

FREE



www.facebook.com/readmeae



www.twitter.com/readmeae



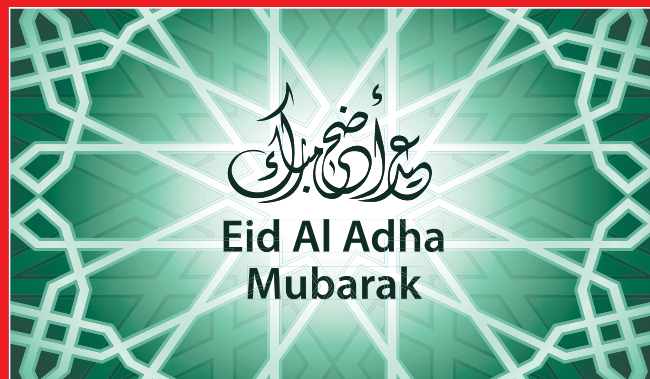
www.youtube.com/readmeae



www.readme.ae

NOVEMBER 6-12, 2011 | Issue 21

Read.



STAY STANDING

How sitting down at a desk all day could be putting your heart, circulation and overall health at serious risk

THE BIG APPLE



A LEGEND IS RE-IMAGINED

Steven Spielberg's computer animated version of Tintin is an all-round fun family adventure

BALANCING ACT

How the practice of kinesiology can help restore a healthy balance to both the body and the mind

Vocal chord

A guide to how singing can enrich your life

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

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



وول ستريت
Wall Street
للصرافة Exchange

STREET of DEALS

Everybody has a fabulous chance to win

From Nov 1st to Dec 30th 2011



Join to win:



[/WallStreetExchange](https://www.facebook.com/WallStreetExchange) 042269871

DED 109648

Terms & Conditions Apply

Contents

**METRO
LIFE 03**

FEATURE 08

HEALTH 12

ARTS 14

TECH 16

FASHION 20

YOU 22

TRAVEL 24

FILM 26

LISTINGS 28

MOTORING 30

SPORT 32

**PUBLIC
TRANSPORT 34**

**TAKE A
BREAK 36**

Letters

Email: letters@readme.ae



FELLOW PASSENGERS WILL APPRECIATE GOOD PERSONAL HYGIENE

WOW! That is all I can say about the free Public Transport Day on 1 November! I have never seen so many people taking the Metro, even the buses were packed! This is a great initiative, which I feel the RTA should do more often, maybe every few months. Although it was very busy and there was some overcrowding, I really enjoyed seeing everyone moving around on public transport instead of by their cars or taxi and everyone seemed to be happy and making the most of the freebie! Thanks to the RTA and everyone involved in making the day a success—more power to public transport and those who choose to use it!

Christina Muneze

Ed: Glad to hear you enjoyed the day, Christina. From the feedback on our Facebook page and by the torrent of letters it seems a lot of you managed to take advantage of the free Public Transport Day in some way, even

if only to go to work and back. Roll on the next one.

Hi Read., This is something that is bugging me every time I am travelling on the Metro. People, please, make sure you have a shower in the morning! A lot of people complain about those who do not give up their seat or who push to get on trains, but for me, there are people who do not consider the noses of other passengers!! Personal hygiene is so simple but it makes the Metro a nicer place for everyone!

SMILE

Asha Prankar

Ed: Thanks for the subtle hint, Asha! We have actually had a few people mentioning this before so it seems as though bad

personal hygiene is something that bothers many Metro riders. Other than encouraging good hygiene, however, there is not much to be done about it. Maybe a scented handkerchief might be a good addition to your handbag.

Dear all the good folk at *Read.*, I just wanted to say how much I enjoy being part of your Facebook page. I love getting the weather everyday—such a simple idea but really useful. I also wanted to let you know I have recommended everyone at my bowling club to join the page! I particularly liked the fun games you used to do like the lunchtime story.

Ken Freeman

Ed: Hi Ken, first of all thanks for liking us on Facebook. It's a great way to speak to our readers and we try to keep the page as informative and fun as we can. Lunchtime stories was great fun and I'm sure we will be running something similar again soon, keep your eyes peeled.

I would just like to pass on a quick message to all the readers which I hope you can print in your magazine. SMILE!! :) It makes a huge difference to your day!! That is all! :) xx

Fantasia Luna

Ed: We agree, Fantasia. In a busy city like Dubai, a simple smile from a friendly stranger can perk your day up no end. Thanks very much for sharing and we look forward to hearing from you soon.



My Metro life

Gigy Thomas
Stock controller, Jebel Ali

Ever since the Dubai Metro became operational, I have been a frequent, although not daily, commuter using the Metro as my transport of choice. I like the way it gives safety, comfort and relief from the chaos of traffic, while I am also attracted by the mesmerising views it gives us while on the move.

The frequency of trains is also commendable because you never have to rush in order to catch one. By the time you

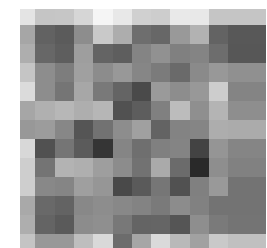
reach the top of the stairs and take a deep breath, the next train arrives without spraying any dust and carbon on your face. Thanks to the amount of extra care put in by the RTA, the needs of every Metro user are met by providing all sorts of directional signs, regular train announcements and state-of-the-art modern amenities backed by a hassle free Nol card system. I feel that the on-board seating, overall



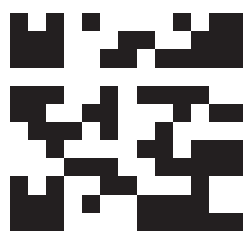
cleanliness and station announcements are also worth mentioning.

With all the above combined, I can definitely say that I have

become an admirer of Dubai Metro and the accompanying feeder bus services. Hats off to Dubai Government for keeping everyone moving!



Scan this QR code with your smartphone to go to the *Read.* website



Scan this QR code with your smartphone to go to the Facebook page of *Read.*

Please recycle this copy responsibly.



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



PATRICK CARREON



FARHAN ABBAS SHAIKH



BILAL AHMED



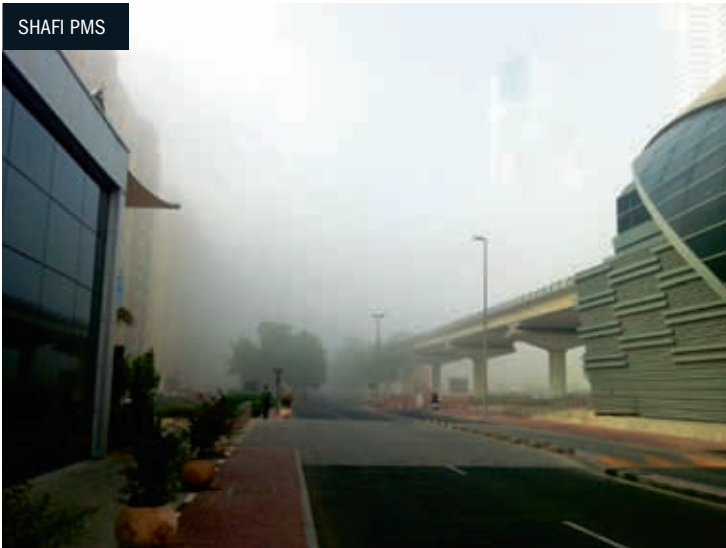
RICHARD DULLAS



GILBERT LABAO



BWIN SHAKYA



SHAFI PMS



RYAN HILARIO



JEFF AYALIN HABLA

STATION-BY-STATION *guide*

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

THE TREE OF LIFE



Modula-Conceptio Jumeirah Beach Road
Why not get a little culture in your life by checking out the latest works by Indian artist, Seema Kohli, at

Modula-Conceptio this week? The exhibition, named *The Tree of Life*, has just been on display in New York and is causing quite a buzz in the art world. Entry is free, for more information call 04 394 3002.

Al Khail Gate

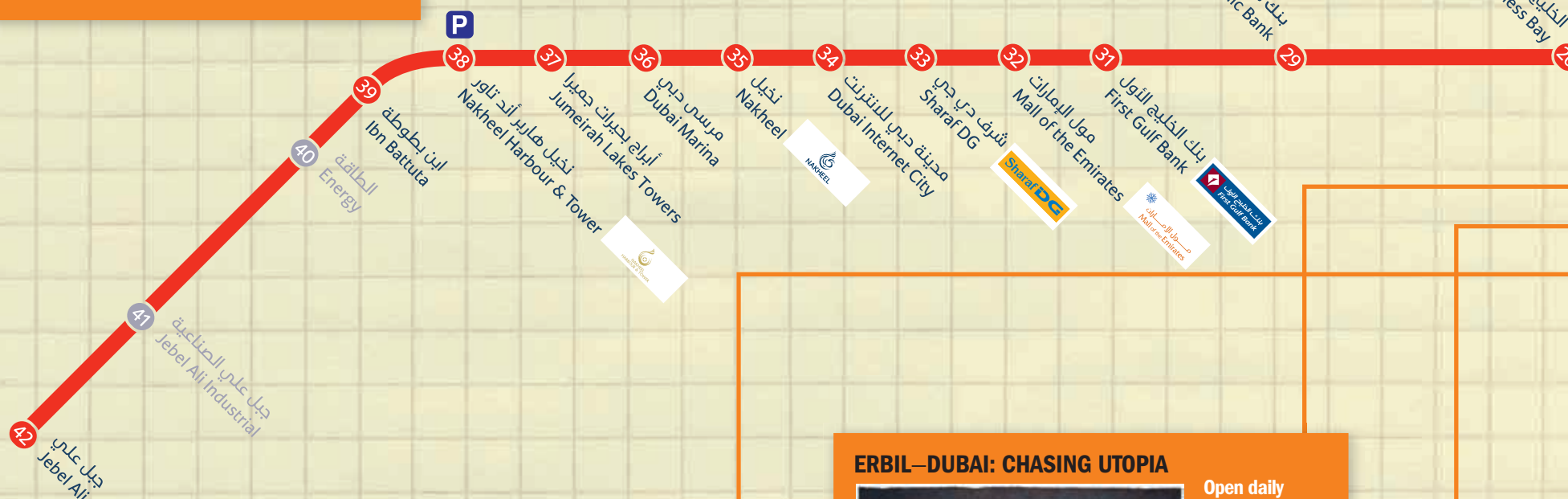
Live close to city conveniences
Affordable living at a central location

2 B/R apartments starting from
41,000 AED*

*Terms and conditions apply. RERA # Number 852

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
DUBAI PROPERTIES GROUP



ERBIL—DUBAI: CHASING UTOPIA



**Open daily
XVA Gallery,
DIFC**

Kurdish Iraqi artist Walid Siti exhibits his latest works in *Erbil—Dubai: Chasing Utopia*, an exploration into how the ancient city of Erbil mirrors Dubai

with its modern skyline and ever-changing construction. The exhibition runs from November 2 to December 5, 2011.

KIDZANIA



**Open according to mall timings
Dubai Mall**

At Kidzania, kids can get to understand the world of grown-ups a little better, by being grown-ups themselves for a while. With over 80 different roles to choose from including surgeons, firefighters, chefs, engineers, artists and mechanics among others, let the little ones act big for a while. Infants (under two years old) go free, toddlers (two to three years) cost Dh95 and children (four to 16 years) gain entrance for Dh130.

TEA AT RAFFLES



**Daily 2pm-7pm
Raffles Dubai, Oud
Metha**

The Collection is Raffles' stylish offering for afternoon tea, which features food masterfully crafted to match the latest designer fashion trends. The prices aren't bad either, for a little taste of luxury. Dh199 for two, or Dh399 for two with beverages.

DUBAI INTERNATIONAL MOTOR SHOW



**Nov 10-Nov 14
Dubai World Trade Centre**
This year's Motor Show is just around the corner and car lovers are excitedly gearing up to get a glimpse of the best in high-tech cars and new models. The four-day event will also include entertainment

such as stunt shows and test-drives, and with tickets just Dh50 there's no excuse not to visit. The timings on November 10 are 5pm to 10pm, while on November 11 are 3pm to 10pm, and from November 12 to 14 are 11am to 10pm.

DEIRA FISH MARKET



**Open daily
Near Shindagha Tunnel**
Get up early and head to the largest and busiest of Dubai's fish markets to catch yourself a tasty bargain. The market is also worth a visit just in order to see the incredible choice of local fish on offer. Blue lobster, baby sharks and kingfish are just some of the sea life for sale. You'll get used to the smell quickly, but make sure you wear clothes you don't mind getting wet and dirty.

LOBSTER SUNDAYS



**Until 30 Nov,
7:30pm—
11:15pm
Radisson Blu
Hotel, Deira**
Every Sunday throughout November, The Radisson's Chef Sombun will be on hand to cook any size lobster of your choice from the seafood display for an amazing Dh85. Other dishes are available for non-lobster lovers, which vary in price. To book, call 04 205 7333.

VOTE AND WIN



**Daily throughout
November
Mirdif City
Centre**
In commemoration of the 40th UAE National Day and Spirit of the Union celebrations, Mirdif

City Centre is hosting an inter-school arts project called *My UAE National Awards Day*. Throughout November, shoppers will have the opportunity to vote for their favourite arts sculptures, all of which will be on display. Every Dh200 purchase at any store can be redeemed for a voting card and a raffle ticket for daily cash prizes totalling Dh1.6 million as part of the 40-day shop-and-win promotion.



