas, young money and big dreams. But when the Franco dictatorship took hold in 1939, it turned into a paragon of conservatism and family values, upholding the traditional views that many Spaniards still value today. Following the collapse of the dictatorial regime in 1975, it became a haven for artists and creative thinkers, heralding in the famous Movida movement that bred personalities such as Pedro Almodóvar, arguably the best-known Spanish film director.

It's possible to find traces of every era in the personalities of every Madrid resident, or *Madrileño*, as the locals like to be called. The younger generation very friendly and outgoing, yet many hold such strong ties to their families that it's possible

to foresee them eventually settling down and turning into much more conservative adults. The city, on the other hand, is divided into clearly defined districts, meaning that you're unlikely to run into a street party on your way to a museum, though anything's possible here.

The culture revolves around Spain's royal history, given that Madrid was once the centre of the vast Spanish empire. One of the main draws for tourists is the Palacio Real, one of the largest palaces in Europe and the official residence of the King of Spain, though the royal family rarely resides there. It's considered one of the most emblematic and beautiful buildings in the entire city, with its intricate brickwork and vast plains of concrete surrounding it. Simple guided tours are available throughout the week, though the queues are impossibly long on Wednesdays, when entrance to the palace is free. This is, however, a must-visit, so be sure to get in on a quiet weekday.

Another must-visit for culture aficionados is the so-called Museum Triangle, named for the



ATOCHA STATION

three major art museums that pepper the east end of the old city.

Among them is the Museo del Prado, one of most respected art museums in the world, the Reina Sofía National Museum and Art Centre, the epicentre of Madrid's modern art movement, and the Thyssen-Bornemisza Museum of Art, which holds an astonishing collection of classical art. There are other smaller museums in this district as well, though, meaning that it's possible to while away an entire day traversing your way through different artistic movements from various periods.

The other major tourist sites are

easy enough to find, though in the depths of Madrid lurk a number of little-known attractions that are sure to excite any culture vulture. The Museo de América, for example, is often overlooked by tourists, despite it housing thousands of artifacts from the Americas, with many coming from the bloody times in which the great powers of Europe colonised the two continents. Meanwhile, the Museo de la Ciudad tells the story of Madrid, right from its founding by the Arabs, while the National Archeology Museum is home to an incredible collection of artefacts.

Of course, there's much more to see in terms of culture, though each day trip will reveal its own journey—simply go with the flow of what you find. After a hard day's exploring, it's time to sample the nightlife that Madrid is famous for. A popular haunt for youths is the Alonso Martínez area, home to many discos, while more refined characters opt for the Barrio de las Letras area, where a number of Spain's most famous writers once lived. For a rock-inspired alternative night, head to Malasaña, where there are scores of rock and music clubs featuring bands from all walks of musical life. And to party all night long, head to Gran Vía, supposedly the "place that never sleeps".

As culturally cosmopolitan as Paris or Berlin, and with a history as rich as London's, Madrid embodies the quintessential European experience. Its stunning collection of historical buildings and impressive museums makes it a paradise for the academically inclined, while its non-stop nightlife makes it the ideal young person's haven. The thing is, most travellers enjoy a little of both, making Madrid one of the most rounded holiday destinations in the world. ●

Travel tips

- Learn a little Spanish before heading to Madrid. Many of the locals speak English, but they'll be more inclined to help if you at least try speaking their language.
- Emirates airline recently launched a direct flight from Dubai to Madrid, making it even easier to get there.
- Madrid's public transport network is one of the most comprehensive in Europe, meaning it's worth getting to grips with it in order to get around.
- The summer in Madrid offers typically beautiful sunny skies, though it can get reasonably cold there in the winter.

STATUE OF MIGUEL DE CERVANTES



BYTES & PIECES

Lawrence Hargrave



Lawrence Hargrave was an engineer, explorer, astronomer, and aeronautical pioneer who had been interested in experiments of all kinds from an early age. In an astonishingly productive career, Hargrave invented many devices, but never once applied for a

patent on any of his creations—he didn't need the money, and he was, in fact, a passionate believer in scientific communication being a major key to furthering progress. As he wrote in 1893, "Patent fees are so much wasted money. The flying machine of the future will not be born fully fledged and capable of a flight for 1000 miles or so. Like everything else, it must be evolved gradually. The first difficulty will be to get a thing that will fly at all. When this is made, a full description should be published as an aid to others. Excellence of design and workmanship will always defy competition."

Among many, three of Hargrave's inventions were particularly significant: the study of curved aerofoils, particularly designs with a thicker leading edge, the box kite, which greatly improved the lift to drag ratio of early gliders and provided the structural rigidity and aerodynamic stability that made aeroplanes possible, and work on the rotary engine, which powered early aircraft up until about 1920.

It's fair to say Hargrave did as much to bring about the accomplishment of dynamic flight as any other single individual.

Intelligent lights

Road rage-inspiring traffic jams may become a thing of the past thanks to E. coli-mimicking algorithms.



As the largest city in southern China, with a population of around 13 million, Guangzhou has traffic so bad it's almost legendary. One way to alleviate it would be to increase the intelligence of traffic lights—converting them from dumb beasts that beat out the same rhythm all day long into dynamic managers of vehicle flow.

And now two Chinese researchers have proved, at least theoretically, that insights borrowed from the lowly bacterium *E. coli* could markedly increase the throughput of a real-world traffic light in Guangzhou.

13 million

The car-crazy population of Guangzhou, the largest city in southern China.

No one knows what effect this could have if it were applied to an entire city, but it's fitting that a solution from a class of algorithms that seek to mimic the collective behaviour of organisms should be applied to the teeming masses of Guangzhou's trucks and automobiles.

Traffic lights around the world, from Guangzhou to Geneva, are managed by computerised systems housed in a metal cabinet at the side of the road, which regulate the cycle of changes from red to green to red either through fixed time periods, or through sensors in the road that can detect when a car is stationary. Both options work well when traffic is

low, less so during rush hour, as any driver will tell you.

The solution Qin Liu and Jianmin Xu have proposed for improving flow during high traffic periods is what's known as a Bacterial Foraging Optimisation (BFO) algorithm. The algorithm varies when and for how long a given light is red or green. So, for example, the algorithm has an almost traffic cop-like sense for which road at an intersection has a higher volume of traffic, and when to strategically deprioritise traffic that may be waiting on a less-used road. Simulations of a Guangzhou intersection showed that BFO-regulated lights reduce the average delay of vehicles by over 28 per cent compared with

GOOD BACTERIA COULD TAKE OVER GUANGZHOU'S TRAFFIC

those regulated by a fixed time cycle.

It's part of a surprisingly rich history of applying algorithms inspired by nature to traffic light timing - researchers have applied everything from genetic algorithms to models of ant behaviour to the problem. And it's not just traffic lights—BFO can be used on just about any engineering problem, from tuning the behaviour of simple automated control systems, such as those used to regulate the level of water in water towers, to determining the lightest and strongest configuration of structural elements in a building.

Many engineering problems like design, quality control and maintenance of buildings and devices can be expressed as "optimisation problems", in which a single number, known as a performance index, quantifies how good any particular solution is. A good algorithm will find the best possible combination of all the parameters in a system to make it perform as well as possible according to this one measurement of quality.

Running the algorithm over and over again turns it into a classic case of parallel processing, which is exactly the trick our (relatively slow, at the neuronal level) brains employ to outwit computers on most tasks. It's also the very definition of "swarm intelligence", in which groups of animals operating according to simple rules can solve very tough problems.

Other biomimetic algorithms exist, some of which simulate ants, bees or swarms of insects. Further afield, there are algorithms that simulate genes and natural selection, and even primitive nervous systems.



CHINA IS RENOWNED FOR ITS ROAD CONGESTION

They're all part of a much broader class of solutions that seek the best possible solution to any particular optimisation problem.

Knowing that these solutions can operate on real-world problems doesn't mean they've been incorporated yet. At this point in the process, the research has yet to go beyond the modelling stage. But it's reasonable to expect that as the components of cities become ever more interconnected, centralised traffic systems will incorporate whichever combination of optimisation algorithms—out of the thousands available—will be considered the best at reducing urban China's infamous traffic. ●

Tech beat



BILLION-DOLLAR LAWSUIT

We've been watching Apple and Samsung hammer each other for what feels like eons over who ripped off whom. And now the jury is in: Samsung just lost almost everything. Samsung's devices have been found to illegally rip off Apple's software interface ideas which will now force Samsung to pay Apple over \$1 billion in damages.

\$22,000 SONG

In the battle against online piracy, the RIAA has finally won a round. For downloading and illegally distributing 31 songs, 28-year-old Joel Tenenbaum has been instructed to pay \$675,000—almost \$22,000 per song. Even though he's now heavily in debt, Tenenbaum should be thankful he didn't get the maximum fine of \$4.65 million.



VIRTUAL INSPECTION

Car manufacturer Nissan has announced plans to launch a new dealership feature based on Microsoft Kinect hardware and software. The showroom technology will allow customers to perform a virtual inspection of a given vehicle—even when the vehicle hasn't yet rolled off the assembly line.



GRASS CUTTING ROBOT

Honda is offering a new product designed to make it so you never have to walk grudgingly behind a heavy lawn mower again—especially helpful to those of us in the searing heat of Dubai. The Honda Miimo is Honda's entry into the growing robotic lawn mower market. The Miimo will hit the market in early 2013.

90s GRUNGE

Step back into the 'Nineties and dig out your old grunge favourites, from ripped denim to plaid shirts and Dr Martens.

Grungy glamour

It was the pared down, thrown-together look that came to define one of fashion's most memorable eras, now the 90s grunge trend is back. The key to this relaxed trend is to perfect that 'thrown on' look that screams just-got-out-of-bed glamour.

