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OCTOBER 23-29, 2011 | Issue 19

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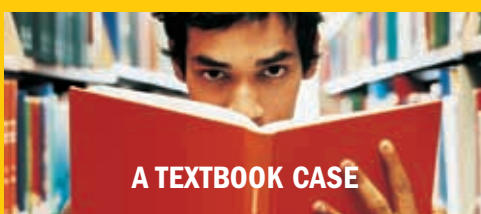


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THE SHORE WAY

With the cooler weather officially here, it's time to get back out onto Dubai's beaches and keep fit in sandy style



A TEXTBOOK CASE



AT ONE WITH FASHION

Jumpsuits or 'onesies' are taking over the catwalks and high street this autumn. *Read.* has the tricky-to-remove trend all zipped up



NO EXPECTATIONS

Sarah Jessica Parker's latest role could be a continuation of Carrie Bradshaw, but the film doesn't hit the mark



Please take this copy along with you. Do not litter Dubai Metro Dh200 fine.

Health | Film reviews | Entertainment | Gadgets | Culture | Homes

Contents

**METRO
LIFE 03**

GAMES 08

REVIEWS 10

HEALTH 12

TECH 16

FITNESS 18

FASHION 20

YOU 22

SCHOOL 24

FILM 26

LISTINGS 28

MOTORING 30

SPORT 32

**PUBLIC
TRANSPORT 34**

**TAKE A
BREAK 36**

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Letters

Email: letters@readme.ae

It seems no matter where you turn, there are world leaders shoving global warming down our throats and insist that we need to reduce our carbon footprint. While this is something that we are all very much aware of by now, they continue to coast from country to country to spread their message, burning up the atmosphere in fuel-guzzling airplanes. They don't exactly practice what they preach, so why should we listen to them?

Moataz Fattah

Ed: There have been major advancements in biofuels and, although the airline industry plans to cut carbon dioxide emissions by 50 per cent in the next 40 years, many airlines plan to charge passengers an average of \$8 extra on their fares due to taxes imposed to curb greenhouse gas emissions. So, essentially, there are steps to reduce carbon footprints, and at the end of the day, it benefits us all to be green.

Smoking is a hazardous and disgusting habit that causes many diseases including heart and lung problems, and cancer to name but a few, it should never be encouraged. Whether it be cigarettes, cigars, or shisha it remains unappealing just the same and it's about time the media took a strong stance about this. I cannot forget seeing a child of 11 or 12 years smoking a cigar on the first day of Eid while on a trip abroad; apparently that's what he wanted to buy with the gift money he received from his parents, evidently because that's the image propagated in the media—cool, elegant gentlemen smoking cigars. I hope now in 2011, now we are more aware of the mammoth influence the media has on people's behaviour and especially on children, we will start making more conscious choices about the image we want to project about deadly habits such as smoking. Thank you.

Noona Al Sayyed



QUIT THE HABIT!

Ed: We here in the *Read.* office agree with you, Noona. Smoking is a terrible habit and sets a bad example for the younger generation. The older generation are well aware of the health risks yet still put themselves in harm's way. At least we can hope that children are not influenced by what adults around them do.

As a keen Metro user, I am facing a constant battle to use the platform lifts (I take a pushchair with me). Commuters literally run out of the train and cram into the lifts as if their life depended on it and do not allow people with pushchairs, the disabled or the elderly to board first. Able-bodied individuals should use the stairs or escalators. I just want to know whether you can print my complaint or write a feature to highlight basic etiquette when using public transport? Also, when I was pregnant, so many times nobody would offer their seat. In London there are pregnant badges to make passengers aware.

Anon

Ed: We have urged readers in the past to be courteous to others and maintain a level of

chivalry, and we are more than happy to print your complaint. We would also like to reiterate to Metro users that, when possible, please offer your seat to the less able and be respectful of all your fellow passengers.

I believe that in this society, everyone should have the right to have proper education and gain success. This will help create a successful nation with a well-performing economy. I am a student studying in an institute, rather than having home education for which I'm glad. I've dreamt of studying at a particular university in Dubai but due to high costs of fees I wasn't able to enrol. This is unfair. A child wants to be successful but the high costs just spoils it. Please do pass on my message.

Sana Ali

Ed: Thank you for your letter Sana. Unfortunately, the cost of education appears in no rush to decrease. The more people that want to do something, the more people will be willing to pay, which will continue to drive up the cost. We really hope you achieve your dream in spite of the obstacles that stand before you.

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What are you waiting for? Get online...



My Metro life

Allen Menezes
IT support, Bur Dubai

I take the bus to work every day from Bur Dubai to City Tower 2. It takes roughly around 50 minutes and I manage to get to the office just in time.

Usually, I wake up late and squeeze in just enough time to catch the bus. However, one day I was running late so rushed to the bus stop only to see it leave right before my eyes.

The next bus wouldn't arrive

for another 20 minutes, but Al Fahidi Metro Station was very close so I sprinted to get the next train.

Luckily I got the train and also managed to catch the next train to BurJuman Centre in less than a minute. I reached the Emirates Towers Station with plenty of time to spare. This incident hasn't made me an early bird, but it has made the Metro my favourite mode of transport!

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

METROpics

From a gorgeous sunset behind the Burj Al Arab to the bustle of Deira on a Friday night, there's plenty to see from a Metro carriage. If you catch sight of something special while you're on the Metro, snap it and email it to us at pics@readme.ae. We will publish a selection of the best each week. A selection is also posted at regular intervals on our Facebook page at facebook.com/readmeae



STATION-BY-STATION *guide*

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

DHOW CRUISE



Daily, Marina Promenade West

Try a relaxing and picturesque cruise on board a traditional Arabian dhow in the heart of New Dubai.

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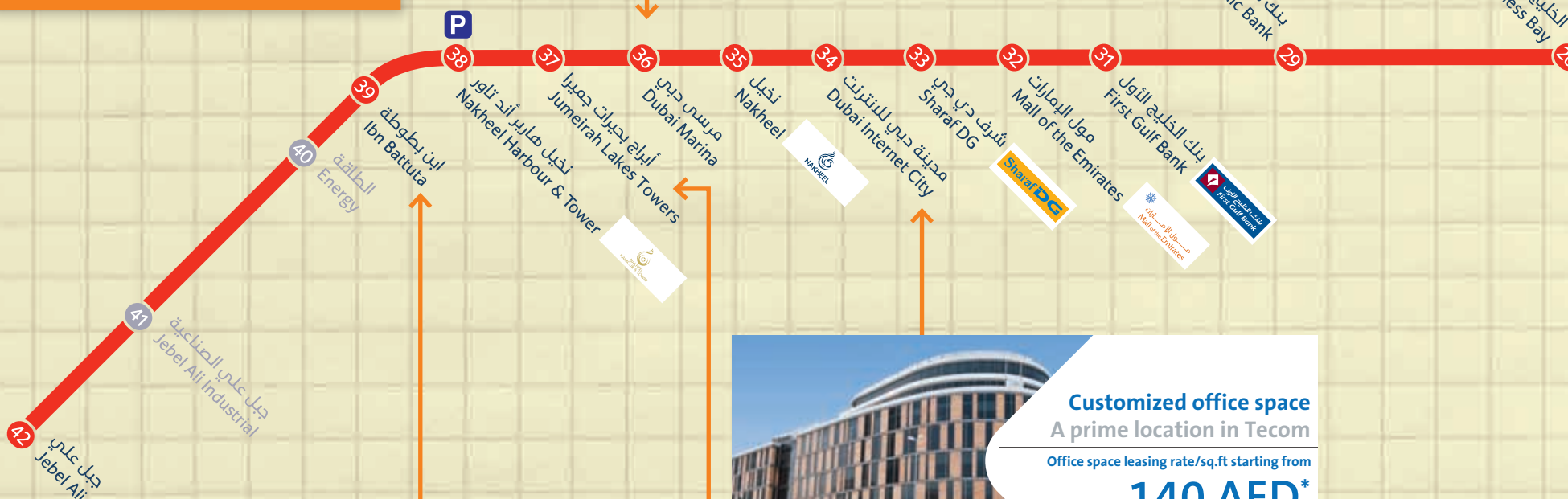
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RUGBY WORLD CUP FINAL



October 23, 12pm Battuta Gate Hotel

This historic final sees France take on New Zealand in what promises to be an epic battle for the title. Rather than watch it at home, why not join the crowds and catch all the action live alongside former international Colin Charvis at the Battuta Gate hotel?

SOAK UP THE ATMOSPHERE



Baniyas Square Station

Soak up a piece of old Dubai by taking a walk around the Baniyas area, close to the business centre and within a stone's throw of the abras that hop across the creek regularly. While it's not a high-end shopping experience, there is still plenty to see and do in the area.

THE DUBAI FOUNTAIN



Operates daily, every 30 mins Dubai Mall
Yes, we know you've probably seen it before but sometimes it's nice to go back to feeling like a tourist for a little while. Now that the weather is cooler, it's the perfect opportunity to grab an ice cream and sit outside on a balmy evening watching this impressive fountain do its thing.

HELLISH HALLOWEEN

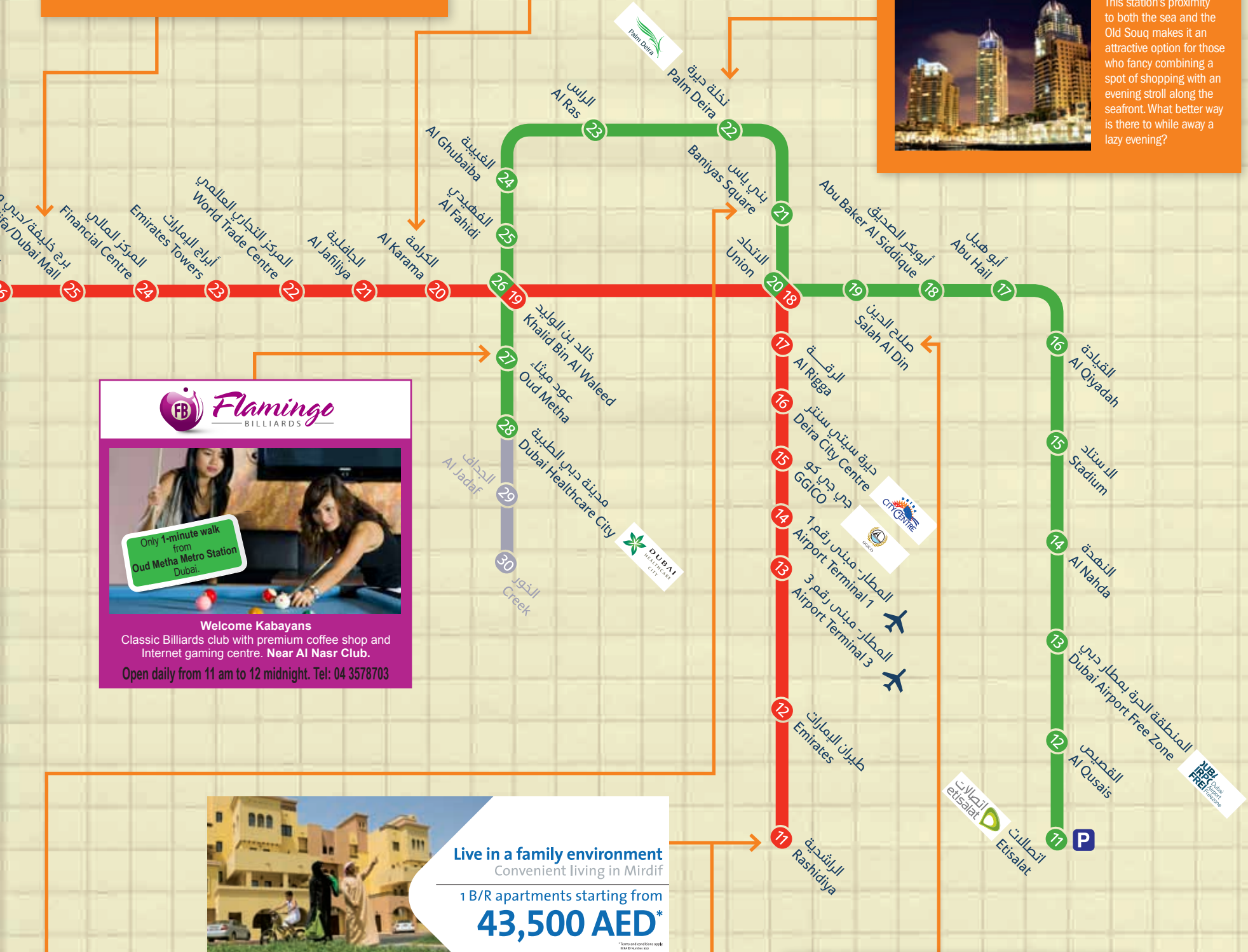


October 28, 9pm-3am Metal Asylum at Cheers/The Lodge
This Halloween, Metal Asylum is offering something a little different. There are not just cool costume prizes on the night, but also Dubai's top metal band Nervecell will be providing the music along with a host of support acts. Come along dressed in your creepiest costume and get ready to rock.

STROLL ALONG THE CORNICHE



Palm Deira Station
This station's proximity to both the sea and the Old Souq makes it an attractive option for those who fancy combining a spot of shopping with an evening stroll along the seafront. What better way is there to while away a lazy evening?



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AL REEF MALL

Open Sat-Thu 10am-10pm; Fri 2pm-midnight

This quiet mall lacks the usual hordes of fashionistas dashing from store to store in a bid to get their hands on the latest designer gear, however the stores in Al Reef Mall provide a great place for budget-conscious shoppers to splash a bit of cash.

The Burning Question

Q BlackBerry has offered its customers \$100 worth of apps as an apology for last week's disruptions. What apps would you buy with the credit?



Joe Dickinson
Composer
Dubai Marina

I would probably buy the Music Studio app for my smartphone. It's only about \$20 but it would be really useful for my job because it would mean I could make music anytime, anywhere, then export it to my computer. I would spend the rest on games and photo apps like Hipstamatic.

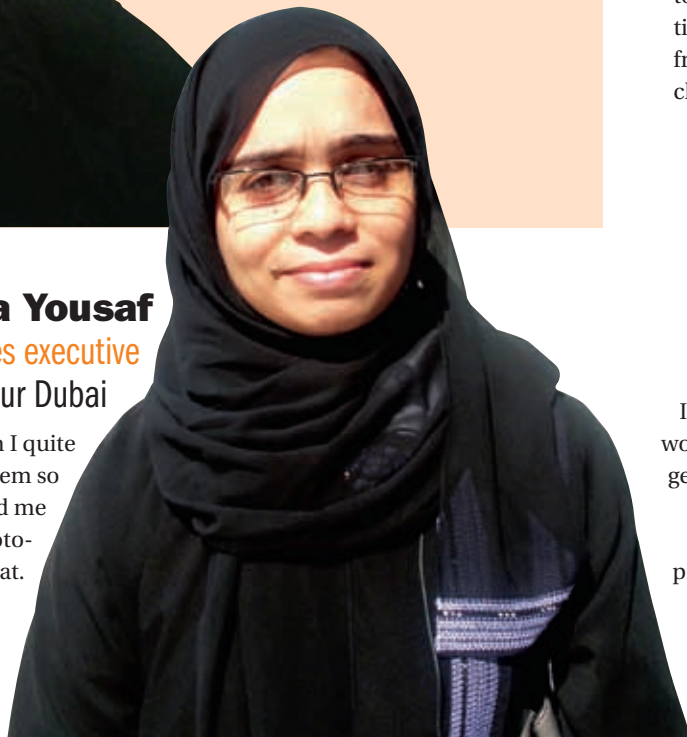
Yanni Wong
Salon owner
JLT

I actually just ended my contract with BlackBerry because of all the problems I had with it. I would quite like an app that you could install and it allowed you to make international calls for free or really cheap.



Rabia Yousaf
Sales executive
Bur Dubai

I would probably go for games, although I quite like taking photographs and editing them so maybe I would buy an app which allowed me to do that on my phone. Kind of like a Photo-shop app or something like that.



Vinod Kumar
Trainer
JLT

If I had \$100 to spend on apps I would quite like to use it to get some books which I could read on my phone. It would probably be books on business and management so it would be good for my career.



Jorge Castilla
Trainer
Dubai Marina

If I had \$100 of free apps I would spend some of it on games like Angry Birds and things like that, then maybe it would be good to get a travel app that could help out with finding airports and hotels, etc., when I'm travelling.

Bob Charles
Media consultant
Tecom

If I could get it for free I would probably download the latest FIFA game for my iPhone. There would be quite a bit of money left over though I suppose, so I would like to download Spotify with a full subscription so I could listen to whatever music I liked.



Anisha Tulsani
Sales executive
Bur Dubai

If someone gave me \$100 to spend on apps for my phone, I would probably spend most of it just buying music and songs that I like. I would also get a few games for my phone, maybe some puzzle games or sudoku apps.



What's happening this week on readme.ae?

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



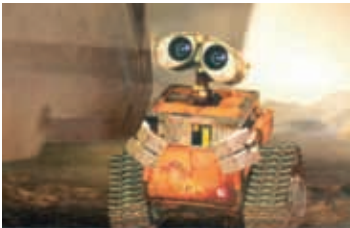
TODAY
Google and Samsung have, yet again, proven themselves as a winning team with the release of the Galaxy Nexus smartphone, which is powered by a new Android operating system, Ice Cream Sandwich. We look at the short but successful history of the Nexus phone range, and explore what it is about the "official" Google phone that makes it so desirable.