One month **FREE** rent

SHOROOQ
MIRDIF

Live in a family environment
Convenient living in Mirdif

1 B/R apartments starting from
40,000 AED*

*For a limited period only. Terms and conditions apply. RERA ID Number: 850

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
DUBAI PROPERTIES GROUP



GHOROOB
MIRDIF

Live in a quiet environment
Your gated community in Mirdif

1 B/R apartments starting from
40,500 AED*

*Terms and conditions apply. RERA ID Number: 850. Ghorooob Phase 2.

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
DUBAI PROPERTIES GROUP

ENJOY A PEACEFUL NIGHT



**Daily 6.30pm to
11.00pm
Mövenpick Hotel
Deira**
The Mövenpick Hotel Deira can now almost guarantee a peaceful night's sleep after creating a dedicated "relax zone" and full range of amenities. Amongst other things, to maintain tranquility, a designated "quiet floor" has been reserved, where children will not be allowed on the floor and room service will be carried by tray. The rooms come complete with subdued lighting, comfortable bed sheets and a pillow menu.

The Burning Question

Q Cigarette packets will soon carry photographs warning of the health dangers associated with smoking. What else do you think could encourage people to quit smoking?



Ollygar Ordona
Salesperson
Deira

It is quite likely that banning the distribution and sale of cigarettes to people would help. Perhaps introducing a higher age limit on who can buy them would stop people taking up the habit.

Ainee Regino
Salesperson
Deira

Perhaps the government could regulate the use of cigarettes like they do with medicines. I also think that they could introduce a law where smoking is only allowed in specific smoking areas, perhaps this would deter smokers.



Chokkalingam Rajangam
Relationship officer
Bur Dubai

I think that the government could offer free nicotine replacement chewing gum to smokers to encourage them to quit. They could start by giving it out to people who want to give up smoking then see whether it is worth making it a widespread scheme.



Nilu Bodiniyaka
Beautician
Jumeirah

I suppose if the cigarette packets already carry a warning then people are aware that it damages their health. If they want to live a long and healthy life they should give up smoking, but it is their choice ultimately; the government can't go into people's houses and stop them smoking.



Hooman Pakgohar
Student
JLT

I think the method of putting images on cigarette packets could prove to be effective. The government should also make the stickers into billboards, as maybe using scare tactics is the best way to prevent people from smoking.

Ali Zandi
Visitor
JLT

It would be nice if the government could give out free nicotine patches and gum to those who want to quit, but this would cost too much and they would need a massive budget to do so. I do think, however, that they could raise the tax on cigarettes or ban smoking in public places.



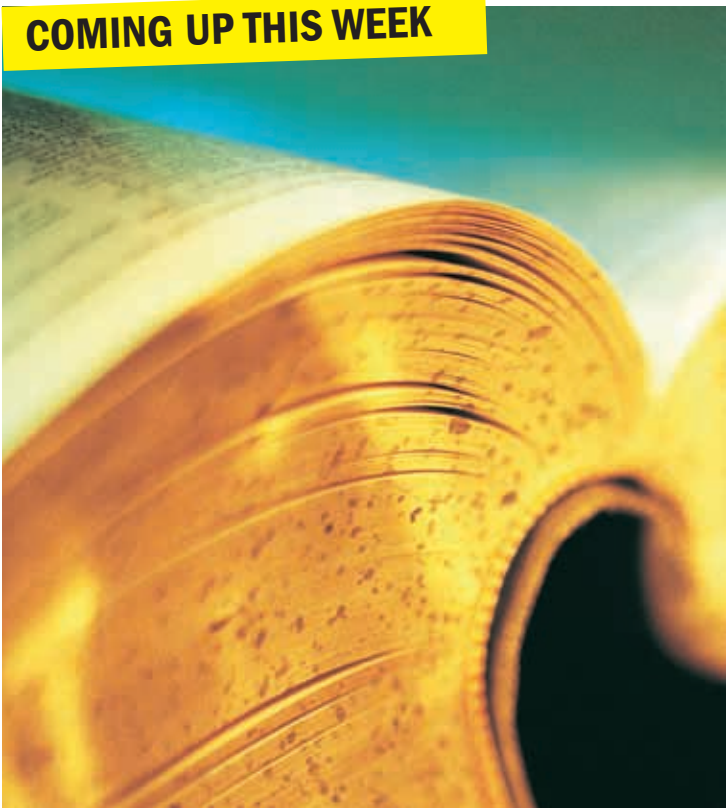
Kenneth Joseph
Auditor
Karama

I guess the photographs showing the after-effects of what smoking does to the body is a good way to put people off, but maybe these images should be shown wherever possible, like on banners or adverts on the TV, not just on cigarette packets.



What's happening this week on readme.ae?

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



COMING UP THIS WEEK

TODAY

This month is NaNoWriMo, or National Novel Writing Month, which will see thousands of budding writers take up the challenge of writing their first novels. So far, 90 books written during this month have been published, and one has been adapted into a Hollywood film. We take a look at some of the biggest success stories from the initiative.



MONDAY

Every one of us is familiar with the basic layout of a car's controls, but how long did it take for car controls to become standardised? We investigate.



TUESDAY

For theatre-lovers, a trip to Broadway in New York City would constitute the perfect holiday. We look at some of the most successful Broadway shows ever.



WEDNESDAY

There are plenty of health myths flying around. For example, are there any benefits to eating just before going to bed? We bust open common health myths.



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

After plenty of negative PR, video games seem to have been accepted as a viable form of media or, as some say, art. We look at the history of the video game and its rise in popularity.



Facebook chatter



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

How did you take advantage of the Public Transport Day? Which modes of transport did you take, and where did you go?
Oh it was one of the best day of

my life me and my mother in law went shopping to ibn battuta in the metro...saw ra 1...a complete womens day out...thanks to RTA
— Maithili Mantri

I had one of the best days of my life. It seemed like a very good and happy occasion. Occasions

like that keep the city alive other than practical life. I had been going to the water bus, metro and bus. I utilized every mode of transport from RTA which was free. It was really fun. Thanks RTA for such a wonderful 1st November =))
— Sana Ali

I LIKED IT VERY MUCH THANK U RTA KEEP IT UP AND WISH U COME WITH SUCH IDEAS YEAR AFTER YEAR WE LOVE U RTA
— Ghansham Bhatia

If you could create any app (for PC or mobile phone), what would it be?
Most simplified one is to create ur wallet controller...
— Surryawanshi Amol

Do you have children; do you want more? And if you don't

have children, do you want to have some eventually?
Nice Question : i don't have children yet, but i would like to keep my family continuity though my



children the number of children depend on the couples decision its depend on there wealth , health etc.
— Femees Musthafa

Having a child or children is a gift. Responsible parenthood I think is one best solution for it. Limit the number of children to your capability of providing them food, clothing, shelter and education and the means to ensure them of a good future.
— Jhun Cruz

i think having children is the best thing that could ever happen to me.
— Tarkighan Faibee

I would definitely get involved in some charity work to mark the UAE's 40th National Day.
— Nafraz Najeemudeen

Are you *ready* for NaNoWriMo?

Since Tuesday last week, all around the world, books have been started, to be finished by November 30.

Despite the slightly mangled name, NaNoWriMo is actually all about writing, though the organisation itself does admit that it is more about quantity than quality. As they say themselves, “National Novel Writing Month is a fun, seat-of-your-pants approach to novel writing. Participants begin writing on November 1. The goal is to write a 50,000-word, (approximately 175 page) novel by 11:59:59, November 30. Valuing enthusiasm and perseverance over painstaking craft, NaNoWriMo is a novel-writing programme for everyone who has thought fleetingly about writing a novel but has been scared away by the time and effort involved. Because of the limited writ-

ing window, the ONLY thing that matters in NaNoWriMo is output. It’s all about quantity, not quality. This approach forces you to lower your expectations, take risks, and write on the fly. Make no mistake: You will be writing a lot of rubbish. And that’s a good thing. By forcing yourself to write so intensely, you are giving yourself permission to make mistakes. To forgoe the endless tweaking and editing and just create. To build without tearing

down.” The idea is to encourage all those people around the world who “have a book in them” to actually sit down and do something about it. For everyone who has

ever wanted to write a book, this is the time and place to do it. No excuses. No putting it off. Just you, a keyboard, and 30 days until the deadline. Does it work? For sure—at the end of the month, if you’re diligent, you’ll have a manuscript with something in excess of 50,000 words. This is a tough challenge—even prolific and professional writers find it hard to sustain 1,000 well-crafted words a day.

In fact, though the event emphasises creativity and adventure over creating a literary masterpiece, more than 90 novels written

during NaNoWriMo have since been published, including *Water for Elephants* by Sara Gruen, and *The Night Circus* by Erin Morgenstern, both number one New York Times Best Sellers. Success is possible.

NaNoWriMo programme director Lindsey Grant says, “Writing a novel in a month inspires incredible confidence in seasoned and first-time novelists alike. Completing a draft of the novel they’ve been contemplating for ages gives participants a tremendous sense of accomplishment and leaves them wondering what else they’re capable of.”

And you won’t be alone. In fact, that’s largely the point, the knowl-

Water for Elephants
Aside from winning several awards, this book was also adapted into a Hollywood movie.



edge that while you're slaving away over your deathless prose, all around the world other would-be and published novelists are doing exactly the same thing, experiencing the same highs and lows as you, facing the same challenges and creating something unique. Nor are you alone in this part of the world—there are many UAE residents who have taken up the challenge. To connect with NaNoWriMo participants in this area, visit www.nanowrimo.org or contact press@nanowrimo.org. The local municipal liaison is Hollie Parker (hollieparker@live.com), based here in Dubai, who can be contacted with any queries.

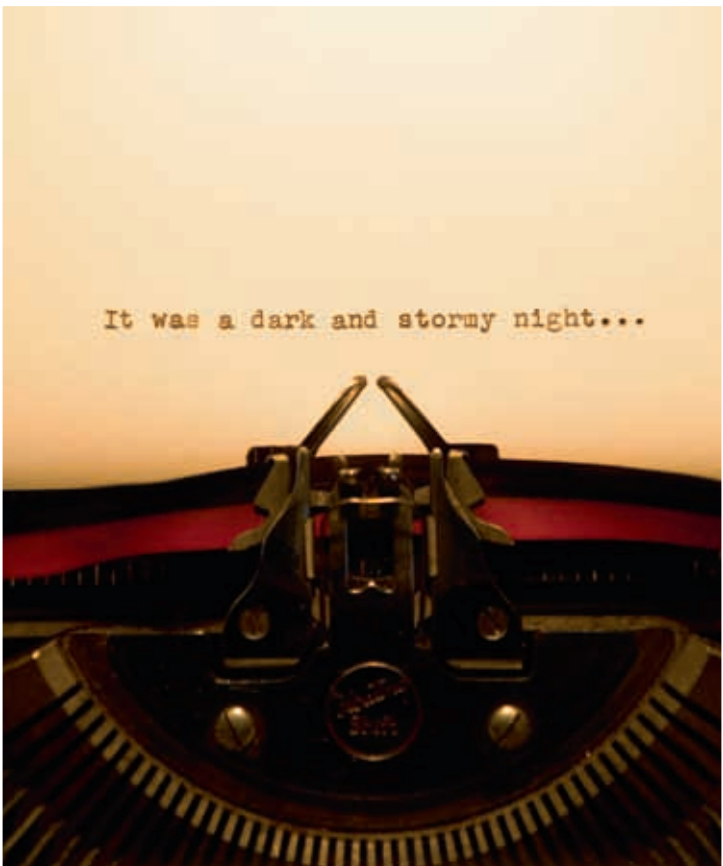
So, is success guaranteed? Maybe. Dubai-based communications expert and novelist Alexander McNabb says of his own efforts, "I wrote *Olives* in a month, and then spent the next seven years editing it." Getting your words down on paper is only the start of a long process, involving editing, revision, submitting to

publishers (or more likely these days, self publishing), marketing and rounds and rounds of publicity, trying to find buyers for your masterpiece. Is it worth it? Absolutely, so the organisers say.