Luckily, this is one trend that just about anyone can pull off. Think denim jackets, over-sized tees, skinny jeans and Chelsea boots, topped off with a loose check shirt and you've cracked it.

PINK

DOROTHY PERKINS

ASOS

RIVER ISLAND

RIVER ISLAND

Her

AVRIL LAVIGNE

Tartan it up

What grunge look would be complete without plaid or tartan? Opt for a tartan skirt or trousers in classic red tones with a relaxed or slouchy fit. Then throw on a t-shirt or jacket. However you choose to wear it, let your inner punk shine through with cool accessories and twists on classics like an embellished baseball cap.

MISS SELFTRIDGE

TOPSHOP

NEW LOOK

NEW LOOK

MISS SELFTRIDGE

Keep it simple

Wearing shorts over tights can be tricky to execute in this warm climate, so stick to lightweight tights in a neutral colour like black for maximum impact. Keep the rest of your outfit simple and try to pick shoes in a neutral colour to look effortlessly cool. A khaki jacket looks great thrown over a short playsuit or jersey dress and edgy punk-style ankle boots.

Top tips

Remember the grunge look is all about un-styled hair, heavy makeup, jewellery, boots, men's T-shirts and shirts, hats, maxi dresses and vintage jumpers.

We love this quirky ASOS 'Back to the Future' sweater. Pair it with denim shorts and a pair of converse for a casual look.

Stars like Avril Lavigne and Kristen Stewart make grunge style effortless. Take your cue from them and throw on a pair of ripped jeans and a baggy T-shirt, with tousled hair and well-worn Converse.

ASOS

MARKS & SPENCER

BURTON

ASOS

RIVER ISLAND

Him

MARKS & SPENCER

ASOS

BURTON

RUSSELL BRAND

PETE WENTZ

Grungy guys

Even if 'Nineties music isn't your scene, grunge-influenced staples are the perfect thing to rock this fall. Opt for a skinny style and pair them with a plaid button-up shirt or oversized khaki jacket and plain T-shirt.

Style your hair to a slightly mussed perfection and slip on a pair of just-shined Doc Martens or similar style boots. For a fashionable finishing touch, grab a long, patterned scarf to complete your effortless look in the style of Russell Brand.

BURTON

FASHION OPINION

RACHEL DUGGAN

WWW.CLASSIC WITHCOLOUR.COM



Fashionably posh

Fashion and beauty go hand in hand, from creating striking make-up looks that complement beautiful couture gowns that float down the runway to hair styles that follow seasonal trends.

Always on the lookout for a great salon which takes care of all your hair and beauty needs, I have finally found a place "where beauty happens."

Having first spotted Posh by Feryal at a fashion event earlier this year, their association with fashion was the perfect inspiration to visit the salon, and I was not dissatisfied.

Sitting down with the stylist for a consultation about the process

of cutting my hair, the shape and style we wanted to achieve was something I had never experienced

with hair salon experiences in Dubai to date. And I say "we" as he really listened to what I wanted and discussed at length how he would achieve the look.

Not only was the standard of service excellent when it comes to the hair side of things, but the award winning, in-house celebrity make-up artist creates stunning results, from daytime looks to beautiful bridal make-up, which complements the full range of beauty services available to enjoy. So, fashion fans, if you're looking for a stylish salon experience

surrounded by luxury, Posh by Feryal would be my perfect solution.

"And I say "we" as he really listened to what I wanted and discussed at length how he would achieve the look"

Minimal memory

Director Len Wiseman has ransacked bigger and better imaginations to produce what looks and sounds like a wholesale rip-off.



NEW RELEASE

In the future according to *Total Recall*—the new version, not the 1990 movie with the same name and the same alleged source in a Philip K. Dick story—Earth has been devastated by chemical warfare, leaving only two populated areas connected by a tunnel through the planet's core. On one end of the chute, known as the Fall, is a sleek successor to Britain, an imperial metropole that exploits the teeming, watery Colony (Australia with elements of futuristic Hong Kong and Bangkok) down below.

This premise contains the seeds of

an interesting economic and political allegory, but the ambitions of the filmmakers—Len Wiseman directed a script by Kurt Wimmer and Mark Bomback—lie in the direction of maximum noise and minimum sense. The movie has a lot of chasing, shouting and fighting, carried out in crowded, overscale frames without much regard for either action-film effectiveness or narrative coherence. So much information is thrown at you in a haphazard fashion that your ability to care dwindles along with your willingness to enjoy any of it.

Douglas Quaid, a Colony-dwelling proletarian who commutes via the

FARRELL AND BIEL GETTING READY TO RUN AWAY FROM SOMETHING. AGAIN.

Fall to his factory job, is haunted by strange dreams and is played by Colin Farrell. His wife is played by Kate Beckinsale (who is married to director Wiseman in the real world), and now may be the time to note that in the earlier *Total Recall* the Quaid was Arnold Schwarzenegger and Sharon Stone.

Life is not fair: Farrell is one of the hardest-working would-be movie stars in the game, whereas Schwarzenegger is among the laziest action heroes in history. But after more than 20 years you may still retain a vivid memory of Schwarzenegger saying, "Consider that a divorce," after putting a bullet into Stone's head. After less than 24 hours you'll find it hard to recall anything Farrell said or did, other than run from Beckinsale, sometimes in the company of Jessica Biel.

Why all the running? Quaid may

not be the working stiff he thinks he is but rather a super-agent of some kind mixed up in the ongoing struggle between the authoritarian Chancellor Cohaagen (Bryan Cranston of *Breaking Bad*) and the shadowy leader of the resistance (Bill Nighy). Don't get too excited about those names. Cranston appears to be trying for an odd kind of career balance, as if starring in one of the best shows on television obliged him to take supporting roles in some of the worst recent movies in theatres. And he doesn't really do much except sneer sadistically and look plausible with hair. Nighy does even less.

The 1990 *Total Recall*, directed by Paul Verhoeven at the apex of his Hollywood credibility (after *Robocop* and before *Showgirls*), is not a great movie, but it has a garish, perverse energy to it and a willingness to be at once gleefully silly and slyly philo-

sophical that stands up pretty well.

So why bother with an update? A parallel-universe (or wishful thinking) answer would be that Philip K. Dick (writer of *Blade Runner*, *Paycheck* and *The Adjustment Bureau*) remains a name and an imagination to conjure with, as neuroscience, technology, corporate power and political authority conspire to bring some of his paranoid visions closer to becoming reality.

But this latest incarnation of *Total Recall* has less to do with Dick than its predecessor did, and it might have fared better without the baggage of expectation and comparison that it inevitably carries. A science-fiction movie about a guy on the run and the two slender, combative, black-suited women who may or may not love him might not be all that memorable, but it would at least be forgettable on its own terms. ●

Did you know?

- Colin Farrell previously appeared in *Minority Report*, which was also adapted from a Philip K. Dick short story, and had originally been developed as a sequel to the original film version of *Total Recall*.
- While building the set for *Total Recall*, the builders spent \$10,000 a week on wood screws alone.
- When Quaid retrieves his safe-deposit box, bills with the picture of US president Barack Obama can be seen.



KATE BECKINSALE IN ONE OF THE MOVIE'S MANY CHASES

Bollywood news

Hair trouble for SRK

Every star needs a good hair stylist, and for the past 20 years, Shah Rukh Khan has entrusted his mane to Dilshad Pastakia. The star will now have to look elsewhere, however, as Pastakia is heading for Canada. Good news for SRK is that Pastakia is leaving her assistants behind, so it won't be a clean break from his iconic style.



No knife for Chopra

Bollywood beauty Priyanka Chopra insists she has never felt the need for cosmetic surgery. However, some find it hard to believe. Between 2004's *Aitraaz* and this year's *Barfi!* the star's features are visibly different, according to some, but the 30-year-old maintains that it's her make-up expertise that's helped her out.



Trouble brewing for Devgn

It seems like actor-producer Ajay Devgn may be in a bit of hot water for his portrayal of Sikhs in *Son of Sardaar*. The All India Sikh Students Federation claim the film shows Sikhs in a bad light and has called on the clergy to take action, as well as registering a police case against the filmmakers. A legal notice has been issued to have the objectionable scenes removed.

A-Z OF MOVIES

"X" is for xenophobia



Xenophobia has played a greater role in horror than most people realise. The fear of people who come from another part of the world has been a mainstay in the realm of horror for hundreds of years, and will continue to play a role for years to come.

Before the role of xenophobia can be explained, we must first understand the differences between xenophobia and racism. The two have been synonymous with one another for years, but incorrectly so.

A racist is someone against another group of people because of the fact they are different. A person with xenophobia fears people born on foreign soil.

"We're afraid of the aliens because they were born on a distant planet and may harm our way of life"

It doesn't matter if that person is the same race or not.

In the 1950s, we saw the emergence of a new type of xenophobia that would have a profound effect on horror. With more and more people believing they had seen UFOs, writers and directors felt it would only be fitting to incorporate these foreign invaders into their tales.

Essentially, any alien horror story exploits xenophobia. We're afraid of the aliens because they were born on a distant planet. We worry they have motives that would harm our way of life.

Xenophobia has provided some of the most memorable characters, situations, and stories in horror. And it will continue to keep us awake, hiding under duvets and jumping at strange sounds for years to come.