MONDAY
With the 2011 Rugby World Cup having concluded, we profile the winning team's journey through this year's competition, from the group stages all the way through to the final.



TUESDAY
The international breast cancer awareness month might be drawing to close, but there are plenty more awareness campaigns for philanthropists to become involved in. We look at some of the most successful.



WEDNESDAY
Disney has made a huge success out of the re-release of its fan-favourite, *The Lion King*. We look at some of the best animated films that the studio has put out, and what has made them so popular.



FRIDAY
Once again our Facebook page has been full of your opinions on our daily Burning Question. We find the best responses and bring you the answers that matter most to the people of Dubai.

THURSDAY
Those without the ability to speak two languages, almost invariably wish that they could. We explore what are reported to be the easiest second languages to learn, and also we look at some of the hardest.



Facebook *chatter*



Here's what you have been saying on the Read. Facebook page.
(Responses only edited for length)

During breast cancer awareness month, what have you done to raise awareness of the disease?
I've got lot of informative links from facebook about breast cancer awareness, though im a

man i believe that we all have part to share and be concerned about this issue especially if we know that by doing simple things we could save lives. That's why what i've read about breast cancer awareness i simply share the link ang post it to also to my wall...

—Michael Felipe

What would you do if you were forced to spend nine hours on a grounded plane?

Read a READ Magazine (I always carry one), do a sudoku puzzle, check the twitter world for news and celeb gossip, and answer some burning questions on fb. Watch a movie on-board, eat and drink, And finally get some sleep!!! ;) coz its quite difficult for me to sleep on-board. :)

—Imran Imy

100% am going to sleep because in normal days am having only 5 hours sleep. i'll take the chance ^_^

—Rochelle Mantes

Which products would you pay double for if you couldn't wait for the release date?

nothing, i always prefer official release for i worry mostly about after sale, i.e. maintenance, spare parts... etc especially that any vendor must have his staff

trained on any product before release. so why should i pay double price while i can wait for the official with normal price and after sale support!

—Sara Ameer

Bein' vain isn't practical specially if it's beyond your budget just to be 'in'. It's pretty way far from bein' 'cool'. All new things will get old anyway. Perhaps, I can wait.. If it's not necessary, then no need to bother yourself for somethin'.

—Maria Yroll Lacaba Labella

If you could suggest something for a celebrity to do while visiting Dubai, what would it be?

I would suggest them to go up in the burj khalifa so they can see how beautiful dubai is and they will always remember it bcoz they have rich the top of the most highest skyscraper in the world..

—Aj Kyutt

Whatever is new is exciting hence, I would propose a signature adventure at Atlantis the Palm...The Ziggurat and the spectacular and breathtaking slide for life are awesome and one fully loaded funpacked experience...enjoy to the maxxxxxxxxxxxxxxxxxxxxxx.....

—Julie Ann Quipotla-Singh



KIM KARDASHIAN

Bring on the cartoon capers

The latest game from Disney Interactive Studios brings together many of the animated studio's favourite characters.



Disney Interactive Studios has just launched its new video game title, Disney Universe, an off-the-wall action adventure which sees Disney worlds and characters mix it up for the first time.

The game allows players to suit up as more than 40 classic and contemporary Disney characters, such as Alice from *Wonderland*, Mike from *Monsters Inc.*, and

Tron, and will be available from October 27, 2011.

"We are delighted to bring Disney Universe to our Middle East customers. Disney Universe is a vast treasure-chest of Disney properties with memorable characters, places and experiences that gamers, as well as Disney fans, will enjoy," said Didier Vanneste, SVP and country manager for The Walt Disney Company, Middle East and North Africa. "The fast-paced, frantic gameplay combined

"Every costume offers up specific tools and abilities."

And these cyber-suits are more than simple fashion statements; every costume offers up specific tools and abilities, some of which are essential to progress further up the levels. And, of course, the harder a suit is to acquire, the better the abilities that come along with it will be.

There are also power-ups to be found in the game, given to the player by a helper, Virtual Information Cube (VIC). The power-ups come in the form of floating blue cubes, which temporarily provide the players with special abilities whenever they are picked up. Some of the powers include a ray gun, a set of boxing gloves, or, rather inventively, a Medusa hand, which allows the player to turn his or her enemies into stone.

One of the main interests in this game comes from the multiplayer function, which allows up to four friends to connect and play cooperatively through six levels based

with wacky humour and hilarious situations make Disney Universe the perfect game to play with family and friends."

The player does not, however, play as these loveable characters. Rather, a player's avatar suits up as any one of these characters, unlocking more suits as the game progresses.



THE CHARACTERS



WALL-E – Wall-E was the robot star of the 2008 award-winning animated sci-fi adventure of the same name. The story follows Wall-E, designed to clean up rubbish, as he travels into outer space on an adventure that changes the destiny of the human race.



ZAZU – Zazu is the Southern Yellow-billed Hornbill from *The Lion King*, and acts as a majordomo to Mufasa and, subsequently, Simba. While often irritable, Zazu cares a great deal about his lion masters, and is a master of organisation and oratory.



PRINCE ALADDIN – Aladdin hardly needs an introduction, being the famous Prince of Thieves. A so-called “street rat”, Aladdin proves his worthiness as a hero by defeating the evil Jafar, and going on to win the heart of Princess Jasmine.



STITCH – Half of the famous duo, *Lilo and Stitch*, Stitch is the result of genetic experiment 626, and is known for his mischievous behavior and short temper. However, these traits are endearing to the characters around him, and Stitch has proved to be a loyal companion on many occasions.



MICKEY MOUSE – Disney's most famous character is, of course, one of the main characters in the game. Known for being an everyday, ever-cheerful but shy, role model, Mickey has also had more mischievous phases, and is one of the most recognisable cartoon characters in the world.



MIKE – The ball-shaped monster from *Monsters Inc.*, Mike is one of the most loveable characters to come out of the Disney universe. Mike enjoys a close relationship with fellow monster Sulley, and is known for his outgoing personality.



CAPTAIN HOOK – One of the most notorious villains to ever hit cinema screens, Captain Hook is Peter Pan's biggest rival. Known for being cruel, Captain Hook is a formidable opponent, intelligent and physically able, making him a force to be reckoned with.



“Developers have designed the Disney Universe to be an expanding one.”

on popular Disney films. These include worlds from the animated films, the live action films and the computer-generated Disney Pixar films, meaning, as the title suggests, a glimpse into the entire Disney universe.

In both single-player and mul-

tiplayer modes, the aim is to defeat enemies, collect power-ups and coins, and earn new character suits. The enemies promise to offer something particularly special to the game, as they will actively hinder the player (based on the difficulty level) by setting up traps or hiding key items.

One of these hindering features can be seen by the game's villain, Hex, who, like VIC, drops boxes for the player to pick up. However, Hex's boxes are red, and they are negative power-ups,

known as “curses”. The curses even chase players around the arena, making them difficult to avoid. If a player comes into contact with one of these curses, a power-down is applied, such as turning the player into a chicken, or else turning their heads into a ticking time bomb. What is more, many of the curses can be passed from player to player, making for plenty of madness and mayhem. Make no mistake; this game looks like it will be extremely challenging and engaging.

The game will be available on PlayStation 3, Xbox 360, Nintendo Wii, Microsoft Windows and Apple Macintosh, meaning that anyone with any type of games console will be able to get in on the non-stop action. And there is no need to worry about completing the game and seeing an end to the madness, as the developers have designed the Disney Universe to be an expanding one. Plenty of post-launch content will be available for download on the PlayStation Network and Xbox Live, including additional worlds and costumes.



Pergolas at Al Murooj Rotana

Good surroundings with excellent food and service characterise this brunch that will not break the bank.

RESTAURANTS

Dubai's residents hardly suffer from a lack of choice when it comes to all-you-can-eat Friday brunches, but it can still be difficult to find a particularly good menu at a reasonable price. Sure, there are plenty of budget brunches around, but if something more than a spot of pub grub is desired, then you're usually looking at having to spend upwards of Dh300.

This is where Pergolas at the Al Murooj Rotana comes in. For an all-inclusive brunch, with a saliva-inducing buffet of fine food from across the world, you pay Dh199. Anything comparable in terms of food quality is at least Dh50 more expensive, making this Friday brunch a no-brainer.

Despite Pergolas often playing second fiddle to the Al Murooj's more popular Friday brunch venue, Double Decker, there was a full house when we visited. As you walk in, there's a seafood bar on the right offering everything from sushi through



PERGOLAS IS AT THE HEART OF THE AL MURROJ ROTANA COMPLEX

various kinds of smoked salmon to a particularly tasty squid-based salad. Walk around the buffets that

line the walls and there's a section dedicated to Arabic food, Indian food, and the best butter chicken

to be found anywhere this side of Delhi.

For the less worldly food fan, there was still plenty of choice, including freshly-made pastas, a good selection of antipasti plus some old classics such as pizzas and burgers. Several of us also opted for a traditional roast beef dinner, Yorkshire puddings and the trimmings.

The only real complaint came during the meal's last courses, which were reserved for cheese and dessert. The cheese selection was dull at best, and downright poor at worst. The Dusit Thani's brunch, for example, offers a much bigger selection, and the cheeses are of a much higher quality. The same goes for the dessert offerings. There was a chocolate fondue, but aside from this, little else to tickle the fancy of anyone with a particularly sweet tooth.

But these niggles barely detract from what was an all-round enjoyable experience. With extremely attentive waiting staff, mostly excellent food and a pleasant venue, it's hard to think of another Friday brunch that offers more for less.

The Marriage Plot

by Jeffrey Eugenides

BOOKS

This novel from Pulitzer prize-winning author Jeffrey Eugenides focuses on the lives of three characters who graduate from Brown University in the early 1980s.

Madeleine Hanna is an English major who meets Leonard, a handsome, brilliant but difficult student, and their relationship starts to blossom. With Leonard's history of bipolar disorder, the path to bliss is not going to be easy, especially when the third corner of the triangle, Mitchell, becomes involved. While he is attracted to Madeleine, his reserved and cautious nature is something she finds incomprehensible.

The years after university see Madeleine and Leonard building a life as a married couple, while Mitchell seeks a different kind of fulfillment by traveling to India to work as a volunteer with the sick. However, Leonard still struggles to contain his mood swings and

when Mitchell eventually returns home, Madeleine realises they have some unfinished business.

With this novel, Eugenides proves just why he is one of the finest contemporary writers. His ability to get deep inside the characters is quite startling, which creates a personal touch and ultimately leads to a beautifully touching, riveting read.



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

The Art of Fielding
by Chad Harbach
This moving debut explores the unpredictable forces that complicate relationships in all forms, whether between friends, family or lovers. A single error at a baseball game sets a series of events into motion including an affair, a plan completely changed by rejection letters, a marriage dissolved by honesty.

The Forgotten Waltz
by Anne Enright
The Author of *The Gathering* returns with the story of Gina Moynihan, a girl about town from Dublin. Eternally caught up in an impossible affair with the love of her life, Gina's story is filled with nostalgia and observations on the drama of life, including the brittle connections that hold families and relationships together.

James Morrison – The Awakening

★★★★★ Republic

ALBUMS

From BRIT-award winning singer/songwriter James Morrison comes the difficult third album, *The Awakening*. His first album, *Undiscovered*, debuted at the top of the UK charts, while his second, with singles such as *You Make it Real* and the critically acclaimed *Broken Strings*, continued

to smash charts across Europe and Australia. All of this success means, though, that the latest album has a lot to live up to.

Strangely, Morrison has and hasn't let fans down with his latest effort. Certainly, there are some pleasant enough songs, such as *In My Dreams* and *I Won't Let You Go*, which offer rich and intimate melodies backing Morrison's husky voice. And, lyrically, the English singer has never been better.

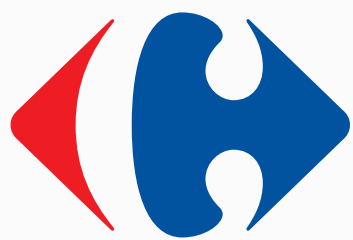
Yet there are no grandstanding moments here. The songs are all good, but none stand out in partic-



ular, making the album feel middle-of-the-road. The song, *Up*, featuring Jesse J, is nothing more than a throwback to *Broken Strings*, which featured Nelly Furtado. Only this time around, there is little chemistry between the two singers.

The worst thing about *The Awakening*, though, is its lack of depth underneath the finely crafted songs. From what he has already offered, it is clear that Morrison is in possession of a large number of demons, and yet, for the most part, he keeps them locked away, preferring to play it safe.

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Vaseline body lotion 400ml assorted



2 PCS 36^{Dhs}.75 Body Fantasies body spray 236ml



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31^{Dhs}.25 Celine Dion EDT 50ml

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Fast response

Busting the myths from first aid.



First aid is defined as the care given before emergency medical help arrives. It can literally mean the difference between life and death, but how many of us can claim that we would know exactly what to do in an emergency.

Imagine you are strolling through the mall and a woman slips and cuts her head open, or a man drops to the floor in front of you with breathing difficulties: how would you react? Knowing the correct things to do could save a life. While knowing the full details of how to deliver CPR can be learnt quickly and easily through many of the first aid courses on offer—and is something we would always recommend—*Read.* has compiled a list of common misconceptions when it comes to delivering first aid, and what you should do in each circumstance.

If a person cannot move a limb, it must be broken

Only an x-ray can prove if a limb is broken. If you suspect a broken bone, call an ambulance immediately and try to support the limb with a cushion or items of clothing to prevent unnecessary movement.

You should run a bleeding wound under the tap

By doing this, you wash away the body's clotting agents and can make the wound bleed more. Instead, apply pressure on the wound to stop or slow the flow of blood and keep pressure on the wound until help arrives.

Force the patient to vomit if they have swallowed poison

This won't help the situation at all and in some cases can cause more damage. A poison that burnt on the way down will obviously burn again on the way up. Seek immediate medical advice and find out what poison was consumed, how long ago and how much.

Tilt the head backwards to stop a nosebleed

If you tilt a person's head backwards while they are having a nosebleed, the blood flows down the back of the airway. Instead, you should advise them to tilt their head forward, breathe through their mouth and pinch the end of their nose.

CPR on a beating heart can cause damage to the heart

It is often difficult for someone who isn't medically trained to assess whether a person's heart is beating or not. Evidence suggests however that, in a medical

WHAT IS CPR?

Cardiopulmonary resuscitation (CPR) is an emergency procedure for a person whose heart has stopped or is no longer breathing. CPR can maintain circulation and breathing until emergency medical help arrives. It is possible to perform "hands-only" CPR on a person whose heart has stopped beating, using chest compressions (no mouth-to-mouth) to keep blood circulating.

emergency, chest compressions are not dangerous to perform on someone whose heart is beating.

You need to be a medical professional to perform first aid

Absolutely not. Simply by reading to the end of this short article you could have gained enough knowledge to help someone in an emergency situation. All it takes is common sense. Whether it's from a book, a video, or a course, perhaps everyone could do with brushing up on their first aid skills. After all, anyone of us, any day, could have to save a life.



HOW TO PERFORM CPR ON A PATIENT

CPR FOR ADULTS

- Place your hands on the centre of the person's chest.
- Press down 4-5cm at a steady rate with the heel of your hand, slightly faster than one per second.
- After every 30 chest compressions, pinch the nose and give two rescue breaths
- Continue with cycles of 30 chest compressions and two rescue breaths until emergency help arrives.

CPR FOR CHILDREN (ONE TO ADOLESCENCE)

- Open the airway by tilting the head back and lifting the chin. Remove any visible obstructions from the mouth and nose then give five initial rescue breaths.
- Place your hands on the centre of the chest and perform 30 chest compressions, pressing down one-third of the depth of the chest, slightly faster than one per second.
- After every 30 chest compressions give two breaths. Continue with cycles of 30 chest compressions and two rescue breaths until emergency help arrives.

CPR FOR BABIES (UNDER ONE YEAR)

- Open the baby's airway by tilting the head back and lifting the chin. Remove any visible obstructions from the mouth and nose then give five initial rescue breaths.
- Place two fingers in the middle of the chest and press down one third of the depth of the chest. After 30 chest compressions at a steady rate (slightly faster than one compression a second) give two breaths.
- Continue with cycles of 30 chest compressions and two rescue breaths until they begin to recover or emergency help arrives.

Specialist children’s hospital by 2014

Named after Sheikh Mohammed’s daughter, Al Jalila Hospital will be a centre of excellence in paediatrics.



AL JALILA HOSPITAL WILL BE THE FIRST OF ITS KIND IN THE REGION

HOSPITAL

Plans have been announced by the Dubai Health Authority to go ahead with the construction of a specialist children’s hospital, the first of its kind in the region.

The hospital will cost around Dh673 million to build, and it will also boast several centres of excellence dedicated to specific areas of children’s healthcare, such as cancer care, cardiology and neurology. In a touching tribute to the daughter of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, the hospital will be named Al Jalila Hospital.

Qadhi Al Murooshid, director general of the DHA, said the children’s hospital will “redefine paediatric care in the UAE and the wider region”. The hospital is expected to be complete within the next 26 months.

Dubai launches initiative to wash its hands regularly

Global Handwashing Day sparked moves to increase awareness of the spread of bacteria through poor hygiene.

