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OCTOBER 30-NOVEMBER 5, 2011 | Issue 20

Read



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BAGGY IS BACK AGAIN

If the latest trends are anything to go by, many women will be pleased to hear that figure-hugging outfits are on their way out



ACROSS THE BORDER



HIGH ALTITUDE

The lowdown on how altitude training can improve fitness and why the professionals hold the practice in such high regard



DOLPHIN TALE

The new film starring child prodigy Nathan Gamble offers up an intriguing and inspirational story

Cutting for *good*

How hair donations enrich the lives of cancer patients

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Dh200 fine.

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

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Letters

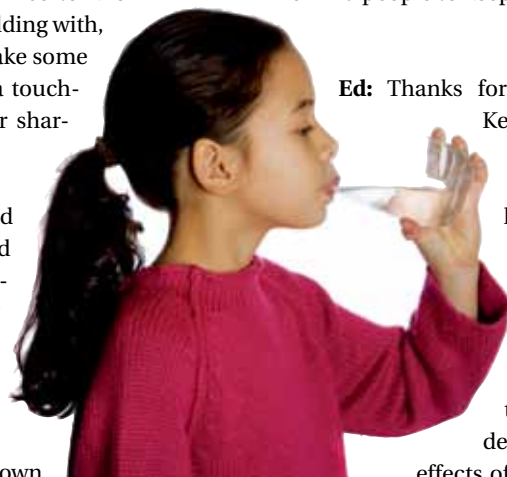
Email: letters@readme.ae

Dear Editor, I felt as though I had to write in to *Read.*, just to share my story with everyone as—hopefully—a little ray of sunshine on their daily commute. The other day I was waiting for a taxi outside my office. I usually get the Metro but that day I had lots of luggage with me so decided a taxi would be easier. After waiting for about 15 minutes, I still hadn't managed to flag one down and was getting a bit agitated. Then a taxi pulled over with a guy already sitting in the passenger seat. It turned out one of my neighbours was in the taxi and had spotted me waiting. He had asked the driver to turn back around to pick me up and we shared the taxi home. I had only really ever said, "Hello", to him before so I was taken aback by his kind gesture. We now have a chat most days when we bump into each other and I think we should all make the effort to speak to our neighbours more.

Safira Haman

Ed: We definitely agree Safira. With many people living in big apartment buildings it is often difficult to know those who live around you, but it's always nice to know who you share a building with, and that you can make some new friends. What a touching story, thanks for sharing.

Hey Read., I would just like to remind people of the importance of drinking water. It sounds obvious but recently I was so busy with work and running around town



all day that I forgot to drink anything all day. By the end of the day I had a huge migraine and felt dizzy, not good! It is easy to forget how much water we need to stay healthy, especially living in a country like ours, so although it seems obvious I just wanted to remind people to keep hydrated. That's all!

Mae Navarro

Ed: Thanks for the reminder, Mae. Keeping hydrated is definitely a top priority living in a climate like Dubai. We should all be drinking at least eight glasses of water a day, sipped at regular intervals to prevent symptoms like those you described and the other effects of dehydration. Try car-

rying a small bottle with you at all times and refilling it through the day.

Hi all, I am brand new to Dubai and am trying to furnish my place. I don't have a lot to spend and I'm more than happy to use second-hand things if I can find them. I don't know where I would get second-hand things, though. I don't know anyone here yet so thought I would ask the good people at *Read.* to recommend somewhere :-). Thanks guys :-)

Adhaan Navindra

Ed: Hi Adhaan. Some of the best places to source second-hand goods are websites that most people in Dubai will already be familiar with. Visit them and search through the For Sale sections to find some bargains. Many people who are leaving the country for good will be selling off most of their furniture and household goods for, often, quite reasonable prices.



GETTING TO KNOW YOUR NEIGHBOURS CAN BE REWARDING



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**Please recycle this
copy responsibly.**



My Metro life

Julie Ann Quipotla-Singh
Admin and sales executive, Bur Dubai

I am one of those people who gets lost constantly, so my husband has always been my map and geographical guide. Since the introduction of the Metro, I have heard lots of positive reviews as to how fast it can transport people so my husband has been encouraging me to use it, especially now the Green Line is open and I can use it from my office to home. I was hesitant to use it, I felt there would be so much walking and I was afraid

of getting lost and ending up at the wrong destination. But my husband taught me the "how to" of getting onto the Metro and now my one-hour, 15-minute journey home every evening has been cut to 30 minutes. The hassle of traffic is definitely out of my head now and the Metro has become a short and sure way to get home; simply amazing.

I hope my story will inspire other people as there are many



DUBAI METRO EASES TRAVEL WOES

people like me who are scared to try new things, which maybe includes trying the comfort and advantage of using the Metro. I hope I can inspire people to use

this one-of-a-kind facility that our government leaders have provided, and would like to give kudos to everyone involved for a job well done. Thank you!

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



ALI AKBAR KAVIANI



SHAJU JANARDHAN



MANJIT SINGH J. HOTSINGHANI



BENEDICT HAO



VJUEUTH V. NATH



GILBERT LABAO



NIRADA SRIONNLHA



CORA MERILOS-ROPETA



BWIN SHAKYA

STATION-BY-STATION *guide*

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

DINING IN THE DARK



October 31, 7.30pm
Nineteen, Montgomerie Dubai

Just a short hop from Dubai Marina station, why not enjoy a specially prepared four-course meal in complete darkness and undergo a world of sensitivity never experienced before? Meet your dining companions in Nineteen's lounge, before being guided to the darkened dining room for this unique experience.

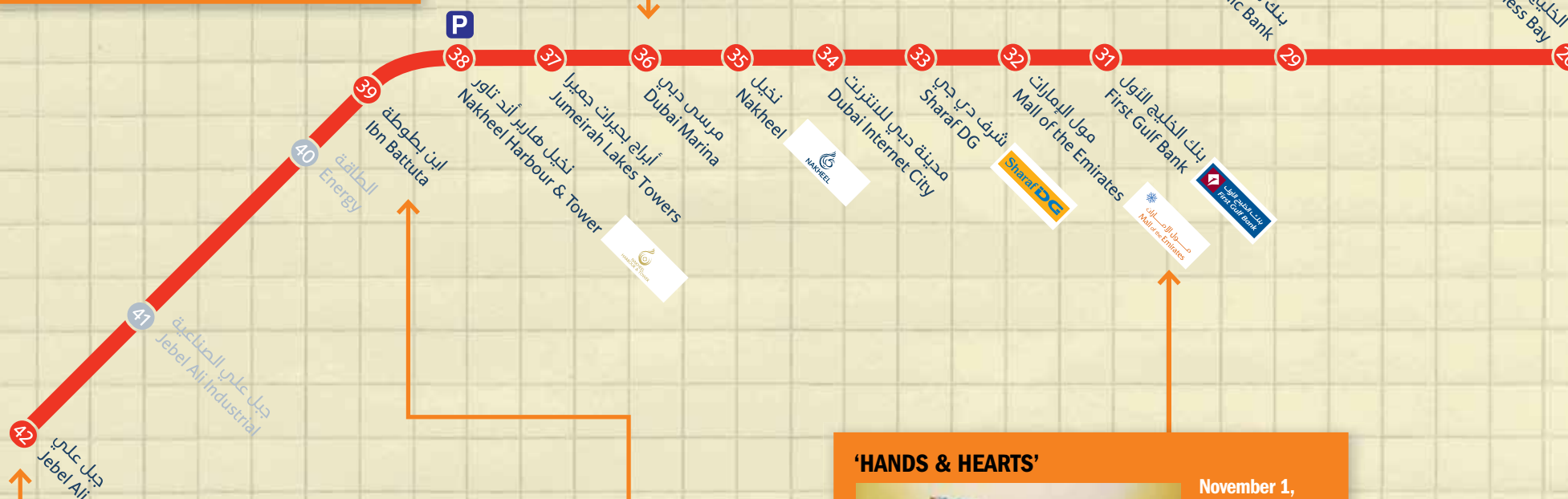
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'HANDS & HEARTS'



November 1, 7.30-9.30pm
Al Noor Training Centre, Al Barsha

Majid Al Futtaim Fashion, the apparel retailing arm of Majid Al Futtaim Ventures, is partnering with the Al Noor Training Centre for Children with Special Needs to create 'Hands & Hearts'.

'Hearts' - a platform to showcase the creative talent and skills of its students. 'Hands & Hearts' will feature a fashion event and auction. Call 04 340 4844 for more details.

SIGNATURE MASSAGE



Sat-Weds 9am to 7pm, Thurs-Fri 9am to 8pm
The Spa, Jebel Ali Golf resort

The Jebel Ali signature massage combines Thai Chi movements, gentle stimulation of pressure points, European techniques and essential oils to re-balance your inner spirit and create a purely luxurious 90 minutes.

BRUNCH AND ALL THAT JAZZ



Friday 12.30-4pm
Battuta Gate Hotel

The Battuta Gate has launched a new jazz brunch in their newly launched entertainment venue, Al Bahou, that looks set to be a hit with brunch-lovers all over Dubai. Not only is the choice of food on offer quite staggering - a whole room of sweets and desserts anyone? - but the addition of live jazz music adds a certain ambience to an already classy affair.

MEENA BAZAAR



Open daily

Just a 10-minute walk from the station you can find this bustling market, buzzing with the activity of hundreds of textile, jewellery and Indian clothing shops, as well as numerous places to eat. If you are visiting for the first time, it's very easy to get lost in and around the bazaar, so don't go on a day when you have other plans.

DUBAI OLD SOUQ



Open daily

The old souq is one of Dubai's hidden treasures and, although popular with tourists, this maze of winding alleyways, shops and market stalls are a great place for you to try haggling for a bargain on a variety of goods, from clothes to souvenirs, rugs to shoes.

DINNER AT JIGSAW



Daily
6.30-11.00pm
Mövenpick
Hotel Deira

Why not treat a loved one to dinner at Jigsaw, with a tempting and delicious mix of international cuisine and Middle

Eastern favourites? Instead of heading for your usual restaurant or picking up the phone for a takeaway, simply hop on the Green Line to find this gem of a restaurant.

SEGA REPUBLIC



10am-1am daily,
Dubai Mall

Now the kids have been back at school for a while, why not give them (and yourself) a treat by heading to Sega Republic? Let your hair down on a host of rides, enjoy some games and rediscover your inner child.

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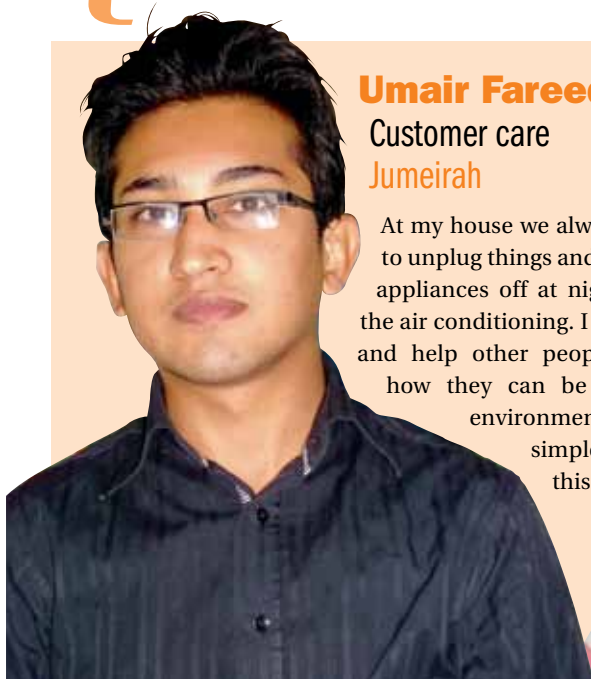
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The Burning Question

Q With various green initiatives being launched across Dubai and the surrounding emirates, what are you doing to help the environment?



Umair Fareed

Customer care

Jumeirah

At my house we always make sure to unplug things and switch all the appliances off at night, including the air conditioning. I also like to try and help other people understand how they can be good to the environment by doing simple things like this.

Liza Bonifacio

Corporate sales executive

Al Mankhool

My apartment building has a facility where residents can recycle paper, cans and plastic bottles. I think it's a really easy way to help the environment as it stops everything just going straight into the garbage.



Jehanzeb Qadri

Marketing executive

International City

There is a problem with traffic over here so I think that taking the Metro can definitely help the environment by reducing pollution from cars. I think more people should take it and I would like to see a Metro that links all of the emirates, especially Sharjah and Dubai.



Helen Sophia

Guest faculty

Deira

I recycle plastic bottles, but maybe I could do more to help the environment. I do think that, particularly in Dubai, we could reduce the amount of plastic packaging used as everything seems to come in plastic, which there is no need for.

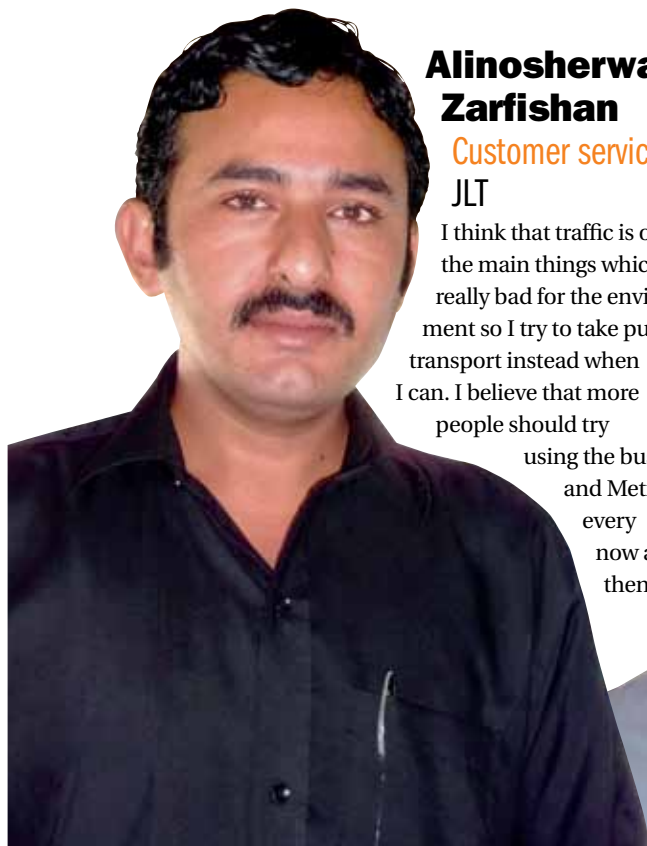


Alinoshewan Zarfshan

Customer services

JLT

I think that traffic is one of the main things which is really bad for the environment so I try to take public transport instead when I can. I believe that more people should try using the bus and Metro every now and then.



Jaillo Balbuena

Accounts executive

Al Nahda

In my house we are careful about how much electricity we use and how often we have the air conditioning on. This is usually more to keep the cost of bills down, though! Also, when I go to the supermarket I always make sure I re-use my shopping bags.



Natalia Lapteva

Housewife

JLT

My husband does everything possible to try and be good to the environment, but mainly in our house we generally try not to use too much energy.

We also don't have a television in the house which saves electricity.



What's happening this week on readme.ae?

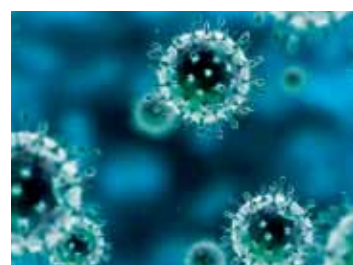
Make sure you check out our web site for these daily specials, which appear online every afternoon. 'Like' us on Facebook so that we can keep you up to date with our latest online features and fun.

COMING UP THIS WEEK



MONDAY

The UAE is still recovering from the mayhem of last week's Metallica gig at Yas Island. Are there any live shows out there that could top this band's? We find out.



TUESDAY

As of yet, there is no cure for the common cold, but we have managed to eradicate a number of deadly diseases from the planet. We look at some of these extinct viruses.



WEDNESDAY

With former Oasis guitarist Noel Gallagher having just released his debut solo album, we look at the history of his previous band, which was once the darling of the charts.



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

Did you know that some pearl divers can pull in \$110,000 (Dh404,000) for just two months' work? We look at some of the world's weirdest jobs that command higher salaries than you might think.



TODAY

Everyone has woken up from a completely wild and inexplicable dream at some point in their lives. Whether they are good or bad, seem real or completely fantastical, there is no doubting that dreams can be weird. But what do such dreams mean? We take a look at the most common dream themes, and attempt to decipher the meanings behind them.

Facebook chatter



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

(Responses only edited for length)

What are the best big-budget films you've ever seen and why?

Among Indian big budget films,

which one I like most is the ROBOT, starring the superhero Rajanikant. That movie was great success in giving a visual treat and making the festive season more enjoyable :)

—Azhar Olivett

I watched Avatar at least 14 times, not just for that amazing visuals, but also for story, the direction, the background score etc, it's the one movie I wish to watch again and again.