Listings

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



Brave

MOVIE GUIDE

Grand Cineplex - Wafi

Baba - 13:00, 20:00, 00:40
The Bourne Legacy - 10:40, 12:00, 13:20, 14:40, 16:00, 17:20, 18:40, 20:00, 21:20, 22:40, 00:00, 01:20
Brave - 10:20, 12:20, 14:20
The Dark Knight Rises - 11:30, 14:40, 17:50, 21:00, 00:10
Ek Tha Tiger - 12:00, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
The Expendables 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Joker - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Sammy 2 (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10
Shirin Farhad Ki Toh Nikal Padi - 10:40, 15:20, 17:40, 22:20
Step Up 4 - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
Step Up 4 (3D) - 22:00, 00:00
Ted - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Total Recall - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Grand Megaplex - Ibn Battuta

The Bourne Legacy - 10:40, 12:00, 13:20, 14:40, 16:00, 17:20, 18:40, 20:00, 21:20, 22:40, 00:00, 01:20
Brave - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Brave (3D) - 10:00, 12:00, 14:00,

16:00, 18:00, 20:00, 22:00, 00:00
The Dark Knight Rises - 10:30, 12:45, 13:45, 16:00, 17:00, 19:15, 20:15, 22:30, 23:30
Ek Tha Tiger - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
The Expendables 2 - 10:40, 11:50, 12:50, 14:00, 15:00, 16:10, 17:10, 18:20, 19:20, 20:30, 21:30, 22:40, 23:40, 00:50
Joker - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mugamoodi - 11:00, 14:15, 17:30, 20:45, 00:00
Sammy 2 (3D) - 10:00, 11:00, 11:45, 12:45, 13:30, 14:30, 15:15, 16:15, 17:00, 18:00, 18:45, 19:45, 20:30, 21:30, 22:15, 23:15, 00:00
Shirin Farhad Ki Toh Nikal Padi - 12:30, 14:50, 17:10, 19:30, 21:50, 00:10
Step Up 4 - 11:45, 13:45, 15:45: 17:45, 19:45, 21:45, 23:45
Step Up 4 (3D) - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45, 00:45
Tappana - 10:30, 13:15, 16:00, 18:40, 21:20, 00:00
Ted - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Total Recall - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Grand Cinemas - Festival City

Baba - 21:30, 23:40
The Bourne Legacy - 10:10, 10:40, 12:20, 12:50, 13:20, 15:00, 15:30, 16:00, 17:40, 18:10, 18:40, 20:20, 20:50, 21:20, 23:00, 00:00
Brave - 10:00, 11:55, 13:50, 15:45,

17:40, 19:35
Brave (3D) - 10:30, 12:25, 14:20
The Dark Knight Rises - 11:30, 14:40, 17:50, 21:00, 00:10
Ek Tha Tiger - 17:15, 20:15, 23:15
The Expendables 2 - 16:15, 18:15, 20:15, 22:15, 00:15
Joker - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Sammy 2 (3D) - 10:15, 11:00, 12:00, 12:45, 13:45, 14:30, 15:30, 16:15, 18:00, 19:45, 21:30
Step Up 4 - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
Step Up 4 (3D) - 23:15
Ted - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Total Recall - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Grand Cinecity - Al Ghurair

The Bourne Legacy - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
The Dark Knight Rises - 21:00, 00:15
Ek Tha Tiger - 18:00, 21:00, 00:00
The Expendables 2 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Joker - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mugamoodi - 10:45, 14:00, 17:15, 20:30, 23:45
Sammy 2 (3D) - 10:30, 12:15, 14:10, 16:05
Step Up 4 - 10:20, 12:20, 14:20, 16:20, 18:20, 20:20, 22:20, 00:20
Tappana - 10:30, 13:15, 16:00, 18:40, 21:20, 00:00
Total Recall - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Grand Mercato

The Bourne Legacy - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Brave - 10:00, 11:55, 13:50, 15:45
The Dark Knight Rises - 17:40, 20:40, 23:40
Ek Tha Tiger - 19:40, 22:40
The Expendables 2 - 18:15, 20:15, 22:15, 00:15
Joker - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Sammy 2 (3D) - 11:00, 12:45, 14:30, 16:15, 18:00, 19:45, 21:30
Step Up 4 - 10:00, 11:55, 13:50, 15:45, 17:40
Step Up 4 (3D) - 23:15
Ted - 10:15, 12:15, 14:15, 16:15
Total Recall - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50

Reel Cinemas - Dubai Mall

The Amazing Spiderman - 14:05, 17:00
The Bourne Legacy - 11:10, 13:55, 14:25, 15:00, 16:40, 17:10, 18:00, 19:25, 19:55, 21:05, 22:10, 22:40, 00:10, 00:55, 01:25
Brave - 11:15, 13:25, 15:35, 17:45, 19:55, 22:05, 00:15
The Dark Knight Rises - 11:00, 12:05, 14:00, 14:15, 14:30, 15:20, 17:15, 17:30, 17:45, 18:35, 20:30, 20:45, 21:00, 23:45, 00:05
Ek Tha Tiger - 21:50, 00:35
The Expendables 2 - 11:50, 14:05, 16:20, 18:35, 20:50, 23:05, 01:15
Joker - 13:40, 18:00, 19:35, 20:15, 22:25, 00:35
Papa - 15:00, 17:25, 19:50, 22:15
Sammy's Adventure 2 (3D) - 11:00, 13:00, 14:55, 16:50
Step Up 4 (3D) - 18:45, 20:50, 22:55, 01:00
Ted - 11:50, 13:30, 14:05, 15:45, 16:15, 18:00, 20:15, 22:30, 00:40
Total Recall - 11:15, 12:15, 13:40, 14:40, 16:05, 17:05, 18:30, 19:30, 20:55, 21:55, 23:20, 00:20

Reel Cinemas - Marina Mall

The Amazing Spiderman - 14:05, 17:00
The Bourne Legacy - 14:00, 14:25, 15:00, 17:00, 17:10, 18:00, 19:55, 20:05, 21:05, 22:40, 23:10, 00:10, 01:25
The Dark Knight Rises - 14:00, 14:20, 14:30, 17:15, 17:45, 17:55, 20:30, 21:00, 21:30, 23:45, 00:15,



TED

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



THE DARK KNIGHT RISES

16:30, 19:15, 21:45, 00:15

Vox Cinemas - MoE

The Bourne Legacy - 10:00, 10:45, 12:45, 13:30, 15:30, 16:15, 18:15, 19:00, 21:00, 22:00, 23:45, 00:45
Brave - 09:15, 11:30, 13:45, 16:00
Brave (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15
The Dark Knight Rises - 10:30, 11:30, 13:45, 14:45, 17:00, 18:00, 20:15, 21:15, 23:30, 00:30
Ek Tha Tiger - 18:15, 21:00, 23:45
The Expendables 2 - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Joker - 10:00, 12:15, 14:30, 16:45, 19:00, 21:30, 23:45
Papa - 23:30
Sammy's Adventure 2 (3D) - 09:45, 12:00, 14:00, 16:00, 18:00
Step Up 4 (3D) - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Ted - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Total Recall - 11:45, 14:15, 16:45, 19:15, 20:00, 21:45, 22:30, 00:15

Vox Cinemas - Mirdif City Centre

The Bourne Legacy - 10:15, 13:00, 15:45, 18:30, 21:15, 23:00, 00:00
Brave (3D) - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45
The Dark Knight Rises - 11:15, 14:30, 17:45, 21:00, 00:15
Ek Tha Tiger - 19:00
The Expendables 2 - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 00:00
Joker - 10:00, 12:15, 14:30, 16:45, 19:00, 21:30, 23:45
Sammy's Adventure 2 (3D) - 09:00, 11:00, 13:00, 15:00, 17:00
Step Up 4 (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Ted - 21:45, 00:00
Total Recall - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

00:55

Joker - 13:40, 18:00, 19:35, 20:15, 22:25, 00:35
Papa - 15:00, 17:25, 19:50, 22:15, 00:40
Ted - 13:30, 14:50, 15:45, 17:25, 18:00, 20:15, 20:25, 22:30, 22:50, 00:40
Total Recall - 13:30, 15:55, 18:20, 21:00, 23:25

Vox Cinemas - Deira City Centre

The Bourne Legacy - 10:15, 13:00, 15:45, 18:30, 19:30, 21:15, 22:15, 00:00, 01:00
Brave - 11:45, 14:00, 16:15
Brave (3D) - 10:30, 12:45, 15:15, 17:30
The Dark Knight Rises - 10:15, 13:45, 17:00, 20:15, 23:30
Ek Tha Tiger - 10:30, 13:15, 16:00, 19:00, 21:45, 00:30
The Expendables 2 - 10:30, 12:45, 15:00, 17:15, 19:45, 22:00, 00:15
Joker - 10:00, 11:00, 12:15, 13:15, 14:30, 15:30, 16:45, 17:45, 19:00, 20:00, 21:30, 22:15, 23:45, 00:30
Sammy's Adventure 2 (3D) - 09:00, 11:00, 13:00, 15:00, 17:00
Shirin Farhad Ki Toh Nikal Padi - 18:30, 21:00, 23:45
Step Up 4 (3D) - 19:00, 21:15, 23:30
Tappana - 12:30, 15:15, 18:00, 20:45, 23:30
Total Recall - 10:00, 11:30, 14:00,

What's happening this week in Dubai

DUBAI
CALENDAR

Pakistan vs Australia T20 Cricket Series

Don't miss the thrilling and cool T20 series, presented by Bank Alfalah between Pakistan and Australia.
Date: September 5 - 10
Duration: 6 days
Timings: 8pm
Audience: Public
Category: Sports
Venue: Dubai International Stadium, Dubai Sports City
Admission: Dh20 - Dh200
Telephone: 04 425 1111



The Fab Four - The Music of the Beatles

All Beatles fans will love this special tribute performance by Duck Chowles and his band.
Date: September 6 - 8
Duration: 3 days
Timings: 7 - 9pm
Audience: Public
Category: Music
Venue: The First Group Theatre, Madinat Jumeirah
Admission: Dh185
Telephone: 04 366 6546

SIDE A, Callalily & K Brosas - Live in Dubai

Come along and hear all your favourite love songs under one roof.
Date: September 7
Duration: 1 day
Timings: 9pm
Audience: Public
Category: Entertainment
Venue: Dubai World Trade Centre, Sheikh Zayed Road
Admission: (Regular) Dh120, (VIP) Dh150, (VVIP) Dh220
Telephone: 050 853 7533, 050 258 8530



Demolition by Fereydoon Omid @ XVA Gallery

Don't miss Fereydoon Omid's solo art show at XVA Gallery.
Date: Until September 30
Duration: 28 days
Timings: 11am - 7pm
Audience: Public
Category: Arts and culture
Venue: XVA Gallery, Building 7, DIFC, Gate Village
Admission: Free, gallery open Sunday to Thursday
Telephone: 04 358 5117

Tap into fun and fitness

Dubomedy's tap dancing and body percussion class offers a stompin' good time for all to enjoy.