BACTERIA

How often do you wash your hands? Yes, we all know that after visiting the bathroom and before touching food we should wash them, but it would seem that not everyone is doing a thorough enough job.

A recent study carried out in the UK found that one in every six mobile phones carried the E. coli bacteria, which comes from faecal matter.

The study also showed that, rather shockingly, only 34 per cent of people worldwide wash their hands properly with soap and water after visiting the bathroom and before touching food. Faecal bacteria can survive on hands and surfaces for hours, especially in warmer climates like the one we have in Dubai. The bacteria are passed on easily through the things that people touch, such as door handles, food, and mobile phones. The study was unveiled alongside last week’s Global Handwashing Day.

The campaign was originally created specifically for children and schools, but now over 200 million people each year are involved in events across more than 100 countries.

In the UAE, one awareness event was hosted by Emirates Flights Catering, which prepares 100,000 meals a day for planes leaving Dubai, and has never seen a single complaint of food poisoning.

The company called in a Dubai Municipality officer to brief employees on the importance of washing hands before preparing food, while also showing the children of the employees the proper way to wash their hands.



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Last weekend's performance of **Oliver! The Musical** saw many young actors perform on the stage for the first time.

Theatre fans were given another musical treat from one of the many amateur productions to take over DUCTAC, as *Oliver! The Musical* hit the stage at the weekend. The classic tale of the orphan who wanted more was brought to life by the young performers from Impact's popular amateur musical theatre classes and was a hit among Dubai families.

Karen Bradfield, director of Impact, says, "We started as a vocal institute, but have grown organically and now have two

theatre groups, Imps junior and Imps senior. The idea to put on *Oliver!* as a show came from the Imps senior classes, which we do weekly. It has been in development since March and the kids are over the moon that they now get to show all their hard work on a big stage."

Among the talented cast of youngsters bringing the Dickens tale to life are Callum Bell, who played the title role of Oliver and the cheeky and charming Joel Gray as the Artful Dodger. The young stars are not alone however, with operatic tenor Derick Ellis played Mr Bumble and Victoria Borasio as Nancy among a host of other talented stage actors and singers. Bradfield says, "We have a really mixed cast which is fantastic. The ages range from four-year-olds to those in their fifties. It's really wonderful for the children to perform with adult actors—you can see them blossoming. It has also allowed them to benefit from various lectures and tips from some really good actors."

While Ductac is well-known for hosting a range of professional performances and events throughout the year, the venue considers supporting local amateur talent just as high in importance. And for the young stage

Oliver! is based upon the novel *Oliver Twist* by Charles Dickens. The script, music and lyrics are by Lionel Bart and the musical remains a hit today, 51 years after its premiere in London's west end in 1960.

Talking **Oliver** Twist

CALLUM BELL PLAYED THE TITLE ROLE



talents at Impact's classes, the opportunity to perform at one of Dubai's main auditoriums is one that they were naturally excited about. Bradfield says, "This was the first production the children have put on in a big theatre so naturally they were really looking forward to it."

"They had all been watching the costumes come together and the sets being developed and they couldn't wait to show off the final product. It was only a short run but we are hopeful to

"It's really wonderful to see the children perform with adult actors."



VICTORIA BORASIO AS NANCY

do another run in the future as it is something the children are all obviously very proud of."

So, what about those children who may have come along to watch the performance then said to their parents "I would like to do that?" Bradfield explains, "We will start a new programme after *Oliver!* which all children are welcome to take part in. All you need to do is phone and put the child's name down, then we will contact you when we start the new programme."

"I think the opportunity for any child to perform is wonderful. It teaches them discipline and allows them to use their imagination; it's a total discovery. It's always great to see even the shyest of children come out of their shell and blossom as they discover the performing arts."

JOEL GRAY AS THE ARTFUL DODGER



Laughing all the way to New York

Dubomedy duo Al Sayed and Liccione to host the Hickok Belt Awards in the big apple.

COMEDY

Two of Dubai's best-loved comedians are heading to New York to provide laughs and entertainment at the launch party for the Hickok Belt Awards, one of the most coveted honours in American sports. This will be the first Hickok Belt to be presented since 1976, and will be awarded, following the 2012 season, to the best athlete in all of professional sport.

Dubomedy and Viva Arts directors Mina Liccione and Ali Al Sayed will be joining esteemed guests such as former Chicago Cubs pitcher Fergie Jenkins, former NY Yankees pitcher Bob Turley, former Harlem Globetrotter Meadowlark Lemon, two-time welterweight boxing champion Carmen Basilio and boxing legend George Chuvalo at a special event this month to celebrate the upcoming return of the award



ALI AL SAYED

in 2012. And they are understandably proud to be playing such an important role in the event.

Al Sayed said, "We are deeply honored to be able to contribute to this legendary sports award. As a major fan of sport and comedy, this is a dream come true. I am looking forward to adding humour to the event as well as getting to meet some of the great athletes I admire."

The Hickok Belt defined the careers of Sandy Koufax, Ben Hogan, Arnold Palmer, Mickey Mantle, Muhammad Ali and many other professional sports legends between 1950 to 1976, and the Dubai comedians are naturally excited to be asked to perform at the comeback ceremony. Stand-



up comedy is still a relatively new concept in the UAE, however it is thanks to people like Al Sayed and Liccione that our region is finally making a name for itself on the comedy map.

When asked how sport and comedy connected, Liccione said, "As the daughter of a boxing promoter,

I can tell you that athletes need a great sense of humor in order to handle the amount of stress and strain they endure. We all need a good laugh to pull us through and to bring us closer. Two boxers may be enemies in the ring but can later be found cracking jokes with each other at events such as this, as they are a celebration of accomplishment. And with accomplishment comes joy."

FIRST PERSON

TIFFANY SCHULTZ PHOTOGRAPHER



How to take beautiful photos

I am a professional freelance photographer and artist based in Dubai, although I was born in South Africa. I started as a freelance photographer in 2009 with portraiture as my speciality. Getting to know people and capturing their character is what makes my job so enjoyable. I have a passion for art in all its forms and I love to shoot actors' profiles, character shots, shows and backstage scenes, as well as musicians, dancers and other performers.

One of my main loves, however, is to share my passion for photography with others. This is why I hold regular digital photography workshops at various locations across Dubai, with a new weekday class beginning on October 18. Are you completely daunted by all the settings on your new DSLR camera? Fed up with the "auto" setting but not sure how to start exploring the other options? My introduction to digital photography course can teach you the nuts and bolts of digital photography and will show you, in a practical, hands-on way, how to take better photographs.

You will learn to take control of your camera's settings and use them to creative effect, and become familiar with technical jargon and your camera's controls and menus.

The class size is small, allowing for individual attention. And in the final session, we will upload our photos and learn about some powerful editing tools, which will make your pictures look even more breathtaking.

For more information on digital photography workshops, visit tiffanyschultz.com

BYTES & PIECES



Scientific Exploration

Whenever I read about any new scientific research or discovery, the data usually humbles me as it makes me realise how much there is out there in our universe that we still don't know or understand.

If our knowledge is a search light illuminating the darkness, then the bigger the light, the bigger the darkness around it.

Latest studies indicate that the water on our planet may have originated from meteors impacting with the Earth billions of years ago.

Furthermore, some scientists have been gathering more and more compelling evidence that life itself may be alien to our planet, that the original building blocks of organic life could have originated in outer space and landed here by accident during meteoric showers.

On a recent TV show, an astrophysicist was asked how long it will be before we find an Earth-like planet in another solar system, with the potential for life to exist on its surface. She looked seriously at the ageing host of the program and said, "One year."

I, for one, hope that the human race carries on pushing the boundaries of its knowledge and understanding, always searching for exciting new frontiers to explore and amazing discoveries to make.

I hope that human beings continue to feed on curiosity and be fuelled by passion, ever seeking to better our understanding of the universe we are part of.

I would personally like to dedicate this article to the ones who inspire us, like the late Steve Jobs, may he rest in peace.

I ROBOT

Tom Paye looks at how scientists are progressing in their ongoing search for robotic solutions.

To some, the idea of seeing real, working robots in this lifetime is nothing short of an impossibility. Sure, we have seen some interesting advances in the world of robotics, with some being able to perform basic tasks. But it seems that the human race still has a long way to go before giving rise to the fictional, living, thinking robots that can be seen in the likes of *Star Wars* or *I, Robot*.

However, such a future may not be as far away as it seems. The science of robotics has interested great thinkers since the late fifteenth century, when Leonardo da Vinci sketched plans for a humanoid robot in 1495, designed to sit up, wave its arms and move

its head, all automatically. Since then, hundreds, if not thousands, of scientists have continued to design their own electronic servants, meaning that the human race has had plenty of time to get it right.

Only now, though, are we beginning to see real developments come out of the centuries of research. Over the past 10 years, as computer processors have

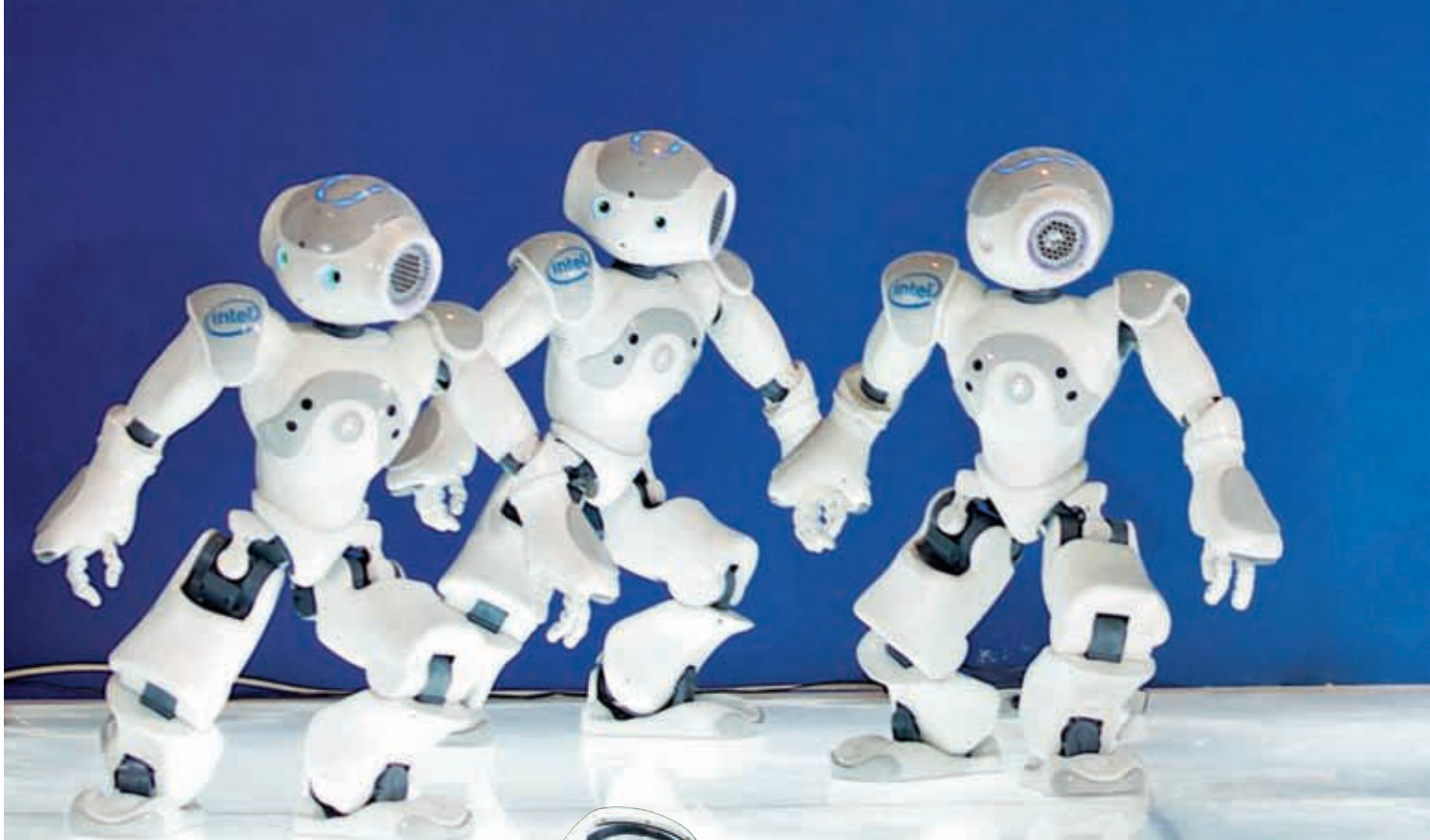
become more powerful yet less power-hungry, robotics have been able to take artificial intelligence to new heights, allowing for more complex machines capable of more complex tasks. What is more, the robots of the

moment do not require the expertise of a scientist to be operated, with many new designs now simple enough for even the layman to make use of them.

Aldebaran Robotics and Intel are two companies looking to hammer home this last point. Earlier this month, they introduced a joint effort to the Middle East's academic community, a line of humanoid robots named NAO. The NAO robots were first introduced four years ago, under the NAO Academics guise, which is aimed specifically at high-level



1495
The year Da Vinci sketched plans for an early humanoid robot.

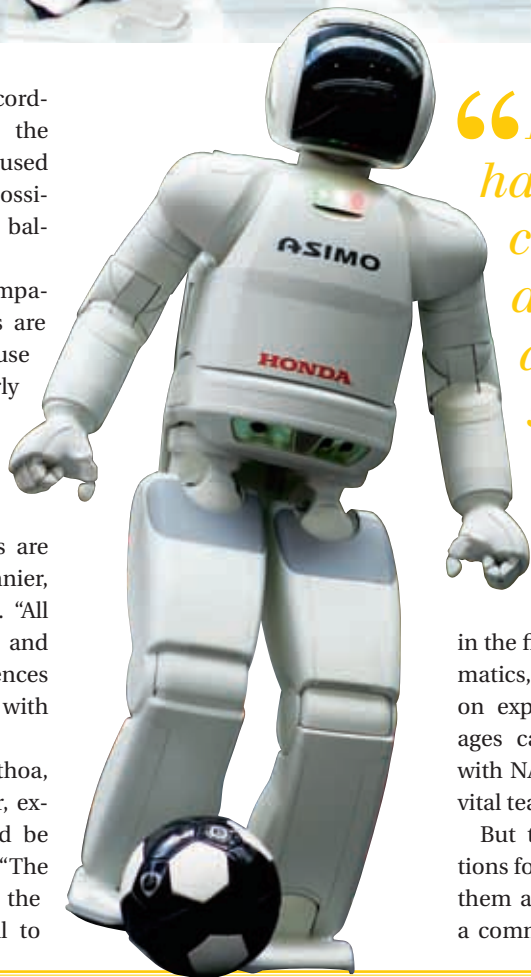


post-graduate students. According to Aldebaran, NAO is the “leading” robotics platform used today. The robot has made possible research on motor skills, balance, vision and interaction.

Now, however, the two companies believe that the robots are so easy to programme and use that they could be particularly effective in undergraduate classrooms, too.

“In the coming years, robotics will be as important to classrooms as computers are today,” said Bruno Maisonnier, CEO of Aldebaran Robotics. “All future engineers, scientists and researchers in applied sciences will benefit from learning with and about robotics.”

Meanwhile, Nassir Nauthoa, Intel’s GCC general manager, explained how the NAO could be used to benefit students. “The introduction of NAO to the classroom has the potential to



“I would be happy if we could build a robot that acted like a six-month-old baby.”

increase the levels of engagement and motivation among students in the field of science and mathematics,” he said. “Through hands-on experiments, students of all ages can benefit from working with NAO in addition to learning vital team working skills.”

But there are greater applications for robots than simply using them as academic playthings. At a commercial level, for example,

car companies make use of robots on their production lines, allowing them to churn out thousands of cars every month. Granted, these robots cannot interact outside of the commands that are given to them, but they still manage to do physical, intelligent and automated work.

Many dream that this will one day apply to housework, which could, eventually, be done by Jetsons-style robotic maids. And at Cornell University’s personal robotics laboratory, these robots are exactly what researchers are trying to build. The research team there, headed by Ashutosh Saxena is attempting to “teach” personal robots how to make generalisations about the objects they see, much like human infants do. This means that the robot will recognise, for example, any kind of cup, and will instinctively know how to pick it up, no matter its size or shape.

“We just show the robot some examples and it learns to generalise the placing strategies and applies them to objects that were not seen before,” said Saxena. “It learns about stability and other criteria for good placing for plates and cups, and when it sees a new object—such as a bowl—it applies them.”

The advancement of this technology could lead to robots recognising household items, and then being able to place them into a dish washer, or a washing machine. However, Saxena admits that his team is a long way away from creating a machine with anything near the cognitive abilities of a human.

“I would be really happy if we could build a robot that would even act like a six-month-old baby,” he said. Still, if the progress of the last few years is anything to go by, this vision may not be so far away after all.

Tech beat

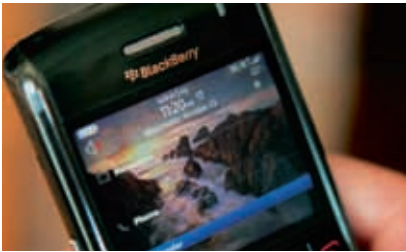


SAMSUNG NEXUS UNVEILED

Last week, Samsung unveiled its new flagship mobile phone, the Galaxy Nexus, which, like every Nexus phone, was developed in collaboration with Google. The unveiling event, held in Hong Kong, also saw the release of the latest version of Android, nicknamed Ice Cream Sandwich. The Galaxy line-up of phones has so far proven extremely successful, and the new Nexus is expected to give the iPhone 4S a run for its money.