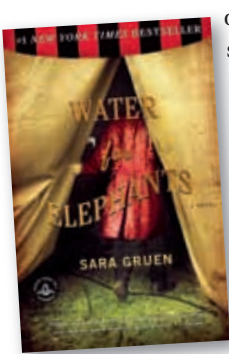
So, to recap: What: Writing one 50,000-word novel from scratch in a



month's time. Who: You. We can't do this unless we have some other people trying it as well. Let's write laughably awful yet lengthy prose together. Why: The reasons are endless. To actively participate in one of our era's most enchanting art forms. To give yourself permission to write without obsessing over quality. To be able to make obscure references to passages from our novels at parties. To stop being



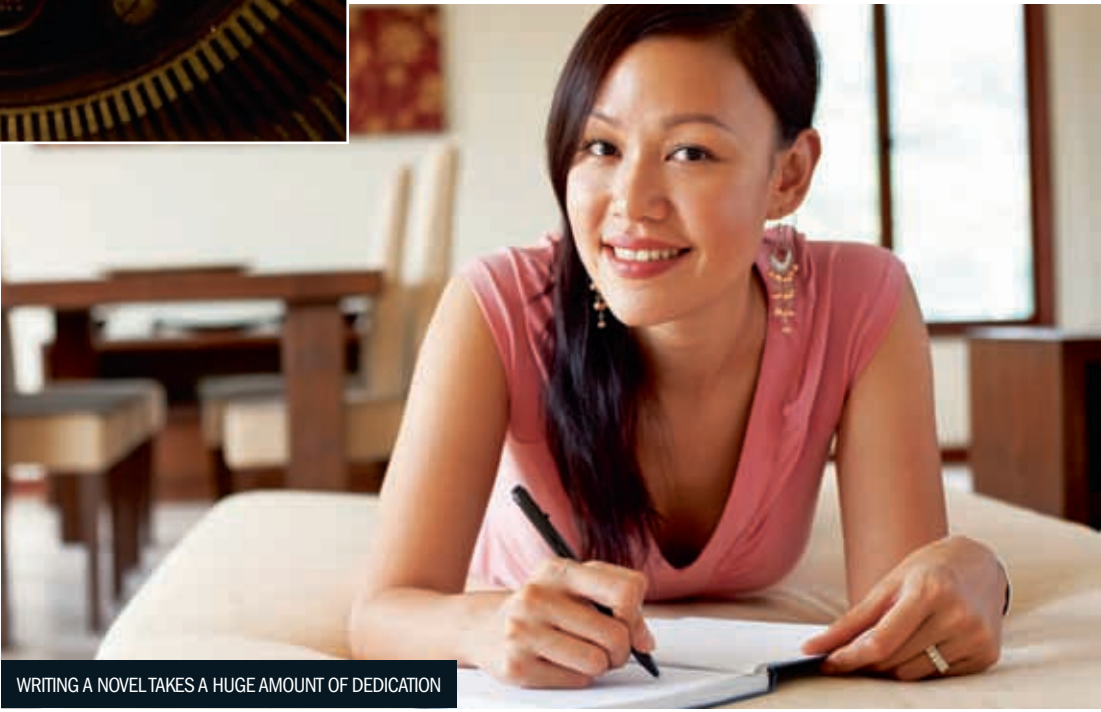
“More than 90 novels begun during NaNoWriMo have since been published.”



one of those people who say, 'I've always wanted to write a novel,' and become one of those people who can say, 'Oh, a novel? It's such a funny story—I've written three.' When: You can sign up anytime to add your name to the roster and browse the forums. Writing begins at 12:00:01, November

1. To be added to the official list of winners, you must reach the 50,000-word mark by November 30 at 11:59:59. Once your novel has been verified by a web-based team of robotic word counters, the partying begins.

We're already well into November, so what are you waiting for?

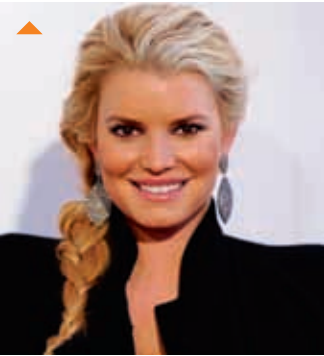


WRITING A NOVEL TAKES A HUGE AMOUNT OF DEDICATION

Who's hot ...

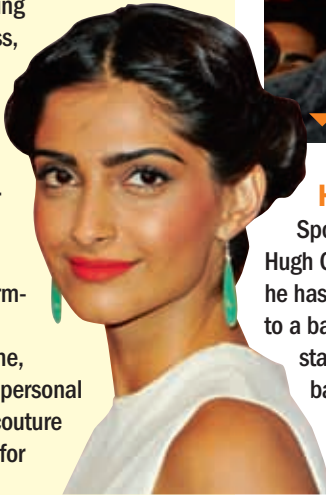
JESSICA SIMPSON

The singer has confirmed rumours that she is expecting her first child with fiancée Eric Johnson. Simpson chose to announce the news on her web site by posting a photo of herself dressed up as a mummified figure for Halloween, with the caption, "It's true – I'm going to be a mummy!"



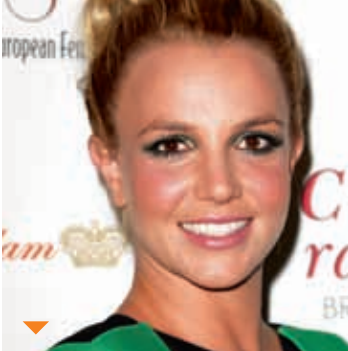
SONAM KAPOOR

The Bollywood beauty mingled with Dubai's A-listers last week at the preview of Nirav Modi's latest haute jewellery collection at One & Only, The Palm. Dressed in a stunning, figure-hugging sparkly dress, Kapoor dazzled the glitzy crowds of the five-star event, and spent the evening warmly chatting with everyone, sharing her personal choices of couture and posing for pictures.



HUGH GRANT

Spokespeople for British actor Hugh Grant have confirmed that he has become a first-time father to a baby girl. The *Love Actually* star apparently welcomed his baby in early October, although the details surrounding the identity of the child's mother still remain sketchy.

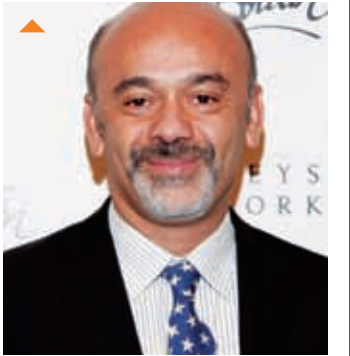


BRITNEY SPEARS

The *Oops, I did it Again* singer will be heading over to the UAE soon to perform live at the Abu Dhabi Grand Prix, so excited Spears fans have been given a sneak preview of what's in store with photos and reviews from the opening shows of her *Femme Fatale* tour in London, which have proven to be a massive hit.

CHRISTIAN LOUBOUTIN

A firm favourite among the feet of Dubai, footwear designer Louboutin has proven he has a generous soul by creating a shoe-inspired cocktail bar in the shape of his classic stiletto turned on its side, set to be auctioned off to benefit the Elton John Aids Foundation later this year.



Dining like the pharaohs

Read. visits the **Pyramids at Wafi** for a particularly special, indulgent and high-quality Friday brunch.

RESTAURANTS

The best thing about the Friday brunch at Wafi's Pyramids is that you're offered food from several restaurants instead of just one. All of the restaurants on the first floor are within metres of each other, and they seem to have an agreement when it comes to Fridays. No matter where you sit, you can grab food from the buffets in any of the other restaurants, and head back to your table.

This means that, unlike other all-you-can-eat brunches around the emirate, people visit for the quality rather than the quantity, particularly given that every eatery there serves up top-notch food.

We were seated in Medzo, the Italian diner just at the top of the stairs as you walk through the Pyramids entrance. There were plenty of starters lining the shelves in front of the chefs, so we got stuck in immediately. The salads and the bruschettas were extremely impressive starters, and this is coming from someone who generally avoids salads at all costs. Perhaps it was the fabulous Italian meats that complemented them, or perhaps it was the meticulously prepared



FROM BRUSCHETTA TO THAI, THIS BRUNCH HAD IT ALL

“The whole brunch was simply an ode to fine dining.”

leaves and dressings. Whatever it was, Mammia Mia, it was good.

Next up was Thai Chi, which serves, as its name suggests, Thai food. As far as the food went, what was there was good, but there seemed to be a lack of choice. There were no dishes containing

any meat, and while the vegetable dishes were extremely tasty, some chicken or beef would have gone down extremely well. Pity.

Following this, we were beginning to feel slightly full, but we still had so much good stuff to get through, meaning we couldn't stop there. Some of us went off to Mahi-Mahi, which exclusively serves seafood.

The rest of us went to Vintage for a selection of fine cheeses. It sounds excessive, but the whole brunch was simply an ode to fine dining. Admittedly, we were stuffed by the end, but we would have been full to the brim at any other brunch. It's just unlikely we would have found so much enjoyment in doing so anywhere else.

Blue Nights

by Joan Didion

BOOKS

The latest book from Joan Didion solidifies the author's reputation as one of this generation's most powerful writers. Stunningly frank, *Blue Nights* is heart-wrenchingly tinged with aspects of Didion's own life as she recounts the experience that no mother wishes to endure; losing her own child.

The book begins with Didion thinking back to her daughter Quintana's wedding in New York, seven years before. “Today would be her wedding anniversary,” she muses, which triggers a walk down memory lane as she recounts her daughter's childhood. The story goes on to reflect not only on her daughter's life, but on Didion's own role as a parent. She ponders



the candid questions which any parent might have after losing a child. Did she fail her daughter by not seeing the cues? With various issues like this underlying the narrative, the author begins to examine her own thoughts, fears and doubts regarding many aspects of life, including having children, illness, growing old and death.

This is an iconic book of refreshing honesty, yet is ultimately a haunting and profoundly moving read.

If you like this, you could also try...

The Year of Magical Thinking
by Joan Didion

In the pre-cursor to *Blue Nights*, Didion explores an intensely personal yet universally widespread experience. A simple portrait of marriage and life, through good times and bad, that will resonate with anyone who has ever loved a spouse or child.

The Sense of an Ending
by Julian Barnes

This novel follows Tony Webster, a middle-aged man who is faced with his past when his childhood friends return, one from the grave, the other all-too-real. Webster has no choice but to reconsider his own nature and place in the world, things he thought he had understood all along.

Noel Gallagher's High Flying Birds

★★★★★ Mercury

ALBUMS

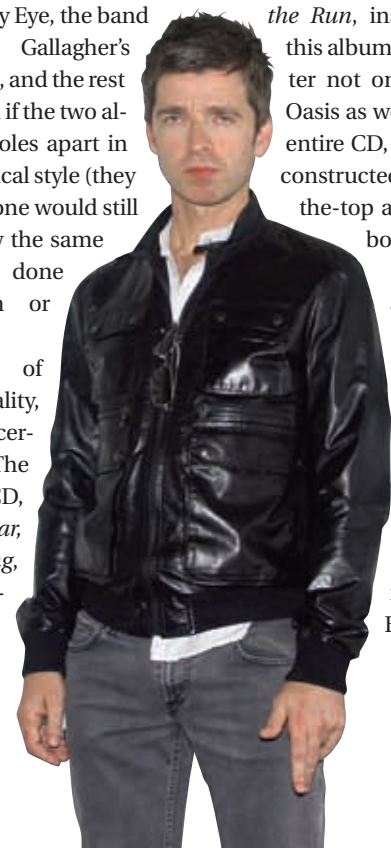
When reviewing Noel Gallagher's first solo album after the break-up of Oasis, it's impossible not to draw comparisons with the first effort of Beady Eye, the band formed by Gallagher's brother, Liam, and the rest of Oasis. Even if the two albums were poles apart in terms of musical style (they aren't), everyone would still want to know the same thing: who's done better, Liam or Noel?

In terms of musical quality, it's almost certainly Noel. The Beady Eye CD, *Different Gear*, *Still Speeding*, sounds simply like a col-

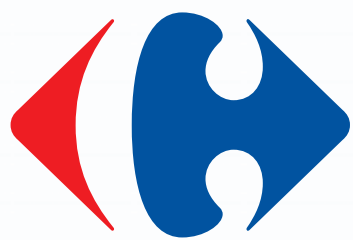
lection of Oasis B-sides that were never quite good enough to make it onto the finished albums. Noel Gallagher's album, though, feels like a bespoke effort.

The first track, *Everybody's on the Run*, instantly shows that this album is supposed to better not only Beady Eye, but Oasis as well. Throughout the entire CD, the songs are well-constructed; nothing too over-the-top and yet nothing too boring.

Highlights of the album include the superb *If I Had a Gun...*, and the sweet *Stop the Clocks*, while the other songs come together to form a solid album from one of the main men behind the Brit-pop revolution.



كارفور



Carrefour

www.carrefouruae.com

SHARE THE SPIRIT OF EID ENORMOUS SAVINGS INSIDE!

شارك فرحة العيد مع عروضنا الهائلة

Low prices and so much more!

From 3rd Nov until 12th Nov 2011



569 Dhs
.00 PSP 3004



599 Dhs
.00

Nintendo Wii console
with mario kart



999 Dhs
.00

PS3 160 GB console
Also available 160 GB
with move pack
Dhs 1149



1,649 Dhs
.00

XBOX 360 250 GB
with kinect sensor
+ 2 kinect games

CARREFOUR COUPON
قسمة كارفور
100 Dhs



2MP
Camera
3G
WiFi
Bluetooth
GPS
Qwerty
Keyboard

CARREFOUR COUPON
قسمة كارفور
75 Dhs

999 Dhs
.00

BlackBerry curve 3G 9300 smartphone
+ Bluetooth headset HS300 + Car charger

16GB WiFi 3G Honeycomb 3.0 OS



CARREFOUR COUPON
قسمة كارفور
300 Dhs

2599 Dhs
.00

Samsung tablet PC GTP-7500

Get **4%**
Cashback
The best value in town



Enjoy online shopping

www.iC4uae.com

Carrefour
toll free number
800 7 32 32

Are you sitting comfortably?



We all do it, every day. You're probably doing it right now. But is sitting down so much doing us all more harm than good?

We sit in our cars. We sit in our offices. We slump on the couch at the end of the day, exhausted by our day of sitting down at work. The scary part? Some scientists reckon we're killing ourselves doing it.