SOLE STEPPERS BRING THE RHYTHM

DANCE

Finding new ways to keep fit, socialise and have fun all at the same time can often be tricky. Within the maze of courses on offer around the city, many people get cajoled into whichever class their work colleagues are raving about, even if, perhaps, it is not the right choice for them.

For those who still haven't found their "thing" yet, perhaps the new term of Dubomedy's tap dance and body percussion class may be the answer. As well as wanting to get fit and keep healthy, many adults will admit to wishing they could dance. They may have been to see shows such as *Stomp* and envied the swift footwork and captivating rhythm of the performers on stage, leaving the theatre with thoughts of "I wish I could do that". Or perhaps, as a child, they were destined to be the next Michael Flatley, but never quite had the commitment to continue dancing into adulthood. Whatever the reason, dance is considered one of the most enjoyable pastimes by many people the world over.

While salsa, street dance and ballet often take precedence in the list of dance classes available to adults, more people are discovering—or rediscovering in many cases—the benefits of tap dancing, which can burn up to 315 calories per hour.

Not only does it work up a sweat, but the precision and control used to perform the steps required will get you using muscles you had forgotten even existed. And while tap dancing is also proven to increase cardiovascular endurance, coordination,

flexibility, agility and stability, most people will keep going back to class for the sheer enjoyment of stomping around to their heart's content, enjoying the music, making noise and having a laugh.

Alongside the regular classes on offer, Dubai tap dance and body percussion is also the home of the only professional tap and body beats troupe in the UAE, Dubomedy Sole Steppers. As well as offering entertainment and choreography for events, training for the community and team building for the corporate realm, the group also perform at numerous charity events, hold rhythm workshops for children and adults with special needs, and are currently getting ready to launch free ongoing rhythm and body percussion training for the visually impaired.

But, for the average workshop attendee, meeting new friends and using the entire body to create infectious beats, rhythms and routines is what it's all about. So, whether you're a former Flatley or still a tentative tapper, why not unleash your inner hot-shoe shuffle and have a go at something new this month? As the class-leader, *Stomp* and Broadway veteran, Mina Liccione, says, "We lead workshops for all ages and all levels... rhythm is universal!"

How can I join in?

Where: Kadomz Studios, Dubai Marina Mall

When: Saturdays starting from September 29

Who: Adults, separate class for kids age 5-8

Info: mina@vivadubai.com



The basic instinct

The much-raved about new sports offering from Toyota offers motoring fun and thrills in a precise package.



THE FRIENDLY FACE OF SPORTS CARS

SPECS

(as tested)

Engine: 2.0 litre Flat 6 Boxer
Power: 200hp@7,000rpm
Torque: 205Nm@6,600rpm
0-100km/h: na
Top speed: 230 km/h
Price: From Dh95,000 to Dh125,000



Eco-numbers

It might be fast but the 86 is also a lean machine. By using lightweight components and a compact boxer engine, the car uses only 6.9 litres of fuel per 100 kilometres.

To say that the 86 is an important car for Toyota has to be one of the biggest understatements of the century. In one swoop, Japan's largest car company seems to have restored the world's faith that car manufacturers do actually care about people liking their cars, rather than just providing them with bland modes of transport to cart their families around in.

The 86 is interesting, impractical and fast—the complete opposite of almost every other Japanese car, albeit with a few notable exceptions. But does the latest Toyota live up to the hype it has created? The answer is both yes and no.

On the outside, it's not the most striking of designs and has little road presence. It's a neat package that sits well on the road, but the front looks just a little too friendly for a sports car. The rear looks slightly odd without the optional rear wing, but luckily most owners will spec that when buying the car. The tailpipes don't suit it either, as they're far too small for their apertures.



Inside, there are acres of black plastic and the controls are minimal. Almost everything, save the AC controls, is housed either on the steering wheel stalks or in the audio system and infotainment screen. There's no flappy paddle gearbox or hordes of buttons on the steering wheel. This is very much a minimalist's car.

You do get two very comfy and figure hugging racing seats, although rear passengers have to make do with a one-piece unit and almost zero

legroom. Toyota would have been better served getting rid of the rear seats altogether.

All this might sound like criticism, but it's worth keeping in mind that the base model, before options, retails for just Dh95,000. That's an incredibly low price for what is, in essence, a proper sports car.

Under the hood is a Subaru-derived 2.0 litre, flat-six boxer engine, producing 200 hp. This is what makes the 86 what it is. Even at idle the

engine sounds keen and on its toes. Out on the road, it all starts to make sense. With rear wheel drive and a rorty engine fizzing away under the bonnet, the 86 is brilliant to drive. You find yourself going around roundabouts twice, just for the fun of it. The handling is excellent, while still allowing you room to play.

The car comes with the option of a manual gearbox with a very positive change and short throw between the gears, or there's an auto option for those with no soul.

To sum it up, the 86 is a brilliant, affordable car that harks back to the paired down sports models of old, intent on light handling and extracting the maximum performance from a small engine.

Luckily for people who love to drive, Toyota seems to have given the long since extinct sports car a new lease of life. ●

Getting mad the right way

How to vent your anger and frustration in a way that gets results, without losing your control over the situation.



BEHAVIOUR

From disagreements with coworkers, stress over a tight deadline, to your boss getting on your last nerve; it's an inevitable fact that every once in a while you will get angry at work. When it comes to your personal life, your response to similar situations might be to start shouting, or to complain out loud, but at work, acting this way can harm your professional image, as well as your relationship with others. While anger is a completely natural emotion, we can't just lash out at every person or object that irritates or annoys us at work. Akhtaboot provides a number of tips to help you better understand and cope with anger in the workplace.

GET TO KNOW WHAT TRIGGERS YOUR ANGER

Keep track of what pushes your buttons and make a conscious choice on how you're going to react in the future when presented with similar circumstances. If you notice a pattern in the type of situations you walk into, acknowledge that you might need to work on sharpening your social intelligence. Never act upon your feelings in an irrational way.

DON'T PLAY THE BLAME GAME

Own up to your anger. Be responsible

for your reactions and for openly expressing them. Once you do, you can look for ways to control it in a constructive way. If you feel that you crossed the line when expressing your anger, apologise. Your apology shows that your relationship with the other person is more important to you than being right.



FIND AN EXPLANATION

CRITICISE ACTIONS RATHER THAN PEOPLE

While it might be hard to isolate your personal feelings in the spur of the moment, you need to learn how to avoid making judgments or fixing blame on individuals rather than actions. Hostile statements such as "you are wrong" can definitely elevate the situation to another level of conflict. When expressing your feelings towards the situation, define the actions that led to it and try to suggest some solutions. Keep in mind that whatever today's problem is, it will simply turn into tomorrow's learning experience.

ASK QUESTIONS

Get to the bottom of what triggered your anger. Ask if the other person meant to treat you disrespectfully, and if so, make it clear that you won't tolerate such behaviour. Don't make up your own assumptions about other people's motives. Ask them personally for an explanation and listen more than you talk. Consider the possibility that you might be wrong, or that you and your opponent may both be right.

SEEK A MEDIATOR

There are certain times when all involved parties get so overwhelmed with anger that outside help may be

“Venting your anger is one thing, but taking it out on a coworker in a rude or aggressive manner is another.”

needed to resolve the issue. Having a third opinion from a trusted mediator provides neutrality when you need it most. Set up a private meeting to give all involved parties an opportunity to share sensitive information with the attendance of a third party who can add value to coming up with a solution. Your ability to resolve conflict and manage difficult situations is critical to your job satisfaction, career success and to the organisation's productivity. Always remember; venting your anger is one thing, but taking it out on a coworker in a rude or aggressive manner is another. Learning how to tame your anger and redirect it in a constructive way will help you earn the respect, treatment, and attention that you want and deserve from everyone. ●
By Akhtaboot—the career network (www.akhtaboot.com)

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Graphic designer urgently required for a media freezone company in Dubai Media City. Nationality/gender not specific. Salary for Dh8,000. Send CV and portfolio to kristine@hgwmedia.com.

Female sales secretary cum indoor sales executive required for a company in Bur Dubai. Salary + commission. Email CV to pleasantdubai@gmail.com.

One of the largest business groups in the region is recruiting candidates for its insurance division. Selected candidate will be provided with a basic salary + commission. Candidate should be a graduate and should have sales experience. Send CV to shaju.george@alfuttaim.ae.

Indoor/outdoor salesperson required for a stationery store in Bur Dubai. Valid UAE D/L preferable. Should have knowledge in stationery product sales, and basic internet. Call 0506942918/ email abdullaalmanoor@gmail.com.