LOCALISED APPS FROM MICROSOFT

Microsoft Gulf has released a number of free, customer-built applications through its app store, Windows Marketplace, in order to capture the hearts and minds of Dubai’s Windows phone users. Such applications include a new app, focused on restaurant and venue reviews. Others include an app which allows customers to track their deliveries in real time anywhere in the world.



BB SERVICES RESUME

After recovering from the worldwide debacle over the past two weeks, when millions were left without email and internet access, BlackBerry has apologised to its customers by offering up \$100s worth of free downloads on its app store, BlackBerry App World. While some users welcomed the news, some expressed disappointment at what they perceived to be a small amount of compensation for the trouble caused by the server outage.

NO VITA THIS YEAR

Sony Computer Entertainment Europe has announced that its newest handheld gaming device, the PlayStation Vita, will not hit supermarket shelves in Europe, Africa, the Middle East and Australasia until February, 22 2012. Aside from improved graphics capabilities, PS Vita will also come equipped with 3G and Wi-Fi connectivity. PS Vita will offer uncompromised portable gaming experience, anytime and anywhere available in both 3G as well as Wi-Fi support formats.





Life's a beach

You don't always need to go to the gym to get your fitness fix. Why not try the beach now that the heat is behind us?

Even the most avid of fitness geeks can feel that staying in shape can be a slight chore at the best of times. But what if you can combine an adrenaline rush and fun into your routine?

Or maybe a romantic stroll on the beach can double as daily exercise. What better way is there to spend your summer days than running along the Arabian Gulf's beachfront? Keeping fit in Dubai needn't be synonymous with early morning boot camps or epic gym sessions.

If you've ever found yourself attracted to the multicoloured kites flying on the shores and beaches of Dubai, you might find it is a community worth becoming

a part of. To become a great kitesurfer, you need to have a strong mind and a strong body. It's way easier learning new tricks if you have the power, landing skills, core stability and the strong arms to do it. It is an all-round physical workout.

But the water doesn't appeal to everybody. The salty sea can wreak havoc on a new hairdo or just terrify those with a fear of the deep blue unknown. So sticking to the shoreline can be more appealing, while also offering a host of ways to keep the heart

FITNESS AND EXERCISE FACTS

- Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity.
- Exercise produces a relaxation response that serves as a positive distraction which can melt stress away.
- Between birth and old age, you will walk more than 100,000 kilometres. Walking is one of the best activities you can do to keep your heart-lung complex in good working condition.
- If you can't carry on a conversation while you're exercising, you may be training too hard.
- When you stand up, if you didn't have valves in your veins, all the blood in your body would literally fall downward, filling up your legs and feet.



KITE SURFING HAS BECOME POPULAR ON DUBAI BEACHES

racing healthily. The range of beach sports to keep those calories burning is immense. From beach volleyball to beach football, and everything in between, like Footvolley, for instance. The twists and turns that you make in the sand trains muscles your

body didn't even know it had, and Dubai's long, flat beaches offer the perfect conditions to work off those unwanted pounds and calories.

If you feel that way inclined, and up for the challenge of adrenaline pumping sports ac-



A GAME OF FOOTIE IS ALWAYS FUN ON THE BEACH

ning in your bare feet on sand is even better for you, you may have heard right. But you need to properly prepare yourself first. Running barefoot helps you because it allows for a fuller range of motion. You have fewer restrictions and therefore you can strengthen your ankles and feet.

"You'll need to build up to this point first, however. Get in some trial runs with shoes first. In the beginning, you'll limit your bare-

"You can avoid the strain on your achilles and calves by running near low tide."

foot running to about 20 minutes in firmer, wet sand." Binns added. "The hardest part of running on sand is that you are more prone to certain injuries. You can easily strain your achilles tendons and calves if you are not careful. This is because you will end up straining further than when you run on harder surfaces."

Barefoot running can lead to plantar fasciitis, which is an often painful inflammatory process of the connective tissue on the sole of the foot, or ankle sprains because of the lack of support. You can avoid the strain on your achilles and calves by running near low tide. Of course, you also have to keep a keen eye out for sharp objects, although the fact that you're effectively running on eroded glass may make you feel fearless.

By walking through the sand or enjoying a playful jog along the beach, you are likely to use between 20 and 50 per cent more calories than you would going at the same pace on a harder surface.

Leaving your footprints along a wet sandy beach is one of the purest pleasures of the summer. It also happens to be one of the best workouts.

So it appears taking a leisurely stroll on the beach in the evening is no longer just the romantic gesture you always wanted your partner to make. Maybe they're aware that it is helping you burn those calories you have always been complaining about.



PROFESSIONAL RUGBY PLAYERS OFTEN RUN BAREFOOT ON THE SAND

tivities on the pristine shoreline of Dubai, there are organisations that run both leagues and recreational games. Duplays in particular is a company noted for arranging a wide range of beach sports and events. Failing the ability to commit to a team, or fearing lower skill levels than other participants, you can always just pick up your pair of trainers, and go for a refreshing jog along the beach.

"In reality, battling the bulge and running on the beach is probably one of the best workouts a runner can get. Because of the sand, your body is able to strengthen your ankles, arches and muscles below the knees. And it does it more so than running on hard surfaces," says fitness expert Adam Binns.

If you have heard that run-

FITNESS FOR REAL



MARIE-LOUISE COOK
ABSOLUTE BODY CONCEPT

Veronica's story

Veronica was a client who came to me a while ago. She had tried a range of diets and while she lost weight temporarily, she found she put it back on as soon as she came off the diet.

Veronica had also tried different exercise classes and followed the "no pain, no gain" approach which left her feeling stiff and worse for wear without the success that she was looking for.

This is because Veronica needed to know her RMR (resting metabolic rate) and her EMR (exercise metabolic rate) numbers. Without knowing this information her exercise and food intake was just simply guesswork. Once Veronica had established these numbers—yes there are simple ways of doing this—she was then able to focus on sustainable weight and fat loss.

As you are probably aware, your body consists of lean muscle, fat and fluid. As Veronica now knew her RMR and EMR numbers, this enabled her to break through her weight management barriers by scientifically assessing her metabolic profile and her fitness. The metabolic profile allowed Veronica to find out exactly how her body operated both when she was at rest and during exercise. It also told her how many calories she should consume and at what heart rates she should achieve to sustainably lose weight and fat.

This metabolic profiling approach works in the long term while helping you to become aerobically fitter. Exercising in the right heart rate training zones will burn maximum fat and will train your body to burn more fat during normal activities.

• Going all in one

A return of a 'Seventies stalwart, the jumpsuit is easy and convenient.

Her

JUMPSUITS

The jumpsuit is a bit like a dress: you've only got to purchase one item and your outfit is practically complete! There's no need to stress over matching up that awkward-coloured top, and to be perfectly honest the jumpsuit looks best simply accessorised with sky high heels and a thin leather belt. In fact the only real effort required is when you need to go to the bathroom and have to make awkward conversation with the lady behind you in the queue, just so you have somebody to

help do you up afterwards. The one-piece has featured heavily in many Autumn/Winter 2011-12 shows and is set to be the perfect party piece this winter. The playsuit's bigger sister, it is perfect for an evening out during the winter months and will definitely keep your pins warmer than a dress. Although the jumpsuit made an appearance last summer, the floral prints and fabrics made it more suitable for daytime attire paired with sunglasses and gladiator sandals. This winter, designers have kept things understated with subtle colours and more formal with slinky fabrics. The wide-legged onesies echo the glamorous 'Seventies trend that has been seen every-

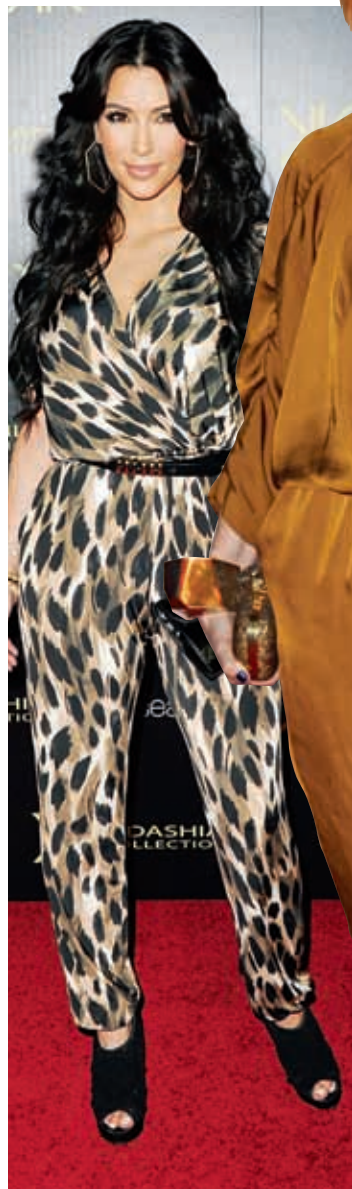
where this year, but they have been vamped up with contrasting plunging halternecks, as seen by Hakaan and Halston. Sonia Rykiel added a little more colour and interest to hers, with even baggier pants in vivid emerald green, while Paul & Joe went all out in riotous prints.

With so many fits, styles and patterns available, the jumpsuit is easier to wear than one might expect and is not simply confined to the tall and lean. And with so many smarter options, with modest necklines, the jumpsuit is also great for the office.

MICHAEL KORS

MARY PORTAS

TULISA CONTOSTAVLOS



Him

PATCHES

While having a browse for men in jumpsuits, the only kind of images we stumbled upon tended to include well dressed men leaping for joy. I'm sorry boys, but unless you are a mechanic, this season is not the time to break with tradition.

In fact, it's actually rather trendy to stick with it—the heritage trend has been almost impossible to avoid over the last few months. From tweed to plaid, dressing like your old geography teacher has never been cooler. And now it's all about the patches.

Elbow or shoulder patches on knitwear and jackets, made of sturdy materials such as cord or leather, are not only practical garments for outdoor adventure, they evoke childhood nostalgia of cumber-some boys whose mothers sewed in patches to make their clobber last longer.

This season has definitely been about investing in basic pieces: practicality at its best.

They say prevention is better than cure? So rather than sewing on a patch, pick up a jumper or blazer with a patch already sewn in and enjoy some care-free fun.



FASHION OPINION

SHERRY TENORIO
EDITOR-AT-LARGE
LAMODADUBAI.COM

Forget fashion, go for style

Fashion used to intimidate people. Yes, you read it right, used to.

Remember when the words Louis Vuitton, Valentino, Armani and Bottega Venetta were uttered only by the rich and famous? Well, newsflash! Exclusivity is forever gone. The masses are well-aware of these brands and high-fashion trends. Even the shady marketers, who sell counterfeits in the city outskirts, are in the know.

Thanks to the chick flicks like *Sex & The City* and *The Devil Wears Prada*, fashion has transcended into the mainstream. Reality shows such as *Project Runway* and *Next Top Model* have made fashion reachable for every dreamer. Every blogger who made exclusive information available for viewing has freely educated enthusiasts and high street brands have made the latest trends affordable.

In Dubai, almost everyone has succumbed to a fashion breakout. Just walk the malls and there are plenty of branded products around. But there is still one essential piece missing in this phenomenon: style.

Style is innate to a person. It brings life to fashion, it is a personal expression and it is what makes you stand out among the rest. It is what elegance, sophistication and class are all about. Fashion may be learned but style has to be unleashed. There are style guides but it all boils down to expressing oneself.

Thus, exclusivity in fashion may have been eradicated when runways and front rows were opened to everyone, but your style is yours alone. Always remember fashion may be for everyone but your style is very much your own.

Flower POWER

Olivia Cuthbert looks at how essences from simple flowers can have a remedial effect on the body and mind.

Conventional medicine may be helpful when illness or injury strikes but it is of less use when it comes to daily emotional maladies. For this reason, many people have turned to homeopathic cures, like flower essences, to help them cope with the anxieties and challenges of everyday life, says Anne Cook, a holistic therapist based in Dubai.

At her clinic, The Healing Zone, Cook encounters many patients seeking ways to deal with the stresses of ordinary life. During a consultation she will listen to the patient describe their troubles and then create a mixture of Bach flower essences to match their particular predicaments.

"Without realising it, a person will actually tell me which remedies they need in a consult. The

words they use point towards the flower essences they require to help them deal with their problems," she explains. Cook will then create a cocktail of Bach flower essences, which the patient may take orally or dab on their pulse points.

The Bach Flower Remedies system is a set of 38 floral essences designed to correct emotional imbalances and restore harmony to the body and mind. In the 1930s, an English doctor called Edward Bach became disillusioned by Western medicine and decided to leave the hospital where he worked in order to pursue his theory that if people could be at peace on an emotional level, they would stay healthy on a physical one too.

He believed that ill-

ness was the result of inner conflict and claimed that "health depends on being in harmony with our souls." He created the 38 essences by steeping certain flowers in bowls of water under direct sunlight; each one is designed to aid a specific emotion and help regain control of the way the user feels and ultimately restore peace of mind.

Other companies have since followed suit and there are now hundreds of different flower remedies on the market to aid physical, mental and emotional ailments. One of these companies, Najma Flower & Energy Essences, was established to develop a regional system of floral cures for people in the Middle East. Pointing out that each part of the world has its own characteristics and history, Pema Saunders and Souha Nasreddine at Najma make their essences with flowers and plants that are indigenous to Lebanon to heal



12 BACH FLOWER REMEDIES

ASPEN – fear of the unknown
 CERATO – lack of trust in one's own decisions
 CHERRY PLUM – fear of the mind giving way
 ELM – overwhelmed by responsibility
 GORSE – hopelessness and despair
 HOLLY – hatred, envy and jealousy
 HONEYSUCKLE – living in the past
 IMPATIENS – impatience
 OLIVE – exhaustion following mental or physical effort
 ROCK ROSE – terror and fright
 WATER VIOLET – pride and aloofness
 WILLOW – Self-pity and resentment



in the region. Perhaps the most famous flower remedy, and certainly among the most commonly used, is Bach Rescue Remedy. The essence is a cocktail of Rock Rose, Impatiens, Clematis, Star of Bethlehem and Cherry Plum and is used by many to alleviate stress and nerves. Its popularity might also have something to do with the name, which suggests a solution in times of crisis, says Sunita

Teckchand, owner of the Holistic Institute in Dubai.

Rescue Remedy is designed to help people deal with situations that give rise to anxiety. "It offers a natural solution to negative emotions, and part of its appeal lies in having something to reach for that doesn't involve taking toxins into the system," Teckchand explains.

The same goes for all the Bach remedies, which, according to

“Energy-based healings look beyond the symptoms.”

Teckchand, penetrate on a deeper level than conventional medicines and offer a natural solution free of side effects.

"When you visit the doctor it is the symptoms that are diagnosed and treated. Energy-based healings like Bach Flower Remedies reach a person at the core level and look beyond the symptoms to the reason they arose in the first place."



Link found between Facebook and brain

Research suggests that social media is having a bigger impact on grey matter than previously expected.

BRAINWAVES

It is generally accepted that social networking web sites are actively changing the way in which people socialise, but new research has suggested that these sites could also be changing people's brains.

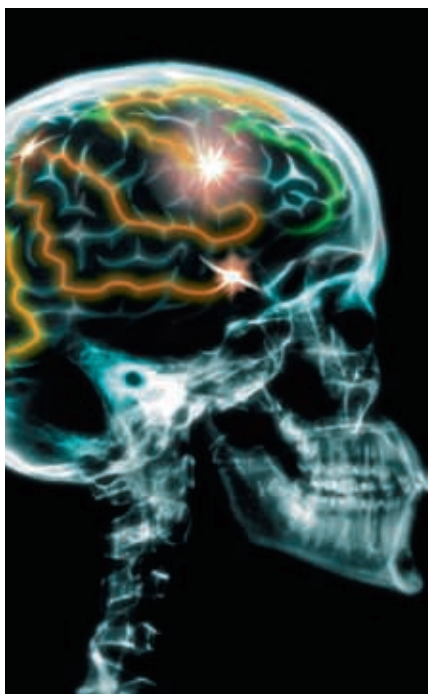
The research, which was published in the *Proceedings of the Royal Society B Biological Science* journal, included brain scans, which showed a link between the number of Facebook friends someone has to certain areas of their brains.

These enlarged areas, seen by way of 3D scans, were generally the parts of the brain most involved in social interaction and memory, known as grey matter. Despite this, though, it remains unclear as to

whether the number of Facebook friends is a cause or an effect of these grey matter areas.

The researchers took brain scans of 125 university students, all familiar with Facebook and social networking. They counted the number of Facebook friends each participant had, while also taking into account the number of close friends they had in the physical world.

"We have found some interesting brain regions that seem to link to the number of friends we have—both 'real' and 'virtual'," said Dr Ryota Kanai, one of the researchers from Univer-



sity College London. "The exciting question now is whether these structures change over time. This will help us answer the question of whether the internet is changing our brains."



The research leader, Professor Geraint Rees, also from UCL, said he hoped that the research would help us understand our actions within the virtual world. He also told reporters that he would like to start answering "intelligent" questions about the relationship between the internet and the brain.