—Romil Vaya

I remember watching the Dark Knight in last full show the first day it went to cinema because of a hard-core fan am I!

—Christian Salazar

What outside activities will you be taking part in now that the weather has cooled down in Dubai?

I have a huge list, was anxiously waiting until the heat ends. Jet-ski, swimming in the sea, deep water diving, boat rides, spending the evening and night with friends by the sea side (Jumeira open beach), playing some

childish games to bring back childhood memories!! :)

—Imran Imy

First of all beaches and corniche. Then it could be long walks in a peaceful place. Peaceful describes parks.

—Sana Ali

jogging and biking are the best way to enjoy this cold weather..

—Boy Buyo

What green technologies do you think Dubai could make use of to save on expensive electricity bills?

They could also use the gas that the waste or garbage produce like what one of the places in the Philippines do... Since it's also windy here in Dubai why don't they create a windmill.. use the wind to produce electricity ;)

—Aj Kyutt

I think Dubai can cut off electricity costs up to 20 % if solar energy is used in every building as Dubai has sun light in all 12 months....

—Ring Awng

making less use of air conditioners in winter seasons or when they're not required.

—Ershad Hussain



Hair for hope

An initiative to enrich the lives of Middle Eastern cancer sufferers is making headway.

For many women, winning the fight against cancer can mean losing their hair, which in turn can make them feel as though they have also lost their looks and self esteem. Hair For Hope is a new initiative to give them back a bit of that confidence.

Lola Lopez is a force of nature, and it is easy to be swept up in her enthusiasm for all the projects that come under the umbrella of Volunteer in Dubai. But her latest initiative is a brave move for the region, and thoroughly worthy of support. One of the most obvious side effects of the chemotherapy that is often used to treat cancer is complete loss of hair. And in a region where long, beautiful hair is highly prized, losing your looks

and self esteem can seem almost as debilitating as the cancer.

Which is where Lola's initiative is so valuable. Hair For Hope is a new organisation set up to collect long hair donated by volunteers, to make wigs for cancer survivors who have lost their own. As Lopez says, it's not a new idea—the concept has been well established in the United States—and she herself has been thinking about it for

Get involved

To donate your hair, ladies should contact Jet Set Altitude Salon (04 330 0886); men should contact 1847 in Emirates Towers (04 330 1847). Hair for Hope officially launched on October 29. Visit www.volunteerindubai.com for more information.



LOLA LOPEZ



18 months or so, but the pieces finally fell into place.

"I wasn't at all sure the idea would catch on in this part of the world," admits Lopez. "Women in this region like long hair, they like to dye it and highlight it, and you don't see many short pixie haircuts in this country. I was reluctant to start the project because I didn't think women would want to cut off their hair, and even if they did, I didn't think their hair

would be in the right condition for the project."

There are two issues facing the success of such a project; the fact that donated hair cannot be chemically treated or dyed (as much hair is in this part of the world) and it needs to be significantly long if the donor doesn't want to end up with a Beckham bob—generally it should fall to at least half way down a donor's back, so that at least eight inches



18,000

The number of wigs that have so far been donated to cancer patients.

(20cms) can be trimmed safely without leaving the wearer too short.

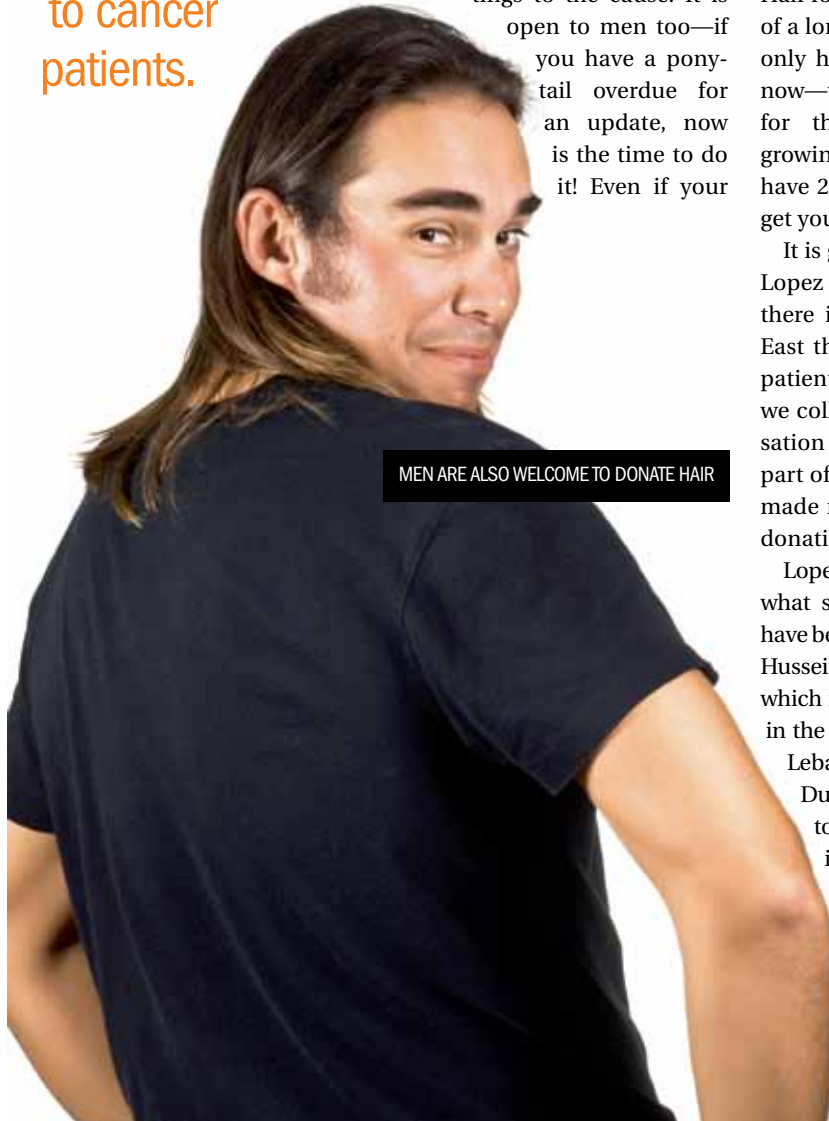
Donors who volunteer can have their hair cut for free if it is suitable for use in making a wig. So far, more than 50 people have already signed up for the free hair cut and to donate the cuttings to the cause. It is open to men too—if you have a pony-tail overdue for an update, now is the time to do it! Even if your

hair isn't long enough yet, book and pay for a cut and blow dry, and Jet Set Salon will use the takings to help the cause. Jet Set Salon have partnered with Hair For Hope for a whole 12 months, so there are plenty of opportunities to do your bit for the cause.

As Lopez points out, this first Hair for Hope event is the launch of a long campaign. "People who only have 15cm of hair to offer now—which isn't long enough for the campaign—can keep growing it; don't cut it until you have 20cm, then come back and get your hair cut for free."

It is going to be a long journey. Lopez explains, "At the moment, there is nowhere in the Middle East that makes wigs for cancer patients. We have to send the hair we collect to a US-based organisation called Beautiful Lengths, part of Pantene, which so far has made more than 18,000 wigs for donation free to cancer patients."

Lopez has a very clear vision of what she wants to achieve. "We have been in contact with The King Hussein Cancer Centre in Jordan, which is the biggest cancer centre in the region, and a wig maker in Lebanon that has stores here in Dubai. Long-term, our plan is to ensure that donated hair is made into wigs locally so it will stay in the region and will support cancer patients here. There's no less incidence of cancer here than in other parts of the world, so there are lots of people suffering who need our support."

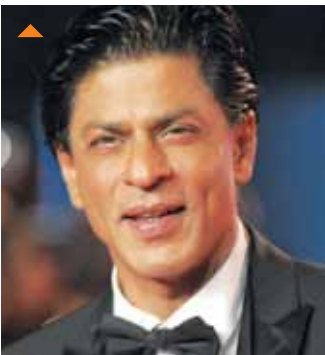


MEN ARE ALSO WELCOME TO DONATE HAIR

Who's hot ...

SHAH RUKH KHAN

The Bollywood superstar arrived in Dubai last week for the world premiere of his sci-fi superhero movie *Ra.One*, and promptly wowed his fans over here. The movie is a home production for Khan and it is rumoured to be one of the most expensive movies ever made in India, costing around Dh73 million.



KELLY ROWLAND

The former Destiny's Child singer has been continuing her domination of British TV audiences with her new role as a judge on the *X Factor UK*. The R&B diva has quickly become a firm favourite with viewers, thanks to her quick wit and caring nature towards the contestants she is personally mentoring.



SHILPA SHETTY

Up-and-coming British artist Romy Shay has had a little help from Bollywood queen Shilpa Shetty, who has taken the role of leading lady in his debut music video. When the stunning actress heard Shay's song for the first time at a family gathering she was hooked and immediately decided she wanted to get involved.

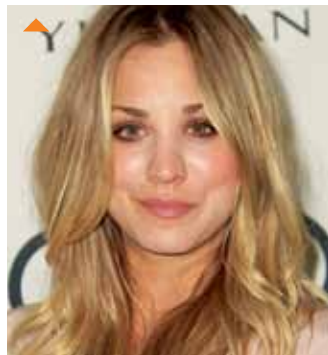


ROBIN WILLIAMS

Legendary Hollywood funnyman Robin Williams has married for the third time. The *Mrs Doubtfire* star, 60, married graphic designer Susan Schneider at an intimate ceremony in California. The guest list wasn't exactly unimpressive, with attendees including Steven Spielberg, George Lucas and Billy Crystal.

KALEY CUOCO

The *Big Bang Theory* star has been snapped showing off her huge dazzling diamond, after her boyfriend Josh 'Lazie' Resnik popped the question and the blonde bombshell accepted. Insiders have been suggesting that the wedding could be set to happen some time in 2012.



Metallica ignite Abu Dhabi

Metallica's show at Yas Arena last week proved that, even after 30 years, they're still the kings of metal.

CONCERTS

The roar from the crowd as Metallica hit the stage was almost as loud as the band. Their scorching performance at Yas Arena on October 25 proved just how widespread the metal community in the UAE is, as grey-haired rockers head-banged alongside porcupine-haired teenagers.

It was certainly one of the most enthusiastic crowds Yas Arena has ever witnessed. The futuristic venue has racked up an impressive portfolio of megastar performers in the short time that it has been open and Metallica was one of the most hotly anticipated yet with tickets all but sold out.

They didn't disappoint. Opening with their classic *Creeping*

Death, the band powered their way through a sizzling set, pounding the audience with a selection of their greatest hits over the years from *Seek & Destroy* and *Motorbreath* to *Cyanide* and *All Nightmare Long* from their most recent album, *Death Magnetic*.

Not once during the 18-song



playlist did the frenzied atmosphere subside. Lead singer James Hetfield shouted out the occasional note of encouragement to "The Metallica family, that's you by the way," but it was hardly necessary.

Stage effects were every bit as dramatic as the music. Flames shot into the air as Kirk Hammett performed his guitar solo in *Fuel*, shouting the lyrics, "Give me fuel,

give me fire". Lasers raced over the arena, illuminating the fervent crowd, which eagerly filled in the gaps when Hetfield held out the microphone.

It has been said that Metallica, now three decades into their career, have had their day. Going by the response to their first performance in Abu Dhabi and the success of their current global tour,

that couldn't be further from the truth. As soon as the band made their slightly late entry on stage, the customary queue at food and drink booths vanished—no one, it seemed, was willing to miss the arrival of metal music's goliaths in Abu Dhabi. And because of such a breath-taking show, anyone there who wasn't already a Metallica fan surely will be now.

Steve Jobs

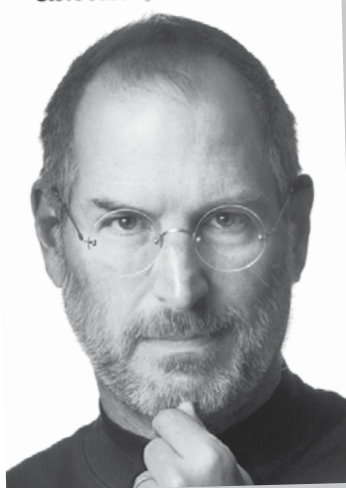
by Walter Isaacson

BOOKS

Over a period of two years, Walter Isaacson conducted over 40 interviews with the man behind Apple, Steve Jobs. Alongside these interviews, Isaacson also spoke to over 100 of Jobs' family members, friends, colleagues and competitors and now, poignantly following the passing of Jobs a few weeks ago, the culmination of this research has been put together in a book that is a must-read for anyone with an interest in Jobs, Apple, technology, or simply social history.

Thanks to his close contact with Jobs and those around him, Isaacson has written a fascinating and intriguing story which examines the roller-coaster life and intense personality of a man who many considered a genius, whose passion for perfection revolutionised no less than six industries including personal computers, animated movies, music, phones, tablet computing and digital publishing.

Steve Jobs by Walter Isaacson



Although Jobs cooperated with this book, unusually, for a biography, he didn't request control over what was written or even insist on reading it before publishing. His interviews are candid and open, which alongside the fact he encouraged the people he knew to speak honestly, provides an insightful view of the passion, perfectionism and obsession that shaped Jobs' approach to business.

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

iWoz: Computer Geek to Cult Icon

by Steve Wozniak and Gina Smith

In 1975, a young engineer named Steve Wozniak invented the Apple I. Working alongside his partner Steve Jobs, Apple became an industry giant. *iWoz* is a no-holds-barred account of one of the men who ignited the computer revolution.

Hard Drive: Bill Gates and the Making of the Microsoft Empire

by James Wallace
This book takes a long, hard look at the man behind Microsoft, Bill Gates. Documenting his various misadventures as well as his successes, *Hard Drive* gives a fascinating insight into the man who has been labeled "the Silicon Bully" by some.

Coldplay – Mylo Xyloto

★★★★★ Capitol Records

ALBUMS

The kings of middle-of-the-road pop are back with their fifth studio album. Though the band might have lost a few fans later down the road with their last album, *Viva La Vida*, they've gained more, meaning they're a force to be reckoned with.

The new album is predictably satisfying. For this CD, the band's sound has been tweaked to come across as more modern, but it's still as sweet as ever. The opening track, *Hurts Like Heaven*, is a little more upbeat than would be expected of the band, but, then again, so is the current single, the epic *Paradise*.

There are other epics on this album in the form of the first single, *Every Teardrop is a Waterfall*, while *Us Against the World* provides a classic acoustic track.

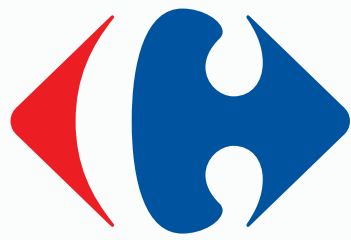
But one track that really

does not deserve a place on any Coldplay CD is *Princess of China*, which features none other than pop sensation Rhianna. While the song itself is good enough, there are so many more appropriate female voices out there for it, making the collaboration seem like more of a gimmick than anything else.

Overall, though, *Mylo Xyloto* is another fine effort from one of Britain's most successful bands, and, like its predecessors, will no doubt become a sales smash.



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Winter brings the flus

With the winter on its way and Dubai residents returning from the summer holiday, colds and flus are on the rise.

It's that time of year again; the weather is cooling, kids are back in school, and everyone seems to catch a cold or flu. Why? And what can you do to prevent it?

It seems that no-one is immune. Literally. As we go through the transition from Dubai's endless summer to a cool and welcome winter season, it seems that everybody develops some kind of snuffle. Naturally, men suffer more than women, but it feels as if every household has a least one member who is under the weather just when they should be out enjoying it.

What's going on? First things first, colds and flu are caused by viruses, and there is no known cure for a cold virus. Like most viruses, your body does develop a resistance to a particular strain of virus, so you may take some comfort that you might never catch the same cold again in your life. The problem is, the next variation will get you instead.