Sales coordinator required for a Dubai based MNC dealing in architectural glass. Should have 2 yrs relevant experience. Salary commensurate with experience. Send CV to hr@merint.com.

Marketing executive required for a part-time position in the largest banking investment division. Keralite ladies preferred. Call 0567122501.

Independent distributor (part-time position) required for an international skin care products company. Females preferred. Should have entrepreneurial skills. Call 042520890/ email jhasmin@willakrause.me.

Hair dresser required for a ladies salon in Dubai. Nationality not specific. Send CV to emirates010@yahoo.com.

Experienced florist required for a flower shop in Dubai. It is part-time/full-time position. Send CV to blueroseflowertrading@gmail.com call 0566420822.

JOBS WANTED

Pakistani male, 25, MBA degree holder, passed all three levels of CFA seeks full-time job. Call 0509891296. Email amitk.karira@gmail.com.

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

Indian male, civil project manager seeks job as a project/construction or technical manager. 25 yrs experience. Email vijayannair50@yahoo.com.

Filipino seeks full-time job as a store/office warehouse assistant. Call 0562616671/ email duds_0531_duds@yahoo.com.ph.

Indian male, 42, seeks job as a stores supervisor/logistics supervisor. Fluent in English, Tamil, Hindi and Malayalam. 15 yrs experience in India and Gulf. Call 0502605965.

Indian male, seeks full-time job in sales, retail or marketing. 4 yrs experience. I am seeking a job in sales, retail or marketing. Have 4+ yrs experience in watches and freehold property surveying. Valid UAE D/L. On visit visa. Call 0504763156.

Indian male, MCA holder seeks full-time job in software development/administration. 1 yr experience in

similar fields. Call 0559010659/ email mcashanawaz@gmail.com.

Pakistani female, 25, MBA holder seeks full-time job in any insurance company (Underwriting Department). Less than a yr experience in relevant field. Email reenukewalramani87@gmail.com/ call 0557124515.

Filipino male seeks full-time job as a secretary/executive secretary/receptionist. 10 yrs experience in the GCC. Call 0502462405/0567456811.

Indian male seeks job in Dubai or Sharjah as a CAD designer in a jewellery company. 8 yrs experience in Rhino-4 & Matrix-6 software for product design and output. Call 0551826021/ email pankaj250383@gmail.com.

Talented, young, and energetic female seeks full-time job. 3 yrs experience in sales. Call 0502862140.

Web and graphic designer seeks full-time job in similar field. 12 yrs experience. Email srishan78@gmail.com/ call 0509731543.

Egyptian male, 29, seeks full-time job as a salesman or cashier. 8 yrs experience in retail. Email maro_yehia@yahoo.co.uk.

Pakistani male seeks full-time job as a security guard/office boy/helper. 1+ yrs experience in computer sales. Call 0551753380.

Indian female, bachelor's degree holder seeks full-time job as an HR/ admin assistant. 3 yrs experience as a sales co-coordinator and admin assistant. Knowledgeable in Ms Office. Email shksamreen89@gmail.com. Call 0504240832.

MISCELLANEOUS

Personal loan services available. We finance to self-employed with minimum requirements. In a one week process. Call 0551032210.

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

Astrology, vastu, palm-istry reading available. Call 0558066470/0508408219/043582488 or email vyas75@yahoo.com.

Apply for new E-life Etisalat connection and get first month rental free. To get the offer call 0508296617.

AUTO

Suzuki Celerio, 2012 model for sale. 1.0-engine, driven for 22,000km. Still in excellent condition. History performances also available. Dh28,500, original price is Dh38,000. Email saad.tass@gmail.com.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, white colour, with remote key, in excellent condition. Call 0556796008.

Lexus ES300, 1994 model for sale. Some minor electrical problems with the seats but all in all still in good condition. Call 555143904.

Mitsubishi Pajero, 1999 model for sale. Green colour. In good condition. Accident-free. Expected price Dh17,000. Call 0506468266.

Chevrolet Epica, 2007 model for sale. Automatic transmission. Power locks, windows, mirrors. Premium rims/wheels. Premium Bluetooth sound/

DVD system. No history of mechanical failure. Price for Dh26,000. Call 0501276227.

ITEMS

Used Blackberry 9800 Torch available for sale. In good condition. Comes with PIN number, 4GB, micro SD card. Dh945. Call 0553588006.

Used iPad 2 or 3 wanted. Must have 3G or 4G service. Should be in good condition. Call 0507867350.

Used Mitsubishi, 2.5 ton window A/c available for sale. 6 months old only, still in good condition. Near Talal Supermarket, Hor Al Anz, Dubai. Free delivery. Call 0556796008.

Household items available for sale. Beds, cylinder, burner, A/c, fridge and fan. All in good condition. Call 0556796008.

Etihad travel vouchers available for sale. Half price. Between Dh500 to Dh200. Valid for travel until December 10th, 2012. Voucher redeemed till September 10th. Call 0503153580.

Magrudy Oxford very first dictionary, compiled by Claire Kirtley, illustrated by Georgie Birkett, paperback, available for sale. Dh45. Call 0557277085.

Curtain for half window, blackout, maroon golden vertical stripes, size 150 x 250cm available for sale. Dh350. Call 0557277085.

Novel Mills and Boon available for sale. Dh10. 60 in nos. Call 0557277085.

Landline Panasonic integrated telephone system available for sale. Still in good condition. 3 pieces. Priced at Dh55. Call 0557277085.

Ikea LED office lamp available for sale. Adjustable arm. Still in good condition. Dh55. Black and white colour. Call 0557277085.

Ikea lamp for kids bedroom available for sale. Comes with ladybird, butterfly, bee pictures. Still in good condition. Dh85. Call 0557277085.

Sir Rondo's, Italian jewellery box available for sale. Yellow chrome. In good condition. Priced at Dh165. Call 0557277085.

Kenwood vacuum cleaner VC2400, available for sale. Red in colour. Dh290. Call 0557277085.

World class Dankotuwa, Jashanmal/ brand new tableware available for sale. Contains 96 pcs. Dh1,500. Non-negotiable. Call 0557277085.

Toshiba laptop available for sale. In good condition. Satellite A665D S6051. Dh2,250. Call 0557277085.

SERVICES

Male certified massage therapist available daily for home services. Swedish deep tissue full body massage. Call 0555178327.

Home tutoring lessons available in graphic design. Including animation, 3D visualization and much more. Call 0555731512.

Pickup services/small and big loads available. From any location starting from Dubai to any location in the UAE. Call 0509724032.

Home tutoring lessons available in Chemistry. For IGCSE/IB/ICSE/CBSE/

any other curriculum for all grades/schools and colleges. Email chemistry-global@hotmail.com.

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

Babysitting services available in Hor Al Anz, Dubai. Good with children. Call 0556796008.

Tutoring lessons available in all subjects except Arabic. Located near Talal Supermarket, Hor Al Anz by an Indian teacher. Call 0554348501.

ACCOMMODATION

Room available for rent. Comes with attached wardrobe. Filipino couples/2 bachelors only. Located in Al Ghusais, behind Dubai Grand Hotel. Rent for Dh2,000 + DEWA/Internet Dh900 each + DEWA + Internet. To be shared with 5 plp in a flat. Call 0509651071/0508780734.

Master bedroom available for rent. Comes with attached bathroom, built-in wardrobe and free internet. Central A/c. Located in Al Khail Gate, Al Quoz. Call 0551094523.

Bed space available for rent. Kabayan males/females. Gender not specific. Located in Al Karama. Walking distance to metro station, Al Manama, Sunrise and LuLu Hypermarket. Rent for Dh450 with free Wi-Fi and TFC. Call 0559294435.

Bed space available for rent. Clean room. Bangladeshi only. Located near Talal Supermarket, Hor Al Anz, Dubai. Rent for Dh200, comes with free W/E, refrigerator, kitchen, rooftop, separate bath. Call 0556796008.

Furnished room available for rent. Located near Karama metro station. Starting from September 1st. Families/working couples only. Unlimited Wi-Fi, bed, mattress, cupboard, dressing table, chairs and gas cylinder, etc., also available. Rent for Dh1,800-Dh2,000. Call 0507867350/0506268564.

Bed spaces available for rent. Indian bachelors only. Comes with kitchen facilities. Located near Union metro station, Deira. Call 0552503894.

Room available for rent. Comes with attached cabinets. Bachelors or couples only. To be shared with 5 plp. Located behind Dubai Grand Hotel, in Al Qusais. Walking distance to Dafza metro station. Rent for Dh2,000 + DEWA & internet. Call 0509651071/0508780734.

Furnished room available for rent. Comes with separate bathroom. Non-cooking executive bachelors/ladies only. Located in OPC Bur Dubai. Call 0557279268/0508428321.

Spacious master bedroom available for rent. Comes with bathroom and built in cupboards. Located in Qusais, LuLu Village. Christian Keralite couples or ladies only. Call 0552634810.

Furnished room available for rent. Comes with spacious bathroom. Located near Hamriya Ladies Park, Dubai. Call and 0505565583,0558633967.

Room available for rent. To be shared with another Filipina only. Located in Al Rigga near metro station. Rent for Dh550 including internet. Call 0502537021/0555408179.

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

Room available for rent. Indian families only. Located near Bur Dubai metro and bus station. Call 0554338069.

Furnished Room/bed space available for rent. Males only. Located in Bur Dubai. Call 0556353083.

New and furnished spacious room available for rent. Filipinas only. Located in Abu Hail, behind Ramada Hotel, near Canadian Hospital. Walking distance to metro and bus station. Call 0555060804.

Furnished bed space available for rent in a clean flat. Keralite executive bachelors only. Comes with many facilities. Located near fish roundabout, Deira. Call 0567821330.