However, other scientists have commented on the findings, stating that the results could be down to any number of factors.

"Perhaps the number of Facebook friends you have is more strongly related to how much time you spend on the internet, how old you are, or what mobile phone you have," Dr Heidi Johansen-Berg Clinical Neurology reader at the University of Oxford countered to reporters.

We need to study the way we use schoolbooks, says *Read.* columnist and Zayed University associate professor **James Piecowye.**

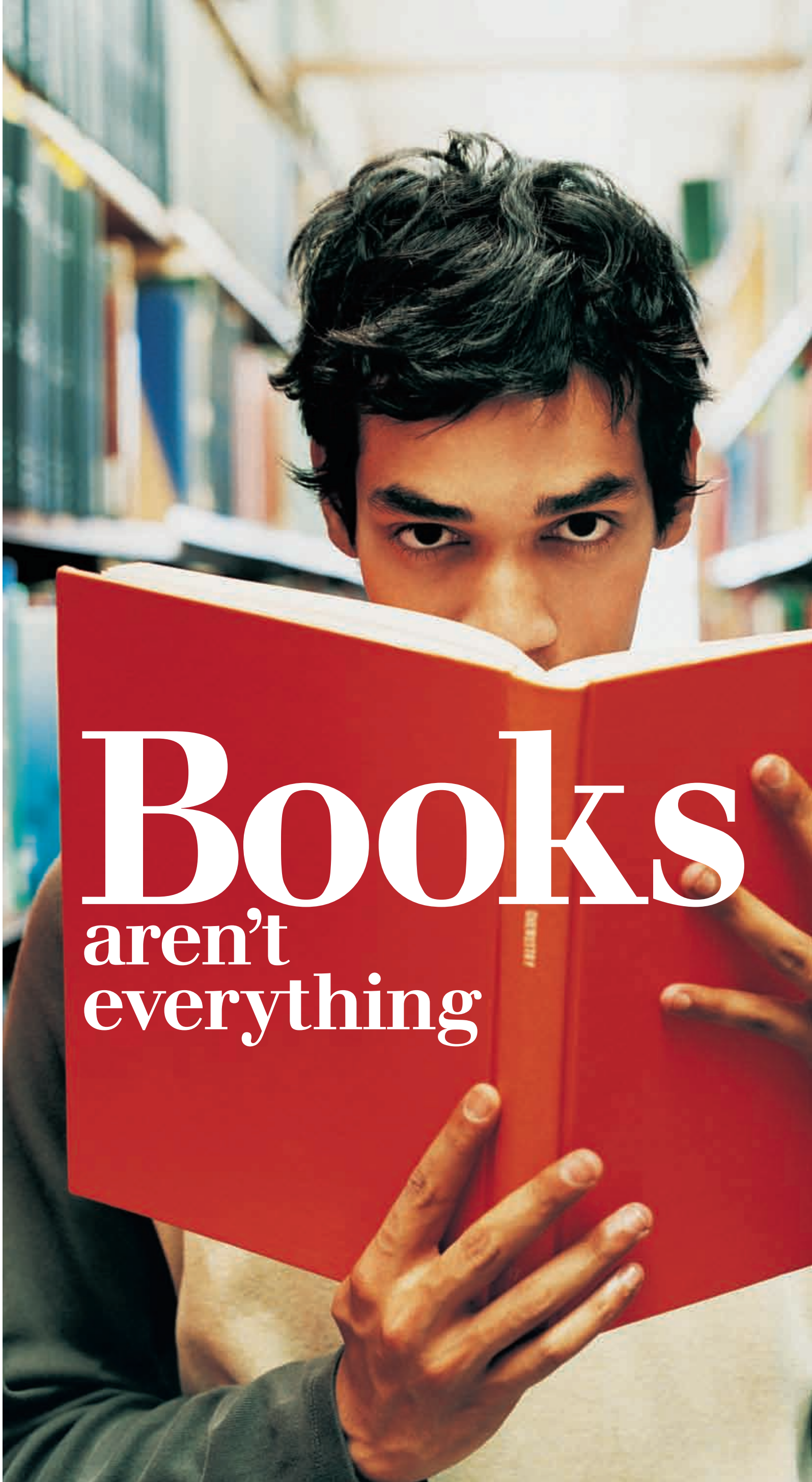
It is time to rethink the information exchange that is taking place in the classroom.

As an educator, I am constantly amazed by the number of textbooks that are written, revised and sold every year. What really amazes me is that teachers and professors like myself actually buy them! Like members of a cult, we go through publishers' catalogues looking for publications that have some remote link to what we are teaching. The textbook industry as we know it today is a huge publishing business—the largest segment of printed book sales, actually—and dare I say a massive con-job?

In my own experience, I can rarely find the perfect textbook for any of my courses so I end up recommending and buying three or more, often foreign textbooks to cover all the ideas I am teaching. And most of the time these textbooks, which cost hundreds of Dirhams, do a marginal job at best.



Books aren't everything





information out there, with case studies for every discipline, that our educators are ignoring.

Here is an example of what I am talking about.

Business and entrepreneurship are two areas of study that are very popular from high school right through to university, so what are the best textbooks? Something by Mintzberg or

Porter maybe? In fact, the best textbooks, from where I am sitting, are the *Harvard Business Review*, *Forbes*, *Fast Company* and *Fortune* to name just four.

This month, these texts used McDonalds and Disney's Film Studios to exemplify the changes needed in business practice with the global economy in flux, and then went on to talk about how to make complexity a benefit and not a deterrent to success. Finally there was the piece on Blu Homes that looked at a whole new way of thinking about recycling and home construction, using engineering and product cost/supply tools employed by the airline and automotive industry. All four of the publications used examples to talk about old issues with current examples rooted in the now.

Yes we need to know our business basics but we also need to be able to apply these for tomorrow and our current supply of over rated and overpriced textbooks simply does not do the job. It is time for educators to stop being so lazy and head off to the magazine rack to see what is being written today that will add real-world context and value to what is being taught.



To add insult to injury, a textbook, even if it is brand new, is never really new and almost always outdated by the time it reaches the student. Because of the publishing cycle it will take a textbook at best 18 months to go from idea to the shelf, and that is if we are lucky. What this means is that the textbooks students and teachers are happily using can really only be seen as a wonderful historical document.

Sure, we need a good dose of

history in our education but we also need a way to link the past with the present and future, and textbooks are no longer that tool. In fact I would go one step further to suggest that textbooks, as they are manifest today, make the student and the teacher complacent and lazy when it comes to looking at theory as it relates to the real world around us.

But all is not lost. There is an easy fix to the problem of textbook lethargy. If you go to a good magazine retailer in Dubai, you are likely to find over 1,000 titles. Break the magazine titles down by discipline and you will be amazed at the amount of information available—I like to call these resources “living textbooks”. There is a lot of current

“It’s time for educators to stop being lazy and head off to the magazine rack.”



FIRST PERSON



MICHAEL NUGENT
GENERAL MANAGER
MOVENTPICK HOTEL DEIRA

Challenge of a lifetime

I am undertaking the biggest challenge I have ever faced in my life when I turn out to participate in RacingThePlanet Nepal 2011 on November 20.

In just a few weeks' time, I will set off with 242 other competitors to traverse a total of 250km in five days across the mighty Himalayas. We will carry all our own gear and food for the entire race, with the exception of a tent.

So why do I want to take part in this gruelling and tortuous challenge?

It's all a case of proving to myself that I can do it, while also looking at what I have been doing during my lifetime. To mark my 50 years on this planet, I want to continue to do everything I can to put in more that I take out of the world.

I am taking part so that I can raise much-needed funds for the Child Welfare Scheme, which will ensure that every single dollar I raise will go to those that need it the most. However, these funds will not be distributed in the form of hand-outs; instead, they will allow the many disadvantaged and discriminated youngsters who live in Nepal an opportunity to improve their own lives and to create better lives for those in their extended families.

If what I am doing captures your imagination, donating through JustGiving is simple, fast and totally secure. Just visit www.justgiving.com/Michael-Nugent0, and anything you give goes to a great cause.

For more information visit www.cwshk.org or to find out more about RacingThePlanet check out www.4deserts.com/beyond/nepal

We don't know why she did it

Sarah Jessica Parker may have been a favourite in *Sex & The City*, but her latest movie possesses much less of the appeal.

NEW RELEASE

Adapted from Allison Pearson's 2002 novel, *I Don't Know How She Does It* stars Sarah Jessica Parker as Kate Reddy, a woman who has it all—the house, the husband, the career and the two children.

Despite frequent comments from friends who simply 'don't know how she does it', Kate, a high-flyer for a Boston investment company, struggles to juggle all of her responsibilities.

She arrives just that five minutes late to work, either with lice or pancake mix on her shirt and has to resort to store-bought pie for the kids' bake sale, much to the horror of all the stay-at-home mothers. And let's not forget she has to please her long-suffering, often unemployed architect husband Richard (Greg Kinnear).

The supporting cast is great, but perhaps a little under-used, and the film essentially becomes the Carr... we mean Sarah Jessica Parker show. We could have done with seeing a lot more of Christina Hendricks, who plays Kate's single-mother best friend, or

Pierce Brosnan who is the suave Jack Abelhammer, her company's head honcho in New York.

Pretty early on it becomes quite clear that even though Kate "has it all", between the constant business trips, a six-year-old daughter who resents

SJP HAS GOOD CHEMISTRY WITH PIERCE BROSNAN



DID YOU KNOW?

- After ending her TV run of *Sex and the City* (1998), Sarah Jessica Parker negotiated a multi-million dollar contract to do advertisements for The Gap clothing; a brand she never wore once in the show.
- SJP prefers British TV comedies, especially *Fawlty Towers* and *Absolutely Fabulous*.
- Manolo Blahnik named a shoe in her honour, the SJP.
- The actress finally won an Emmy in 2004 for Outstanding Lead Actress in a Comedy Series, after five consecutive losses.
- SJP has three children with her husband Matthew Broderick and the couple have houses in New York and Ireland.



her, and missing her son's first hair cut, she really can't handle it all. Although the film is genuinely quite funny on the surface, with due credit going to Ms Parker's natural flair for physical humour, it ultimately paints a pretty bleak picture for working mothers.

Essentially, it asks the question, "can women have it all?" and concludes with "probably not".

Resisting the urge to delve into a feminist rant about how the film naturally assumes this lifestyle is what every women wants, or attempt to negotiate a dilemma that women have been struggling with for decades, the film still falls short. *I Don't Know How She Does It* should probably have been made just after the release of the far more successful book.

SJP has lost the appeal she had in her Carrie days, the days before the recession or 9/11, when the public were that little bit more patient or interested in her shoe collections. But today, the struggles of a middle-class, white family



who just can't quite cope despite their oodles of cash, four-storey mansion and nannies, has missed the mark.

Yes, the film brings up an interesting question but goes to little effort to answer it. But perhaps most frustrating is that the characters we should have as our heroines conform to the outdated gender roles that the film should

be a lot more aware of challenging. Kate jokes that it really should be her husbands "job" to sort out the car, while unquestionably accepting that it's hers to sort out the kids and baked goods, despite her busy schedule.

Kate's mother-in-law, Marla (Jane Curtin), made the age-old remark about how "back in my day things were easier when men and women had more clearly defined roles." Queue Kate to talk about equality or mention the word "feminism", but no, she just shrugs and weakly says "It's more complicated now."

Despite all its potential, *I Don't Know How She Does It* comes across as somewhat disappointing and ends up becoming a lot like an alternative ending to any future *Sex & The City* film.



OLIVIA MUNN APPEARS AS MOMO HAHN

SJP FACT
Sarah Jessica Parker is only one of the four lead actresses in *Sex & The City* never to have done a nude scene. Her contract contained a strict no-nudity clause.

SILVER SCREEN



MATHEW HAMILTON GREEN
FILMMAKER

There's a phone for that

If there is one thing that I am literally bursting with excitement about, it is the sleek, shiny new companion that I hopefully will have my hands on soon. No longer will I panic if I'm caught in a situation that is crying out to be filmed and I don't have my gear on me. Thanks to my new, pocket-sized friend I will always be ready to shoot in HD no matter where or when the situation arises. Yes, you guessed it; I'm talking about the iPhone 4S.

While, for big projects, there is no complete substitute for heavy-duty cameras, lighting and sound recording equipment, the much-improved camera on the iPhone 4S is an exciting feature of the device. In fact, it has caused murmurs among the photography and filmmaking worlds that well-known brands such as Canon and Nikon should be concerned about the sales of their low-end camera ranges once the iPhone 4S stamps its mark. Alongside a host of impressive features, the 1080p HD video camera sports an f/2.4 lens and improved sensor to capture more light, plus it also has video stabilisation for any budding filmmakers with a shaky hand.

As a camera enthusiast, I don't think I will ever completely ditch some of my beautiful vintage models, but phones such as the iPhone are fast becoming the only camera many people own. While early demonstrations of video footage from the iPhone 4S are undoubtedly impressive, I do think it may be a while before we are watching Hollywood blockbusters shot and edited entirely on an iPhone. In fact, that's not a bad gimmick...

Bollywood news

KAREENA KAPOOR IN WAX

After the release of her latest film *Ra.One* on October 26, Kareena Kapoor will head straight to London to unveil her wax statue at Madame Tussauds. In addition to welcoming her own statue, Kapoor will inaugurate the museum's latest exhibition, which sees the wax statues of Bollywood stars taken to six different cities around the world.



AISHWARYA RAI BACHCHAN BABY BUMP SPOTTED

Aishwarya Rai Bachchan has kept a low profile since confirming her pregnancy, and it has only been recently, in her third trimester, that her baby bump has been fully spotted. The actress is expected to give birth in the second week of November, which has sparked rumours and wagers that the baby will be born on the auspicious 11/11/2011.



AMITABH BACHCHAN PRAISES "INCREDIBLE" EXPERIENCE WITH LEONARDO DICAPRIO

Bachchan may only play a small role in *The Great Gatsby* but he expressed his joy over the experience. He said he was impressed by the "sheer level of professionalism and dedication" that the film has been put together with and was thankful for the "blessed opportunity".



Reviews *in brief*

A quick look at the week’s biggest films.



Paranormal Activity 3, 2011

★★★★★ Katie Featherston, Sprague Graydon, Lauren Bittner

Paranormal Activity 3 continues the franchise’s tradition for slow-building, creepy thrillers about a supernatural entity that is set on tormenting protagonist Katie and her family. Taking us back to 1988, the film acts as the prequel, filling in many of the unanswered questions from the previous two films. Essentially the film offers more of the same, if not scarier, bump-in-the-dark spookiness that fans of the series will no doubt enjoy.



Fokak Meny, 2011 (Arabic)

★★★★★ Ahmed Azmy, Hasan Hosny

Fokak Meny is an Egyptian summer comedy that follows the story of a university student, Walid (played by Azmy), who has always dreamt of joining the Academy of Arts, much to his father’s (played by Hosny) disapproval. His straight-edged father, who works in the diplomatic field, insists that Walid travel abroad to study politics. The film hasn’t received the strongest reviews, but definitely attracted a lot of attention with the inclusion of Dina, arguably Egypt’s most famous belly dancer-turned actress, and music from the highly-rated Hoba.