Take good care of yourself

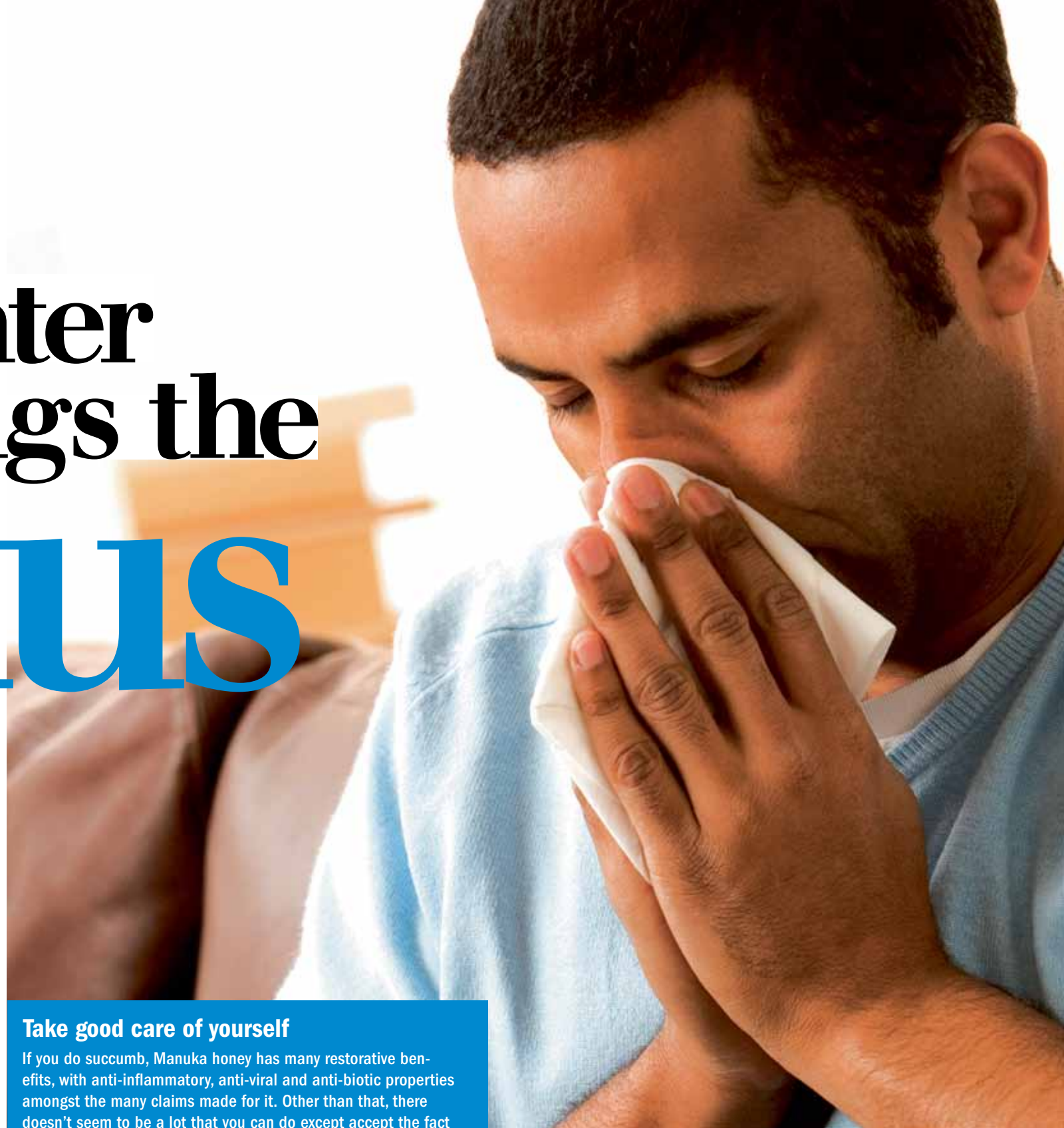
If you do succumb, Manuka honey has many restorative benefits, with anti-inflammatory, anti-viral and anti-biotic properties amongst the many claims made for it. Other than that, there doesn't seem to be a lot that you can do except accept the fact that you have a cold, that the best way to deal with it is to stay at home, away from work colleagues and schools, get plenty of rest, drink lots of fluids and relax as much as you can. Treat the symptoms with standard over-the-counter decongestants if you like, but remember the old dictum: Let a doctor treat your cold and you'll be better in a week, leave it alone and it will be gone in seven days.

We seem to be particularly susceptible to respiratory illnesses in this part of the world, and there are some fairly good reasons why this may be so. First, during the summer, we live in a heavily air-conditioned environment, and air conditioning systems, if they're not well maintained, can be a breeding ground for dust, fungi and other irritants. You won't ever catch a cold from an

air conditioning system, but your respiratory system may be compromised in some way, making you more susceptible to any virus floating around.

Actually, viruses don't really float around, at least, that's not the way you catch them. The most common transmission pathway is by direct contact—a door handle, shopping trolley, ATM buttons, computer keyboard—and good personal hygiene is one of the very best defences against catching a cold. Washing your hands regularly may be the single most effective step you can take to staying healthy this winter.

There is another rea-



NEW STRAINS OF FLUS REGULARLY APPEAR



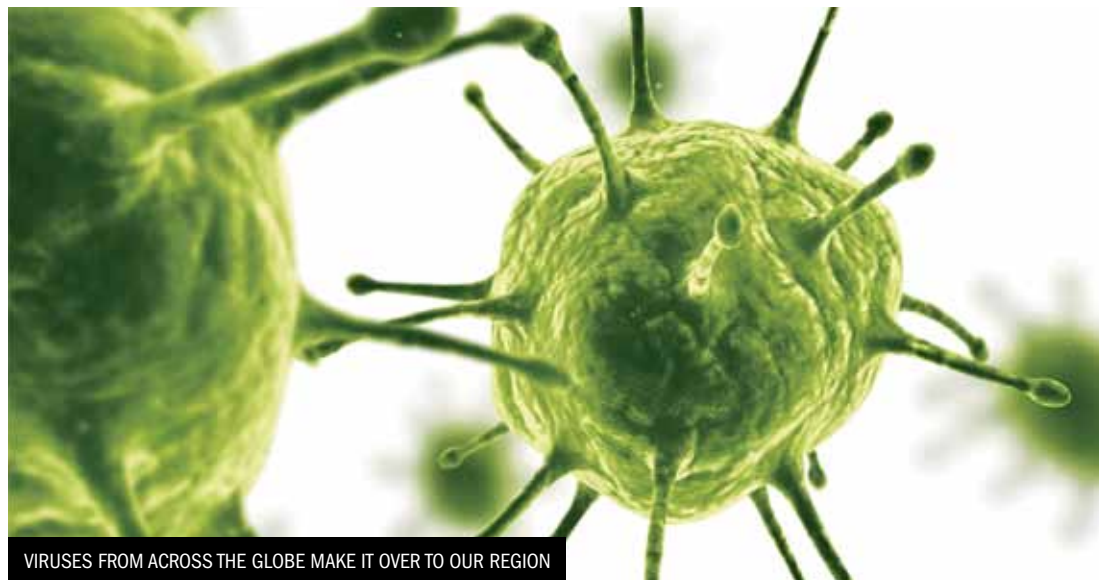
son why we seem to catch more than the usual number of colds and flus, and that is that there are more than the usual number of colds and flus in our environment. Expat residents arrive back in this country from summer vacations in every corner of our world, and every one of those corners has a well-established local strain of cold virus. There, most people have built up a basic level of resistance to it—bring it back here (and you may not even know you are carrying the virus) and that happy little bug has a whole host of new people to infect, who have no natural resistance to that particular strain. This is why everybody seems to get the same cold at a time, and next year's version will be different in some way.



“Washing your hands regularly may be the single most effective step you can take to staying healthy this winter.”

So, what steps can you take to stay free of the snuffles? The starting point is, as always, a healthy diet with plenty of fresh fruit and vegetables. Supplement this with Vitamin C if you wish—some medical experts insist there is no demonstrable benefit, despite plenty of patients who are equally convinced that a daily 1,000mg supplement did them the world of good. Zinc is generally reckoned to shorten the duration of a cold, and there are many alternative enthusiasts who swear by the preventative power of Echinacea, believed to help boost your immune system.

The good news is, eventually we will all build up a degree of resistance to the more common varieties of cold virus. The bad news? There's always a new one coming in from somewhere.



VIRUSES FROM ACROSS THE GLOBE MAKE IT OVER TO OUR REGION

HEALTH NEWS

Lifestyle to blame for CVD

Shocking new figures suggest that Dubai's residents could benefit from lifestyle changes.

HEART HEALTH

New data released last week has revealed that Dubai's public health facilities deal with approximately 1,800 cases of heart attacks every year, with a shocking number of cases involving young patients.

The average age of a patient suffering a heart attack in the Gulf region is around 10 years younger than the international average, with the average age here being 55 years. Experts have claimed that the high rate of cardiovascular disease (CVD) could be linked to the lifestyle which many Dubai residents lead, including smoking, which increases the chances of CVD by up to three times, eating rich, fatty foods and a lack of exercise. In the last few years, the



SMOKING IS A CAUSE FOR HEART PROBLEMS



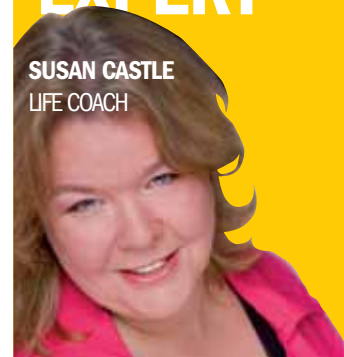
age group of patients suffering from heart attacks has been getting lower and lower, which has led to the drive for more reinforcement from health authorities on the need for lifestyle modification.

Qadhi Saeed Al Murooshid, director general of the DHA said, “In the UAE, one in four deaths is attributed to cardiovascular disease. It is a known fact that 80 per cent of these deaths are preventable through lifestyle modification and thus it is our aim to raise awareness.”

Al Murooshid was speaking at the recent second Emirates Cardiac Society Conference in Dubai.

ASK THE EXPERT

SUSAN CASTLE
LIFE COACH



It's time to face the music

One of the things that will stall your success more quickly than anything else, whether in business or personally, is avoiding or refusing to deal with the truth. If you don't deal with the truth, however difficult and unpleasant it may be, you are not dealing with reality. You are tilting with windmills, wasting time solving problems that don't exist and pandering to egos that really don't merit pandering.

One of the basic principles in my TEAM Magic programme is “affirm and embrace the truth”. And yet so often I see people afraid to do just that. And often with good reason because when they do it they get accused of stirring up trouble or of upsetting people. People can and do lose their jobs for telling the truth and that is a terrible thing.

The truth is that some people need to be upset if they are not doing what's needed or in a way that gets the results required. Sometimes it's ignorance, you don't know what you're doing, in which case the truth is useful because it will serve to educate you. Sometimes it's fear, in which case the truth is useful because if you don't face your fears they will just get bigger and bigger until they totally consume you. Sometimes it's ego, in which case get over it and grow up. Your ego will be much healthier and happier when it has real success rather than toadying and sycophancy, and real success comes from truth.

Contact Susan
on Twitter via
@susanthecoach



The 48 hour film project

Very soon, Dubai's residents will be given the chance to create their own films, even if they have no experience.

Filmmakers across Dubai are cleaning their lenses and brushing up on their screenplay skills ready for an exciting competition, which hits our emirate for the first time this year. The 48 Hour Film Project visits nearly 100 cities every year, challenging teams of budding Spielbergs to complete an entire film in a mere 48 hours.

The challenge will be taking place in the UAE for the first time on November 10, 2011, which one of the people behind the competition, Mo Rida, is understandably excited about.

"Dubai is one of the most liberal Middle Eastern Cities and it's also possibly the most modern of modern cities," he says. "There is a huge media industry here, but most of it is based on marketing and corporate advertising. This project is a bit of a release from the trend. It is an independent filmmaker's dream come true in

GET INVOLVED

Taking part in the competition is easy, whether you have dabbled in filmmaking before or your experience is limited to capturing friends falling over on your mobile phone. Simply register your team at www.48hourfilm.com/dubai and get your thinking cap ready for November 10. You can also find out more at www.facebook.com/Dubai48HFP



THE KICK-OFF AT LAST YEAR'S EVENT IN BEIRUT



THE BEIRUT AWARDS CEREMONY

Dubai, to spend one weekend making a film simply for the sake of making a film.

"As I was preparing for this project, I noticed there was a lot of excitement from everyone I talked to. It felt like the community was really ready for it here. I will be producing this project in Cairo after Dubai. I think as cameras and editing systems become more accessible to the general public, it seems like young filmmakers in the Arab world are in need for such platforms to create and showcase their work."

So what exactly does the competition involve? Rida says, "The 48 Hour film Project is designed to allow filmmakers and film-

enthusiasts to take on the challenge of writing, directing, shooting and editing a short film in just 48 hours. All creative content of the films must take place within the allotted 48 hours. A final film will be submitted with a run-time between four and seven minutes. In the case of the Dubai 48 hour film project, the films will be shot from November 10 at 7pm until November 12 at 7pm. The only preparation that can take place prior to the weekend of shooting is the assembling of cast and crew and securing equipment and locations."

So, with a competition that is based around the whole idea of a strict time limit, how do the

“The competition is open to all residents of the UAE, regardless of experience.”

sionals, who will decide on the best entry. This will go on to represent the UAE on the international stage to compete against over 100 other countries for the best 48-hour film in the world. The best film overall will receive \$3000 in cash and an assortment of prizes from international sponsors. The 10 best films internationally will also be featured at the Cannes short film corner in 2012.

So, what if you fancy a piece of the action? Rida explains, “The competition is open to all residents of the UAE, regardless of experience or background. If someone feels like they can make a film

with their camera phone, then there is no reason why they can't enter. As long as it falls within the rules of the competition and adheres to local laws and regulations, then anyone is eligible to register on our website.

“There is a registration fee of Dh550 per team, but it's also possible to join someone else's team through the website if an interested person is hard pressed for cash, or doesn't know enough people to assemble a team. At the end of the day, it's a great way to allow the community to come together to join forces creatively, and perhaps build on working relationships.”

organisers prevent people from cheating? Surely anyone could make a film and keep it in the bag ready to use as their competition entry? Not so.

Rida says, “During the kick-off on November 10 at the Pavilion, Downtown Dubai, we will have each team draw a genre out of a hat. They may get a comedy, a horror, a fantasy, or one of many genres at random. If the team feels like they absolutely cannot adapt to the chosen genre, they can opt for a second drawing. We call this

the wild card genre. After a second drawing, they will have to stick with it, no going back or re-drawing. To make it a little more interesting, we give all the teams three elements to include in their films; a character's name, a prop, and a line of dialogue. All of these elements have to be seen or heard in the films or they will not be eligible for awards and prizes.”

And the prizes definitely seem worth the mad rush to produce the winning film. The panel of judges will be industry profes-



Making connections from Arbil to Dubai

With his new exhibition at DIFC, **Walid Siti** makes parallels between his fast-growing hometown and Dubai.

GALLERIES

The XVA Gallery at DIFC is hosting the new exhibition by Kurdish Iraqi artist Walid Siti throughout November. The exhibition coincides with the return of the Iraq Pavilion to the 54th Venice Biennale between June and November 2011, which marks an important time for Iraqi art, with six leading artists, including Siti, exhibiting.

In his upcoming exhibition at the XVA Gallery, Siti, a UK-based artist who came of age in the 1970s during the period of the creation of political socialism, draws upon the parallels between the transformation of the ancient Iraqi city of Arbil and that of the ever-changing Dubai city landscape. His exhibition, entitled *Erbil—Dubai: Chasing Utopia*, revolves around his thoughts about the city's struggle to keep hold of its identity in an ever-changing and aspirational



world. He notes particularly that many places in Arbil are named after Dubai landmarks. For example, Rotana, Empire World, Dream City, Marina and Dubai's Bazaar. The artist considers, whether after dec-

ades of war and oppression, the city of Arbil is witnessing a major change, with cranes filling the city's skyline, and the construction of the new in full swing. Sound like a familiar view? The

links between Arbil and Dubai are both interesting and noticeable, as portrayed through Siti's work.

The exhibition includes various installations, paintings, sculptures and drawings from Siti's new body of work and looks set to provide a thought-provoking and culturally relevant exhibit for art lovers in Dubai.

Erbil—Dubai: Chasing Utopia is open from November 2 to December 5, 2011 at The XVA Gallery, DIFC.



THE WORKS SPEAK OF CHANGE

BYTES & PIECES



ALEXANDER MCNABB
DIRECTOR, SPOT ON! PR

Scientific Exploration

A flash survey of 100 Middle East-based Facebook users tells us that 93 per cent of them are using broadband connections, 89 per cent of them have laptop computers and 73 per cent are between 25 and 35 years of age.

There is a strong and growing Arab community using broadband technologies to move video content across the Internet, often as part of participation in social networks. Video clips on Lebanon have consistently drawn above 150,000 views, while other productions from the Arab world have consistently driven between 60,000 and 1 million views.

Social networks, the core aspect of the thinking that has been characterised as Web 2.0, are driving the adoption of broadband services in the Middle East. Perhaps interestingly, this is not a technical audience of technology early adopters.

That was all written early in 2007 with my colleague Mai Abaza to support a presentation at the Arab Advisors Convergence Conference in Amman. Not bad, huh? Re-reading this text recently, I was reminded that there were Facebook groups springing up at the time containing debate and discourse we had never before seen in the region—passionate and stunning in the way they brought people together. Of course, Mai and I were probably so busy examining the implications for the broadband market we missed the wider implications that here was a new platform for discourse and organisation that would grow, in just a few short years, to have the ability to bring down governments.

Get out of jail free

It is now easier than ever to 'jailbreak' your smartphone, but should you go through with it?