The statistics are scary. Simply sitting down for six hours out of each day places people more at risk of dying than people who sit down for less than three hours each day. Exercise doesn't make any difference. And the worst part? Most of us average a scary 9.3 hours a day seated in some way or another. That's more than we spend in bed sleeping.

So just what's so bad about curling up in an armchair with a good book? Not much, actually, because proper relaxation is always good for you. It's the hours and hours that we spend hunched over a desk staring at the com-

puter screen that's really bad for you. Problems occur with muscle tone, bad posture, loss of circulation to the lower limbs, overloading your heart because your legs aren't helping move blood around your body, loss of concentration because of poor blood supply to the brain, poor oxygenation of the blood because your diaphragm is compressed and shallow breathing—the list is almost endless. It is reckoned that people with sitting or sedentary jobs are at twice the risk of cardiovascular disease



“The real problems occur when you spend extended periods sitting in one position.”

than those whose job is done standing up. (Mind you, they have their own problems, but at least they're moving most of the time.)

The simple answer is to spend as much time on your feet as you can, and keep the amount of time you spend with your bottom

on a chair as small as possible. Get up and walk around, preferably in the fresh air. Walk over to a colleague's desk rather than phone or email. Go speak to people.

As a general rule, you should stand up, stretch and move around for at least five minutes in every hour, and preferably more. Even changing chairs and desks can help—the real problems occur when you spend extended periods sitting in one position, and your body begins to seize up. How often have you clicked the final key on a project or document, stood up and been almost unable to move? Too often? That's one of the danger signs. The longer you spend

STRETCHING REGULARLY CAN HELP INCREASE BLOOD FLOW





TIME SPENT ON FEET IS BETTER THAN TIME SPENT IN A CHAIR

“As a general rule, the more time you spend on your feet, the better.”

in one position, making a very large number of very small repetitive movements, the worse it gets. Sitting typing all day? I'm a prime candidate. Mind you, this writer is fortunate enough to have a small dog who demands to be taken for

a walk once an hour, and that is enough to drag me away from my desk several times a day.

What to do about it? Make sure you have the best office chair in the world. Seriously. If you spend all day seated in front of a desk, hunched over a keyboard, you deserve a properly supportive and adjustable chair in which to do it. Make sure it is at the right height, your wrists are supported comfortably, the screen is at the correct angle and at a distance that is comfortable

to read, and then put the coffee machine and water cooler at the other end of the office. Get up and get a drink regularly.

As a general rule, the more time you spend on your feet, the better. It doesn't matter if that is simply walking up the stairs instead of taking the elevator, strolling home instead of in a taxi, or simply getting a breath of fresh air instead of slumping in front of the telly, it's all good. Exercise is great, but you don't need to bust a gut. Just spend time on your feet instead of on your posterior. Your bottom will look better for it!



Got The DVTs?

One of the most dangerous risks of sitting for long periods is Deep Vein Thrombosis, but it is not just associated with airplanes and long distance travel. DVT is something that can happen right there in your office, so you need to be aware of the risks.

A DVT is basically a blood clot that occurs within one of the larger veins in your legs, though they can also happen in your arms or other areas. They are more common if you are immobile for four hours or more. Symptoms include pain, swelling of the infected area, mild fever and discomfort. The real risk is if the clot detaches and moves

to your lungs, where it can block blood vessels and cause a pulmonary thrombosis. This is treatable but serious.

The simplest prevention is movement. Get up and walk around, or exercise the muscles in your legs by moving your calves, ankles and toes regularly to pump blood through them. If you experience pain or swelling in your legs after travel, or pains in the chest and difficulty breathing, seek medical help urgently.

HEALTH NEWS

UAE to offer early screenings

Ministry of Health outlines plans to offer free screenings to catch out breast cancer early.

CAMPAIGNS

Following on from October's hugely successful breast cancer awareness month, the UAE Ministry of Health recently announced plans to continue their own awareness campaign for the next month, offering free screenings, daily lectures and educational brochures among other initiatives.

The national campaign aims to increase understanding of the disease, as well as increase public awareness of how important early screenings and prevention can be. Figures from the most recent data collation, the 2005 UAE National Cancer Registry, revealed that breast cancer was the most common type of cancer among Emirati nationals, accounting for



EARLY SCREENINGS CAN HELP SAVE LIVES

12 per cent of all cancer cases, and 23 per cent of cases in women. The most important factor, as with any type of cancer, is to try and catch the disease early, when

the likelihood of curing the cancer is at its highest and less invasive treatment is required than in later stages. However, only 30 per cent of breast cancer cases in the UAE

are diagnosed at the early stage.

As well as various fundraising and awareness events, such as walk-a-thons, the campaign will see primary healthcare centres and school health departments putting on a large

selection of lectures, educational activities and distributing the first braille edition of the breast cancer manual. The initiative for free screenings is hoped to encourage women to come forward for testing. The free screenings will be available at centres in Abu Dhabi, Sharjah and Ras Al Khaimah. There are currently six early detection centres nationwide.

ASK THE EXPERT



JUMANA QAQISH
PHYSIOTHERAPIST, SYNERGY
INTEGRATED MEDICAL CENTRE

Quick tips to avoid injury

Many serious injuries are caused by bad practices while exercising. One malpractice I see often is wearing casual shoes while walking or running on a treadmill. You should never wear shoes which do not have enough sole cushioning. Proper walking or running shoes are made to absorb the shock of the ground on the body. The ground reaction force on the joints could be damaging if not absorbed adequately. Furthermore, the insoles of the training shoes support the arches of the foot to ensure correct movement mechanics of the foot and consequently the ankles, knees, hips and back.

When performing squats, knees overcoming the toes will apply abnormal forces on the front part of the knee, especially on the joint between the knee cap and the hip bone, which causes degeneration of the cartilage. Eventually the person ends up with anterior knee pain, especially when going up and down stairs and standing up after prolonged sitting. Make sure to push your bottom backwards as far as possible and can always see your toes while squatting.

When exercising the lower abdominal muscles by moving both legs straight up and down in a lying position, some people excessively arch their lower back. This will impose abnormal stress on the lower back. Make sure you brace your lower back by sucking your belly in and pressing the back against the mat while moving the legs, or lift your legs with bent knees and touch the ground with your toes while lowering down.

Sing

when you're winning

Read.'s resident vocalist, **Lucy Torchia**, investigates the real-life benefits behind one of the world's favourite endeavours.

I refuse to believe there is such a thing as a person who can't sing. If you can speak, you can sing." These are the views of vocal tutor Layla Alsadi, who claims that with a little expert guidance, anyone can learn how to hold a tune, bask in the spotlight at a karaoke night, or possibly even be the next Mariah Carey.

"All it takes is a little time. I have had people come to me before who have not been able to sing in tune at all, but with hard work and the right technique, they are soon belting out classics as good as anyone else. The thing that holds most people back is fear. Singing has a stigma attached to it as being one of the scariest things you

can do in public. But when people overcome this fear, they love it; performing music for an audience is one of life's great highs."

Singing is, in fact, a more prominent part of our lives than you may realise at first. Most cultures have some form of singing that is fundamental to their way of life. National anthems, birthdays, sporting events, celebrations, religious occasions; singing is regarded as something that brings people together and stirs the spirit. However, while most of us are happy to join in with a singsong, many people are simply terrified of singing in front of other people if the focus is solely on them.

Alsadi says, "Although singing is something that makes most people nervous and shy, it actually does wonders for your confidence levels. If you can get up and per-





SINGING ON A STAGE IS REWARDING

form a song for others, the endorphins that are released give you a definite buzz. This then makes you crave that feeling again so you will want to sing again. Singing is also a great way to release pent up emotions, which can make you more aware of how you feel and in turn have a really positive effect on your general self-confidence.”

So, what if you want to learn how to sing properly? Yes, we can all belt out a few hits in the shower but taking lessons is something we often don't consider, especially as adults. Alsadi says, “If you want to learn how to sing properly, you will need a qualified vocal tutor. They will start from the very beginning, working on breathing techniques and posture, before teaching you the techniques needed to sing

CORRECT BREATHING

Normal breathing involves a shallow inhalation, even exhalation, then a short pause before you breathe in again. However, when you sing you need to take your breathing off autopilot. You will need to inhale quickly and deeply, then exhale slowly as you sing the song, but you also need to maintain proper posture. The breath should be inhaled into the diaphragm, which causes your belly to expand instead of your chest and exhaled out in a slow and controlled manner.

SINGING CAN RELIEVE PENT UP ENERGY



well. As I said, I don't believe there is anyone out there who can't sing; some just need a little more help.”

She also adds, “Learning the techniques involved with singing can also do wonders for your health. The way singers breathe brings more oxygen into the lungs, which increases blood flow and improves the circulation. It can also be a great stress-relief method, which for those people in Dubai who have manic jobs can be worth having lessons for in itself. Singing is also considered to be a great rehabilitation activity for people who have suffered from an illness or disease, and is sometimes used as a therapy for people who are suffering with health problems.”

In fact, Alsadi's suggestions are backed by various studies, including research published in

the *Journal of Music Therapy* in 2004, which suggested that group singing helped people to cope better with chronic pain. Maybe if we all opened up and let our vocal cords free every once in a while, we may be a healthier nation of people?

Alsadi agrees, saying, “Even if you don't fancy taking lessons and learning to sing properly, we all feel better after a good singsong, so I would like to encourage people to go for it. It doesn't matter if there are dud notes or your voice cracks. After all, as Ella Fitzgerald once famously said, ‘The only thing better than singing is more singing’”.



Gearing up to face the music once more

Performer **Lucy Hunter-James** shares her thoughts on taking part in the second edition of *The Sound of Music*.

THEATRE

Well, rehearsals have begun and it's such an exciting time. The show is returning by popular demand after a sell-out run in April but that doesn't mean that we don't have a lot of work to do in the rehearsal room. We've been busy this week rehearsing with the Von Trapp children, our West End cast and our brilliant ensemble. It didn't take long for us to be reminded what a wonderful musical this is and why

it is one of the most popular musicals of all time.

After just one hour in rehearsals on the first day, we were all soon smiling and laughing along with the characters, feeling moved by the storyline and are all constantly aware that we are a part of something very, very special. I absolutely love playing the character of Maria. She is such a beautiful

character inside and out and goes on such a journey throughout the show. I am really enjoying working with the children as they are alive with energy and enthusiasm; it's all smiles. They are such a great group of performers—all highly talented and lovable. We really do become one big happy family. Next week, things get even more intense as we start running the show; working with props, costume and,

Lucy Hunter-James plays Maria in *The Sound of Music*. The First Group Theatre, Madinat Jumeirah from November 12-18.



in my case, a wig. Then of course we move to the theatre, into our dressing rooms and onto the magnificent set. We are all so excited to

be in this production again, as are our audiences, for many of whom this has been a family favourite for generations.

60%*
DISCOUNT
ON ALL DIAMOND JEWELLERY

EID AL ADHA SPECIAL OFFER
From 31st Oct. to 14 Nov. 2011
*Offer valid only in Samra Festival City Shop

www.samra.com | Toll Free 800 72672
Mall of the Emirates | Dubai Festival City
Sahara Centre | Deira Gold Souq

Samra
JEWELLERY

BYTES & PIECES



JOE AKKAWI
TECH GURU, PAZ MARKETING

Building an Influencer Community

Social commerce is the talk of the marketing industry. As marketers, we get to spend our time on social platforms connecting with our consumers and it is no surprise to see a lot of focus being given to building influencer relationships.

Nielsen reports that ninety per cent of online shoppers trust personal recommendations from friends while seventy per cent consider online consumer reviews to be a vital step to make a purchase. Those numbers are a clear reflection of how our online spending habits will continue to evolve with the social media sphere expanding and building new platforms. So what does it take to build a good influencer community? A winning formula is definitely to turn your most unique influencers into your most valuable media. Engage with your community. Reward your loyalists. It can be as simple as a small incentive or a personalised thank you message. It costs nothing except effort and it means a lot in the long run. Be conversational.

Research done through Econsultancy.com shows that companies respond to just five per cent of questions on Facebook. Don't be in that five per cent. Be personable. Nobody wants to talk to a robot churning out answers and posts that have been reviewed by ten lawyers. Remember that everyone on your social stream is a guest. Treat them with the respect you would give someone visiting your own house as a guest. After all, you want them leaving waiting for the next invitation over.



Tinted windows

Nokia has made a splash with its new range of Windows-powered phones, but is it enough?

Finnish mobile phone manufacturer Nokia made headlines last week when it announced the release of its two, Windows 7.5-powered, Lumina smartphones, along with four cheaper handsets branded as the Asha range. These new models come as the latest attempt by Nokia to woo customers away from the iPhone and a wealth of good Android-powered phones; the company has been suffering at the hands of these rivals, and its fightback begins now.

But will these new, admittedly attractive-

looking, smartphones actually help Nokia out of its slump? CNET's phone expert, Jessica Dolcourt, says that this is going to be "a long, tough, uphill trek for the company". And Nokia's own boss, Stephen Elop, has also

admitted that the company is in a dark place.

Nokia has gone from making huge profits to suffering losses, its market share has plummeted and thousands of employees have been laid off. Upon announcing the new Windows phones to the company, Elop sent round an email comparing the company to a man on a burning platform. The choice facing him was to remain and burn to death, or else jump into the icy waters below.