Setup, 2011

★★★★★ Bruce Willis, Ryan Phillippe, Curtis Jackson

Starring Willis, Phillippe and Jackson (50 Cent), *Setup* revolves around a group of friends who plan out a detailed heist that soon turns deadly when one betrays the other and takes off with the loot. The other friends team up with mob bosses and other villains in an attempt to plot revenge. It’s not exactly the most original plot in the world, and despite a reasonably strong cast and some decent action, the weak storyline ultimately lets the movie down. Let us know what you think of the film at letters@readme.com

READ. OCTOBER 23-29, 2011

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Abduction - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 23:55
The Change-Up - 21:25, 23:35
Contagion - 10:15, 12:30, 14:45, 17:00, 19:20, 21:40, 23:55
Conviction - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:50
Fokak Menny - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 10:30, 11:30, 12:30, 13:30, 14:30, 15:30, 16:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 00:30
Mujhse Fraaandship Karoge - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Rascals - 10:20, 13:20, 16:20, 19:20, 22:20
Real Steel - 10:20, 13:00, 15:40, 18:20
Setup - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Space Dogs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
The Three Musketeers - 22:00, 00:00

GRAND MEGAPLEX - IBN BATTUTA

Abduction - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
The Change-Up - 10:10, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Colombiana - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Contagion - 10:15, 12:30, 14:45, 17:00, 19:20, 21:40, 23:55
Conviction - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:50
Cowboys and Aliens - 10:00, 12:15, 14:30, 16:50, 19:10, 21:30, 23:58
Edge of Love - 19:00, 21:15, 23:30
Fokak Menny - 11:30, 14:00, 16:30,

19:00, 21:30, 00:00
I Don't Know How She Does It - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Johnny English Reborn - 10:30, 11:30, 12:30, 13:30, 14:30, 15:30, 16:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 00:30
Killer Elite - 19:20, 21:40, 00:00
The Lion King (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Real Steel - 10:20, 13:00, 15:40, 18:20, 21:10, 23:50
Setup - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Smurfs - 11:00, 13:00, 15:00, 17:00
Sneha Veedu - 11:00, 13:30, 16:30, 19:30, 22:30
Space Dogs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Spy Kids 4 - 11:00, 13:00, 15:00, 17:00
The Three Musketeers - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40

GRAND CINEMAS - FESTIVAL CITY

Abduction - 10:50, 13:00, 15:10, 17:20, 19:30, 21:45, 23:55
Contagion - 10:15, 12:30, 14:45, 17:00, 19:20, 21:40, 23:55
Conviction - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:50
Fokak Menny - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
I Don't Know How She Does It - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Johnny English Reborn - 10:30, 11:30, 12:30, 13:30, 14:30, 15:30, 16:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 00:30
The Lion King (3D) - 11:00, 13:00, 15:00, 17:00, 19:00



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

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

Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Real Steel - 21:00, 23:40
Setup - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Space Dogs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
The Three Musketeers - 22:00, 00:00

GRAND CINECITY - AL GHURAIR

Contagion - 10:15, 12:30, 14:45, 17:00, 19:20, 21:40, 23:55
Conviction - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:50
Fokak Menny - 20:00, 22:00, 00:00
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
No Other Woman - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Rascals - 11:00, 17:00, 23:00
Setup - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Sneha Veedu - 14:00, 20:00
Space Dogs (3D) - 10:00, 12:00, 14:00, 16:00, 18:00

GRAND METROPLEX - METROPOLITAN

Contagion - 10:15, 12:30, 14:45, 17:00, 19:20, 21:40, 23:55
Edge of Love - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Mother's Day - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
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Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Lion King - 11:30, 13:30, 15:30, 17:30, 19:30, 21:40, 23:50
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GRAND MERCATO

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Conviction - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:50
Fokak Menny - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Paranormal Activity 3 - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Real Steel - 21:00, 23:40
Setup - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Space Dogs (3D) - 11:00, 13:00, 15:00, 17:00, 19:00

VOX CINEMAS - DEIRA CITY CENTRE

Abduction - 11:45, 16:30, 21:15
Contagion - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Conviction - 14:00, 18:45, 23:30



Fokak Menny - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
I Don't Know How She Does It - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Johnny English Reborn - 11:00, 13:15, 15:30, 17:45, 19:00, 20:00, 21:15, 22:15, 23:30, 00:30
The Lion King (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Rascals - 20:15, 23:00
Real Steel - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Sami Oxide Al Carbone - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Setup - 11:45, 13:45, 15:45, 17:45, 20:00, 22:00, 00:15
Space Dogs (3D) - 11:00, 13:00, 15:00, 17:00

VOX CINEMAS - MOE

Abduction - 21:30, 23:45
The Change-Up - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Contagion - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Conviction - 20:15, 22:30, 00:45
Fokak Menny - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Horrid Henry (3D) - 17:15
I Don't Know How She Does It - 11:00,



13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Johnny English Reborn - 09:45, 10:45, 12:00, 13:00, 14:15, 15:15, 16:30, 17:30, 18:45, 19:45, 21:00, 22:00, 23:15, 00:15
Killer Elite - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Lion King (3D) - 10:15, 12:15, 14:15, 16:15, 18:15
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Real Steel - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Setup - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Space Dogs (3D) - 11:15, 13:15, 15:15

VOX CINEMAS - MIRDIF CITY CENTRE

Abduction - 19:30, 21:45, 00:00
Contagion - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Fokak Menny - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
I Don't Know How She Does It - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Johnny English Reborn - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Lion King (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Real Steel - 20:30, 23:15
Setup - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Space Dogs (3D) - 11:00, 13:00, 15:00, 17:00

REEL CINEMAS - DUBAI MALL

Abduction - 14:30, 17:00, 19:30, 22:00, 00:30
Another Earth - 17:00, 19:15, 21:30, 23:45
The Change-Up - 13:30, 16:00, 18:30, 21:00, 23:35
Contagion - 11:25, 14:00, 14:30, 16:30, 17:00, 19:00, 19:20, 21:30, 21:40, 00:05
Conviction - 11:40, 14:10, 16:40, 19:10,

21:40, 00:10
Fokak Menny - 14:10, 16:40, 19:10, 21:40, 00:10
Horrid Henry (3D) - 21:10, 23:30
I Don't Know How She Does It - 11:45, 13:30, 13:45, 15:50, 16:00, 17:55, 18:30, 20:00, 21:00, 22:05, 23:30, 00:10
Johnny English Reborn - 12:15, 14:30, 15:30, 16:45, 17:45, 19:00, 20:00, 21:15, 22:15, 23:30, 00:30
Killer Elite - 14:10, 16:40, 17:10, 19:40, 22:10, 00:40
The Lion King (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Paranormal Activity 3 - 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Real Steel - 11:00, 13:00, 13:40, 15:30, 16:20, 18:00, 19:00, 20:30, 21:40, 23:00, 00:05
Rise of the Planet of the Apes - 17:00, 19:15, 21:30, 23:45
Sami Oxide Al Carbone - 14:20, 16:50, 19:20, 21:50, 00:20
Setup - 11:15, 13:45, 15:50, 17:55, 20:00, 22:05, 00:10
Space Dogs (3D) - 11:05, 13:05, 15:05, 17:05, 19:05
Straw Dogs - 11:50, 14:15, 16:45, 19:15, 21:45, 00:15

REEL CINEMAS - MARINA MALL

The Change-Up - 11:40, 14:00, 16:40, 19:00, 21:20, 23:40
Contagion - 12:00, 14:30, 17:00, 19:20, 21:40, 00:05
Johnny English Reborn - 11:20, 13:30, 15:40, 17:50, 20:00, 22:10, 00:20
The Lion King (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:30
Paranormal Activity 3 - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
Real Steel - 11:00, 13:30, 16:10, 18:50, 21:30, 00:10

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Sandeep Palaprameethal
Sales consultant,
International City



Last week I went to watch the much anticipated movie of the year, *The Debt*. I was intrigued by the cast and the story. The intense and terrific performances by Helen Mirren, Jessica Chastain and Sam Worthington leave you nervous at times and jubilant a few moments later. The usual espionage genre can be over-the-top and too hard to digest, but this one shows from the very beginning it's not just a cliché. The psychological strain of one little mistake and the truth from the past, which catapults the lead characters from their comfort zones to the same old job, is created with enough drama and suspense. Minimal action scenes, good cinematography and a terrific background score work well for this movie. I am a big fan of action movies with minimal dialogues and acting, where the twists and scenes are crafted with enough tense moments. This one didn't let me down.

9/10

Want to be in *Read*.?
If you've been to see a recent movie, we want to hear your views. Email us your 150-word film review, along with your job title, location and a high-resolution photograph and you could be featured in our *You Review* section.



Strikingly low key

For a car that's meant to be understated, the new Audi A6 stands out from the crowd.

NEW RELEASE

You will be seeing a new Audi A6 on the roads round about now—but you probably won't notice. It's the sad fact of life that the premium German mid-range models—the A6, Mercedes E-Class and BMW 5 Series—might be everywhere, but they are among the lesser noticed of all car ranges. It is their job not to stand out from the herd; they appeal to families and executives who aren't in the business of showing off. But when you take a closer look, they are quite brilliant.

The A6, which we drove at its global launch earlier this year, but which Dubai has had to wait until the second-half of this year

to receive, is a case in point. It has been around since the 1970s and sold in massive numbers, each generation bringing innovations and sleeker looks. The latest one appears pure Audi, and continues on the innovative theme.

The most recent iteration of Audi face is striking, not least because of the aura the front lights add to it. The optional LED headlight kit, with its sequence of seven square diodes, is imposing and incorporates daytime running lights, cornering lights, highway lights and all-weather lights, which replace the conventional fog lights. Appar-



SPECS

Audi A6 3.0 TFSi
Quattro S tronic
Engine: 3.0-litre, V6 supercharged
Power: 300 bhp @ 2,900 rpm
Torque: 325 lb-ft @ 4,500 rpm
0-100: 5.5 seconds
Top speed: 250 km/h (limited)
Economy: 8.2 l/100 km

ently, at night the amount of light these beams give off resembles daytime.

It not only has adaptive cruise control, it will also park for you—you just control the accelerator and brake and the Audi will do the rest.

The model we drove was the 3.0-litre TFSi model with Quattro four-wheel drive and optional air suspension and felt fantastic; the roads really did feel like they were made from butter. Driving-wise, this is every bit an Audi.

It feels incredibly stiff, has good thrust—good enough to reach 100 km/h in just 5.5 seconds. It steers surely, corners ably and brakes responsively.

The V6 engine unit pours out 300 bhp of smooth power that is connected by a new seven-speed S tronic gearbox with a wide ratio spread; the combination produces a 21-per cent improvement in fuel

consumption compared the previous edition. All A6s will have the Quattro system in the Middle East market.

An already excellent cabin has been given a makeover with an attractive new dash and the availability of new timber and metallic inlays. There is more headroom than before to add to good forward and lateral space front and back. The front seats have been redesigned for the better and the finish is outstanding across the board.

As you would expect for such an important car, Audi has brought out a fantastic model that ticks all the design, engine and technology boxes. It's well worth keeping your eyes open to catch a glimpse because even though there will be a great number of them on the road, you have to be wary to see them. The A6 is a stand-out player in non-showy segment.



Kiev: city of history



The Ukrainian capital has had more than its fair share of destructive events, but it has come through with strength.

Looming over the city, holding her 42-foot sword aloft, the Nation's Mother statue stands as a prominent reminder of Kiev's past. The Ukrainian capital is full of structures like this that testify to its turbulent history and the many changes it has gone through to become the thriving tourist destination of today.

For history buffs, Kiev holds no end of fascinating attractions. Beneath the Nation's Mother statue, the National Museum of the History of the Patriotic War gives visitors a detailed insight into long and bloody battles, which saw the Soviets claim victory over the occupying Nazis.

Over in the Podil neighbourhood, The Chernobyl Museum focuses on the human aspects of the 1986 tragedy when a defective Soviet reactor caused the worst nuclear power plant accident in history, while in Vichnoyi Slavy Park is the recently completed Great Famine Monument, dedicated to the millions of Ukrainian victims who perished during the 1932 to 1933 starvation.

A tour of these places and the many others commemorating Kiev's past is hardly a happy experience but it does offer a valuable insight into some of the most significant events in twentieth century Europe. It is worth putting

aside a day or two to take in these sites before moving on to the city's more uplifting attractions.

Thankfully, there are plenty of these too in Kiev. Among the liveliest areas in the city is Hydropark, a large recreational park on the banks of the river. This is Kiev's playground, where people come to enjoy the bustling, waterfront cafes, lie on the beach or enjoy an afternoon of watersports and fairground games.

Despite the bouncy castles and paintball arenas, this is no tacky theme park. The cafes that line the beach are cosy and atmospheric, while the large forest that takes up most of the park provides the perfect retreat from the hustle and bustle of the entertainment zones.



From here you are also afforded the city's best view of the Lavra, Kiev's big set piece. A Unesco world heritage site, this extraordinary complex is regarded as the holiest place in the Ukraine and is a must-see for any tourist to the country.

The cluster of gold-domed churches and cathedral spires

“The Lavra complex is a must-see for any tourist to the country.”

in the monastery is a feast for the eyes but the highlight for many is the complex of underground labyrinths lined with mummified monks. It's suitably eerie down here, with only candles to light the dim caves and illuminate the corpses.

It takes about 30 minutes to walk through the tight, winding passageways, although if you are stuck behind a pilgrim who wants to kiss each

glass-covered casket, it is likely to take a lot longer. Fascinating though the experience is, it is a relief to emerge into the open air at the end and take in the sweeping view of the hills and Dnipro River that lie before the complex.

It is one of many fine vistas

in Kiev, where trees and greenery are in plentiful supply. Walking through this city, with its many beautiful parks, buzzing atmosphere and lively attractions, it's clear that the Ukrainian capital is no longer hampered by its past and has finally taken its rightful place as one of the most beautiful cities in Europe.

TOP DINING SPOTS IN KIEV

BUDMO – Traditional Ukrainian food at a reasonable price. Try the borsht (soup), varenyky (stuffed dumplings) and, of course, the real chicken kiev.
VULYK – The honey-based menu at this small farmhouse offers typical and tasty Ukrainian dishes.
PERVAK – Head here for a traditional Ukrainian dining experience and enjoy the black-and-white silent movies.

THE NATION'S MOTHER LOOKS OVER THE CITY



Dubai Scores another World Cup

The beach at The Walk, JBR will more resemble Copacabana when the Beachvolley World Cup kicks off this weekend.

One legend suggests that the origin of footvolley is attributed to the blending of two great sports, beach soccer and beach volley. Merged together for fun by football players who originally used a soccer goal's crossbar as a net, before developing the game with the use of a volleyball net.

The other, more romanticised legend goes that on Rio de Janeiro's Copacabana Beach in the 'Sixties, a man called Octavio de Moraes took his football to the volleyball courts in the sand and began kicking it over the net. Teams of five would line out against each other, avoiding the use of their hands, thus, honing their ball control skills while also negating the football ban on the Brazilian beach. If the ball hit the sand, a point was awarded against the team that let it drop. And so footvolley was born, almost 50 years ago.

The years that followed the

invention of footvolley saw the game evolve. Due to many of the players who showed up at the weekends to enjoy the sport coming from the world of professional football, the ball rarely hit the sand, influencing a reduction in team sizes. The new teams were pairs, two-versus-two, in a battle that had the courts surrounded by beautiful women, samba music and a carnival atmosphere.

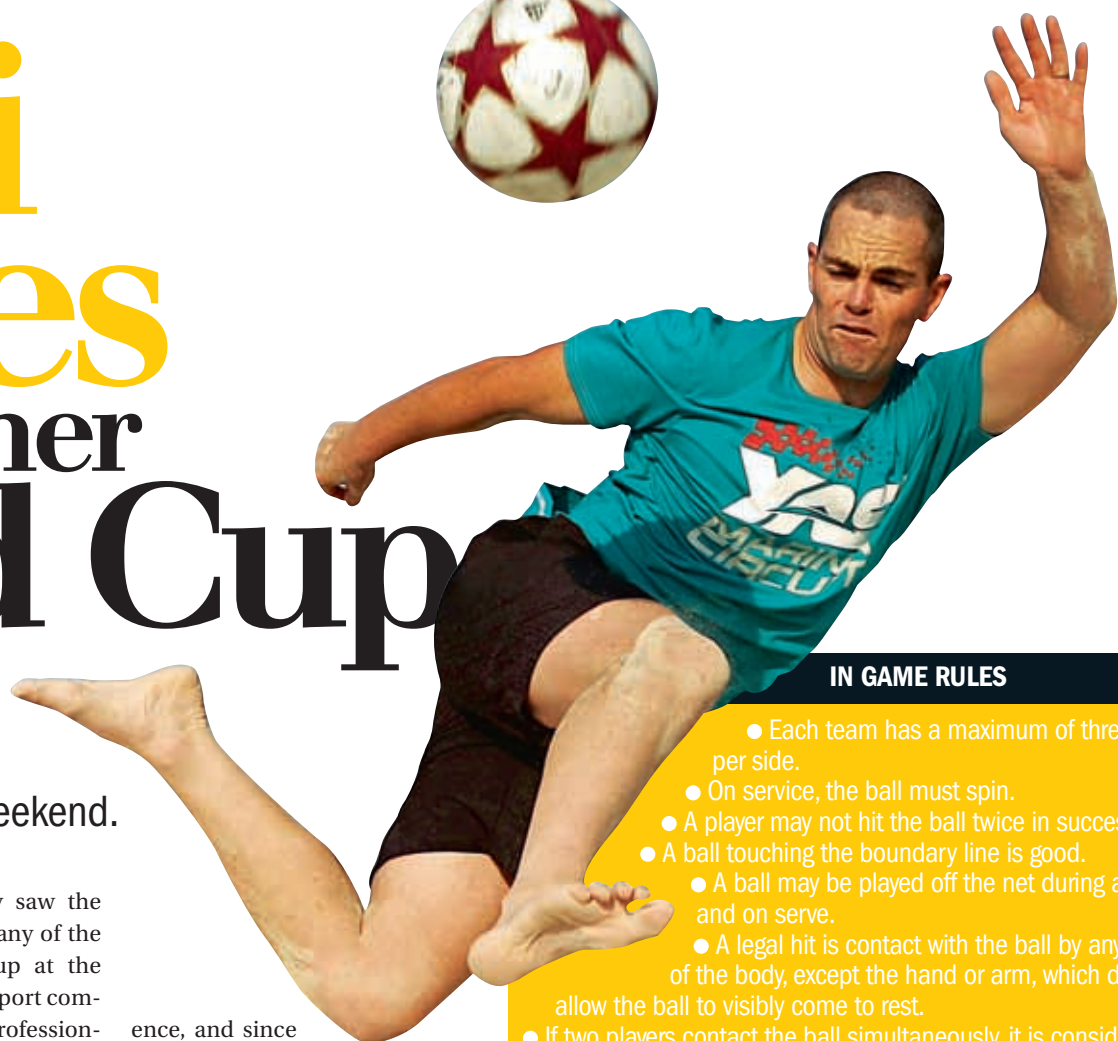
Footvolley continued to grow in popularity with teams and matches popping up in cities all over Brazil, but it wasn't until almost 40 years after its inception, that footvolley became an international sport. A tournament in Florida in 2003 helped promote the sport to a much greater audi-

“Think of volleyball without the use of hands.”

ence, and since then has had major events staged in countries like Spain, Greece, Thailand, South Africa, and this next weekend, the UAE.