The art of jailbreaking smartphones, tablet computers and other devices is one that, for many, is shrouded in confusion. The legality of the practice has often been debated, while issues over security and reliability have also been raised. And on top of this, jailbreaking comes with the seemingly ever-pervasive risk of "bricking" a device—irreversibly ruining the software, effectively turning the device into nothing more than a paper weight.

While the term "jailbreaking" technically applies only to devices running Apple's iOS software, such as iPhones, iPads and the iPod Touch, it can also be used more loosely to apply to any device which denies users full control over it. The idea behind the prac-

tice is simple; to get around the limitations put on devices by either the manufacturer or the supplier. For example, jailbreaking an iPhone will give the user access to applications not available on the official App Store, and the same goes for jailbreaking an Android-powered device. Jailbreaking also allows users to delete any pesky pre-loaded apps that might be

2009

The year that the first iPhone worm, iKee, began affecting devices.



wasting good memory space.

Manufacturers such as Apple actively discourage jailbreaking their devices. Indeed, the company has made complaints to the US Copyright Office, explaining that jailbreaking an iPhone is tantamount to a breach of copyright, meaning Apple should be able to sue anyone who does it. However, the US Copyright Office rejected Apple's claims, and the practice is now completely legal. Still, Apple continues in its attempts to discourage jailbreaking by warning that it will void the warranty.

There are other problems with jailbreaking an Apple device, too. In early 2009, the first iPhone worm, iKee, appeared, created by a technology student wishing to highlight the security problems that can arise from jailbreaking. And in the same month, it was reported that malicious software had compromised bank transactions



made with jailbroken iPhones. Since, though, the online community has offered up a number of security fixes for jailbroken devices, making them safer.

So with so many risks attached, why would someone go to the trouble of jailbreaking their iDevice? For many, the practice is done in protest of Apple's censorship of content. There are strict guidelines over what can and cannot go up on the App Store, and many apps have been banned. This is fine in the case of malicious or raunchy apps, but some feel that many banned apps should still be allowed.

For example, Pulitzer Prize-winning cartoonist Mark Fiore had his app banned, simply because it "ridiculed public figures". What's more, late last year, Apple banned the use of free apps that allowed users to donate to non-profit organisations and charities. It also banned the WikiLeaks app and the number of banned apps continues

“For many, the practice is done in protest of Apple’s censorship of content.”

to grow. Jailbreaking provides access to these banned apps.

For Android-powered devices, things work a little differently. The process, known as “rooting” or “gaining root access”, is not required to install apps that cannot be found on the Android Market. Sure, Android phones normally require a setting to be changed in order to install these apps, but that is as far as it goes.

Instead, those who root their Android devices usually look to be able to install custom versions of the operating system, such as CyanogenMod. The process is also used to delete apps that are otherwise permanently installed on the phone such as, for example, the Gmail or Stocks and Shares apps. While these apps can be use-

ful, and do not take up too much memory space, many Android users resent that they are not allowed to delete them, and so root their phones.

Again, makers of Android phones discourage the practice, though it is perfectly legal. Motorola, LG and HTC have all added security features to try to prevent users from rooting their phones. Motorola's “protection” for the Droid X phone, for example, puts the phone into recovery mode if any unrecognisable software is loaded onto it. But unluckily for Motorola, hackers were able to get round this within six days of the phone going on sale.

And that is the way of the jail-breaking world. No matter the restrictions that are placed on mobile devices, someone will find a way to get around them. All that a general user needs to decide on is whether or not gaining full access to his or her device is worth the risks involved in doing so.



Tech beat



TICKING OFF Groupon

It was last week reported that daily deals web site Groupon is suing two of its former sales managers, following accusations that they took company trade secrets over to Google's competing venture, Google Offers, after they left. Michael Nolan and Brian Hanna left Groupon for Google Offers in January, and reportedly took marketing strategies and customer lists with them.

IPAD 3 RUMOURS

Rumours surrounding the release of the iPad 3 have already been making the rounds on a number of trusted technology blogs, with the biggest piece of news stating that the new device could hit shop shelves as early as March, 2012.



Other rumours suggest that the iPad 3 will sport a redesigned docking port, and will, most likely, have more-or-less the same screen as the iPad 2.



FILMING ANGRY BIRDS

The company behind the hugely successful Angry Birds mobile game recently confirmed that work is underway to create a film out of the franchise. The man leading the movie effects, according to the company, Rovio, will be David Maisel, former chairman of Iron Man Studios and producer of the Iron Man film. Along with the announcement, Rovio also revealed that the game has now seen more than 400 million downloads.

UAE RANKS TOP

According to a new global index published by Boston Consulting Group, the UAE is the best country in the Middle East when it comes to internet infrastructure, and is 26th-best worldwide. Saudi Arabia came in 39th on the study, while Egypt ranked a much lower 49th. The report comes on the back of a similar report earlier in the year, which also confirmed the UAE as the most internet-friendly Middle Eastern country.



Hitting the heights

In Dubai, it's now possible to take on high-altitude training, just like the pros.



Imagine being able to do twice the work, in half the time, for double the result. If you go down to the Quay Health and Fitness Club in Madinat Jumeirah, you can now train in the same environment as many of the world's top endurance athletes—at altitude. Think of all the marathon runners, long distance cyclists, Olympic athletes, even rugby teams, that spend time in high-altitude training facilities or simply high country like Ethiopia, the Alps or the Andes, to take advantage of the relatively thinner air. The performance boost, when you come to compete at sea level, can be very substantial.

That's the thinking behind the first-of-its-kind High Altitude Suite now open at the Quay Club in Madinat Jumeirah. The suite (actually a space about the size of a large bedroom) offers fitness and health enthusiasts maximum benefits within a shorter time frame. Also referred to as hypoxic training, altitude training has innumerable health benefits, including an increase in overall wellness. The High Altitude Suite operates on the principle that as altitude

increases, air pressure decreases and less oxygen is available for the human body. Your body has to become more efficient at obtaining oxygen from the thinner air. To compensate for the lack of oxygen, more red blood cells are produced in your body. This leads to positive health benefits for the individual including better utilisation of nutrients within muscles and tissues, faster weight loss, higher endurance thanks to that increased density of red blood cells, and better concentration levels as a result of more oxygen reaching the brain.

The club lists a number of health benefits from using the High Altitude Suite, and not just to do with performance and rehabilitation of sports injuries. The reckoned advantages include better energy levels, strengthened immune system, and even that the reduction in high blood pressure can be beneficial for Type 2 diabetics.

The Suite is open for training use by individuals or groups between 6am and 10pm every day, with qualified professional staff always on hand to ensure safe use of the unit. Sessions may be booked as individuals or groups, for one session or in multiple blocks, and charg-

“To compensate for the lack of oxygen, more red blood cells are produced in your body.”

es rise accordingly. The management do recommend that for maximum benefit a series of sessions is booked over several days, during which your relative “altitude” is raised from an initial 2,400 metres to around 4,500 metres.

Hannah Pearce, the gym's assistant sports and leisure manager,

MOUNTAIN HIGHS

If you'd like to do your high-altitude training for real, Dubai-based adventure specialist Matt Farr runs regular treks to Nepal, including exciting treks to Everest Base Camp, where he's off to next week. His company, Mountain Quests, is an adventure travel business specialising in customised treks and expeditions to Nepal and The Alps. Every one of their customised trips is built around their clients' needs and each one is slightly different. Their most popular destinations among participants are Everest Base Camp, Poon Hill in the Annapurna region and Annapurna Base Camp itself.

offers some advice about how to get the most out of using the Suite.

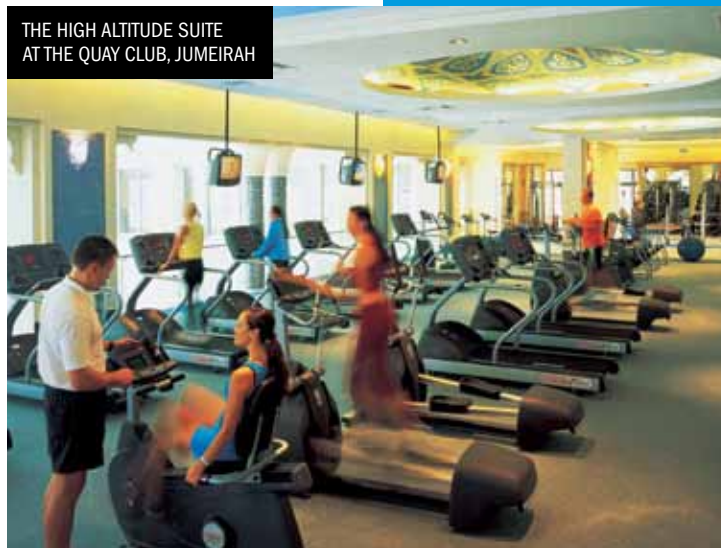
“It really depends on your objectives, whether you want improved performance, or stamina, or weight loss and so on,” she says. “For something like weight loss, it's obviously dependent on the individual, their targets and their commitment to changing their lifestyle. It must be stressed that for weight loss, it's no miracle cure. Clients do lose weight during the programme, but if they commit to eating correctly during the training, the weight loss is far more profound. We had one client who trained for one hour a day for 12 days, followed a healthy-eating plan from the team and lost seven kilograms.”

Every client using the High Altitude Suite will undergo an initial fitness assessment, to ensure they can use it safely. This is actually quite straightforward; a 35-minute session walking or running on a treadmill, during which regular readings of your breathing and heart rate will be taken to assess your general condition. Then, the staff will work out a personalised program tailored to your particular level of fitness and training goals, and assign a personal coach if you want to keep you on track.

As always, consult the Club for advice, and refer to your doctor if you have any conditions which might be of concern. Contact the Club Manager Herculano D'Souza at The Quay Healthclub on 04 366 6821.

TRAINING AT ALTITUDE BOOSTS FITNESS GREATLY

THE HIGH ALTITUDE SUITE AT THE QUAY CLUB, JUMEIRAH





Under the patronage of
HH Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum
Crown Prince of Dubai & Chairman of Dubai Executive Council

**Last date for entries:
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1 Hanging loose

Women of the world rejoice; figure-hugging dresses are on the way out.



PLENTY OF FABRIC



KEEPING IT FEMININE



BELL-SHAPED SKIRTS

Her

AUTUMN/WINTER

The "tight is always better" era has ended. Hurrah! The time to breathe a sigh of relief, to stop sucking in and to throw away that constrictive Herve Legar dress or Topshop body-con skirt has come. The Autumn/Winter season has been awash with billowing, rounded silhouettes featuring over-exaggerated sleeves on jumpers and coats or bell-shaped skirts that flatter the female figure.

The trend first cropped up earlier this summer with 'Seventies flares and loose-fitting maxi dresses, such as those by Jil Sander, overtaking the skinny jeans phenomenon. And now Stella McCartney, Lanvin and even Burberry have offered up some more welcome alternatives to figure-clenching pieces. McCartney's line featured futuristic, soft, puffy sleeves and over-sized sweaters, while Burberry Prorsum offered up some key, 'Sixties in feel, cocoon coats. Mary Katrantzou took a slightly more structured approach with quite extreme circular bell skirts and dynamic prints. For evening wear inspiration, look to Giambattista Valli, who spared no fabric in his billowing dresses.

The key to this look is to keep things feminine elsewhere; pair a loose, fitted dress with heels and bare legs for the most flattering result. And do keep the hemline reasonably high. So live a little, go for that chocolate cake at brunch. No-one's going to notice.



HIGH HEMLINES

HEMLINES

According to the Hemline index, the height of in-style hemlines rises and falls according to the stock markets.



Him

TROUSERS

While the majority of men's trends have revolved around heritage and all things traditional, when it comes to trousers it's time to mix things up. Whether you do this with alternative materials such as corduroy or cotton or simply add interest with colour, it's time to discover a world beyond denim. From easy-to-wear blues and burgundies to more adventurous pinks and statement greens, there is a cut and colour to suit every taste and there is simply no excuse to stick to just one pair of trousers this winter. The trend is easy, so don't be afraid of pairing your new slacks with much of your existing wardrobe, whether it's on-trend tweed or a contrasting printed t-shirt.

If ditching the familiarity of jeans all seems too much, American brand Dockers have come up with an interesting hybrid of jeans and chinos. Alpha khakis combine the best of two worlds; the sturdiness of jeans with the comfort of chinos and come in a wide variation of colours.



BOLD COLOURS



NEW MATERIALS



CLASSIC SHADES

FASHION OPINION



TERESA KARPINSKA
WWW.CANDYANDCOOKIE.COM

Styles inspired by great music

My everlasting passion for fashion is yesterday's news—what most of you don't know is that I also live and breathe for music.

My iPod holds the same value as my favourite pair of Jimmy Choos. In other words, it's priceless. And my over-sized studio headphones bring me as much joy as the thought of Missoni's zig-zag pattern wrapped around my body. How do I combine those two great loves? Well, that part is easy.

Kurt Cobain's signature lumberjack shirts became my wardrobe staple after I spent the 1990s listening to Nirvana, and I rock a mannish blazer just as fiercely as Angus Young, the front man of AC/DC. I also dare to claim that Balmain's last three Autumn/Winter collections are inspired by Iron Maiden's *Rock in Rio* concert. Christophe Decarnin, admit that you are a closet fan!

With the risk of this column now turning into a piece on my fashion bloopers, I would like to confess that I have worn cut-off leather gloves à la Madonna, top-to-toe jean outfits teamed with vintage cowboy boots like my teenage country music crush Jewel and I even contemplated cornrows when Lauryn Hill was the hottest thing out there with her *Miseducation* album.

As I am writing these words, I am listening to Dusty Springfield and frantically searching the 'net for tutorials on how to adapt her signature 1960s look. So next time you're hopping on the Metro, look out for the girl with big headphones, whistling along to *Son of a Preacher Man*, it might just be me.

Famous musicians regularly kick-start some of the biggest trends

Disturbed dreams

Olivia Cuthbert looks at the causes behind bad dreams, and how the facts can help gain a peaceful night's sleep.

Nightmares can leave us feeling upset, unsettled and even afraid, but they are not necessarily bad. According to Sandra Gonzalez, a holistic coach based in Dubai, nightmares, and dreams in general, are the mind's way of drawing our attention to issues that need to be addressed.

Gonzalez has a particular interest in the unconscious mind and believes that everything we need to know about ourselves is to be found there. "Dreams are a message from the unconscious mind that provide us with an opportunity to look within ourselves."

"It is when we fall asleep that the brain has a chance to act alone, without being influenced by the external stimulæ that keep

it active and preoccupied during the day," she says, explaining that once we drop off, the mind, unbothered by external factors, is free to convey information to us.

It has to work hard to do so. "It takes more than six billion brain cells to produce just one image in a dream, which shows how much the unconscious mind wants to bring information to your attention," Gonzalez explains. When this information takes the form of a nightmare, it is a sign that there is an issue we really need to deal with, she adds.

Dr Andrea Tosatto, a clinical psychologist based in Dubai, uses nightmares to help get to the root of a person's problems. "A nightmare can reveal much more than a patient can tell you verbally about themselves. Nightmares are not issues by themselves but we can use them to identify issues that are troubling the patient."

According to William Domhoff, a psychology professor at the University of California, our dreams are a reflection of our waking thoughts. "The most psychologically interesting factor that shapes dream content is the life experiences that generate each person's mix of preoccupations and interests. The intensity of our individual concerns is revealed by the frequency with which people and activities appear in our dreams. The way we regard these people and activities in waking life is exposed by the way they are portrayed in our dreams," he says.

Sleep therapists have posited many theories to explain the

Five of the most common nightmare scenarios

- 1** Drowning or falling—often associated with pressure.
- 2** Being naked in public—implies low self-esteem and vulnerability.
- 3** Suffering an injury, illness or death—can signify emotional pain or a new beginning.
- 4** Being chased or attacked—indicates anxiety and stress.
- 5** Natural disasters—often related to feeling overwhelmed by certain factors in waking life.





“Meditation, reflection and most of all, focusing on positive thoughts are the best way to prevent nightmares”

ers for three to four hours before going to sleep. A computer provides the brain with a huge amount of information to absorb, which causes it to become highly stimulated,” says Gonzalez.

Her recommendations for an undisturbed night and peaceful dreams are to engage in soothing, relaxing activities before bed. “Meditation, reflection and most of all, focusing on positive thoughts are the best way to prevent nightmares. Try to focus your last thoughts of the day on gratitude, which will put you in a positive, relaxed mindset for the night.



go to bed and get up earlier.

“Late nights result in an abnormal relationship between your sleep schedule and the secretion of hormones related to daylight, such as cortisol and melatonin,” says Yavuz Selvi, author of the study at the University of Arizona. High levels of the stress hormone cortisol at night may be responsible for disrupting the way the brain archives memories during sleep and cause the brain to interpret those memories as frightening dreams, the researchers claim.

causes of nightmares. Recently, researchers from the University of Arizona, have pointed towards late nights as one of the main triggers for bad dreams. In a study, which surveyed the dreams of 264 men and women, they found that people who tend to stay up later were 71-per cent more likely to have nightmares than those who

For a good night's sleep and peaceful dreams, we need to reduce stress and allow the body and mind to relax properly before we turn in. “Avoid using comput-



Good reasons to start learning Arabic

Amira Brair from the Arabic Language Centre discusses the ins and outs of the courses she teaches.