Room available for rent. Working Indian couples only. Located near Baqer Mohebi, Rolla Street, Bur Dubai. Starting October 1st. Rent for Dh3,000. Internet, E-Vision, kitchen, gym and parking facilities also available. Call 0504262347, 0553689118.

Furnished room available for rent. Indian families only. Located opposite Al Maya supermarket, Bur Dubai. Rent for Dh2,500 including DEWA, Internet. Cleaner service facility also available. Call 0558340051.

Furnished and spacious room available for rent. 1/2 executive bachelors only. Located on Al Murraqqab road, Deira. Near Al Rigga metro station. Starting from September 1st. Call 0508435042.

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

Bed space available for rent. Kabayans only. Located in England Cluster International City. Call 0551660899.

Room available for rent. Indian families only. Comes with balcony. Located near Bur Dubai bus station. Rent for Dh1,800/+ DEWA. Call 0558692892.

Room available for rent. Comes with kitchen and LCD TV. Free internet and DEWA. Located near Iranian Hospital, Satwa. Call 055-6842622/0554033927.

Shared accommodation available for rent. Keralite Christian couples/working ladies only. Located in Deira, Naif. Call 0504538774.

Bed space available for rent. To be shared with 3 bachelors. Near Satwa bus stop. Comes with attached bath/kitchen/ washing machine+ free W/E. Rent for Dh550. Call 0556932581.

Offices/flats available to let. Near Al Ras metro station. Direct from the owner. Call 0507177623.

Furnished bed space available for rent. Executive bachelors only. Comes with internet, washing machine, A/c, shoe rack, kitchen, and many other facilities. Located opposite Ascot Hotel, Bur Dubai. Starting September 1st. Call 0552807962.

Bed space available for rent. Kabayan males only. Gender not specific. Located in Al Karama. Walking distance to metro station, Al Manama, Sunrise and LuLu hypermarket. Rent for Dh450 with free Wi-Fi and TFC. Call 0559294435.

Room available for rent. To be shared with a Nepali family. Couples only. Located in Bur Dubai near Carrefour, Al Ghubaiba metro station. Call 0559223212.

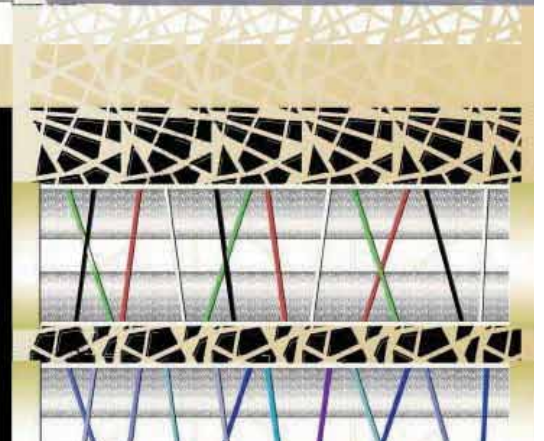
Bed space available for rent. To be shared with 3 bachelors. Near Satwa bus stop. Comes with attached bath/kitchen/ washing machine + free W/E. Rent for Dh550. Call 0556932581.

Pedestrian bridges in focus

Number of pedestrian bridges in various parts of Dubai set to touch 105 by 2016; work begins on 13 bridges.



EXTERIOR VIEW



PUBLIC SERVICES

The total number of pedestrian bridges constructed in Dubai reached 74 by the end of last year, and the number is set to hit 105 bridges by 2016 as part of efforts made to serve road users in different parts of Dubai.

Engineer Maitha bin Udai, CEO of the Traffic and Roads Agency at the Roads and Transport Authority (RTA), announced the start of construction work on 13 new footbridges out of 31 bridges intended to be constructed by the agency over the next five years, adding that the RTA is making strenuous efforts to serve pedestrians in the surrounding areas of the Metro stations to ensure smooth and safe public transit.

"The technical and engineering procedures taken by the agency in pedestrian facilities are subjected to stringent traffic safety rules which are fully aligned with the best international practices and standards currently adopted for the safety of road users, which is why Dubai ranks higher than many other cities in the advanced world in terms of the infrastructure built for serving pedestrians," said bin Udai.

"The RTA has opened two pedestrian bridges this year; the first one in Abu Baker Al Siddique Road, and the other in the Emirates Hills. Dur-

ing the past two years, the RTA has opened many other footbridges in Khalid bin Al Waleed, Al Mankhool, Bani Yas, Damascus, Al Rasheed, and Al Rabat Roads in addition to Abu Baker Al Siddique Road.

"Pedestrian bridges currently being constructed by the agency span various districts of Dubai, including two bridges on Emirates Road; one near the Fruit and Vegetable Market and the other near workers' accommodation at Al Awir. Other bridges are located in Al Mina, Sheikh Rashid, Umm Suqeim, Al Wuhaidah, Amman, Latifa bint Hamdan, Abu Baker Al Siddique and Al Khaleej Roads.

"The newly designed pedestrian bridges have a lot of features rendering them iconic landmarks of Dubai as they are fitted with modern electrical facilities featuring designs inspired by the traditional landmarks of the emirate, or depicting contemporary patterns of modern cities.

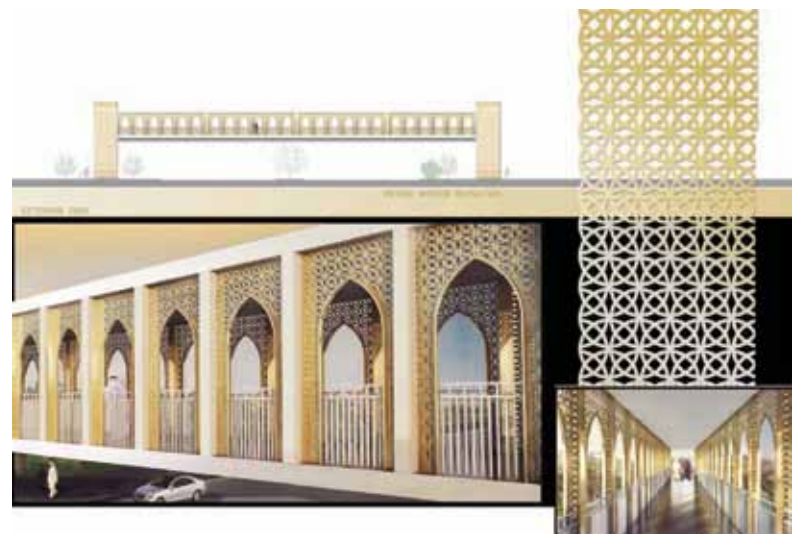
"The Traffic and Roads Agency is working in line with specific standards set for the design and construction of pedestrian bridges on Dubai roads such as the commissioning of traffic studies that give due consideration to population density of the area, road speed, and service facilities on both roadsides. Solutions figured out by such studies are being translated into technical and traffic projects for pedestrian bridges, pe-

destrian crossings, or light signals," said bin Udai.

"The efforts made by the agency to curb pedestrian accidents are not restricted to technical procedures, but are built on three core aspects - engineering procedures, traffic safety

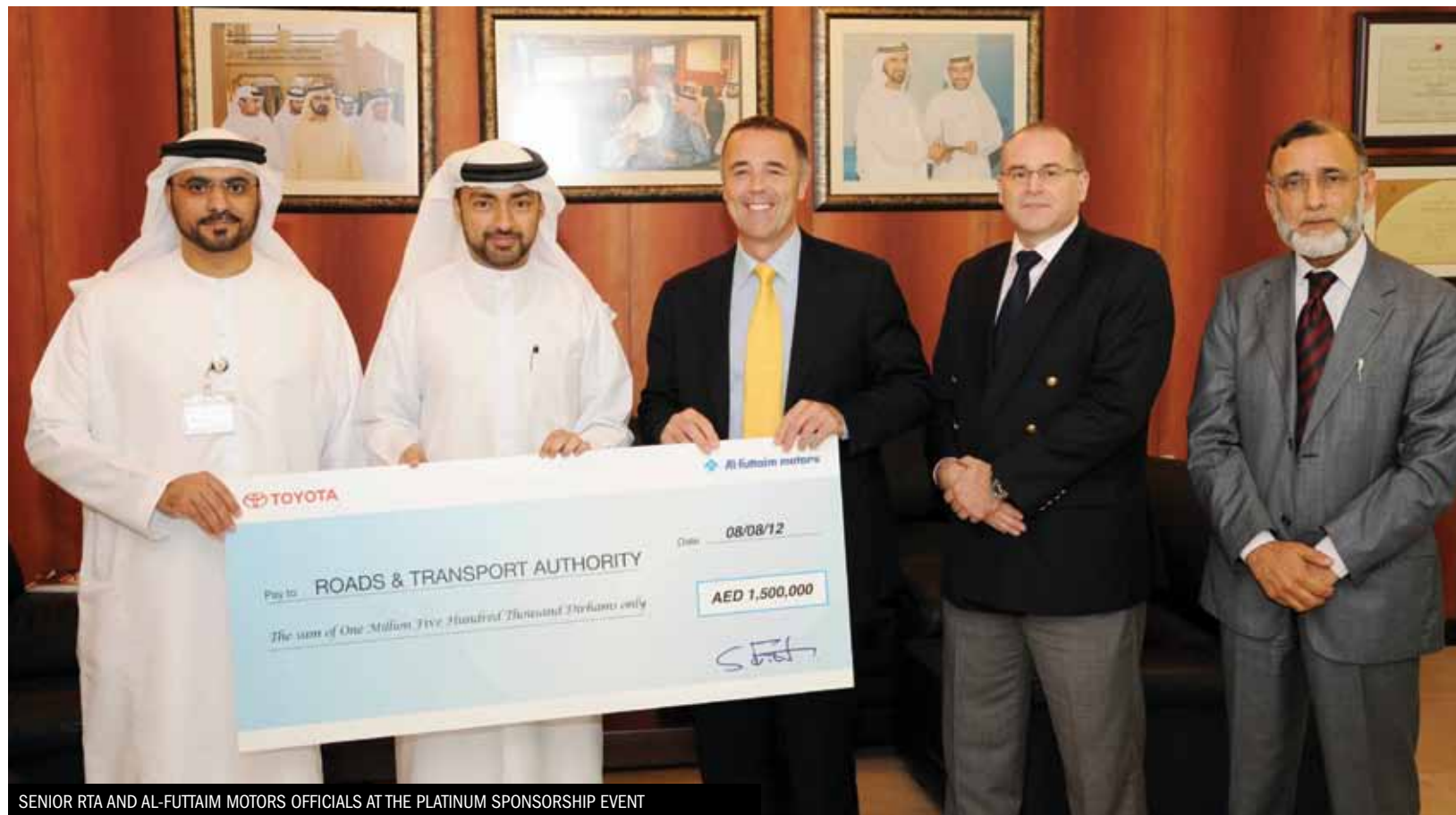
"The RTA is making strenuous efforts to serve pedestrians in the surrounding areas of the Metro stations."