So what exactly is footvolley? Let us explain. Firstly, think of volleyball without the use of hands. Here's the breakdown of the more basic rules.

Footvolley is a sport which pits two persons on opposite sides of the court, divided by a net, whereas the objective is to ground the ball on the opposing team's side and to prevent the same effort by the opponent. The team has three hits for returning the ball. The ball is put in play with a service—kicked by



IN GAME RULES

- Each team has a maximum of three hits per side.
- On service, the ball must spin.
- A player may not hit the ball twice in succession.
- A ball touching the boundary line is good.
- A ball may be played off the net during a volley and on serve.
- A legal hit is contact with the ball by any part of the body, except the hand or arm, which does not allow the ball to visibly come to rest.
- If two players contact the ball simultaneously, it is considered one touch.
- Net contact by an athlete is considered 'Play On'. The inadvertent touching of the net, as defined as momentary contact by a player is not a violation, except for when the player touches the net with his/her hand.

the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes “out”, or a team fails to return it properly.

From October 27 to October 29 the Footvolley World Cup will be hosted at The Walk, Jumeirah Beach Residence, Dubai. A total of 32 teams from 27 countries are expected to contest for the title of world champions, with the game's inventors Brazil, participating

with four teams. The 32 teams will be divided into eight groups of four each for the preliminary rounds with the top two from each group advancing to the knock-out stages of the competition.

So now you know the basics, get yourself to the beach and start practising. If not to appear in the next World Cup, just to enjoy yourself. In the meantime, head to The Walk to see how the professionals do it.



SOCCER HERO ERIC CANTONA IS A KEEN ADVOCATE OF FOOTVOLLEY



Post-it

JOBS AVAILABLE

Sales executive required. Must be smart and dynamic. Must have excellent communication skills. +5 yrs experience in indoor/ outdoor sales. Commission based. Send CV at access.opportunity@gmail.com.

Young, vibrant waitress required. Filipinas only. Near Crown Plaza Hotel. Call 043329800.

Housemaid required for a full time job. In Al Nahda, Dubai. Must be fluent in English, Hindi, Urdu. Call 0505873631.

10+ yrs UAE experienced accountant required for a night shift part-time job. At Al Qusais, Clock Tower, Hor Al Anz area. Call 0502613761.

Female staff required for a new travel company. Should have 2 yrs experience in air-ticketing, tele-marketing, accounting. Send CV deepakcvdepartment@gmail.com.

Document Clearance specialist required. Should have knowledge in legal/ government forms/online transactions. Typist with excellent speed in Arabic/ English also needed. Send CV hr.section@gmail.com.

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

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

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

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

JOBS WANTED

Male, 22, ACCA Finalist seeks job as an Accountant or Audit Junior. Have good communication skills and knowledge of MS Office. Email: m_ahsan.nazim@yahoo.com or call 0552338217.

Indian male, 28, seeks job. 5 yrs experience in sales. Holds driving licence. Good knowledge in computers. Email shamnucreek@gmail.com/ 0502936132.

Indian female seeks job as admin asst. /customer service executive/office administration. With experience. Call 055-4272728/ritusasankan.dxb@gmail.com.

Female, MBA seeks job. 10+ yrs experience in marketing. On husband's

visa. Holds UAE driving licence. Call 0556737105.

Sri Lankan male seeks job. 14 yrs experience in warehousing /supply chain/marketing /customer care. Call 0553248035/romesh4110@gmail.com.

Indian female seeks job in operations/administrative/documentation departments. 4 yrs experience in financial /customer services. Call 0502263690 or 0559776012 or email shanfarooq@yahoo.com.

Pakistani male seeks job. Holds MBA. 2 yrs experience in sales and administration. Strong MS Office skills. On visit visa. Call 553750013.

Indian graduate seeks job. 4+ yrs experience in sales (banking & advertisements). Excellent communication/ computer skills. Call 0504807533/kaushikrraj@gmail.com.

Indian male seeks job as system administrator. 2+ yrs experience in Dubai. Good knowledge in hardware & networking. Email: bbernyfilco@gmail.com /call 0558668209.

Male seeks job. 5 yrs experience in accounting. Call 0557974708.

Indian female seeks job. 4 yrs of experience in financial /customer service. Knowledgeable in MS Office. Visa husband sponsored. Call 0507295351/emailpreeti.a.shah@gmail.com.

MSc Mathematics, female, seeks job in education or office sector. 3 yrs experience in teaching. On visit visa. Call 0505236990/email maria.ghazi@hotmail.com.

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

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

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

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

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

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

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

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

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

AUTO

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

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

Nissan Sunny, 2005 model for sale. 1.6 full options, 86,000km. White colour, well maintained. For AED17,500. Call 0557992414.

Mercedes SLK350, 2005 model."Designo" Sports coupe, 60,000km. No accidents, well maintained. AED89,000. Call 0566038557.

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

Peugeot 307SW, 2006 model. Available for sale. Full automatic. For AED22,000. Call 0502368829.

Kia Soul, 2010 model for sale. Green #2 specs, 43,000km, full service history, accident free. Price AED37,000. Call 0554785005.

SERVICES

Photography and videography services available for weddings, corporate, live events and much more. Call 0567909811. Website: www.screens.ae

Home tutoring services available for all subjects and all grades including Economic Accounting and Business Studies. Call 0554627937.

Car lift services available from Al Khail Gate to Deira. Call 0503420603.

Baby sitting services available near Dubai Hospital. Call 0503420603.

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

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

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

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

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

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

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

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

PERSONAL

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

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

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

ITEMS

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

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

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

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

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

ACCOMMODATION

Bed space available for rent. Executive Muslim bachelors only. Furnished flat near Fish R/A, Deira. Call 042226419.

Bed space available for rent. Male/ Female Filipino only. In Al Riqqa, near KFC restaurant. Internet /TFC free. Call 0502749466/0502749032.

Bed space available for rent. Keralite executive bachelor only. Near Al Rigga/ Salah Al Din metro station. Internet available. For 520AED + DEWA. Call 0506987229.

Bed space available for rent starting Nov. 1st. In the O.P.C. area, Bur Dubai. For Keralite only. Shared with two others. 750AED including DEWA. Call 0507356988.

Room available for rent. At Al Khail Gate, Al Quoz. For Filipinos only. Feeder Bus available that heads to Noor Islamic Bank metro station. Call 0508739204.

Bed space available for rent. For males only. Near Al Qiyada metro station, C9 bus station Hor Al Anz East Abu Hail. Call 0502792516/email: Bitware_02262000@yahoo.com .

Bed space for rent required. Starting with 500AED and below including DEWA. I am a male working in Dubai airport. Call 0504950823/0558305103/ email abdul_rahman235@yahoo.com.

Bed spaces are available for rent. Near Deira Union metro station. For Executive Keralite Bachelors only. Please call 0506762979.

Shared rooms available for rent. In Al Quoz behind Oasis Centre. For Filipino male/female/family only. No deposit. Near Noor Islamic Bank metro station. Call 0508712707.

Spacious shared bedroom available for rent. Executive bachelor only in NR. Lulu village, WiFi is included. Call 0551424786.

MISCELLANEOUS

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

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

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

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RTA and Hong Kong's MTR sign pact

CO-OPERATION

The RTA recently signed a memorandum of understanding with the Mass Transit Railway (MTR) Corporation of Hong Kong to boost strategic relationships and cooperation between the two bodies as they work to improve urban transport.

The RTA and MTR will look at a wide number of areas of co-operation, including designing, building, testing, commissioning and maintaining Metro systems, the training of employees, and sharing expert advice on rail systems.

The MoU was signed on behalf of the RTA by Mattar Al Tayer, chairman of the board and executive director of the RTA, and for the MTR by David Yam, director of interna-



tional business at MTR Corporation.

Al Tayer expressed his pleasure at signing this MoU with the MTR, which boasts over 30 years of experience in operating trains and

public buses, and currently runs a number of trains in Hong Kong, Europe, China and Australia.

"This signing comes in the context of RTA efforts to introduce best-in-class global practices in the

field of mobility and transport, and we will benefit from the expertise of other advanced countries and cities in operating, managing and maintaining mass transit means. It will qualify nationals with the essential know-how to groom them for running these modes efficiently, exchanging expertise and practices of modern transport programmes and technologies, and boosting communication with the aim of sharing knowledge. We will also review and discuss global issues related to mobility, transport and initiatives, as well as allow the exchange of employees for related projects.

"The RTA has set up an excellent integrated mass transit system that comprises the Red and Green Lines of Dubai Metro, a giant fleet of pub-

lic buses comprising more than 1,420 vehicles, and diverse marine transit means consisting of traditional abras, water buses, water taxis and Ferry Dubai. The present and future stages require a focus on operating, maintaining, managing and integrating mass transit systems efficiently, as well as qualifying nationals on these fields to operate and manage public transport at world-class standards.

"The two parties share several common objectives and can exchange expertise in the field of infrastructure, particularly since Hong Kong, a small, urbanised city, is an excellent example for developing the infrastructure, particularly in mass transport," concluded Al Tayer.

In Safe Hands service launches for taxis

TAXIS

As part of the continuing endeavours of Dubai Taxi Corporation (DTC) to deliver best-in-class services to its customers, the company has launched a new, "In Safe Hands" taxi service that provides greater choice for the customer.

Abdul Mohsen Ibrahim, CEO of RTA Strategy and Corporate Governance and head of the Dubai Taxi Supervisory Committee, announced that, "This new service targets all segments of the community, from families and students to special needs passengers, and is characterised by fast, high-quality delivery by hand-picked drivers. Around 60 taxis will be allocated to In Safe Hands in the initial phase."

"A reasonable fare has been set for



this service whereby flagfall is set at Dh25 with an increment of Dh1.71 for each additional kilometre, and 50 fils per each minute of waiting, as is the case with other cabs. For journeys to Sharjah, Dh20 will be added to the fare. Specific procedures have been put in place for ordering the service through the Booking and Despatch Centre or DTC's main reception desk," said the acting CEO of DTC, Yousef Al Ali.

"The customer can also select the type of driver; those requesting a female driver should be ladies, families or those below 12 years of age. No conditions will be set for male drivers," added Al Ali.

Ibrahim praised the pre-planning and organisation of this service, which involved several bodies within the RTA. The effectiveness



and efficiency of the service has already been assessed and proved satisfactory.

"The new service complements our other services by upgrading the level of services rendered to customers," Ibrahim said.



هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY

RTA



Take your luggage along for the ride.

Now you can carry up to two suitcases with you on the Metro - a large one and a small one. All you have to do is ensure they don't exceed 81cm x 58cm x 30cm and 55cm x 38cm x 20cm respectively and that you keep them stowed in the dedicated luggage area which can be found in every cabin.

Facebook: Roads and Transport Authority Dubai - Group YouTube: www.youtube.com/rtadubaigov

My City. My Metro.

مترودبي
Dubai Metro



Call center 800 90 90 www.rta.ae ask@rta.ae

Online plate auction begins

NUMBERS

In its eighth online auction for distinguished number plates, the Licensing Agency of the RTA is offering around 350 distinctive vehicle registration numbers.

In addition to offering numbers within the codes A, B, C, D, E, G, I, J and K, the auction will also witness, for the first time ever, the offering of distinguished number plates for quad bikes. The scheme will begin on October 24 and run for three days.

"Online auctions are particularly attractive to a wide spectrum of community members as they can select suitable numbers in a hassle-free environment that saves them time," said Mohammed Abdul Kareem Nimaat, director of vehicles licensing at the Licensing



MOHAMMED ABDUL KAREEM NIMAAT

Agency. "Successes made by previous online auctions have contributed to boosting the online services provided by the Licensing Department."

"Participation in the auction can be made by visiting the RTA portal (www.rta.ae), or visiting the Licensing Centres at Deira and Bur Dubai, the main Customer

Service Centre or the Unified Services Centre in Al Tawar Municipality. Each participant must have a traffic file in Dubai and deposit a sum of Dh5,000, which is refundable in case no successful bid is made," he added.

Nimaat also pointed out that quadbike owners could also take advantage of two and three-digit numbers for their vehicles.

"Online auctions are particularly attractive to a wide spectrum."

Regular passengers to be rewarded on Public Transport Day

REWARDS

The RTA will honour the most frequent users of Dubai public transport as a means to commemorate the second edition of Public Transport Day on November 1 and to reward commuters for their commitment to mass transit.

"More than 50 commuters in Dubai will receive an additional credit of Dh100 on their Nol cards," said Mohammed Yousef Al Mudharab, director of automated fare collection cards at the RTA Corporate Technical Support Services Sector, adding that the initiative

reflects the authority's growing attention to public transport users. The RTA aims to encourage members of the community to increasingly use public transport as their first choice of mobility across Dubai.

"The winners will be announced on October 31, on the eve of Public Transport Day, and their names will be published in the press," said Al Mudharab.

On Public Transport Day, holders of Nol cards will receive free transport across Dubai on Metro, public bus and water bus services from 6:00am to 12:00 midnight.

Road show tours places of higher education

UNIVERSITIES

The committee supervising the Public Transport Day events at the RTA has set up a mobile stand to tour universities and educational institutions in Dubai to educate students on the benefits of using mass transit. On November 1, Metro, public bus and water bus services will be free for passengers as a means of promoting public transport to the community.

The programme of field visits covers the University of Wollongong, Dubai Men's College of Technology, the Canadian University, the Dubai Women's College of Technology, the American University, and ends at Zayed University.

Hussain Al Banna, Public Trans-

port Day project manager, said, "We have prepared a mobile stand for these visits across a number of educational institutions. It will cast more light on the public transport systems used in Dubai and provide a detailed briefing on mass transit modes in a bid to encourage students to use and enjoy the numerous benefits of using them, such as saving effort, time and money."

"During these visits, promotional offers for Nol blue cards dedicated to students will be made in the presence of several CEOs. Such discounted cards encourage and motivate students of all age groups to use the Metro, public buses and the water buses for daily travel, and will promote a culture of using mass transit among them. We have also



THE ROADSHOW WILL VISIT SEVERAL UNIVERSITIES

provided one RTA double-decker bus to treat students to a short tour, offering them exposure to one of the key components of the mass transit network in Dubai, so they can enjoy the advanced features of the bus, which represents one of the vital services provided by RTA to various community segments," he added.

Essa Abdul Rahman Al Dosari, CEO of the Public Transport Agency, urged students to become accustomed to using public transport. "Users of public transport can enjoy a number of benefits, such as reducing the cost of fuel consumed by their cars, in addition to the great feeling of enjoyment on board these services, and less stress from driving during peak hours."



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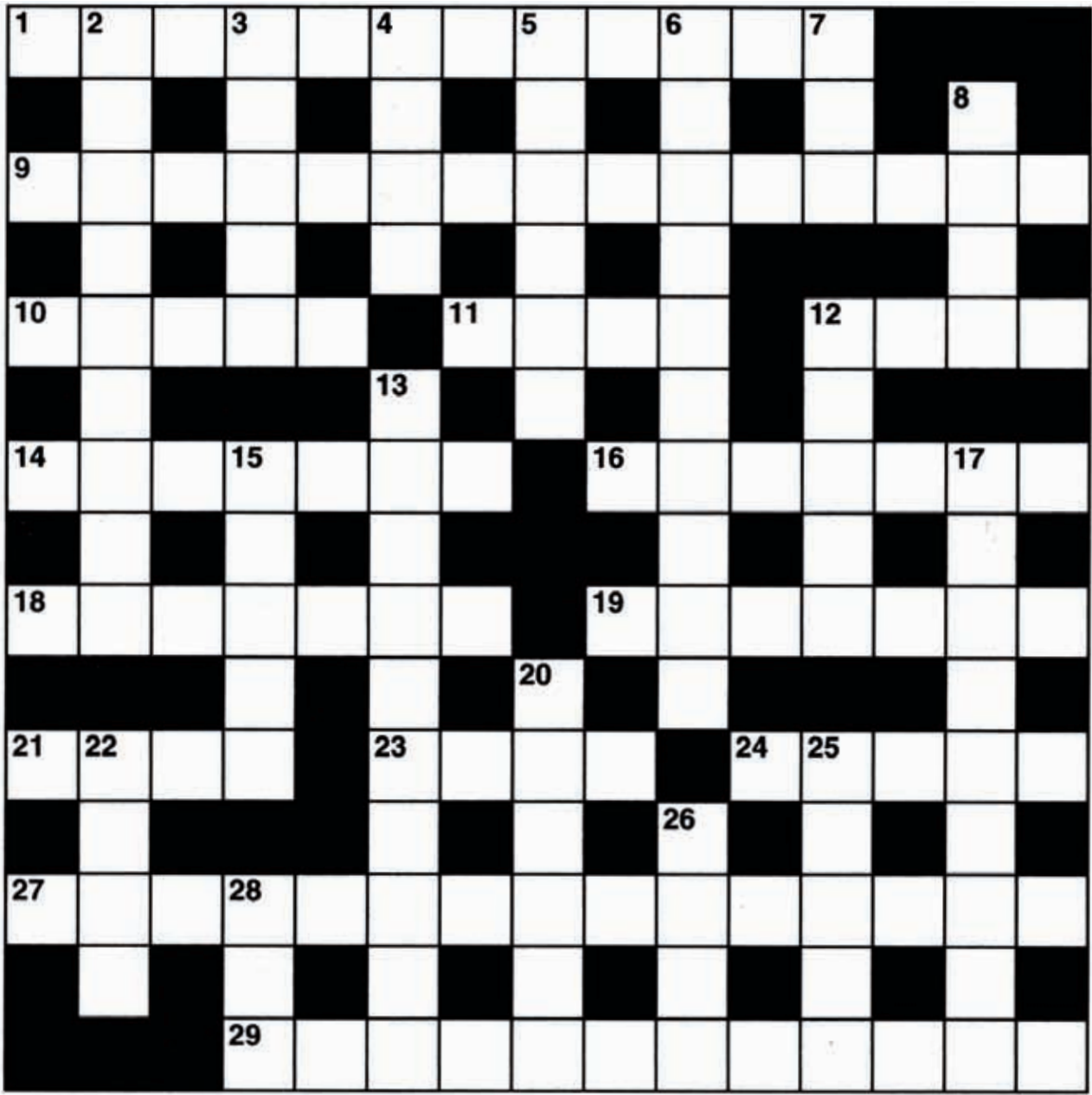
مترو دبي
Dubai Metro



Call center 800 90 90 www.rta.ae ask@rta.ae

Taking your time

Test your skills with our puzzles, try something new with a recipe and turn to us for advice. It's free!