LANGUAGES

Learning an extra language is an asset but how you go about mastering it makes all the difference. There's a lot to be said for learning in a fun environment and students at the Arabic Language Centre are always telling us how enjoying the course makes it easier for them to learn.

Classes may be two hours long but the majority of students find they fly by. The groups are always a mix of nationalities, and sessions are invariably lively and engaging. It's a fun, humorous and relaxing atmosphere that makes teaching and learning a pleasure.

By the end of the first course, students are amazed by how much they have already grasped. Most



arrive with no knowledge of Arabic at all and after 15 classes they have learned to read, write and converse on a basic level.

For many, the most satisfying achievement is mastering the alphabet. In Beginners 1, we learn a few new letters each session, so its not long before students can write their names, then construct sentences and read simple blocks of text. Before long, students are able to converse with one another and use their knowledge outside the classroom.

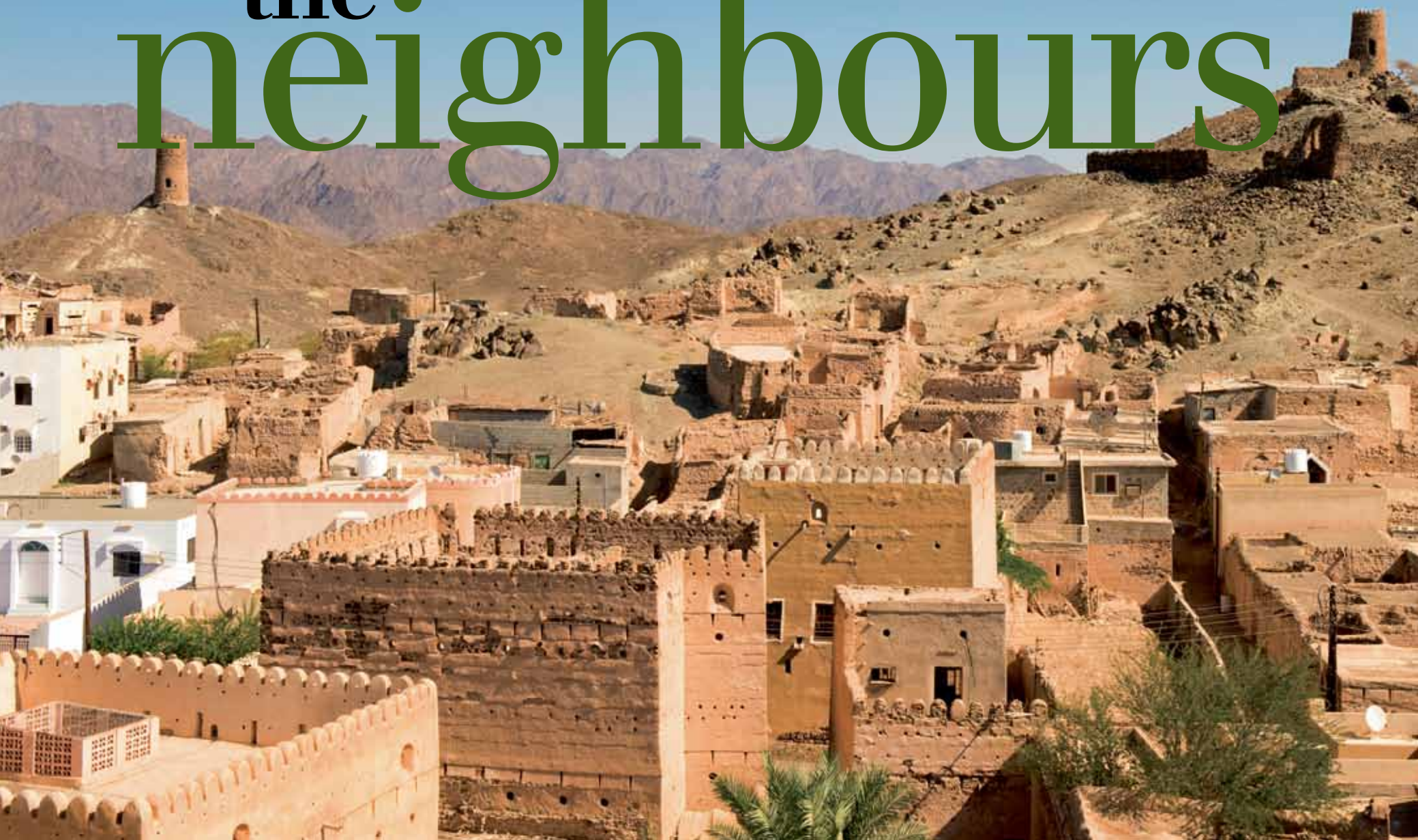
We make sure that each lesson is a combination of different learning techniques and language skills to keep things interesting. During the first course, students learn daily situations, greetings, numbers, days of the week and much more, which is enough to give them confidence to speak Arabic with Arabs and start to understand conversations, read street signs and order meals in the local tongue, among other things.

For the teachers, it is especially rewarding when students tell us of their efforts to speak Arabic outside the classroom.

We are proud to teach our mother tongue and proud of our students who care enough to learn a totally new language and culture.

سلطانية من الخرف المحزم

Meet the neighbours



Though it is just across the border, the **Sultanate of Oman** is worlds away from the bustling city life of Dubai.

They say that in an hour you can be 5,000 years away. So why not enjoy the contrasts of a trip to Oman?

Oman is a country steeped in history, with a tradition of hospitality they say goes back 5,000 years. Certainly, visitors will be struck by the warmth of welcome and generous hospitality that is felt throughout the country, a characteristic that all Omanis enjoy with great pride. And Oman is a country right on our doorstep—a little over an hour's drive takes you to the border just past Hatta, or the same time in the air will get you to the capital city, Muscat. So, what can you expect?

The Sultanate of Oman, as it's officially called, is situated on the eastern edge of the Arabian



Peninsula, with a little bit of detached territory at the tip, the Musandam, where it juts out into the Straits of Hormuz. The country covers 309,500 square kilometres and boasts 1,700 kilometres of idyllic coastline that stretches along the Indian Ocean and the Arabian Gulf. For centuries, the

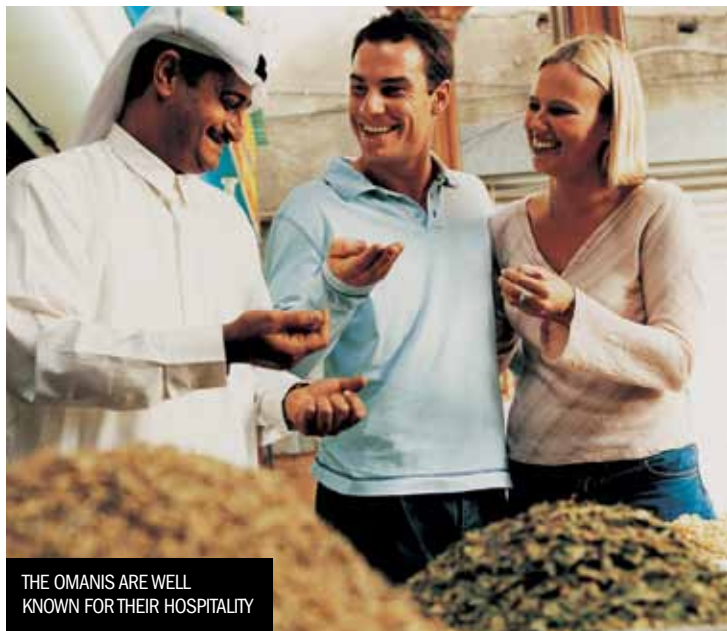
land was known as "Arabia Felix" due to the warmth and hospitality of its people. Even today, the Omani people are considered among the friendliest and most relaxed people in the region.

Oman has quite a different pace and feel to buzzing Dubai. The traditional architecture and modest skyline are in sharp contrast to our glitzy skyscrapers. The capital city, Muscat, has

succeeded in modernising without losing sight of its Arabian heritage. A walk through the city's old town around the port and harbour reveals a culture deeply rooted in history and tradition.

The traditional buildings,

CAMELS CAN BE FOUND ROAMING FREE IN THE DESERTS OF OMAN



THE OMANIS ARE WELL KNOWN FOR THEIR HOSPITALITY

with their wide arches and white-washed walls remain charmingly authentic and untouched.

There's a wealth of arts, crafts and folk customs to be explored in Oman. At the same time, the country has a number of extraordinary natural beauty destinations, from majestic mountain ranges to magical deserts such as the Sharquiya desert (Wahiba Sands) and the Rub Al Khali (Empty Quarter), the lush green wooded hills of Dhofar and a pristine underwater world of coral reefs where tropical marine life flourishes.

The Musandam Peninsula, the country's northern tip, is a destination in itself. Jutting out into the Arabian Gulf, it's characterised by dramatic mountains and fjords and provides the perfect

setting for high-adrenaline activities such as trekking or spectacular diving around its coastline.

Muscat, the capital city, is about four hours' (fairly uninteresting) drive down a good highway from the border at Hatta. Once there, you'll find a wide selection of comfortable, modern and luxurious hotels, including

GETTING THERE

UAE residents can get a visa on arrival at the border or airport, but it is often easier and quicker to apply in advance at the Oman Embassy in Bur Dubai. Multiple entry visas are now available and are very good value.



WAHIBA DESERT

The Chedi, the magnificent Al Bustan Palace, and, slightly further south, the luxurious Shangri-La Bar Al Jissah Resort and Spa, with its three hotels, villas and more. Do visit the old souk by the harbour for a real flavour of traditional Muscat, and pick up a bargain pack of frankincense to bring home.

Further south, Salalah has a totally different feel to Muscat. Salalah is a town of empty beaches and full coconut groves, squeezed onto a narrow, green coastal strip below a high plateau, cooled by the Khareef wind during the Indian monsoon season, which cools the land with mist and rain, very popular with Gulf residents.



A stunning park that remains secluded

LOCAL TRAVEL

There is, without doubt, no shortage of beaches and beautiful vistas in Dubai, however Al Mamzar Park in Deira, facing across the lagoon to Sharjah, has to be one of our emirate's best-kept secrets. It's a perfect place for families to go and relax, and has five beautiful beaches for you to explore. And regular musical performances and entertainment keep the fun going long after sunset.



Contact Numbers
Park: 04 296 6201
Cottages: 04 296 7454

The Park covers an area of 106 hectares and offers barbecue sites, private chalets for hire, a swimming pool, food kiosks, a sheltered beach and safe lagoon, a scenic train and many children's play areas. There are plenty of on-site catering outlets, and lifeguards on every beach. In addition to the BBQ areas, there are 15 air conditioned bungalows around beach four, which can be rented for the day; simply ask at the park office. The beach itself is also noticeably less crowded than some in the heart of Dubai. So, for venturing out just that little bit further than usual, we can all have a little taste of beach paradise.

Entrance costs Dh5 per person and Dh30 per car. The park is open from 8am to 11pm daily.

Swimming with a star

Despite a number of sappy scenes and a needlessly dramatic storyline, **Dolphin Tale** is a charming and loveable family film.

NEW RELEASE

Expect the expected from *Dolphin Tale*, a schmaltzy children's film inspired by the touching true life-story of a dolphin called Winter and the people who saved her. Back in 2005, just off the coast of Florida, Winter found herself tangled up in crab-fishing gear and

ended up having to have her tail amputated. Thankfully, a kind-hearted prosthetic limb maker stepped in, engineering the young dolphin with a synthetic tail that saved her life. In fact, Winter recovered so well that, six years later, she is playing herself in *Dolphin Tale*.

Yet despite the already moving

true story, somebody, most likely a Hollywood suit, decided the film would be better received if it had a little more drama. Not only does this version of Winter's experience include the age-old saga of a lonely child from a broken home,

who prospers in the company of a wild mammal and also teaches adults a thing or two about hope, but the filmmakers have also added in a hurricane, an animal rescue centre on the brink of closure and a boy whose favourite cousin is at war, all for good, tear-jerking measure.

The lonely child is 11-year-old Sawyer Nelson (Nathan Gamble), who is brought up by his hard-working single mother, Lorraine (Ashley Judd). Despite his moth-

er's best efforts, and Sawyer's obvious intelligence, he is under-achieving and it's on his way to summer school that he discovers Winter. While freeing the animal, the two share an intense moment of understanding, as Winter recognises Sawyer as her saviour. And even though the dolphin ends up at the Clearwater Marine Aquarium, run by an experienced and kind Dr Clay (Harry Connick Jr.), it's only Sawyer that can really communicate with her. Clay's daughter Hazel (Cozi Zuehlsgorff) and Sawyer make a cute kiddie couple, bonding over their mutual single-parent upbringing and love for Winter.

Against all odds, the resilient dolphin learns to swim without her tail, but the added pressure ends up damaging her spine. A little more drama unfolds and

DID YOU KNOW?

- Unlike any other mammal, dolphin babies are born tail first.
- Dolphins, like cows, have two stomachs—one for storing food and one for digesting it.
- Some dolphins have been known to dive as deep as 1,000 feet.
- A dolphin's dorsal fin is as distinctive as a person's face.
- In the wild, dolphins can live to be 50 years old, although the average age is 17 years.
- Bonds formed between individual dolphins may last a lifetime. They've been observed physically supporting sick or dying pod members.
- Thanks to a very sensitive retina that efficiently gathers light, a dolphin can see as well beneath the water as above it.

NATHAN GAMBLE AS THE BOY WHO BEFRIENDS WINTER



MORGAN FREEMAN PLAYS DR CAMERON MCCARTHEY



Bio:

Born in 1998, Nathan Gamble made his film debut in 2006's *Babel*, for which he was nominated a Young Artists Award. He has since acted in eight movies.

a solution must be found before Winter has to be put down. Sawyer reaches out to Dr Cameron McCarthey (Morgan Freeman), a doctor who specialises in developing prosthetic limbs and who also treated Sawyer's cousin when he returned badly injured from his tour. But none of the big names over-shadow the true stars of the movie, Gamble, who comes across as a refreshingly normal, if a little moody, child-actor, and the inspirational Winter.

And even though all the drama, including the parallels between the injured soldier and the maimed animal, are glaringly obvious, children won't be able to resist *Dolphin Tale*. And considering the rather abysmal year for children's films, it is likely par-



ents won't either. Do stay for the closing credits, perhaps the most moving of all the scenes. Featuring real footage of the people involved in saving Winter's life, as

“Do stay for the closing credits, perhaps the most moving of all the scenes.”

well as images of happy children with prosthetic limbs visiting the dolphin for inspiration, there is nothing contrived about the ending.

If you can get through some rather cringeworthy moments and stomach the schmaltz, there is certainly a lovely family film to be found in *Dolphin Tale*.



SILVER SCREEN

REEM HAMEED
NEW MEDIA SPECIALIST
BOOMTOWN PRODUCTIONS

Places of inspiration

Lately, I've been feeling a little uninspired. Everything looks the same. Everything feels the same. Especially my office chair. In times like these (and with the humidity subsiding), I try to find new places in Dubai to rejuvenate. Working in the film industry, I have access to “hidden gems” that we have used as locations for the most beautiful shoots.

Here, my friends, are places that I encourage you to visit, explore and fall in love with.

Firstly, The Arcade in Safa Park is a somewhat eerie arcade located in the heart of the Park. It's got an amazing room that is lined with games filled with hundreds of stuffed toys to win. Then there's Zaroob Restaurant, the closest thing to a street food eatery that Dubai has to offer.

The décor, the ambiance and the food are the perfect blend of Levant and country house. If you're looking for a quiet pavement to run on, the small walkway around JLT offers some beautiful moments of serenity amongst skyscrapers, and Kite Beach is perfect if you're looking for more social and sporty adventures.

And finally the antique museum in Al Quoz is an art director's slice of heaven and probably the largest souvenir shop in Dubai. Every shopping event is a treasure hunt. It's definitely worth a trip, even if you just stand in awe of how many lanterns they manage to cram into the tiniest cubicles.

Where do you get your location inspiration from? Share your stories with me on Twitter.

Follow Reem on Twitter @reemhameed

Bollywood news

SHINEY AHUJA ONCE AGAIN ACCUSED OF SEXUAL HARASSMENT

The actor, who was written off from Bollywood after being charged in a rape case, has once again been accused of sexual harassment since his release on bail this April. Actress Sayali Bhagat, who worked alongside Ahuja on the upcoming horror flick *Ghost*, revealed that the actor made indecent passes at her while filming. Ahuja denies the accusations.



WHO WILL BE THE FEMALE LEAD IN KRRISH 2?