The new Luminas come at Nokia's sink or swim moment, then. But there is more than one firm which needs them to capture the imagination of the public. Microsoft desperately needs the tie-up to work, as its phone software has been well-received by critics, but made little impact on the market. Indeed, Windows phones make up only one per cent of the Unit-



THE NEW LUMINA 800

ed States market. However, initial reactions to the flagship Lumina, the 800, and the mid-range phone, the 710, have been lukewarm. As has been the case with most recent Nokia smartphones, the hardware is reasonably impressive, and the new Windows 7.5 software is miles ahead of the now-defunct Symbian from Nokias of old. But critics all seem to be saying the same thing; it's not enough.

"The Lumina 800 in particular is a nice phone, but I wouldn't





trade an iPhone or a good Android phone for it,” said Troy Wolverton of Mercury News. Meanwhile, Dolcourt wrote, “Although there’s optimism all around, there are also enough soft spots to know that success isn’t remotely a given.”

Sure, the screens are good, the processors are fast enough, there is a decent amount of storage and the design is interesting. But the lack of a front-facing camera puts the Lumina range behind its high-end rivals from Samsung, Apple and HTC, as does the quality of the 8-megapixel rear camera. There’s a good selection of apps on the Windows store, but not as many as on the Apple App Store or the

Android Market. All of this means that there’s little to draw customers away from the brands they already trust.

Admittedly, there are preloaded apps that will come on the phones as standard when they are released next month. And reviewers were only given a peek at one of them, the Nokia Drive feature, which essentially turns the phone into a sat-nav. Also available will be the ESPN hub, a streaming radio app and a music app that will mix music tracks together. None of these apps sounds like they will stand up to Apple’s Siri, but only time will tell if customers are enticed by them.



STEPHEN ELOP ANNOUNCING THE NEW RANGE

But if the flagship Lumina phones don’t stand up to the competition, perhaps the more affordable Asha phones will. Asha is the Hindi word for “hope”, so there are no prizes for guessing which region Nokia is targeting with these phones. But the Asha phones are also expected to make some good headway in the US, where both Nokia and Microsoft desperately need to see some success.

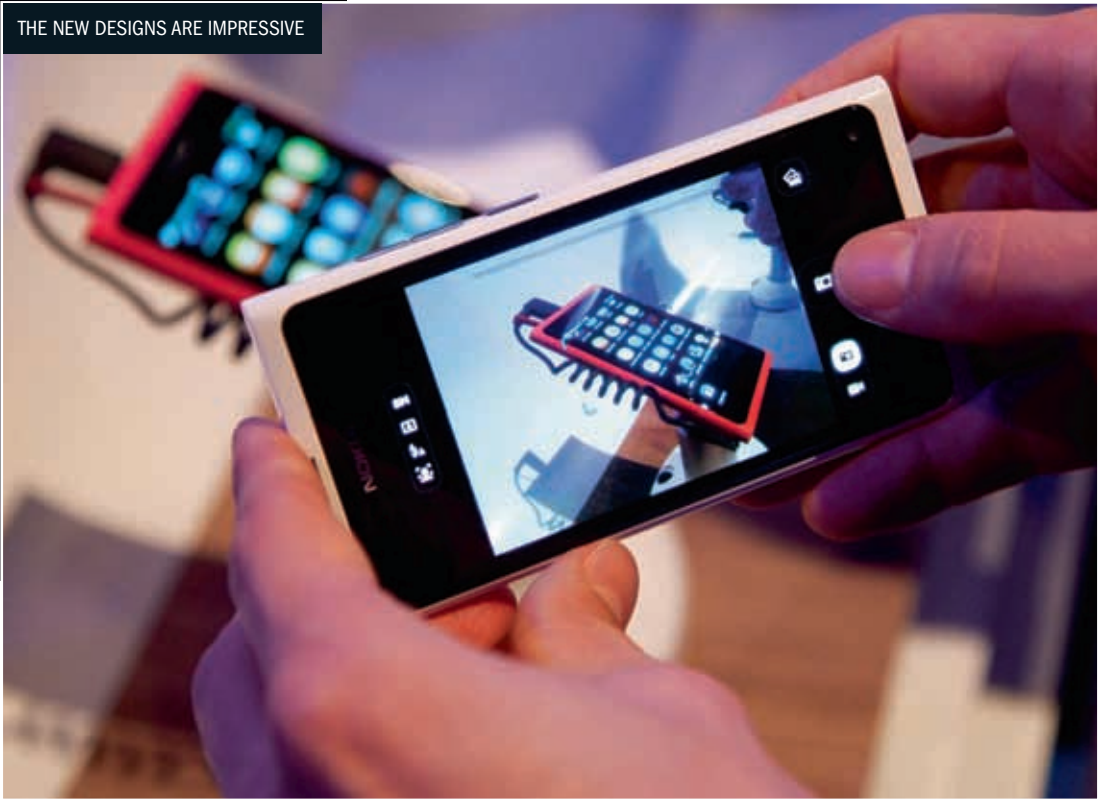
These phones will be cheap yet still well-equipped. The Asha 200 and 201 will be able to support

simple java apps, as well as web browsing and social networking apps such as Facebook and Twitter. They have simple QWERTY keyboards, microSD slots and basic, 2-megapixel cameras. They’re supposed to act as cheap alternatives to Blackberry phones.

Meanwhile, the Asha 303 seems even better. With a QWERTY keyboard and a touchscreen display, it certainly looks the part. Admittedly, it will cost about \$50 (Dh183) more than its siblings, but it looks much better than most other smartphones in this price range. It comes with a 3.2-megapixel camera, is 3.5G and WiFi-ready, and will come preloaded with the popular Angry Birds video game. If the 1GHz processor stacks up, it will be nothing less than a bargain.



THE NEW DESIGNS ARE IMPRESSIVE



Tech beat

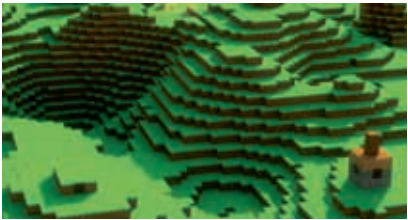


NEW ETISALAT APP STORE

It was last week announced that Etisalat is gearing up to create its own mobile app store, which would allow users with Android and Symbian-powered phones to download apps such as Angry Birds using their standard Etisalat accounts. Demand for data services has massively increased over the past few years, while voice services have declined in popularity, making the move a logical one.

APPLE TOWERS

Apple’s most expensive desktop PCs, from the Mac Pro line, could be in danger of being phased out, according to a report citing anonymous Apple insiders. Apparently, Apple has seen a sharp decline in the sales of these towers of power, mostly because of their expense, but also because the standard iMac range is much better looking. Apple has declined to comment on the report.



MINECRAFT SEES ARTS PRIZE

The video game *Minecraft* has been announced as the winner of a new arts award, created by the people behind the GameCity culture festival in Nottingham, United Kingdom. The game was created by small Swedish company Mojang, and has already sold more than four million downloads, despite it still being in beta form. *Minecraft* beat other big titles to the prize, such as the highly lauded *Portal 2*.

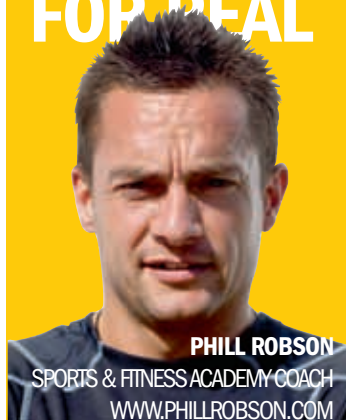
SAMSUNG SMARTPHONE KING

Samsung has taken Apple’s place as the leading smartphone brand in terms of sales, after the number of Samsung’s shipments exceeded Apple’s during the third quarter of this year. According to recent figures, Samsung now controls

23.8 per cent of the global smartphone market, with the new Galaxy S II being widely available. In contrast, Apple makes up 14.6 per cent of the market.



FITNESS FOR REAL



PHILL ROBSON

SPORTS & FITNESS ACADEMY COACH
WWW.PHILLROBSON.COM

Get back to training outdoors

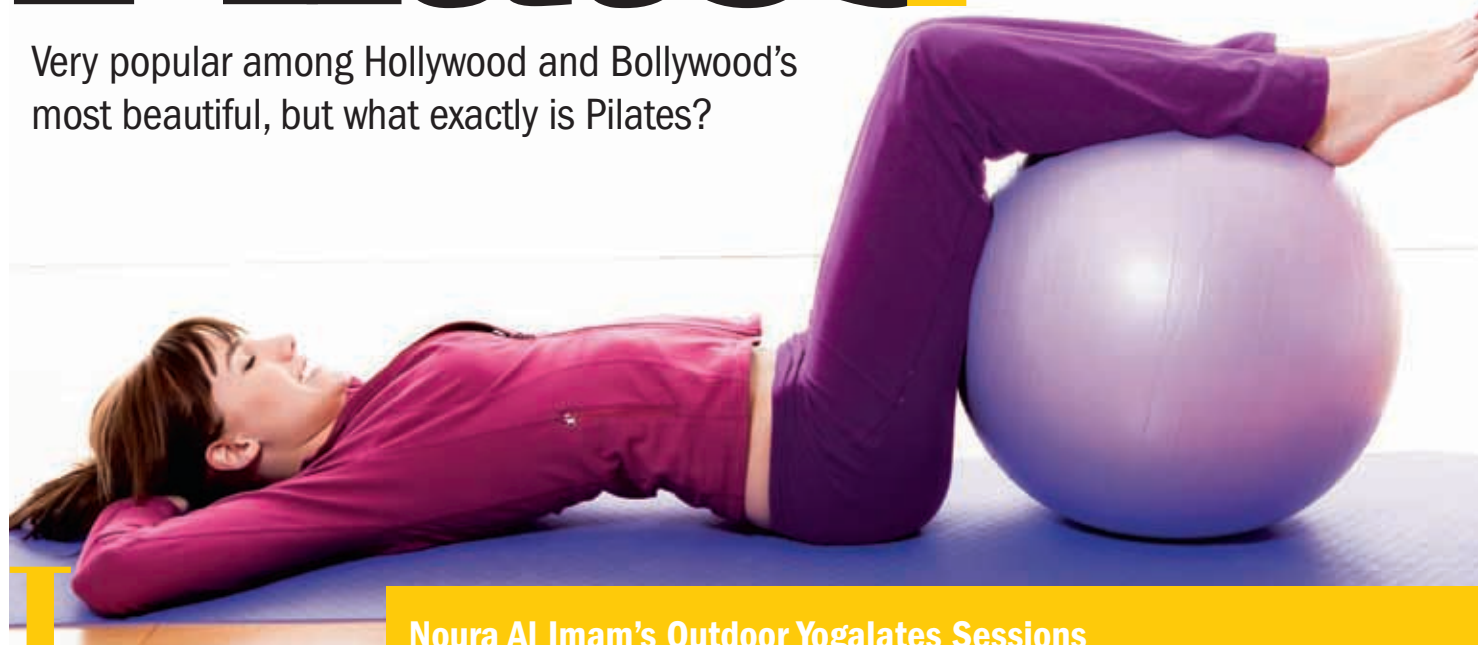
Conducting your physical training outdoors is a great way to incorporate strength and cardiovascular training, seasoned with core and balance techniques to create an effective and progressive workout programme for those looking to do “something different”. This can be done alone or in groups and is great fun but very hard work. The intensity of the workout is down to the individual so you can build your fitness, stamina and performance levels gradually as you do this each week. I like to do an outdoor workout three times a week.

To do this, I combine body weight exercises (push-ups, pull-ups, squats, etc.) with cardio intervals (running, side straddle hops, jumps). I also do functional body training exercises using weighted sandbags, kettle bells and different sized tyres, all combined to produce an intense, all-over workout. I then add in a run, short sea swim of 50 to 100 metres doing freestyle stroke one way and breast stroke on the return leg, finishing with a 300-metre sprint in a single Kayak which results in a hardcore crossfit training session that leaves you pleading for mercy and begging for more once you get used to it!

Using the energy of the outdoors, you can challenge your boundaries, stretch your imagination and bump your training level up a harder and to a higher notch, regardless of your current fitness level. If your goal is to lose weight, increase strength, or to get out of your comfort zone, a unique training session like this will transform your mind and your body.

Pilatesplease

Very popular among Hollywood and Bollywood’s most beautiful, but what exactly is Pilates?



Noura Al Imam's Outdoor Yogalates Sessions

It seems every star of the silver screen has their own private exercise program and teacher, but almost all of them seem to be based on a system called pilates. So what exactly is this popular regime, and why is it so successful?

In fact, the exercise programme we know as Pilates was created in the 1920s by a German physical trainer, Joseph Pilates, for the purpose of rehabilitation. Joseph had been living in England working as a circus performer and boxer, but he was placed in forced internment in England with the outbreak of World War I. During this time, he began to develop the floor exercises that evolved into what we now know as the Pilates “mat-ground” work. Pilates used his program to help with rehabilitating detainees and injured soldiers, using items available to him such as bed springs and barrel hoops, to create resistance exercise equipment for his patients. Such were the unlikely beginnings of the equipment used today in Pilates classes, such

While Pilates is like yoga in many ways, it has a different focus and provides different results. Noura’s sessions blend the best of both Yoga and Pilates, which complement each other in both the physical and mental aspect of the one-hour session. Yogalates, a fusion of yoga and pilates, is a great class for people of all levels, to learn proper form and essential exercises from both Pilates and

yoga, to strengthen and tone your body while also calming the mind. Yogalates is a total system of mind and body healing, combining the flexibility aspects of yoga with the muscle strengthening and toning benefits of Pilates. Where Yogalates differs from yoga is that, like Pilates, it helps you to develop greater core stability.