- Across**
- 1 Fizzy (12)
 - 9 Goodwill, amity (4-11)
 - 10 Eggs laid in water (5)
 - 11 Exceedingly (4)
 - 12 Deep mud (4)
 - 14 Twelve-monthly income (7)
 - 16 Suddenly (7)
 - 18 Scornful (7)
 - 19 Concern (7)
 - 21 Umpteen (4)
 - 23 Conservative (4)
 - 24 Grin (5)
 - 27 Impossible to be passed on (3-12)
 - 29 Dispense with bad habits (4,4,4)
- Down**
- 2 Frivolous behaviour (9)
 - 3 Provide (with) (5)
 - 4 Survey (4)
 - 5 Whoop (6)
 - 6 *Life, the Universe and ____*, novel by Douglas Adams (10)
 - 7 Paint pot (3)
 - 8 Russian emperor (4)
 - 12 ____ Gras, festival (5)
 - 13 Early railway engine (5,5)
 - 15 Bring together (5)
 - 17 Exactly (9)
 - 20 Wintry (6)
 - 22 Declare (4)
 - 25 Cat noise (5)
 - 26 Boyfriend, lover (4)
 - 28 ____ Hanks, star of *Angels & Demons* (3)

Answers



Apple and cheese cobbler

Cheese may seem like a strange ingredient, but the saltiness complements the sweetness.

RECIPE

- Ingredients**
- 5 large cooking apples, cut into thick wedges
 - 125g caster sugar
 - 100g unsalted butter
 - 1 cinnamon stick
- For the topping**
- 225g plain flour
 - 150g Cheshire cheese, crumbled
 - 1 tbsp baking powder
 - 100g caster sugar
 - 100g cold unsalted butter, cut into cubes
 - 175ml soured cream
 - Pinch of salt

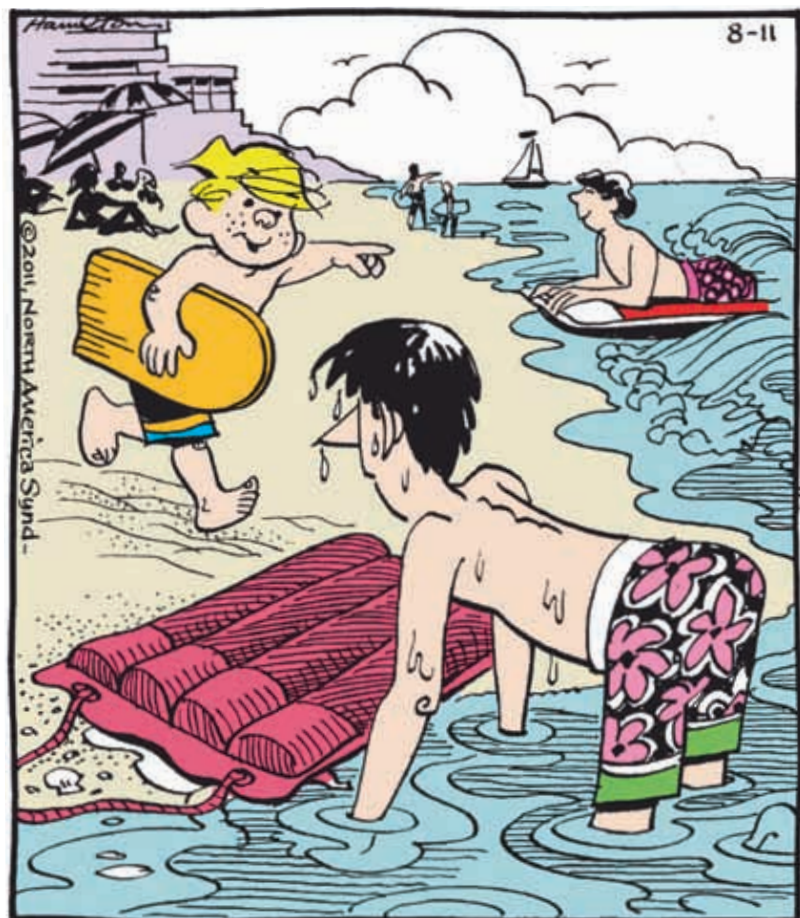
- Method**
- Preheat the oven to 200C/Gas mark 6.
- Put the sliced apples into a pan with the sugar, butter and cinnamon and cook gently until tender and caramelised. Spread the apples evenly into a medium pie dish and discard the cinnamon stick.
- To make the topping, blend the flour, baking powder, sugar, salt and butter in a food processor until coarsely ground (it

- should resemble breadcrumbs).
- Add the soured cream and blend until the mixture comes together into a thick dough.
- Evenly place spoonfuls of the dough on top of the apples then sprinkle the crumbled cheese over the top.
- Bake in the oven for 25-30 minutes, until crisp and golden-brown. Serve warm with a good dollop of cr me fra che.

Serves 3

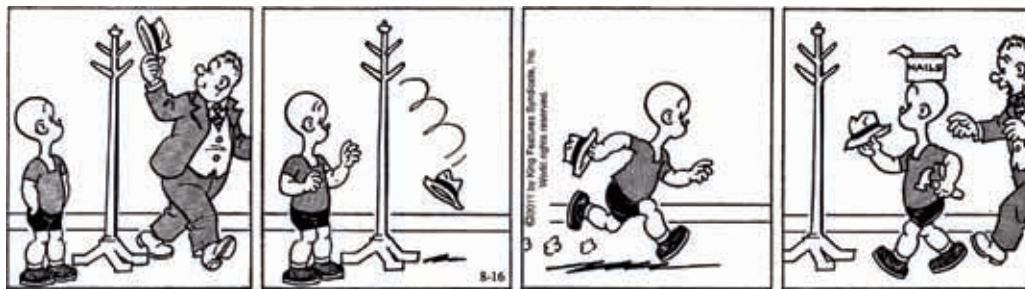


Dennis the Menace



"BETTER GET RIGHT BACK ON BEFORE YOU LOSE YOUR NERVE, DAD."

Henry



Ollie and Quentin



Spiderman



Here to help

Q I want to change jobs but I don't want to start again from the very beginning. Will my experience in a previous field count for anything?

Read says: Experience will always count, especially if you can prove that you worked well in your previous role and have valuable skills. There are plenty of courses you could look into in order to improve your skills in the field you want to move into, or look for a position that offers on-the-job training. You may have to take a few steps backwards to break into a new industry, but it could lead you to a more fulfilling career in the long term.

Q I have really smelly breath. It sounds funny but it's really not and I'm always conscious of talking to people because I'm aware of it. What can I do about it?

Read says: Obviously you should be brushing and flossing your



teeth twice a day. Use an anti-bacterial mouthwash after flossing (and after meals if necessary) and try using a tongue scraper. The tongue is often the cause of smelly breath. There could be underlying problems with your teeth, so if it doesn't get better seek the advice of a dentist.

Q I think I am addicted to my BlackBerry! It's always glued to my hand, whether I'm checking my facebook, BBM or texts. I honestly think it's taking over my life, and the recent outage was hell. What can I do?

Read says: The only cure is to

go cold turkey. Give your BlackBerry to a family member or friend and put your sim card in a cheap, basic phone. As long as people can still call and text you then you are in no danger of losing touch with the world. Ditching the BlackBerry for a while may mean you start to look around you and actually notice the world more, which may make you less dependant on it when you go back to using it.

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

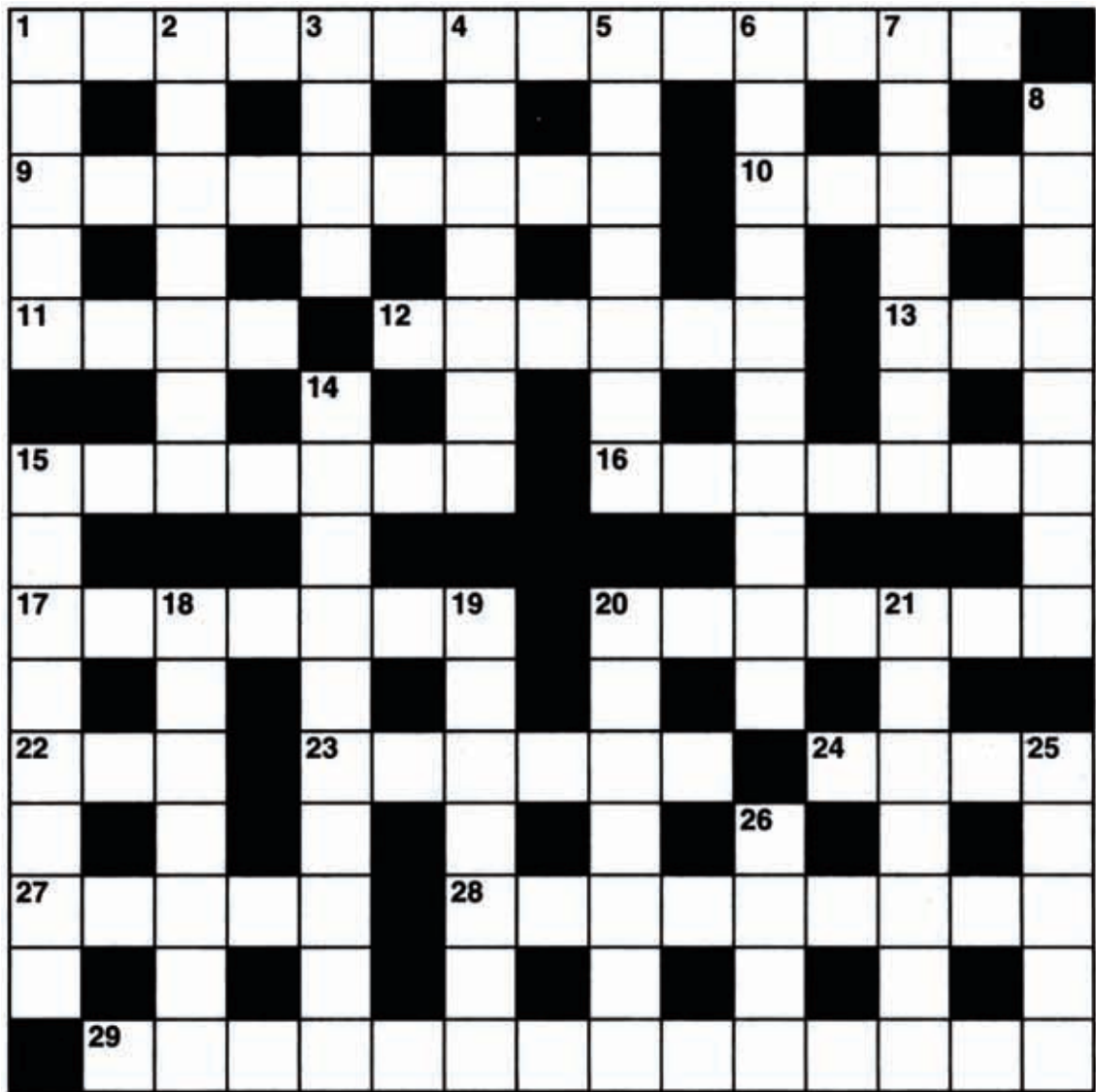
Who's this?

Answer

Turn to page 38



Crossword



- Across**
- 1 Mail service (10,4) 9 Pouffe (9) 10 Popeye's girl (5) 11 Jealous emotion (4) 12 Dress warmly (4,2) 13 Creditor's note (inits) (3) 15 Protective rubber sheet behind a car's wheel (7) 16 Incensed (7) 17 Ironical cutting remarks (7) 20 Thing (7) 22 Buffoon (3) 23 Blood vessel (6) 24 Wriggling invertebrate (4) 27 Cape (5) 28 Payment method (5,4) 29 Money used for a risky project (7,7)
- Down**
- 1 Plunder (5) 2 Ridged (7) 3 Ornamental ribbon (4) 4 Selfish morale boost (3,4) 5 Shape like a flattened circle (7) 6 Financial abundance (10) 7 Travelling on the sea (7) 8 Confuse (8) 14 Jumble sale (4,6) 15 Fail to correspond (8) 18 Make as good as new (7) 19 Bullfighter (7) 20 Style of exercise (7) 21 Anti-warming agent (7) 25 Exemplary (5) 26 Cease, desist (4)

Sudoku 1

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

Sudoku 2

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

Crossword answers



Sudoku 1 answers

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

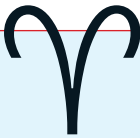
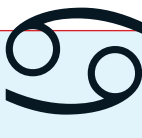
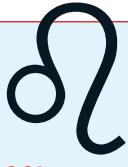
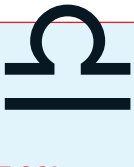
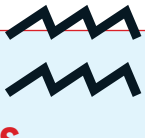
Sudoku 2 answers

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

Who's this? answer - Ashton Kutcher

What's in your *stars*?

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

 ARIES (MAR 21 - APR 20) Some major changes are due, which could be linked to work responsibilities or property. You need to make the most of things, so see this as a chance to positively change your circumstances and create a different path for yourself.	 TAURUS (APR 21 - MAY 21) You may have been feeling out of sorts recently, but it's time to pick yourself up and move on. Certain people may have revealed their true colours, so while this may have been a shock, a new knowledge could allow you to make changes for the better.	 GEMINI (MAY 22 - JUN 21) You are feeling inspired at the moment, so if you are looking for new opportunities, dare to believe that they could work out. You may have a head start on your competitors without realising it, so don't hold back from submitting that application or idea.	 CANCER JUN 22 - JUL 23 Things may have felt as though they are getting a little heavy recently, so remember, you are allowed to take a break every now and then. Those close to you can take some of the strain and their fresh perspective could be just what the issues at hand need.
 LEO (JUL 24 - AUG 23) Somebody new in your life could start to have a surprising impact on the way you think about work. There is something about the way they do things that inspires you, which combined with your practical skills could provide a winning formula for success.	 VIRGO (AUG 24 - SEP 23) This is an exciting time for you to exchange ideas with someone who has always seemed to be on the same wavelength. Your mind is buzzing with possibilities and you may find more determination than ever before to better yourself at work or in your personal life.	 LIBRA (SEP 24 - OCT 23) It may have felt as though people have been disappearing from your life recently. If this is the case, think of it more as clearing space for new opportunities and friendships. Something special could come your way, so be prepared to make a snap decision.	 SCORPIO (OCT 24 - NOV 22) After a period filled with reflection and doubts, you may find yourself blossoming again with a newfound charisma and sense of optimism. Your popularity levels look set to rocket, with new friends and exciting adventures on the horizon.
 SAGITTARIUS (NOV 23 - DEC 21) If you find yourself saying goodbye to a friendship that seems to have run its course, don't look back with regret as time moves us all on and friendships sometimes fade naturally. You have had a special impact on a person's life more than you may think.	 CAPRICORN (DEC 22 - JAN 20) Ideas that have been bubbling in the background could burst into life, as a chance meeting comes your way. Your personality can prove to be a winning factor when it comes to job hunting or building new relationships, so let your quick wit shine through.	 AQUARIUS (JAN 21 - FEB 19) You are set to encounter more important business types. Although you don't usually bother pandering to high-fliers, don't turn away from opportunities they may be offering you. They may seem flash and boastful, but their offers have a lot going for you.	 PISCES (FEB 20 - MAR 20) The pressure you put on yourself has meant you have had to work hard and occasionally burn the midnight oil. You may feel like breaking away from such pressures now things have calmed down, so enjoy some personal freedom and chill out with friends.

This week's local weather

SUNDAY 23 rd	MONDAY 24 th	TUESDAY 25 th	WEDNESDAY 26 th	THURSDAY 27 th	FRIDAY 28 th	SATURDAY 29 th
						
Sunny High 32C Low 27C Humidity 45%	Sunny High 33C Low 27C Humidity 50%	Sunny High 33C Low 27C Humidity 49%	Sunny High 32C Low 26C Humidity 43%	Sunny High 33C Low 28C Humidity 41%	Sunny High 33C Low 28C Humidity 44%	Sunny High 34C Low 28C Humidity 44%

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