The sequel to the 2006 blockbuster *Krrish* is still on a look-out for its heroine. After several maybes including Chitrangada Singh and Jacqueline Fernandez, it seems Nargis Fakhri is the latest to be approached to play the role. Considering that the film's female villain has changed twice, a source reportedly said, “Shooting begins next month and so, if Nargis is not finalised for the role, Rakesh has decided to offer it to Bipasha Basu.”



SONU SOOD NO MORE IN DABANGG 2?

Dabangg fans are going to be disappointed; Sonu Sood has reportedly opted out of the film's sequel. Rumours are that the inclusion of Prakash Raj in the second edition of *Dabangg* is the main reason behind the decision. Raj plays the villain in Salman Khan's *Chulbul Pandey*, and Sood does not want to jeopardise his reputation by playing Raj's sidekick.



Reviews *in brief*

A quick look at the week's biggest films.



Footloose, 2011
★★★★★ **Kenny Wormald, Julianne Hough, Dennis Quaid**
It's another 'Eighties remake. City boy Ren McCormick (Wormald) moves to the small, southern town of Bomont, where dancing and live music has been banned following a tragic accident that killed five teenagers after a night on the town. The remake has managed to stay true to the 1984 original, while still staying fresh for a new generation. And, arguably, the story is even more believable in today's world. Wormald is no Kevin Bacon, though.



In Time, 2011
★★★★★ **Justin Timberlake, Amanda Seyfried, Cillian Murphy**
A world where you stop aging at 25, but are genetically engineered to only live for one more year. Well, unless you can buy your way out of it. The rich essentially become immortal, while everyone else struggles to scrape by, minute by minute. Will Salas (Timberlake) finds himself falsely accused of murder, taking with him a wealthy hostage (Seyfried) in an attempt to override the system. Brought to you by Andrew Niccol, the guy behind *Gattaca* and with a stellar cast including Olivia Wilde and Cillian Murphy, the film is sure to be a hit.



Ra.One, 2011 (Hindi)
★★★★★ **Sharukh Khan, Kareena Kapoor, Arjun Rampal**
The hugely anticipated Abundhav Sinha film starring Khan, Kapoor and Rampal has finally been released, just in time for Diwali. A science-fiction super-hero film, with plenty of action as well as romance and music included, there is something for everybody. Bollywood's most expensive and technologically advanced film, *Ra.One* has received reviews to match the hype.

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

Contagion - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Footloose - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Ides of March - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
In Time - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Set Up - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:55
Shark Night (3D) - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 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
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
Elam Arivu - 11:00, 14:00, 17:00, 20:00, 23:00
Footloose - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Ides of March - 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 - 11:00, 13:00, 15:00, 17:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 12:00, 15:00, 18:00, 21:00, 00:00
RA One (3D) - 11:00, 14:00, 17:00, 20:00, 23:00
Real Steel - 19:00, 21:15, 23:30
Set Up - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Shark Night (3D) - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 00:00
The Three Musketeers - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Velayudham - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND CINEMAS - FESTIVAL CITY
Contagion - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Footloose - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Ides of March - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
In Time - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Set Up - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:55
Shark Night (3D) - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 00:00



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

GRAND CINECITY - AL GHURAIR

Elam Arivu - 11:00, 14:00, 17:00, 20:00, 23:00
Footloose - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
In Time - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
RA One - 12:00, 15:00, 18:00, 21:00, 00:00
RA One (3D) - 11:30, 14:30, 17:30, 20:30, 23:30
Shark Night (3D) - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 00:00

GRAND METROPLEX - METROPOLITAN

Elam Arivu - 11:00, 14:00, 17:00, 20:00, 23:00
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The Ides of March - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
In Time - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
RA One - 11:00, 14:00, 17:00, 20:00, 23:00
Set Up - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:55
Shark Night - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 00:00

GRAND MERCATO

Footloose - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Ides of March - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
In Time - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:30, 23:50
RA One (3D) - 11:00, 14:00, 17:00, 20:00, 23:00
Shark Night (3D) - 11:10, 13:20, 15:30, 17:40, 19:40, 21:50, 00:00

VOX CINEMAS - DEIRA CITY CENTRE

Elam Arivu - 10:15, 13:30, 16:45, 20:00, 23:15
Footloose - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
The Ides of March - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
In Time - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 9:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
The Lion King (3D) - 10:30
Machine Gun Preacher - 10:15, 13:00,



15:45, 18:30, 21:15, 00:00
RA One - 11:15, 14:30, 17:45, 21:00, 00:15
RA One (3D) - 10:30, 12:30, 13:45, 15:45, 17:00, 19:00, 20:15, 22:15, 23:30
Real Steel - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Shark Night (3D) - 10:15, 12:15, 2:15, 16:15, 18:15, 20:15, 22:15, 00:15

VOX CINEMAS - MOE

Contagion - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Footloose - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
The Ides of March - 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
In Time - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 9:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
The Lion King (3D) - 10:15, 12:15, 14:15, 16:15, 18:15
Machine Gun Preacher - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 11:15, 14:30, 17:45, 21:00, 00:15
RA One (3D) - 10:30, 13:45, 17:00, 20:15, 23:30
Real Steel - 9:45, 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

VOX CINEMAS - MIRDIF CITY CENTRE

Elam Arivu - 10:15, 13:30, 16:45, 20:00, 23:15
Footloose - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
The Ides of March - 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
In Time - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Machine Gun Preacher - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
RA One (3D) - 10:30, 13:45, 17:00, 20:15, 23:30
Shark Night (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

REEL CINEMAS - DUBAI MALL

Another Earth - 16:45, 18:35, 20:35, 22:45
The Change-Up - 15:30, 18:00, 20:25, 23:50
Contagion - 11:20, 13:35, 14:00. 15:50, 16:30, 18:35, 19:00, 20:55, 21:30, 23:15, 00:05
The Ides of March - 12:20, 14:30, 16:50, 19:05, 21:35, 23:45
I Don't Know How She Does It - 12:10,



13:40, 14:20, 16:00, 16:30, 18:00, 18:55, 20:30, 21:15, 22:40, 23:25
In time - 11:40, 14:00, 14:30, 16:30, 17:00, 19:00, 19:30, 21:30, 22:00, 00:30
Johnny English Reborn - 12:30, 13:55, 14:40, 16:10, 16:40, 18:25, 18:45, 20:35, 20:45, 22:45, 00:20, 00:40
The Lion King (3D) - 11:00, 15:00, 19:00
Paranormal Activity 3 - 15:15, 17:15, 19:25, 21:10, 23:15
RA One - 23:15, 14:45, 18:10, 21:20
Real Steel - 14:20, 16:45, 19:15, 21:50, 00:25
Setup - 12:50, 15:00, 17:10, 19:20, 21:45, 23:55
Space Dogs (3D) - 13:00, 17:00, 21:00, 23:05
Shark Night - 13:20, 14:40, 16:00, 17:20, 18:30, 19:40, 21:00, 22:10, 23:10, 00:35
Shark Night (3D) - 11:10, 13:25, 15:35, 17:50, 20:20, 22:20, 00:25
Teta Alf Marra - 17:45, 19:35, 21:00, 22:40, 00:05

REEL CINEMAS - MARINA MALL

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

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Colette Ryman
Advertising executive
Umm Suqeim



I have just been to watch **6/10** *I Don't Know How She Does It* and felt like I had to make my thoughts known to *Read*. readers. It was one of the worst films I have watched this year! I usually really like Sarah Jessica Parker but in this movie she is just, well, annoying. When she plays Carrie Bradshaw, she is a really strong, independent woman but in this film she just seems like she's taking any role she can get.

There are hardly any really funny moments and the story actually seems quite derogatory to women out there who are juggling a job, home and kids and doing a good job of it. The film could have been better with an unknown actress in the lead role, but for me it is just too hard to think of Sarah Jessica Parker in any other role than the *Sex and The City* one that made her so famous.

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.



Heavy duty

★★★★★ Noel Ebdon drives the large and rugged Chevrolet Silverado, and finds that he is 12 years old all over again.

ROAD TEST

It's **definitely** a man thing. I'm driving the normal roads I take everyday to the office, but behind the wheel of a Chevy Silverado LTZ it's a whole different experience.

I've got one arm on the back of the seat, slouching against the window. The Eagles are playing on the stereo and my shotgun is lying across my lap. Actually I made that last bit up, but you get the idea of how I'm feeling.

There's something incredibly fun about big pick-ups. I think it might have something to do with Lego and Tonka toys, but that's as close as I've got so far. Basically,

pick-ups are, by nature, a compromise. They are trying to give you the comfort of an SUV with the load carrying ability of an industrial truck.

This Chevy is really quite nice inside. The wide leather seats are nice and comfortable, but not very supportive. Not that you'll be throwing this Silverado around. It's still quite plastic across the dash, but it all feels well bolted together and solid. Don't worry about places to put

things either, as I lost count three times, when trying to count the cup holders and cubbyholes.

North Americans will be used to column shift, but Europeans will take a while to get used to it. On a car like this it doesn't really matter how you shift the gears, as once you're off the mark it takes care of that side of things, allowing you to sit back and enjoy the ride.

On the road the Chevy drives very smoothly, but is, as with all pick ups, compromised by the heavy springs at the rear. Speed bumps upset it far more than in

a standard SUV, but then a normal SUV can't carry 1.5 tonnes of bricks either.

The engine note could also do with a decent exhaust, as the lovely V8 rumble is strangled by US noise limits. In the Middle East, where we are lucky enough to enjoy our engines uncluttered by noise-reducing baffles, I'd buy a phat exhaust for my Chevy in an instant.

I didn't get a chance to head off-road, but the length is bound to act against it. People wanting a desert warrior would be better looking at the single cab with the short bed, despite losing a row of seats.

It certainly isn't short of power for powering up the dunes.

The rear bed is



SPECS

Engine: 5.3-litre V8
 Power: 315hp @ 5,200 rpm
 Torque: 454Nm @ 4,400rpm
 0-100km/h: n/a
 Top speed: 185 km/h
 (electronically limited)
 Price: Dh150,000
 (depending on options)

huge and will carry anything you want to throw in the back. In my case there's nothing in it, which doesn't help the handling. Pick-ups like to be loaded and handle better with weight in the back. Maybe I should have offered to help a few people move house?

I owned a big pick-up like this a few years ago and it was pretty good, but not that great. These days, pick-ups like this Silverado are as close as you're going to get from a quality SUV, despite being a bona fide pick-up. Things have definitely moved on and anyone expecting a bare and functional interior will be pleasantly surprised.

Chances are, pick-ups won't ever be perfect, constrained as they are by frame chassis and heavily sprung suspension. But perhaps that's a good thing. Pick-ups are different. They're fun and rugged, taking men back to when they were boys. You can go camping in them, shopping or simply to the office. You can tow a boat, pull out a tree stump or just use it on the school run.

There's also a massive range of tuning and modifying goodies available, so you can customise to your heart's content. And let's face it, unless you're American or Canadian, when are you ever going to get the chance to buy a 5.3-litre V8 double cab pick up?

So find a decent baseball cap, throw the dog onto the passenger seat and get trucking. It might not fit in the average parking space, but you'll have a lot of fun finding out.

Car briefs

V12 Zagato comes to Dubai



SPORTSCARS Fans of James Bond's car of choice will be more than a little chuffed with the news that the new Aston Martin V12 Zagato will be appearing from November 10-14 at the Dubai International Motor Show. The car won't be alone, however; it will be accompanied by an exquisite selection of other contemporary Aston Martins, including the four-door Rapide, the new Virage Volante, the DBS Coupe and V8 Vantage S Coupe, which, combined, will form the marque's largest presence at the show to date.

Lexus hybrids confirmed for UAE

HYBRIDS Lexus distributor Al-Futtaim Motors has announced the arrival of the 2012 models of its hybrid cars—the LS600h and CT200h—which will go on sale with immediate effect. The CT 200h's 1.8-litre full hybrid powertrain produces performance equivalent to a 2-litre petrol engine, with a choice of driving modes—dynamic or relaxing.

The LS600h provides the highest level of performance, technology and luxury in the LS line, with a hybrid powertrain that combines a 5-litre V8 with two electric motors and a large-capacity battery pack. Together, they generate 438 horsepower.



Chrysler shows off its muscle



PREMIERES Chrysler Group Middle East will showcase innovative designs and new technologies as well as hold three Middle East premieres at the forthcoming Dubai International Motor Show. The eleventh incarnation of the show will run from November 10 to 14 at Dubai International Convention and Exhibition Centre.

Making their Middle East premieres at the show are the all-new 6.4-litre, HEMI-powered 2012 Jeep Grand Cherokee SRT8—the fastest Jeep ever built; the 2012 Dodge Challenger SRT8 and the highly acclaimed, all-new Chrysler 300C.

Jaguar Land Rover's cool concepts

CONCEPTS Land Rover's DC100 concept shows a possible future for the Defender in a version that features some notable changes since the Frankfurt Motor Show. Design Director Gerry McGovern describes it as the beginning of a four-year journey to design a Defender for the 21st Century. What's more, the stunning Jaguar C-X75 supercar looks set for production. The Jaguar C-X75 concept vehicle turned heads worldwide at the Paris Motor Show, and the company will launch it as an exclusive hybrid supercar from 2013-2015. Only 250 examples will be built, retailing from Dh4,029,600.



315
 The horsepower provided by the thumping, great V8 under the Silverado's bonnet.



Amateur football for charity

Last week saw an amateur football tournament raise funds for the Palestinian Children Relief Fund.



FOOTBALL

Aside from when professional footballers purchase large, luxury yachts, very rarely do the worlds of boating and football collide. However, they collided last week when the Al Marakeb Boat Manufacturing Company hosted its second annual charity football tournament, in collaboration with the Palestinian Children Relief Fund (PCRF).

The event, held at the Sharjah Industrial Area, provided a fun

weekend of friendly competition on the football pitch, while also raising donations and awareness for the children of Palestine. The competition saw over 200 participants and spectators, and was supported by 16 sponsors, all eager to contribute to the cause. Players were able to sign up in teams of five to seven players, at a cost of Dh100 per player.

With the help of the hosts, friends, sponsors, families, and players, the tournament managed to raise a large amount of funds,

which will go towards the building of the new Beit Jala Cancer Research Centre in Palestine.

There were 16 friendly, yet competitive, football games over the course of the two-day charity football tournament. Each team put in a stunning effort, showing good standards of football, despite it only being an amateur tournament. After plenty of on-pitch action, the winning team ended up being Abdul Ghani's team, while the runners-up were the UAE Social Services team. And Kings United, a young football league team from Dubai, claimed third place after beating Six Senses 2-1.

Despite the mettle shown by a number of the players, though, it was clear that every game was taken in good humour, and that, after all, everyone was there to have a good time on behalf of a good cause.

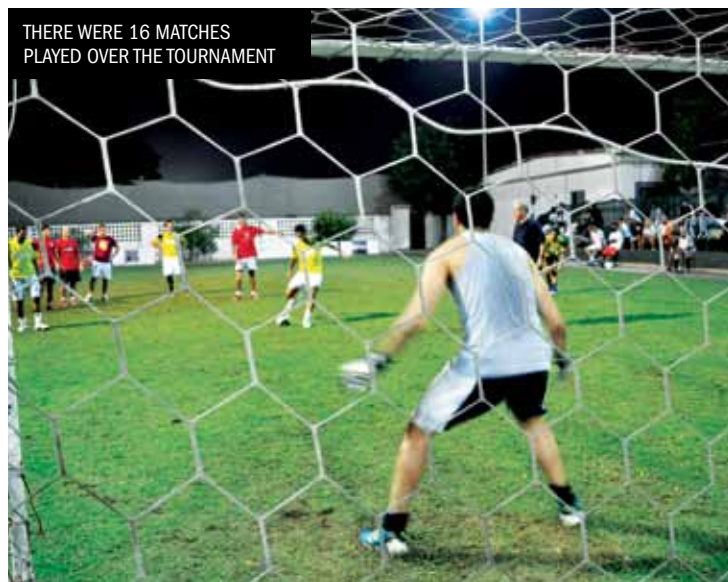
Members of the PCRF managed to attend, bringing along two of their recipient children from Gaza and Bisan. The pair are currently being treated in the UAE, and enjoyed being able to participate in the event.

"An overall fun and successful event was easy to organise thanks

TWO PALESTINIAN CHILDREN CAME TO THE TOURNAMENT



THERE WERE 16 MATCHES PLAYED OVER THE TOURNAMENT



Facts on the PCRF

- The PCRF has 13 chapters across the world, most of which are in the USA.
- The PCRF has been endorsed by former US President Jimmy Carter, actor Richard Gere and Her Royal Highness Princess Haya Bint Al Hussein.
- The PCRF was established in 1991 and still continues to be a main driving force in addressing the humanitarian crisis facing Palestinian youths.

to everyone's eagerness to help out," said Basel Shuhaiber, founder of the Al Marakeb Boat Manufacturing Company. "I would also like to thank Merrill Sammour, a high-school senior whose idea it was to collaborate with PCRF, and I hope she goes on to inspire children of the upcoming generation to contribute towards such causes.