Yogalates sessions are held at the Fraser Suites Deluxe Hotel

(also known as Sidra Towers) located next door to Wellington School, The Greens and Media City. Sessions are held outdoors for a healthier and more natural environment on the seventh floor patio by the pool, overlooking the Sufouh Road to the ocean beyond. Sessions run every Monday at 7:15pm and Wednesday at 6:30pm. For more details, visit www.yogalatesblissindubai.com.

as the reformer machines and rings. There are now two ways to exercise in Pilates, the most popular being the mat exercises, which require only a floor mat and training using your own body-weight as resistance. The other method uses a variety of machines to tone and strengthen the body, again using the principle of resistance.

So what is Pilates, and how beneficial is it?

Pilates aids in improving flex-

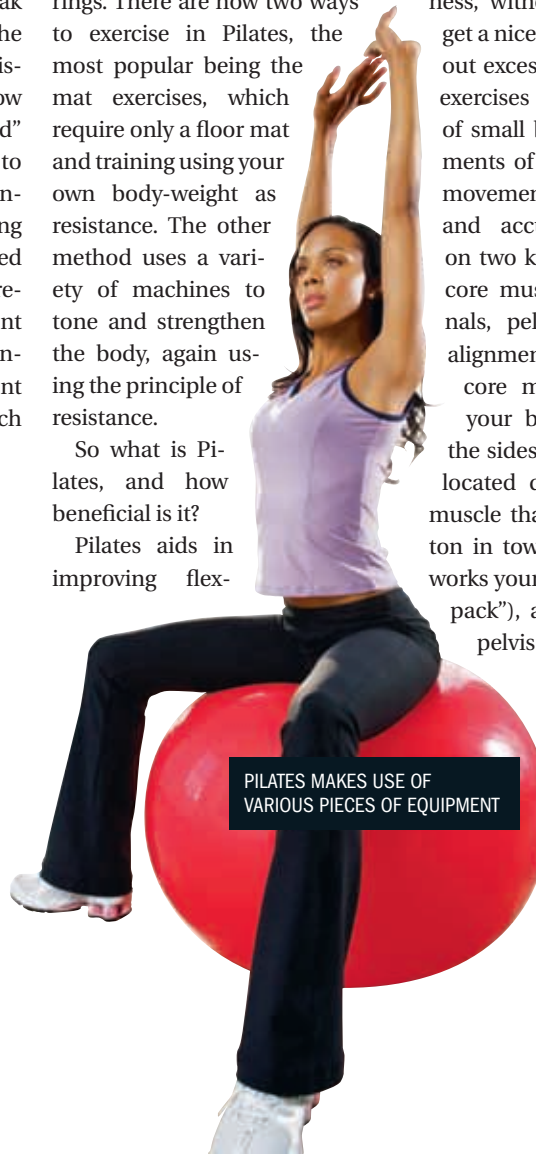
ibility, strength and body awareness, without building bulk. You get a nicely toned physique without excessive muscle. The basic exercises consist of a number of small but very precise movements of parts of the body, and movements are very controlled and accurate. Pilates focuses on two key elements, which are core muscle strength (abdominals, pelvis, hips), and spinal alignment. Some of the main core muscles are located in your back along your spine, the sides of your abdomen, and located deep in your gut—the muscle that pulls your belly button in toward your spine. It also works your abdominals (your “six-pack”), and hip flexors in your pelvis and upper leg.

Pilates also helps in stretching, strengthening and relaxing your whole body—ideal for extreme athletes such as rock climbers, skydivers and surfers, and for regular exercisers, danc-

ers and gymnasts. In fact anyone leading a sedentary lifestyle behind the wheel of a car and a desk all day, with lower back and tight hip challenges, should consider trying pilates. It is a safe workout as it is low impact (less stress on the joints than a pounding aerobics session), and wonderful complement to your resistance training.

In a typical Pilates session, you will be taken through a variety of deep, intense stretching moves in a class that blends workouts for your abdominal, leg, arm and back muscles. Some movements are slow and controlled, while others are very fast, and you will continuously be asked to concentrate deeply on your core muscles, drawing your navel in towards the spine, as well as on your breath—in through the nose, exhale out through the mouth, always while contracting the deep core muscles. The classes usually last for around 45 minutes and aim to work all areas of your body. The pace is smooth and feels opening, welcoming and energising, working from head to toe.

“Some movements are slow and controlled, while others are very fast.”



PILATES MAKES USE OF VARIOUS PIECES OF EQUIPMENT



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:
15th November, 2011.**



جائزة دبي للنقل المستدام
DUBAI AWARD FOR SUSTAINABLE TRANSPORT
الدورة الرابعة
Fourth Edition

800 90 90 www.rta.ae/dast

THE High LIFE

Cool trainers with high tops are making a comeback.

Her

SHOES

The anti-heel brigade has been rallying the troops for some time now, first hitting us with the ballet pump, then with the brogue and then again with the penny loafer. But it's still not time to dig out any stiletto's in self defence, with the ironically named high-top making a resurgence. Fashion houses have come to the conclusion; if you can't beat them, join them. And, call it Olympic fever, but the catwalks

for Spring/Summer 2012 had a noticeably sporty feel to them, making the sneaker synonymous with basketball players, the perfect flat shoe progression from the flatness of Autumn/Winter.

Not strictly a new trend, high-tops were huge during the 'Nineties and the cool kids have been sporting classic Nikes and Converse for years now. But what is interesting is their progression into mainstream fashion and adoption by luxury brands. If Gucci can embrace clunky, short-

ening and ankle-swallowing shoes, it's probably time to sit up and take notice. And true, whilst they may not be the most flattering of shoe, they are certainly cool. And with the right accessories, a short skirt or skinny jeans, high-tops can add a bit of attitude to an otherwise feminine outfit. There are also so many colour and fabric options available, from glitter to metallics, canvas to leather, there really is a pair to suit everyone. If ankles aren't your best asset, keep the silhouette sleek and opt for a skinnier pair such as classic Converse.

So why not team up your favourite party dress with some equally jazzy sneakers like Eliza Doolittle; not only will you be able to last all night on the dance floor with minimal injury to your ankles, you will probably be far more popular than the girl stepping on toes in her last-season stilettos!



NIKE



SUPRA



CONVERSE



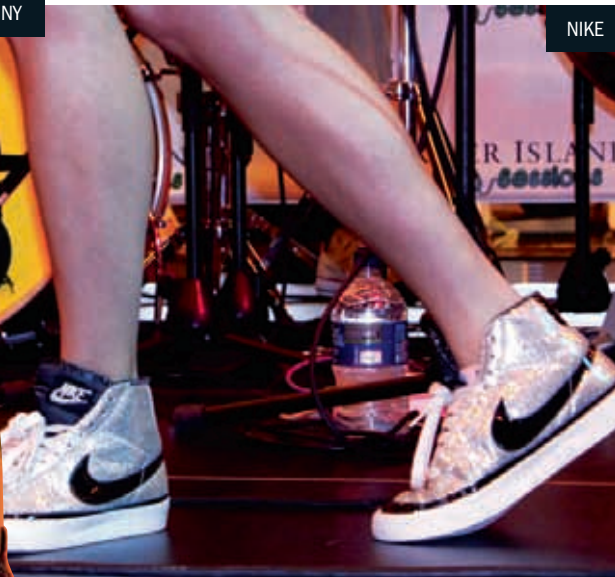
NIKE HIGH-TOPS



GRACEY DZIENNY



HIGH-END GUCCI SHOES



NIKE



ELIZA DOOLITTLE



MISS DYNAMITE

Him

TRAINERS

If dress code allowed, it would be possible to own a pair of high-tops in every colour and fabric, and to never have to purchase another type of shoe ever.

We are sure Justin Bieber lives by that motto anyway. These originally sporty offerings have come a long way since the 'Nineties, and the line between casual and smart has been blurred; they look just as at home on the red-carpet as they do on the basketball court. Classic Nikes in larger-than-life vivid colours still walk easiest with the youth, but the high-top is not only limited to those who own a flat

peak cap and an impressive dub-step collection. Designers such as Alexander Wang, Christian Louboutin and Armani have brought out more subdued, minimalist and sleeker versions to suit every man. And as the trend has become more popular, there are a vast array of colours and fabrics to choose from, and Nike and Converse even allow you to personalise your own pair.



SUPRA



BURBERRY



CLASSIC CONVERSE



LOUBOUTIN

KANYE WEST



HIGH-TOP
The high-top shoe has plenty of sporting credentials; basketballers often wear them, as do skaters.



CONVERSE



JUSTIN BIEBER

FASHION OPINION



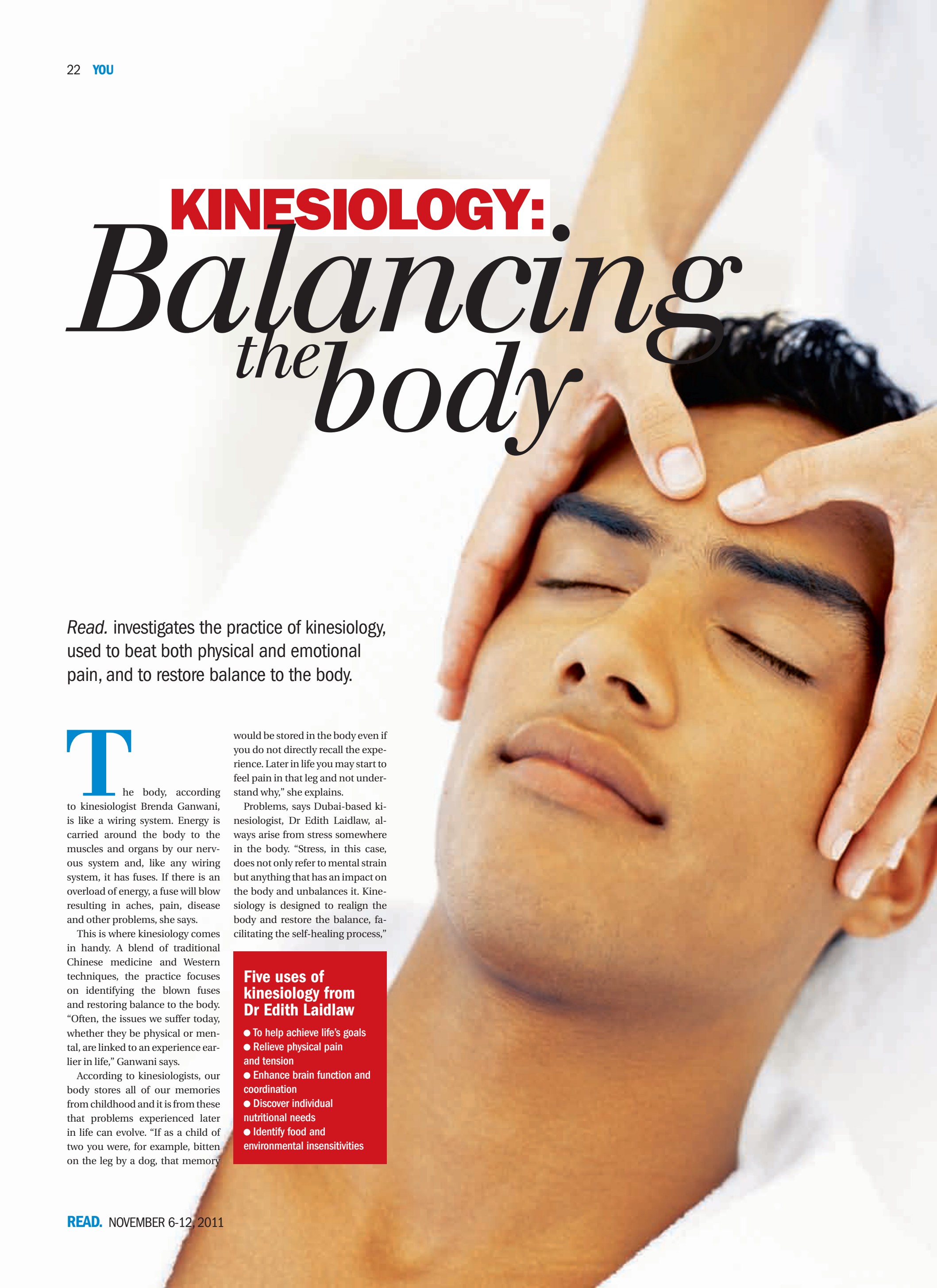
HISHAM WYNE
COPYWRITER AND COLUMNIST
@HISHAMWYNE

Fashion and all that jazz

The brassy notes of a saxophone. The varied seventh and ninth chords from the guitarists. Music that swings, breathes, wails, and has a life of its own. That's jazz. It's powerful. Enticing. The musical Chicago tells us at least that much, when Roxie sings about staying away from jazz and the men who play for fun.