standards, and awareness campaigns targeting community members, particularly students. The key problem facing traffic awareness campaigns is that a considerable number of individuals, especially some manual workers, are unaware of traffic safety rules, thus the key challenge lies in educating them on the importance of using safe transit means such as pedestrian crossings, tunnels, and bridges in order to avoid run-over accidents. Therefore, the RTA is always running awareness campaigns focusing on worker-concentrated areas such as Jebel Ali, Al Quoz and Sonapur," said bin Udai.



RTA values DAST sponsors' role

Al-Futtaim Motors lends support to prestigious RTA initiative by coming onboard as a platinum sponsor.



SENIOR RTA AND AL-FUTTAIM MOTORS OFFICIALS AT THE PLATINUM SPONSORSHIP EVENT

AWARDS

The Roads and Transport Authority (RTA) considers sponsors of the Dubai Award for Sustainable Transport (DAST) as partners in the success made by the award since its launch in 2008 in view of the material and moral support provided, rendering the award capable of making excellent progress and broadening its reach to cover government and semi-government entities, as well as private businesses, across the UAE, rather than being just confined to Dubai.

A statement to this effect was made in a meeting that brought together the Chairperson of DAST Organising Committee, Dr Khalid Mohammed Al Zahid, with the Managing Director of Al-Futtaim Motors Simon Frith, General Manager of Fleet Development Alan Carpenter, and Corporate Sales Manager Munir Hassan, in addition to several members of the DAST organising committee.

The meeting was held at the RTA's

Head Office to unveil the naming of Al-Futtaim Motors as platinum sponsor of the award through committing the sum of Dh1.5 million.

Dr Al Zahid, received from Al-Futtaim Motors, in their capacity as platinum sponsor of DAST, a cheque to be deposited in the account of the award's activities.

Dr Al Zahid expressed his deep thanks and appreciation for this kind gesture on the part of Al-Futtaim Motors, which—as a company—has been keen on taking an active participation in the award since its inception. He considered them as one of the RTA's strategic partners as

“Dr Al Zahid expressed his thanks and appreciation for this kind gesture on the part of Al-Futtaim Motors.”

they play a vital and crucial role in the success of the award, adding that without their unshakeable conviction in the superb objectives of the Award in the field of sustainable transport, they would not have come to its support and sponsorship.

“We pay tribute to the expeditious efforts made by private businesses in pushing ahead the national economy and contributing effectively to the initiatives made by the RTA and government agencies such as DAST.

“The RTA was keen on involving government and quasi-government entities as well as private institutions in the award from day one, and, on the other hand, it made every endeavour to overhaul the award mechanism such that it spans all entities and companies operating in the UAE, not only in Dubai,” said Dr Al Zahid.

Simon Frith, Managing Director of Al-Futtaim Motors, admired the rapid progress made by the Award in the past four editions, and the achievements made in the field of

sustainable transport throughout the UAE through caring and showcasing the contributions made by public and private agencies in this score.

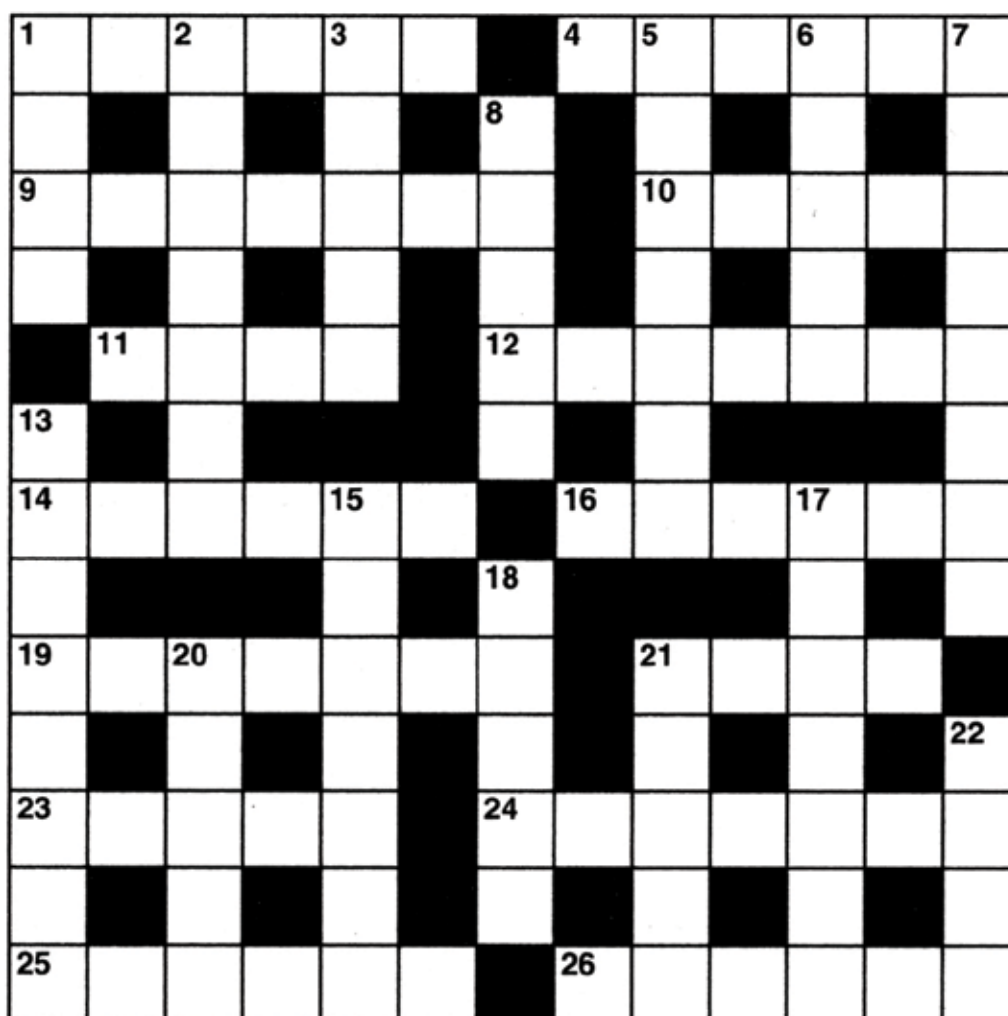
Dr Al Zahid also expressed his thanks and gratitude for the huge amount of support accorded to the award by Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA.

He also called upon all government and semi-government entities, as well as private firms, regardless of their industry specialities and volume of work, to participate in the fifth edition of DAST before the October 1, 2012 deadline.

“Judging committees will select three winners in each category where the first place will get Dh150,000, the runner-up will get Dh85,000 and the third place finisher will walk away with a cheque worth Dh60,000. Moreover, each winner in the two special awards category will be paid a sum of Dh50,000,” Dr Al Zahid concluded.

Taking your time

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



Crossword

Across

1 Recoils (6) 4 Sour-tasting (6) 9 Tentacles (7) 10 Asian country, capital Kathmandu (5) 11 Queries (4) 12 Administer (7) 14 Go to ground (3,3) 16 Feature, facet (6) 19 Self-restraint (7) 21 People in a play (4) 23 Phrase, cliché (5) 24 Blackens, defames (7) 25 Graham ____, Brighton Rock author (6) 26 Managers (6)

Down

1 Shirt's wristband (4) 2 Humorous exclamation of sorrow (3,2,2) 3 Riverside plants (5) 5 Runs slowly (horse) (7) 6 Drugs, sedates (5) 7 Gathers up (8) 8 Berkshire race meeting (5) 13 Making playfully romantic overtures (8) 15 Rowing crew (7) 17 Officers in the US navy (7) 18 Layers (5) 20 Be brilliant (5) 21 Bass instrument of the violin family (5) 22 Exploits (4)

ANSWERS



Recipe

French toast

Serves
3-6

Start your day off with this delicious breakfast treat.