"The real gratitude, however, goes to organisations such as the PCRF, whose wonderful efforts change these children's lives tremendously."

Post-it

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.

Ukrainian, female, seeks job. 10 yrs of office experience. Good in fast-paced work environment. Excellent communication skills. Self-motivated. Call 0503787758/sam_al@live.ru.

Cartoonist (full book and comics) seeks job. Illustrator, 2D animation artist/ painter. 7 yrs experience. Can freelance. Call 05553271739/email: yousifsan-houry@hotmail.com.

Female seeks job in the administrative sales and marketing field. 6+ yrs experience in UAE. Call 0502490737/email: santalani.lavina18@gmail.com.

Indian, MBA, seeks job in circulation and marketing. 3+ yrs experience in 'The Times of India' in circulation and marketing. Call 0554372972.

Male with diploma seeks job. 3+ yrs experience in sales and marketing field. Knowledgeable in sales management. Call 0558583569/email: aslam.cp786@gmail.com.

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

Indian male with diploma. 2 yrs experience in sales. Knowledgeable in the sales field. Excellent communication skills. Call 0558277484/Email: shoukathali0099@gmail.com.

Male, 25, MBA (international business) seeks job in marketing /advertising. One yr experience. Call 0553163034/email: mohdali.k23@gmail.com.

Muslim seeking job. 4 yrs experience in sales /banking. Fluent in English and Arabic. Knowledgeable in MS Office. Call 0552315249/email: naimaxxabdul@yahoo.com .

Male, 21, ACCA Inter seeks job as an Accountant or Audit Junior. Excellent communication skills. Knowledgeable in MS Office. Email ahmadzahid32@gmail.com / call 0552669007.

Creative graphic designer professionally qualified seeks job. 8 yrs UAE experience. Email pengraphic@gmail.com.

Pakistani male seeks job as PRO. 3 yrs experience. Fluent in Arabic. Knowledgeable about immigration, labour /Dubai courts work. On employment visa. Call 0502008925/ibrahimpasha41@yahoo.com.

Male seeks job in accounting/ finance. 15+ yrs experience. Knowledgeable in banking, AR/AP, P&L, balance sheet, budgeting, auditing, etc. Call 0502460865.

Ukrainian, female, 23, seeks job in hospitality or travel and tourism company. Owns a bachelor's degree in international tourism. Call 0508780359/email mariana_nechypurenko@ua.fm.

Male, 22, seeks job. 2 yrs experience in accounting and administration working in Peach Tree & Tally. On visit visa. Call 0553895790/Email: aliwafadar10@yahoo.com.

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

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

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

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

JOBS AVAILABLE

Hairdresser required for a full time job at a ladies salon in the Burj Khalifa area. Call 0556324634.

Physiotherapist required for a full time job at a ladies salon in the Burj Khalifa area. Call 0556324634.

Arabic family requires a Filipina housemaid for 10 days only. Call 0508010676.

Female housemaid required for kitchen work and vegetarian Indian cooking. Near Al Nahda in Dubai. Starting time from 7:30am. Call 0559278395.

Delivery driver/bike rider required for a chain of restaurants. Should have valid motorbike licence, needed fluency in English, road experience. On visit / employment visa. Fax CV to 042860360/ Email job.vetra@gmail.com.

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

Pathologist required at diagnostic centre laboratory located in Deira, Dubai. Call 0504605575/email barskc@gmail.com.

2 Lab technicians required at diagnostic centre laboratory located in Deira, Dubai. Call 0504605575/email barskc@gmail.com.

AUTO

Mitsubishi Pajero 2008 model. Black colour. Only done 60,000km, full automatic option with sunroof. Single driver used. Only AED86,000. 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.

SERVICES

Tutoring lessons available. Near Rashidiya library. For all subjects including Arabic up to grade 8. Call 0509488387.

Qur'an /Arabic tutoring available in Dubai. Teaching Qur'an in Arabic tonality and phonetics. Call 0557041209.

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.

ITEMS

Sony PlayStation available for sale. Modified. Black in colour. Comes with 22 games, 8GB memory. Can access Wi-Fi / Skype. Email ping_aguirre2008@yahoo.com.

MacBook laptop for sale. Intel core duo. Used for less than one month. In excellent condition. For 3,000AED. Call 0557353593.

Dell computer available for sale. Model no. Optiplex 755. Intel core 2 duo 2.33Ghz. Rarely used computer. For 1,000AED. LCD, USB included. Call 0558325364.

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

ACCOMMODATION

Sharing accommodation available for executive Keralite bachelor behind Al Maktoum Hospital, Dubai. Rent 600+Dewa. Call: 0506957820.

Fully furnished flat available for rent. In Uptown Mirdif. Short term rental. Directly from owner. Free Internet, Jacuzzi, gym, pool /Garden. Call 0551905561.

Bed Space available for rent. Keralite executive bachelor only. Near Al Rigga/ Salah Al Din metro station. Internet, balcony, kitchen facility offered. For

520AED. Call 0506987229.

Fully furnished bed spaces available for rent. Filipinas only. Al Qusais area near Al Bustan Center. Call 0553100272/0508018164.

Partition/bed space available for rent. Filipinos only. In Muraqabat, near Abu Baker Al Siddique metro station /Al Rigga metro station. 1000/500AED. Internet, TFC included. Call 0567255086.

Executive bed space available for rent. In Karama. Near the metro station. Keralites preferred. Call 0505786075.

Executive bed space available for rent. In Karama. Two people only can be accommodated. Keralites preferred. Near the metro and bus station. Call 0505786075.

Bed space available for rent. Male/ female. Free DEWA /TFC. Wi-Fi is shared. Opposite Union metro station. For Filipinos only. 450AED. Call 0552457706/0504967615.

Bachelor bed space available for rent. In Bur Dubai. For 425AED including DEWA. Wi-Fi facility is offered. Call 0553431645.

Bed space available for rent. Keralite executive bachelors only. Near Al Baraha Jesco. Mess/Internet facilities offered. Call 0555792089.

Flat available for rent. For three people. Big common hall. Near Karama metro station. Call 0559469082.

Room available for rent. Executive bachelor only. For 1499AED. Behind York hotel, Bur Dubai. Call 0097150/2418574.

Bed space available for rent. Filipinas only. Good and comfortable room located near Al Hana center. Free Internet. Call 0507452641.

Bed space available for rent. Keralite Muslim bachelors only. Furnished flat behind Al Noor Clinic, Deira. Call 0551289378.

Bed space available for rent. Male Filipinos only. 500AED excluding DEWA. Near Al Rigga metro station and restaurants. Call 0558343969.

MISCELLANEOUS

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

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

Mitsubishi Pajero 2008 model. Black colour. Only done 60,000km, full automatic option with sunroof. Single driver used. Only AED86,000. Call 0559704790.

To place your ad
please email *advertising@readme.ae*

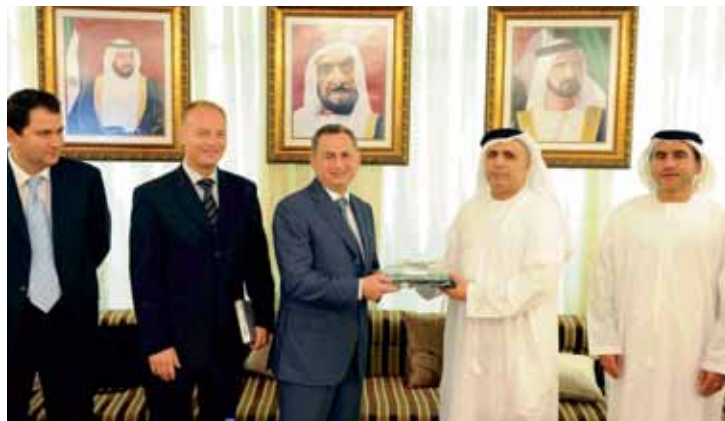
Ukrainian minister visits RTA

COMMENDATIONS

His Excellency Kolesnikov Borys, Vice-Prime Minister and Minister of Infrastructure of Ukraine, praised the experience of the RTA in completing the construction and operation of the Dubai Metro project in a record time, besides upgrading the public transport systems and building an extensive network of roads and bridges to cater for the future needs of the emirate.

"Accomplishing the Dubai Metro project, considering its length and number of stations, in less than five years exceeds what the Ukraine has achieved over 50 years!" exclaimed Kolesnikov, who headed a senior Ukrainian delegation in a visit to the RTA, where he was received by H.E. Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA.

At the outset of the meeting, Al Tayer welcomed the Vice-Prime Minister and the accompanying delegation, which included a host of top metropolitan and regional municipal officials as well as city mayors in Ukraine. From the RTA also attended CEO of Strategy and



Corporate Governance Sector Abdul Mohsin Ibrahim, CEO of Rail Agency Adnan Al Hammadi, and several directors.

"The start of rail projects in Ukraine dates back to 50 years ago, and there are metro lines in three major cities but the government is currently constructing a metro system in a fourth city and 95 per cent of metro tracks are underground. The visit aimed at benefiting from RTA's experience in constructing and operating the Dubai Metro, delivery of service to passengers and linking the metro stations with other transit modes

"The visit aimed at benefiting from RTA's experience."

as the Ukraine is braced for hosting The 2012 UEFA European Football Championship," the Vice-Prime Minister added.

Finally, the two parties exchanged mementos, and Al Tayer presented a trophy to the Deputy Prime Minister of Ukraine.

New RTA initiative to enhance finance skills of employees

INITIATIVES

The Department of Finance at the RTA has unleashed an in-house programme entitled "Together Towards Professionalism" with the aim of enhancing the abilities of its human resources to excellent standards in the field of finance. This will empower employees to keep pace with the ongoing successes of the RTA in all fields to serve the community. The Program is set to run through to mid-2012.

Director of Finance Ahmed Al Kaabi described the new internal programme as an integrated knowledge platform for transferring core and advanced knowledge in the field of finance.

"The programme will effectively contribute to fostering a qualified generation of professional accountants at the Dubai Government level as well as uplifting their thinking and promoting

their skills to acquire the expertise of mapping out plans and senior financial policy matters," he said.

"This integrated programme is tailored to nurture a generation of professional and qualified accountants who have scientific know-how, practical experience and international recognition. This will ultimately reflect on the quality of RTA financial performance and contribute to maintaining its financial excellence as a pioneer government agency in Dubai," said Al Kaabi in a final remark.



AHMED AL KAABI

Bus driver training for Public Transport Day

PUBLIC TRANSPORT DAY

The RTA is seeking to make the second edition of the Public Transport Day (November 1, 2011) a highly captivating event with the aim of attracting more passengers to use public transport means, including the Metro, public buses and water buses, free of charge for one day.

Ahmed Al Hammadi, Director of Buses at the Public Transport Agency, said, "Among the tools adopted by the RTA to ensure successful staging of the event is to run internal campaigns to educate bus drivers at the Public Transport Agency as they are the RTA personnel most engaged in daily contact with the public.

"We are currently undertaking a training program for bus drivers highlighting the importance of the Public Transport Day concept based on three core aspects: ensure that every rider holds a Nol card, the card is stamped at the time of boarding and alighting from the bus, and passengers are treated in a respectful manner, which is a crucially important aspect on which the RTA places much emphasis, being an integral part of the RTA's



endeavours to improve customer service experience. The campaign targets 2,534 drivers hailing from different nationalities, cultures and ethnicities," added Al Hammadi.

"Despite differences in languages, cultures and ethnic backgrounds, drivers share the same language,

which is smiling to passengers and dealing with them with full respect and appreciation while adhering to the guidelines of safety, driving and traffic in order to lift passengers to their intended destinations in a safe and smooth manner.

"The key objectives underlining



AHMED AL HAMMADI

the Public Transport Day initiative revolve around bolstering the role of Dubai emirate in supporting initiatives that contribute to improving the environment, achieving sustainable development, encouraging the use of public transport systems and marketing the services of advanced RTA public transport

systems spanning the Metro, public buses and water buses.

"The Day also aims to increase the ridership of public transport, enhance the integration of multi-modal transport, elevate the standing of Dubai emirate and the RTA as advocates of public transport and sustainable development initiatives, diffuse the culture of using mass transit systems among all community members, attract more tourism to the emirate supported by intense media coverage of the initiative, and seek to generalise the implementation of the initiative at the federal and regional levels such that it evolves into a joint event shared by all GCC countries," said Al Hammadi in a final statement.

RTA shares expertise with Al Ain Municipality

OUTDOOR MEDIA

The RTA has reviewed with a delegation of Al Ain Municipality its practices in regulating and managing outdoor advertisements in Dubai, in keeping with its drive to share professional expertise in this regard with specialist government departments and entities across the UAE.

Engineer Hussain Al Banna, Director of Traffic at the RTA Traffic and Roads Agency, said upon receiving Mohammed Saeed Al Matrani, Ali Hamad Al Dhahiri and Mohammed Ahmed Al Qubaisi from Al Ain Municipality, the RTA stands ready to cooperate with any entity interested in benefiting from the pioneering expertise of the RTA in all specialist fields of business.

During the meeting, which was also attended by engineer Abdullah Jasim, Business Development Manager at the department, Al Banna stressed the importance of adhering to the professional and technical standards that govern



“Al Ain Municipality members were impressed.”

the management of outdoor ads in Dubai and reiterated the RTA's commitment to observe the global quality and safety standards applicable to the advertising field.

“We are keen on ensuring that outdoor ads conform to the requirements and standards that address the

safety requirements and aesthetic appearance of the emirate,” he said.

The delegation from Al Ain Municipality attended a briefing about the rules and regulations governing the issuance of permits, and monitoring of ads within the right-of-way public transport means and

traffic systems in the emirate. The Manager of Business Development reviewed the concepts and methods of ads management adopted in the department stating that there are two types of ad permits; one relates to ad-hoc permits and the other relates to ad contracts.

The delegation was also briefed on the administrative and technical procedures for issuing ad-hoc permits as well as the procedures of contracting with RTA-approved firms. The briefing also included benchmarks set for pinpointing locations of ad signs in Dubai, traffic safety specifications, the impact of ads on road users and other requisites pertinent to clarity.

The Al Ain Municipality members were impressed with the advanced procedures and methods applied by the RTA in streamlining outdoor ads in Dubai. They also praised the outcome of the meeting and the RTA's efforts to introduce traffic safety standards while addressing the aesthetic appearance of Dubai.



GOVERNMENT OF DUBAI

هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY



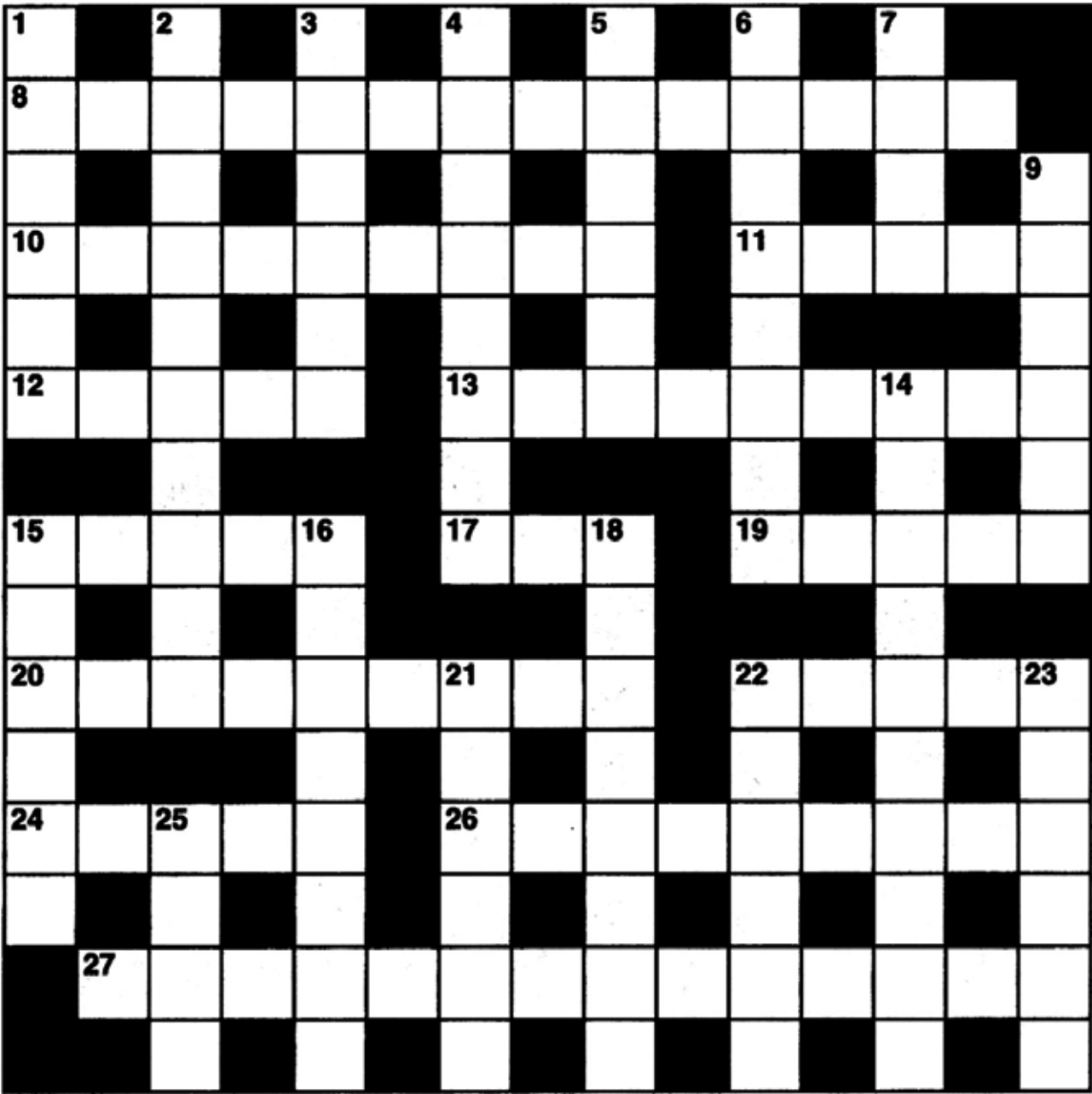


لبيده...
Here to help...