But what makes jazz so compelling, full of life, and almost rebellious? Its beauty is derived not from the notes that fit, but the ones that don't. Good jazz players use this to their advantage. They interrupt rhythm with notes that don't quite fit and therefore pop. Tension builds with discordant notes piling on top of one another. And just when you feel the melody is ruined forever, that there is no hope of salvation, the jazz player pulls it back with a feat of harmonising that brings everything back to normal.

Tension and its resolution—that's the very basis of jazz. But what might this have to do with fashion? Quite a bit, actually. In assembling an outfit, some with flair follow the jazz approach. Most of their outfit follows a predictable rhythm. It has complimenting colours and pieces that fit together. But then, there's something in sharp contrast to the rest of the ensemble. A scarf, a belt, a shirt collar or a tie. The more you look at it, the more tension builds. And just when you think the outfit has failed altogether, you realise the rest of the ensemble resolves this tension. And somehow, it all works, in a far more vibrant way than standard fashion rules will have you believe.



KINESIOLOGY: *Balancing the body*

Read. investigates the practice of kinesiology, used to beat both physical and emotional pain, and to restore balance to the body.

The body, according to kinesiologist Brenda Ganwani, is like a wiring system. Energy is carried around the body to the muscles and organs by our nervous system and, like any wiring system, it has fuses. If there is an overload of energy, a fuse will blow resulting in aches, pain, disease and other problems, she says.

This is where kinesiology comes in handy. A blend of traditional Chinese medicine and Western techniques, the practice focuses on identifying the blown fuses and restoring balance to the body. "Often, the issues we suffer today, whether they be physical or mental, are linked to an experience earlier in life," Ganwani says.

According to kinesiologists, our body stores all of our memories from childhood and it is from these that problems experienced later in life can evolve. "If as a child of two you were, for example, bitten on the leg by a dog, that memory

would be stored in the body even if you do not directly recall the experience. Later in life you may start to feel pain in that leg and not understand why," she explains.

Problems, says Dubai-based kinesiologist, Dr Edith Laidlaw, always arise from stress somewhere in the body. "Stress, in this case, does not only refer to mental strain but anything that has an impact on the body and unbalances it. Kinesiology is designed to realign the body and restore the balance, facilitating the self-healing process,"

Five uses of kinesiology from Dr Edith Laidlaw

- To help achieve life's goals
- Relieve physical pain and tension
- Enhance brain function and coordination
- Discover individual nutritional needs
- Identify food and environmental insensitivities

she explains. One of the main methods used by kinesiologists is muscle-testing, otherwise known as muscle monitoring. “We test the body via the muscles to reveal the precise location of its imbalances and work out the best way to treat them,” says Ganwani.

The practice involves placing a limb in a contracted position and applying pressure. The client is asked to match the pressure applied by the kinesiologist to ascertain how much the muscle responds to the stimulus of the added pressure. It will either remain in contraction or unlock.

At no time should the client experience pain or discomfort. The procedure is simply designed to inform the kinesiologist what and where the main stresses are in the

“The body doesn’t lie. You can tap into it and get all the answers you need.”

body. “The body doesn’t lie. You can tap into it and get all the answers you need if you go about it the right way,” Ganwani explains.

Kinesiology can be used to heal all manner of ailments. “A lot of people come in for help overcoming relationship or health issues



KINESIOLOGISTS MAKE USE OF MUSCLE TESTING



KINESIOLOGY IS ABOUT FINDING BALANCE IN LIFE



but kinesiology can be used to heal anything and everything from allergies, phobias and behavioural problems to a desire for self-improvement, increased confidence and enhanced performance in any or all aspects of life.”

A typical session with Ganwani begins with a consultation. “First I have a chat with the client to find out what they want to change. Then they tell me exactly what they want to achieve, which might be anything from wanting to learn a language to healing an injury. We then go back and find the root cause of the issue and look at that experience in a positive light.”

Sometimes, simply looking at the cause in a positive way, can restore balance and heal the body, she explains. Once equilibrium is restored, physical and mental issues dissolve. According to Laidlaw, “When everything in the body is in a balanced state you no longer suffer from pain and are free to do whatever you want to.”

Study suggests saffron could treat cancer

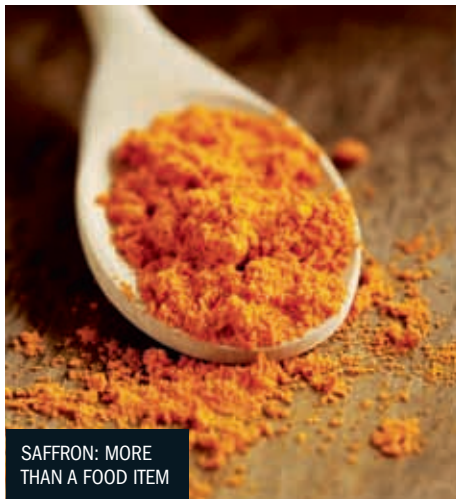
There could be more to the expensive spice than previously thought, according to a team of UAE researchers.

HERBS AND SPICES

Saffron, long one of the world’s most expensive and sought-after spices, may be even more valuable than previously thought. A new study conducted in the UAE suggests that the bright, yellow spice could help prevent and even cure cancer.

The new research, which was carried out by the United Arab Emirates University in Al Ain, has revealed that saffron, a naturally-derived plant product, contains antioxidant, anti-inflammatory and anti-cancer properties.

“In the fight against cancer, there has been much interest in the chemopreventive properties of natural herbs and plants,” said Professor Amr Amin from the



SAFFRON: MORE THAN A FOOD ITEM

United Arab Emirates University. For some time, nutritionists have been advocating the health benefits of natural herbs and spices and now, it appears, the medical

world has begun to take real notice.

“The escalating prevalence of chronic diseases worldwide and the corresponding rise in healthcare costs is propelling interest among researchers and the public for the multiple health benefits related to these food items. A growing body of evidence points to herbs and spices as minor dietary constituents with multi

anti-cancer characteristics,” Amin told a local publication.

It’s not just cancer sufferers that could be aided by upping

the herb and spice content of their diet. Other recent studies have shown that a blend of antioxidant spices can reduce the risk of heart disease while cinnamon helps prevent the formation of Alzheimer’s.

At present, the effect of saffron

on cancer cells in humans has yet to be tested but researchers are positive that the UAE study, which was carried out on lab rats induced with liver cancer, has been a major breakthrough.

“The fact that a potent antioxidant like saffron exerts a significant effect against liver cancer makes us very optimistic for similar anti-cancer roles in humans,” said Amin, adding that he has already received numerous emails from United States liver cancer patients requesting more information on using saffron as a treatment.





New York, New York

Not the Capital, but still America's first city.

Few cities in the world are known by so many familiar names—The Big Apple, The City That Never Sleeps, So Big They Named It Twice—or held in such high regard as New York City, New York State.

Situated on the Atlantic coast where the Hudson river meets the sea, New York City is the most populous in America, with around 8.2 million acknowledged residents, though the real population

is probably much larger. If you include the New York Metropolitan Area including New Jersey and southwestern Connecticut, it becomes the fifth largest city in the world.

It is famous as a centre for world trade (Wall Street), entertainment (Broadway), food (everywhere), shopping (Madison Avenue) and music. Times Square at its centre is where the New Year is welcomed in and beamed to the world, and it has many of the world's best known skyscrapers, including the iconic Empire State Building.

In fact, the city is made up of

five separate boroughs, each famous in its own right, and all large enough to be considered cities as well. These are Manhattan, on the island of the same name between the Hudson and East rivers. Here you'll find Times Square, Wall Street, Harlem and

Greenwich Village. To the south is Brooklyn, across the bridge of the same name, the largest borough of the city, home of artists, musicians and writers, the place where New Yorkers go to relax on the beach, and Coney Island, the world's original permanent amusement park.

North to Queens, where you'll find both of the city's international airports, Flushing Meadows, the venue for the United States Open tennis championships, and a huge Chinatown. In fact, Dubaians should feel right at home here, with more than 170 languages apparently spoken by residents. Topping it all is the Bronx, home to the New York Yankees and hip-

THE FAMOUS STATUE OF LIBERTY WELCOMES VISITORS TO NEW YORK

CENTRAL PARK

Lady Liberty's message

The famous words etched into the base of the Statue of Liberty have struck a chord with many arriving in New York. The message reads, "Give me your tired, your poor, Your huddled masses yearning to breathe free, The wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"



hop music, with a character and attitude all its own.

Staten Island lies across the water to the south, close to New Jersey's Newark International Airport, and it welcomes visitors with a less frantic pace of life than the big city. The other islands which must be included are Ellis Island and Liberty Island, where the Statue of Liberty stands to this day. Ellis is the gateway by which so many immigrants have entered America, but it is the Statue of Liberty which many regard as the entry point, with its message of hope and welcome to all those arriving on the island.

No guide to New York would be complete without a mention of that other great city's masterpiece,

their own metro, there called the Subway. Despite a reputation for being less than perfectly clean, the subway, which operates 24 hours per day, is the fastest and best way to travel around the city. The equivalent of a Nol Card, the Single Ride MetroCard, costs \$2.50 (about Dh9) regardless of distance traveled. Fortunately, the subway crimes of the 1970s and 1980s are a thing of the past, and it is almost always completely safe—nowadays, you are statistically more likely to get struck by lightning than be troubled by crime. The subway offers fast, cheap and convenient access to all of the city's most famous landmarks, and traveling this way will give you a much better feel for the city.



One of the many visits you should make is to the city's incomparable selection of museums and art galleries. Manhattan is home to an imposing list—The Metropolitan Museum of Art in Central Park, and not far away in Upper East Side is the magnificent Guggenheim Museum with its ever changing collections. In

“You could spend months in New York and not even begin to see all that’s on offer.”

Midtown, head for the Museum of Modern Art, or for a more scientific collection, the American Museum of Natural History on the Upper West Side. Truth be told, you could spend months in New York and not even begin to see all that's on offer.

Few cities are as well served with theatres, cinemas and live music venues. There's Broadway, with all the big musicals, off Broadway for smaller productions, and off-off Broadway for



the underground indie scene. Film is also huge, with many world premiers jostling for screen space amongst a huge range of small budget and independent productions. Try to see both.



THE FAMOUS YELLOW CAB

A jewel of a city fit for a fine Kingdom

LOCAL TRAVEL

Saudi Arabia's second city, Jeddah, not only provides a wealth of history and tradition, but in contrast, it is also considered by many to be Saudi's most relaxed and cosmopolitan city. Situated on the Kingdom's west coast, facing across the Red Sea to Egypt, Jeddah has been a port and trading city for centuries, which is reflected in its rich

JEDDAH HAS BEEN A PORT AND TRADING CENTRE FOR CENTURIES



and diverse mix of inhabitants. Today, it is a major commercial centre in Saudi Arabia, and houses a number of important government offices. Jeddah has a particular reputation in the Kingdom as a leisure destination, famous for its shopping districts, restaurants and cafés. It also hosts the Jeddah Corniche, which at nearly 30 kilometers long, is the largest in the Kingdom.

To the north of the city, a string of beach resort compounds are known as party spots where many of the social attitudes are more relaxed, making it a popular area of choice for many. Despite this relaxed attitude, Jeddah is also the main entry point, by air and sea, for pilgrims making the Hajj pilgrimage to the cities of Mecca and Medina, both of which are a few hours inland from Jeddah.



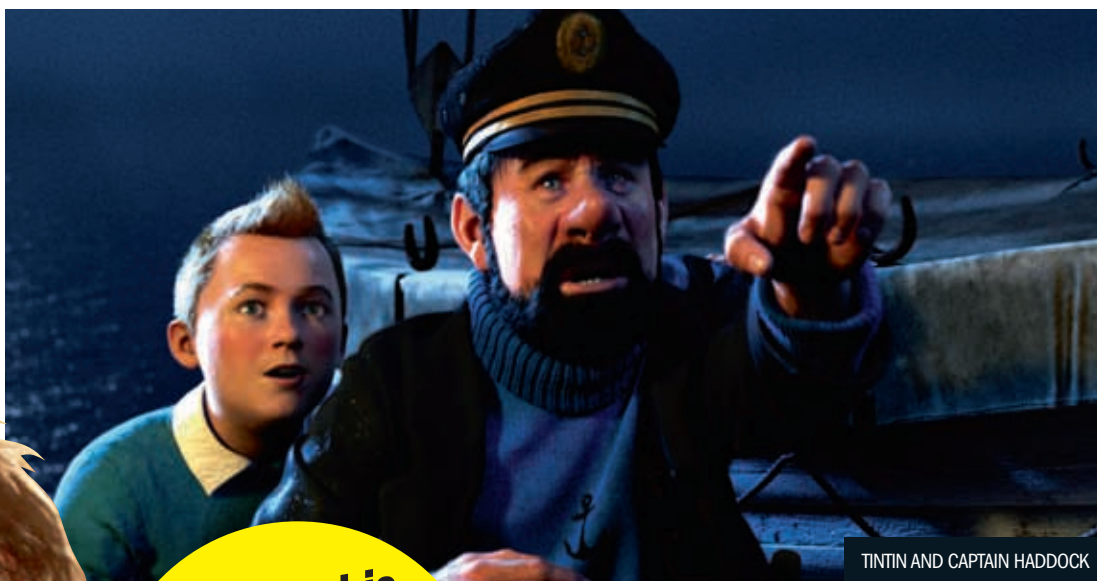
Critics have labelled the new Tintin film as a travesty, but it still provides a decent watch.