Ingredients

4 eggs
2/3 cup whole milk
1/3 cup flour
1/3 cup sugar
1/2 teaspoon vanilla
1/4 teaspoon salt
1/8 teaspoon cinnamon
6 slices of thick bread (wholewheat or white)
3 tablespoons butter
Powdered sugar
Butter
Syrup

Method

1. Mix together the eggs, milk, flour, sugar, vanilla, salt and cinnamon.

2. Heat a large skillet, or griddle.

3. When the skillet is hot, add one tablespoon of butter.

4. If the butter smokes, your pan is too hot so turn down the heat.

5. Dip each slice of bread into the batter for 30 seconds on each side.

6. Let some of the batter drip off, then gently place the bread into the skillet.

7. Cook each slice for one to two minutes per side, until each side is golden brown.

8. Add more butter, if necessary, to cook all of the slices.

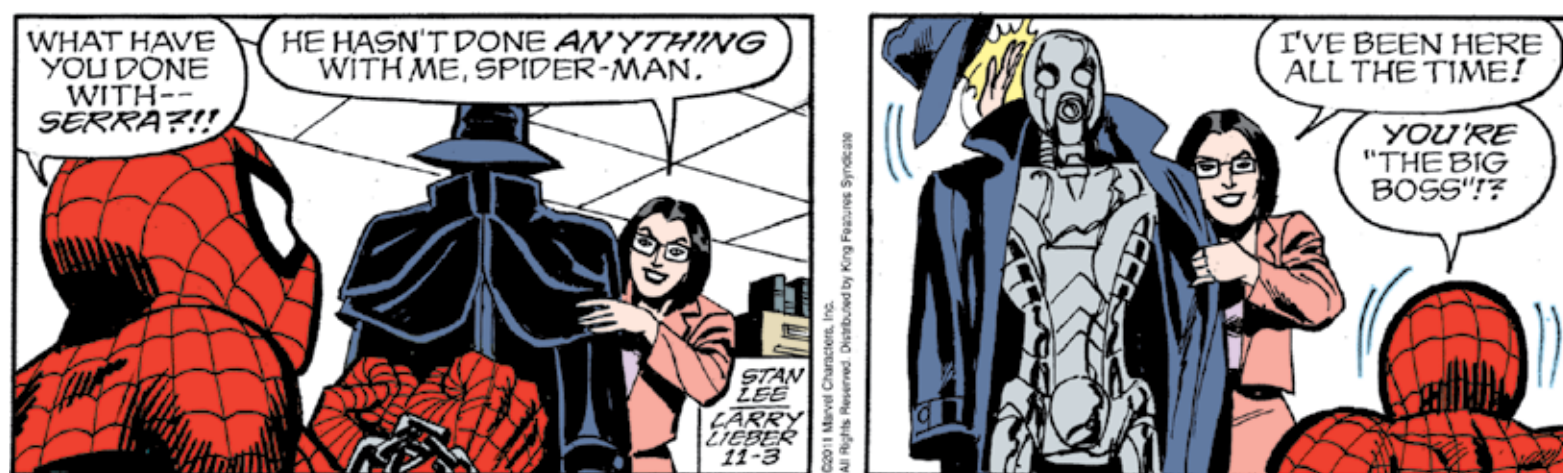
9. To serve, put on a plate and dust with powdered sugar. Serve with butter, hot syrup, fruit or beef bacon.



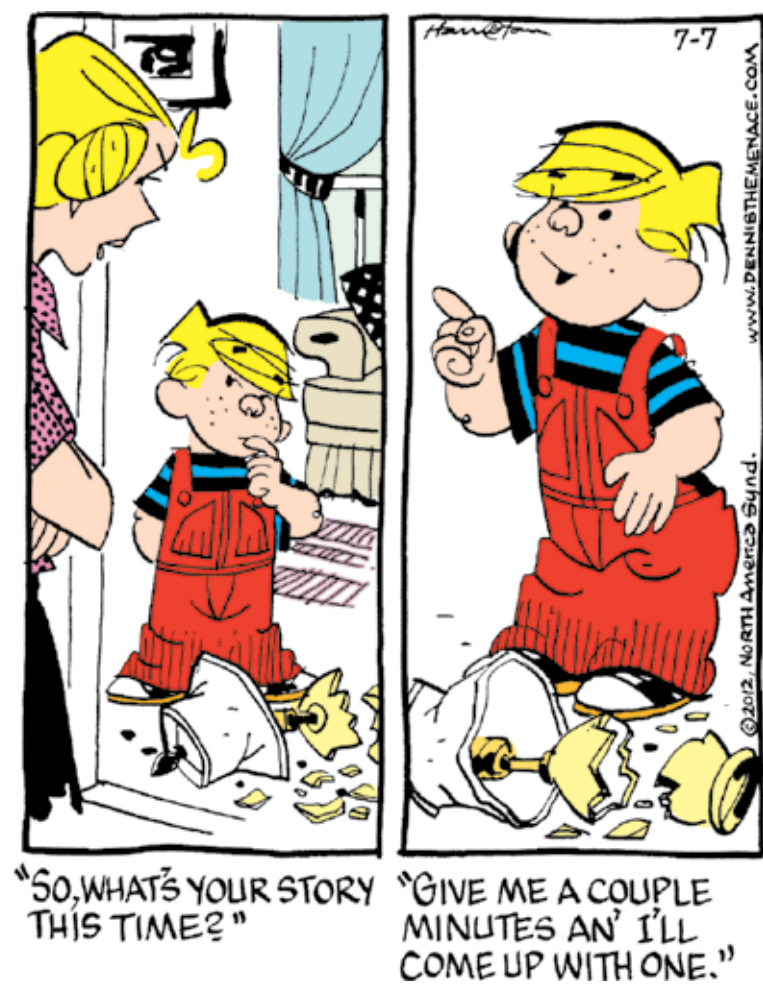
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Torsos	1812 Napoleonic battle	Fasten firmly or repair	Separately	Bird of the night	High temperature	Much-loved actor
			Makes use of			
In what way?	Bundle (of notes)	Badly, wrongly		Given a money penalty	Narrow shelf	Colloquialism
	Tailed amphibian	Family vehicles	Daintily tastes	Moorland hills		
Waltzes or jigs				Wrath, rage		And not
Theory			— McEwan, novelist		Heredity code (inits)	
Jars, lurches	Bundle up			Urge (3,2)		
			Turf		Unit of work	

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD

J	O	L	T	S	S	O	D	E	R	G
N	W	R	A	P	E	G	G	O	N	
I	D	E	A	I	A	N	D	A		
D	A	N	C	E	S	I	R	E	L	
H	O	W	D	F	E	L	L	S		
R	X	I	L	L	V	I	O			
B	O	D	I	E	S	W	I	L	D	S
B	F	A	O	F	I					

SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - CHRISTINA HENDRICKS



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What's in your stars?

The Read. astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

You might be in the spotlight earlier this week, so look your best when you leave the house. The boss may hand you a prestigious assignment towards the middle of the week—this is your chance to climb the ladder of success and change your lifestyle.



TAURUS

(APR 21 - MAY 21)

Restlessness will kick in on Monday. You'll be eager to experience some excitement, but bring a map if you decide to walk on the wild side! The chance to make some extra money will emerge during the week, so follow through on all new financial opportunities.



GEMINI

(MAY 22 - JUN 21)

You may get the feeling that you're the only one who really knows what's going on. Beware of misinformed people and false information, though. Arguments could erupt over facts that seem true at first but are, in fact, just someone's misguided dreams.



CANCER

(JUN 22 - JUL 23)

Your living situation could change drastically and abruptly this week. A roommate may suddenly decide to move out. Pay attention to a loved one's advice at this time. This person only has your best interests at heart so their advice comes with good intentions.



LEO

(JUL 24 - AUG 23)

An estranged relative may contact you early this week—this person wants to settle unfinished business. An associate may promise you the world on Saturday but not be able to deliver, so maintain scepticism when dealing with others this weekend.



VIRGO

(AUG 24 - SEP 23)

Go slowly while doing tasks at the start of the week, you could make a costly mistake if you rush. Try and be flexible when it comes to making or breaking plans with friends or colleagues, as it's possible that your schedule will change without warning.



LIBRA

(SEP 24 - OCT 23)

Avoid anyone with negative energy. Your intuition will kick up a notch, so try to follow your inner wisdom in any tricky situations. You'll be tempted to daydream on the job at the end of the week, but don't lose the focus on getting your workload cleared.



SCORPIO

(OCT 24 - NOV 22)

Positive energy will surround your dreams and career goals this week. Take advantage of new networking or employment opportunities and try to let go of the past. It's time to make solid plans and focus your thoughts on what you want in the future.



SAGITTARIUS

(NOV 23 - DEC 21)

You might have to make a difficult decision towards the beginning of the week. While it may be a tough choice, perhaps you should think about following your heart in the matter. A certain situation could unexpectedly turn in your favour.



CAPRICORN

(DEC 22 - JAN 20)

A friend you may not have seen for a while could awaken strange feelings for which you're unprepared. You may start to see this person as a potential partner, but what you do about it depends on your situation. Give it time before making any snap decisions.



AQUARIUS

(JAN 21 - FEB 19)

The formation of a new business partnership might transform your working life. The benefits may not appear for a while so don't give up the day job yet, but it's definitely worth considering. Make sure you have all the facts before making any commitments.



PISCES

(FEB 20 - MAR 20)

Other people's unfinished jobs or tasks might leave you wanting to pitch in and get things done no matter what it takes. This is likely to earn you a few brownie points with your colleagues, but be careful that you don't stress yourself out with their problems.



This week's local weather

SUN



HOT
HIGH 44C
LOW 30C
HUMIDITY 48%

MON



HOT
HIGH 45C
LOW 30C
HUMIDITY 49%

TUE



HOT
HIGH 46C
LOW 32C
HUMIDITY 48%

WED



HOT
HIGH 44C
LOW 30C
HUMIDITY 46%

THU



HOT
HIGH 43C
LOW 30C
HUMIDITY 47%

FRI



HOT
HIGH 46C
LOW 31C
HUMIDITY 48%

SAT



HOT
HIGH 46C
LOW 33C
HUMIDITY 49%

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