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

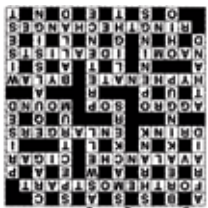
Taking your time

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



- Across**
- 8 Generally (3,3,4,4) 10 Mountain's snow-fall (9) 11 Roll of tobacco leaves (5) 12 Beverage (5) 13 Photographer's tools (9) 15 Disruptive behaviour (5) 17 Concession (3) 19 Knoll (5) 20 Link (words) together (9) 22 Local authority regulation (5) 24___ Watts, The International actress (5) 26 Impractical people (9) 27 Go through all possible permutations (4,3,7)
- Down**
- 1 Frightened or sorry (6) 2 Separating (8,2) 3 Dwindled (6) 4 Resounding blows (8) 5 In addition, too (2,4) 6 Range of frequencies of sound (8) 7 Steep rugged rock (4) 9 Forced by leverage (6) 14 Double-line maths symbol (6,4) 15 Imminent (2,4) 16 Gaps (8) 18 Masquerade or affectation (8) 21 Ablaze (6) 22 Romantic song (6) 23 Most prudent (6) 25 Dayton's state (4)

Answers



Classic Mediterranean Pasta

This fresh pasta dish couldn't be easier to make and provides an authentic taste of Italy.

RECIPE

Contributed by
Jenni Palermo

Ingredients

- 1 tbsp olive oil
- 1 chopped onion
- 2 small cloves finely chopped garlic
- 2 x 400g cans chopped tomatoes
- 1 tbsp sun-dried tomato paste
- 1 tsp dried basil
- 1 tsp dried oregano
- Pinch of salt
- Freshly ground black pepper
- 500g Penne pasta
- 100g grated Parmesan cheese

For the topping

To make the sauce, heat the oil in a pan then add the onion. Fry until soft but not browned, then add the garlic and fry for a further minute.

Add the remaining sauce ingredients and gently bring to the boil. Reduce the heat and simmer for 30 minutes. Add more salt and freshly ground black pepper if needed.

Meanwhile, cook the pasta according to the packet instructions. This dish is best served

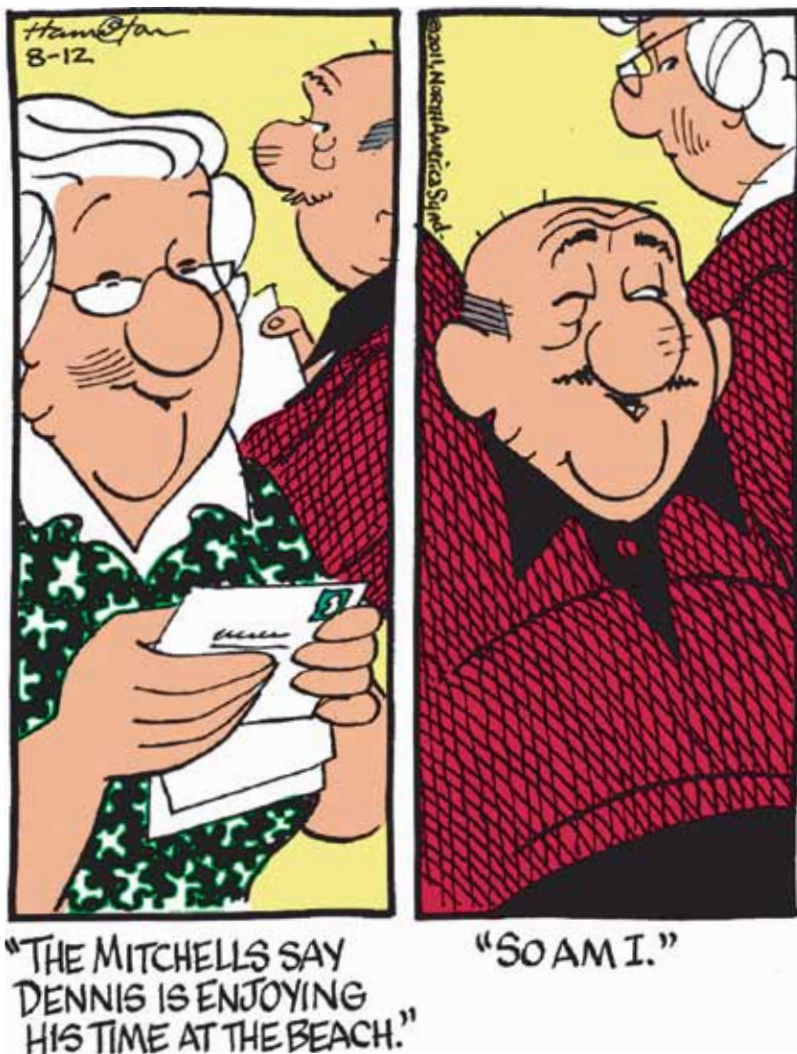
with the pasta slightly al dente so don't overcook it. Drain the pasta well and add it to the pan containing the sauce.

Make sure all the pasta is well coated then serve hot with a sprinkling of Parmesan on the top and a few fresh basil leaves for garnish. Try it with crusty bread or bruschetta on the side for an authentic accompaniment.

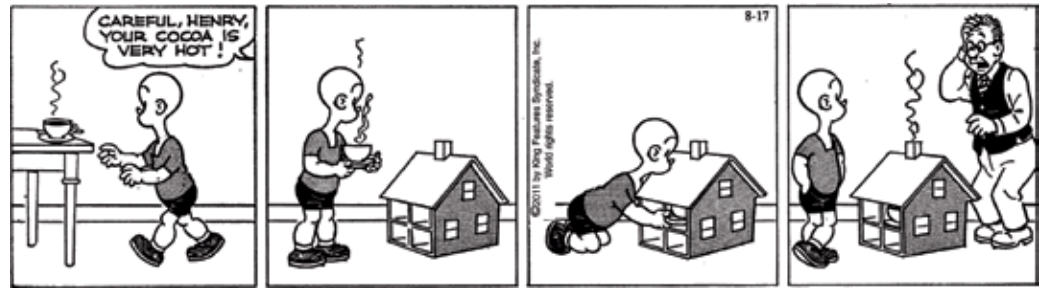
Serves
4



Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I can't stop biting my nails and they look so awful. I don't even realise I'm doing it most of the time so how can I stop?

Read: If you don't realise you are doing it, nail biting can be hard to stop. One method that works for many people is to use a special foul-tasting varnish that you apply to the nails. You can find it in most chemists or health stores for a few dirhams and it could hopefully spell the end of your nail-nibbling problem.

Q I gave up smoking four weeks ago but I am now piling on weight. I seem to be eating more than I have ever done in my life, how can I prevent this?

Read: First of all, well done for making the decision to quit smoking. Many smokers find they replace cigarettes with food, which is not necessarily the best way to get rid of a dependency as it replaces one with another. For



now, however, why not try cutting up some fresh carrot sticks or fruit and nibbling on these when you find yourself reaching for a substitute?

Q I have really waxy ears. I clean them every day with cotton buds but they still produce a thick, brown wax that I'm really paranoid people will see.

Read: You should never use cotton buds to clean your ears. This pushes the wax in further

and can damage the delicate inner ear. Use a wet wipe to clean around the ear opening but never insert anything. If it is really problematic and affecting your hearing, you should definitely visit your GP. He or she will be able to offer advice on how to have the wax cleared in a medically controlled way.

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

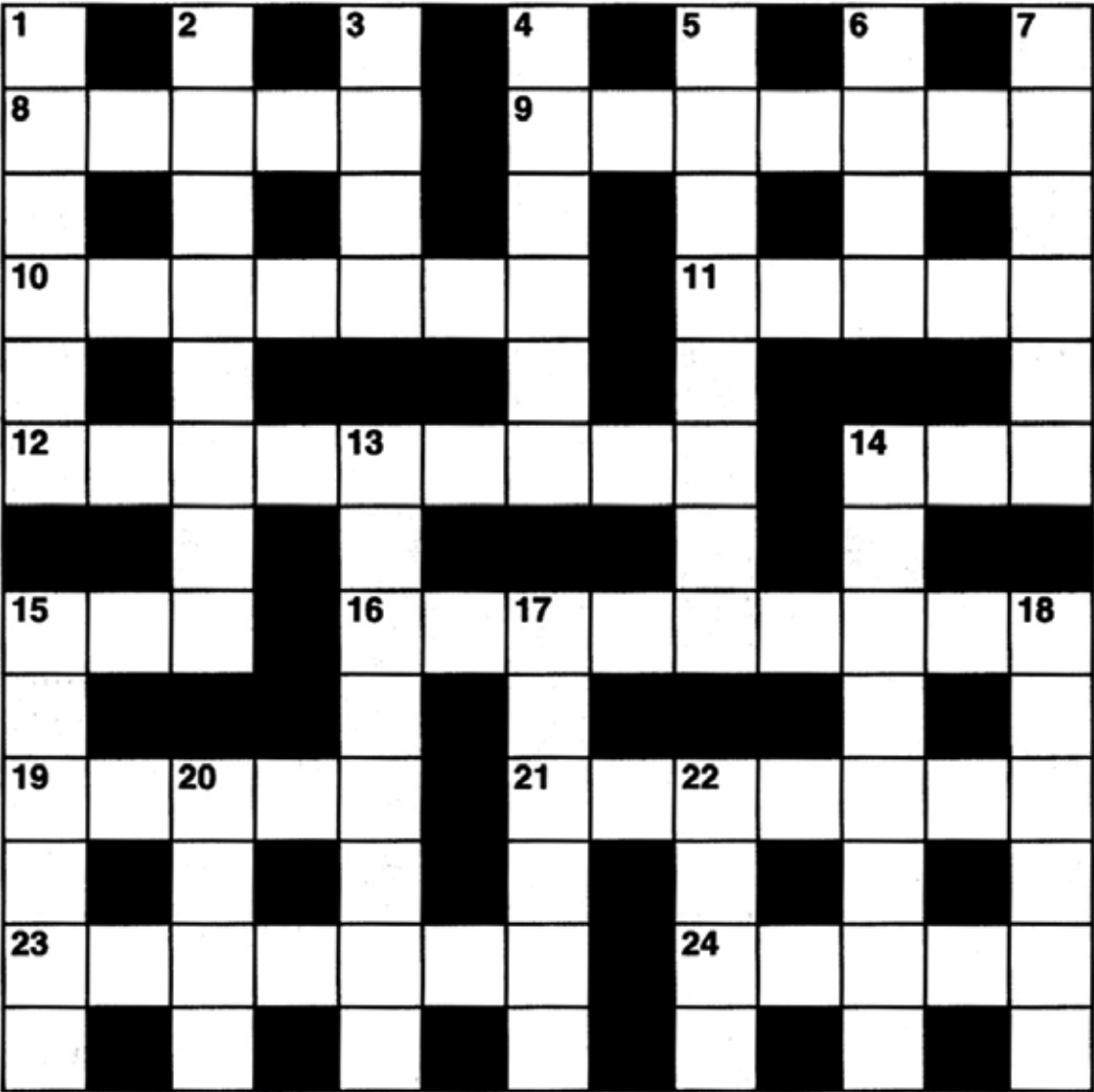
Who's this?

Answer

Turn to page 38



Crossword



- Across**
- 8 Evocative of a style from the past (5) 9 Ghostly, eerie (7) 10 Adroit (7) 11 Stratum (5) 12 Modulating (9) 14 Craze (3) 15 Disfigure (3) 16 Of renown (9) 19 Popular Japanese food (5) 21 Government by the masses (3,4) 23 Get cosy (7) 24 Buttonhole bunch (5)
- Down**
- 1 Programme in advance (6) 2 Garden power tool (8) 3 Wentworth sport (4) 4 Hot dish (6) 5 Daytime brightness (8) 6 Support, prop (4) 7 Much-loved (6) 13 Wages (8) 14 Month with 29 days in a leap year (8) 15 Maltreat (6) 17 Indulge (6) 18 Effort (6) 20 Consommé (4) 22 Manager (4)

Sudoku 1

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

Sudoku 2

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

Crossword answers



Sudoku 1 answers

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

Sudoku 2 answers

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

Who's this? answer - Mariah Carey

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What's in your stars?

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

ARIES (MAR 21 - APR 20)

You may finally come to an agreement with someone who could bring new opportunities your way. A commitment is finally made between the two of you, which gives you confidence in your future, especially where your job is concerned.

TAURUS (APR 21 - MAY 21)

Someone close to you may have seemed too busy and pre-occupied to notice you recently, but this is about to change. Unbeknown to you, your un-failing support and calm head throughout this difficult time has been a much-needed support for them.

GEMINI (MAY 22 - JUN 21)

You seem to have a new determination to get things done quickly and efficiently, which is no bad thing. Tasks at work that you used to dread could become a walk in the park now, which could see surprising side effects in terms of career progression.

CANCER (JUN 22 - JUL 23)

If you have children, their achievements at school may make you very proud. You may also find yourself experiencing a new, can-do attitude when it comes to things that you have been putting off for a while. This new approach could see you go far at work.

LEO (JUL 24 - AUG 23)

If you have been planning home improvements, you may not want to scrimp when it comes to your choices. A money-saver could turn out to be more hassle than it is worth in the long run. A hobby that allows your creativity to shine may start to interest you.

VIRGO (AUG 24 - SEP 23)

You may be thinking of new ideas to help you move on from your existing setting or job. It may be further education that interests you or more involvement with a cause close to your heart. Consider the options before jumping in, but don't be afraid of the deep end.

LIBRA (SEP 24 - OCT 23)

You may be known for your balanced approach to life, but when it comes to life's little luxuries, your balance can occasionally be disturbed by temptation. Be aware that this side of you could start to become prominent, so keep an eye on your bank balance.

SCORPIO (OCT 24 - NOV 22)

Now could be the ideal time for you to move on and look towards building for the future. It may be that something you started long ago could finally bring some reward. If you want to start completely afresh, now could be the perfect time to do so.

SAGITTARIUS (NOV 23 - DEC 21)

You are known for being a generous person, and now you may find yourself turning your attentions to people who are less fortunate. The satisfaction from helping others could be great, whether this is through voluntary work or fundraising for a special cause.

CAPRICORN (DEC 22 - JAN 20)

You may find yourself in demand socially, so much so, in fact, that you are spoilt for choice on more than one occasion. One friendship in particular could become much closer, which may signal the beginning of a fun and exciting new journey.

AQUARIUS (JAN 21 - FEB 19)

Lately you have been starting to feel more confident and robust when it comes to dealing with issues that previously frightened you. While it is comforting to feel stronger within yourself, it could also positively affect how you interact with people on a daily basis.

PISCES (FEB 20 - MAR 20)

You could start to feel more carefree and worry a lot less about telling people exactly how it is. This could lead to some exciting discussions and interactions with those around you. This all adds to the excitement of life so don't take anything to heart.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30th	31st	1st	2nd	3rd	4th	5th
Sunny	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
High 33C	High 34C	High 32C	High 32C	High 30C	High 31C	High 31C
Low 26C	Low 26C	Low 26C	Low 27C	Low 27C	Low 26C	Low 26C
Humidity 41%	Humidity 48%	Humidity 52%	Humidity 50%	Humidity 47%	Humidity 42%	Humidity 40%



MORE REASONS TO SHOP MORE TO WIN

Celebrate the opening of our new stores from October 27 to November 14. Spend AED 300 at any of our fashion stores and get a chance to win a grand shopping spree worth AED 50,000*! Shop at any of our new stores** and we will double your coupons. There's more! Feel like a star with your own Cosmopolitan magazine cover. Get ready to strike a pose between November 10 to 13 on Centre Stage. You will love fashion at Deira City Centre.



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