NEW RELEASE

Steven Spielberg's *The Adventures of Tintin* is an amalgam of Belgian artist Hergé's three original comic-book adventures (*The Crab with the Golden Claws*, 1941, *The Secret of the Unicorn*, 1943 and *Red Rackham's Treasure*, 1944), featuring gallant boy reporter Tintin and his ever faithful dog Snowy on their search for buried treasure.

On the surface, the 3D performance capture-animation looks very much like any other modern day creation, akin to *Toy Story* or even *The Polar Express*. Long gone are any traces of Hergé's inky pen or glitched animation and instead lies an impressive display of visual

wizardry that facilitates thrilling adventure sequences and ambitious tracking shots. While many have questioned the filmmakers' decision to render the much-loved classic in such a contemporary way, citing that the story has lost



Andy Serkis
Andy Serkis has been at the forefront of motion capture technology since his role as Gollum in *The Lord of the Rings*. Afterwards, he portrayed King Kong.

much of its original charm, it's difficult to imagine either live action or traditional animation translating the action-packed plot quite so effectively.

And the beauty of the originals is still there; lurking beneath the visual bravado is good, old-fashioned story-telling, straight-up humour and a compelling dialogue brought to you by a competent team of British writers comprising of Steven Moffat (*Doctor Who*), Joe Cornish (*At-*

DID YOU KNOW?

- Steven Spielberg has had the rights to Tintin since 1983.
- Originally Spielberg planned to do a live-action adaptation of Tintin, but producer Peter Jackson convinced him to consider motion capture.
- The Nickelodeon channel originally aired *The Adventures of Tintin*.



tack *The Block*) and Edgar Wright (*Shaun Of The Dead*).

The story begins with our unlikely hero sitting for an artist's portrait (the caricature, funnily enough, looks a lot like an original Hergé drawing) in a market square. It is here that Tintin stumbles upon an intriguing model ship on display at a nearby market stall. But once in his possession, the model lands Tintin in all kinds of trouble as he is pursued across oceans and deserts by a group of bandits. It soon becomes clear that the model is The Unicorn, a sixteenth-century galleon that holds the key to unearthing a long-lost stash of treasure.

The hunt leads Tintin and Snowy on a globe-trotting adventure, and along the way, the duo run into a wealth of bizarre and memorable supporting characters, including bottle-guzzling Captain Haddock (Andy Serkis) and handle-bar mustached baddie Sakharine (Daniel Craig).

Critics may have had a point; there is a certain lack of humanity in this painfully executed anima-



tion. And while the performance-capture animation is incredibly impressive, visually spectacular and certainly makes for an enjoyable and exhilarating ride, it does at times feel a little robotic. While the technique has helped facilitate the story and manic action, it is the characters that have been left feeling a little dead on the page.

While fans may be a little disappointed by Tintin's lack of sparkle, generally speaking, the film has managed to appeal both to avid fans as well as entertain passing acquaintances to the Tintin adventures. And despite the lengthy runtime, the film lacking in any dull moments.

The Adventures of Tintin marks the end of Spielberg's three-year break from cinema following his disappointing *Indiana Jones and the Kingdom of the Crystal Skull*. And while it is no *ET* or *Jaws*, it is worthy of come-back status. With

“The hunt leads Tintin and Snowy on a globe-trotting adventure.”

a sequel already in the works, this time set to be directed by producer Peter Jackson, who directed *The Lord of the Rings*, there is certainly room for improvement. Who knows, thanks to the technology, Tintin could become the new James Bond, without the need for continuous actor shake-ups. This is a franchise that could really run and run.



THE ANIMATION IS PARTICULARLY IMPRESSIVE



Bollywood news



LADY GAGA RUBS SHOULDERS AT FORMULA ONE AFTER-PARTY

Lady Gaga, for her maiden gig at the Indian Formula 1 after-party, opted for a Tarun Tahiliani sari. The pop star is famous for her daring outfits and wasn't shy of making the traditional sari her own, announcing on stage that she “ripped it to shreds to make it a little bit more NewYork.” Lady Gaga also donated some glasses to Shahrukh Khan's daughter.

KAREENA KAPOOR TO PLAY SCHIZOPHRENIC CHARACTER IN NEW FILM

Now that *RA.One* is finally all over, Kareena Kapoor will now devote her time exclusively to the much talked about and super controversial film, *Heroine*, which is directed by Madhur Bhandarkar and set to be released later this month. Rumour has it that Bebo is excited by the challenging schizophrenic character she is set to play.



BELLA IS A BIG FAN OF SHAHRUKH KHAN

Twilight actress Kristen Stewart has expressed interest in working with Bollywood actor Shahrukh Khan in the future. It seems like Robert Pattinson may have a run for his money, as Stewart gushed, “Well, I am a big fan of Shahrukh Khan who is the epitome of romance in Bollywood.” But until Miss Stewart's Bollywood dreams are realised, she is said to be looking forward to watching *RA.One*.



SILVER SCREEN



ANDY FORDHAM
GULF FILM

A lack of originality

Do film re-makes really work? I have often asked myself this question as I get older and am faced with watching films that have been re-invented by Hollywood studios. Last month saw the re-release of *The Lion King*. It was well received by audiences as parents now took their own kids to see this wonderful tale resurrected on the big screen. We have also seen many movies re-made with a director's new interpretation of the original script. One cannot help but be impressed with the special effects used today, but do we look back on those classics and think they were inferior? I think not. What makes a movie classic is its originality and ability to captivate an audience, and some of that unpredictability is forgotten when a movie is remade. In 2012, *Titanic 3D* releases on the 100th anniversary of the sinking of the HMS Titanic. Will it fly, or sink like the cruise liner itself?

I wish to put my stake in the ground and say that the public are growing weary of film versions of successful TV series, films re-released in 3D, film re-makes, films from comic books, the list goes on. What we need are movies that are original and evoke emotion. You don't have to think hard about movies that you remember the most, none of which are likely to be remade because the original was just so good. I am talking about the likes of *Forrest Gump*, *The Shawshank Redemption*, *The Godfather*, *Schindler's List*, *Star Wars* and *Inception*. My plea to the writers, directors and producers is to listen to your audience not just the box office figures. The facial expression of a satisfied movie patron is an image worth bottling.

Reviews *in brief*

A quick look at the week’s biggest films.



TOWER HEIST, 2011

★★★★★ Ben Stiller, Eddie Murphy, Casey Affleck

An all-star cast including Stiller, Murphy, Affleck and Alan Alda star in this comedy about a group of hard-working guys who, upon discovering that their Wall Street employer has stiffed them out of their retirement, plan a heist on his high-rise residence in revenge. This is a good, old-fashioned, enjoyable heist film that will offer plenty of chuckles but, as with many Hollywood comedies, not too many surprises.



THE HELP, 2011

★★★★★ Emma Stone, Viola Davis, Octavia Spencer

Stone, Davis and Spencer play three extraordinary women in Mississippi during the 1960s, who build an unlikely friendship around a secret writing project that breaks down societal rules between “the help” and their employers. It is guilty of being somewhat clichéd and could have addressed its racial themes a little more head-on, but superb writing and a powerful performance by Davis carries the film more than adequately.



RUM DIARY, 2011

★★★★★ Johnny Depp, Giovanni Ribisi, Aaron Eckhart

Based on Hunter S. Thompson’s novel, Depp stars as Paul Kemp a man who moves to the pristine island of Puerto Rico, having tired of the madness of New York City. Adopting the lifestyle of the island and working for a local newspaper, Depp plays the role with authenticity and heart, but the film is somewhat lacking in direction. However some reviews are very positive.

Listings

MOVIE GUIDE

GRAND CINEPLEX - WAFI

The Adventures of Tintin - 11:00, 13:20, 15:40, 18:00, 20:20, 22:35
The Adventures of Tintin (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Footloose - 10:50, 13:00, 17:20, 21:40
The Help - 12:00, 14:40, 17:40, 20:30, 23:20
In Time - 15:10, 19:30, 23:50
Johnny English Reborn - 10:00, 12:15, 16:45, 21:15
Loot - 10:30, 13:30, 16:30, 19:30, 22:30
Paranormal Activity 3 - 14:30, 19:00, 23:30
RA One - 11:30, 14:30, 17:30, 20:30, 23:30
RA One (3D) - 11:00, 14:00, 17:00, 20:00, 23:00
Rum Diary - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

GRAND MEGAPLEX - IBN BATTUTA

The Adventures of Tintin - 11:00, 13:20, 15:40, 18:00, 20:20, 22:35
The Adventures of Tintin (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
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 Help - 12:00, 14:50, 17:40, 20:30, 23:20
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
Loot - 10:30, 13:30, 16:30, 19:30, 22:30
No Other Woman - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 00:55
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 10:30, 12:01, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 23:59, 00:55
Real Steel - 10:00, 12:45, 15:30, 18:15
Rum Diary - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:25, 21:25, 22:50, 23:50
Setup - 21:15, 23:30
Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 11:30, 12:45, 13:45, 15:00, 16:00, 17:15, 18:15, 19:30, 20:30, 21:45, 22:45, 00:00
Velayudham - 10:30, 13:30, 16:30, 19:30, 22:30

GRAND CINEMAS - FESTIVAL CITY

The Adventures of Tintin - 11:00, 13:20, 15:40, 18:00, 20:20, 22:35
The Adventures of Tintin (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Help - 12:00, 14:50, 17:40, 20:30, 23:20
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Paranormal Activity 3 - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
RA One - 11:30, 14:30, 17:30, 20:30, 23:30
RA One (3D) - 11:00, 14:00, 17:00, 20:00, 23:00
Rum Diary - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50



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

Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

GRAND CINECITY - AL GHURAIR

The Adventures of Tintin (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Elam Arivu - 11:00, 14:00, 17:00, 20:00, 23:00
Loot - 10:30, 13:30, 16:30, 19:30, 22:30
RA One - 10:00, 13:00, 16:00, 19:00, 22:00
Rum Diary - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

GRAND METROPLEX - METROPOLITAN

The Adventures of Tintin - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
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
Loot - 10:30, 13:30, 16:30, 19:30, 22:30
RA One - 10:00, 13:00, 16:00, 19:00, 22:00
Rum Diary - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

GRAND MERCATO

The Adventures of Tintin (3D) - 10:00, 12:20, 14:40, 17:00, 19:20, 21:35, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Footloose - 14:30, 19:00, 23:30
Loot - 10:00, 12:15, 16:45, 21:15
RA One - 11:00, 14:00, 17:00, 20:00, 23:00
Rum Diary - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Tak Tak Boom - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Tower Heist - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

VOX CINEMAS - DEIRA CITY CENTRE

The Adventures of Tintin - 10:30, 13:00, 15:30, 18:00, 20:15, 22:30
The Adventures of Tintin (3D) - 09:45, 12:00, 14:15, 16:45, 19:00, 21:15, 23:30
Dolphin Tale (3D) - 09:30, 12:00, 14:30, 17:00, 19:30, 22:00
Elam Arivu - 16:45, 20:00, 23:15
In Time - 10:00, 12:15, 14:30, 00:45
Johnny English Reborn - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Loot - 11:15, 21:45, 16:15, 18:45, 21:15, 23:45

DOLPHIN TALE



RA One - 11:15, 14:30, 17:45, 21:00, 00:15
RA One (3D) - 10:00, 13:15, 16:30, 20:00, 23:15
Rum Diary - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Shark Night (3D) - 00:30
Tak Tak Boom - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Tower Heist - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

VOX CINEMAS - MOE

The Adventures of Tintin - 10:00, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Adventures of Tintin (3D) - 09:45, 11:00, 12:00, 13:30, 14:15, 15:45, 16:45, 18:00, 19:00, 21:15, 23:30
Dolphin Tale (3D) - 09:30, 12:00, 14:30, 17:00, 19:30, 22:00
The Help - 11:15, 14:15, 17:15, 20:15, 23:15
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 - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
RA One (3D) - 20:15, 23:30
Real Steel - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Rum Diary - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

21:00, 23:30
Tak Tak Boom - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Tower Heist - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

VOX CINEMAS - MIRDIF CITY CENTRE

The Adventures of Tintin (3D) - 09:45, 10:30, 12:00, 12:45, 14:15, 15:00, 16:45, 19:00, 21:15, 23:30
Dolphin Tale (3D) - 09:30, 12:00, 14:30, 17:00, 19:30, 22:00
In Time - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Johnny English Reborn - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
RA One (3D) - 17:15, 20:30, 23:45
Rum Diary - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Shark Night (3D) - 00:30
Tak Tak Boom - 11:30, 14:00, 16:30, 19:00, 21:45, 00:15
Tower Heist - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

REEL CINEMAS - DUBAI MALL

The Adventures of Tintin - 12:10, 14:30, 17:00, 19:30, 22:00, 00:30
The Adventures of Tintin (3D) - 11:05, 14:00, 16:30, 19:00, 21:30, 00:05
Al Fil Bil Mandel - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15



SHARK NIGHT

Contagion - 13:35, 15:50, 18:35, 20:55, 23:15
Dolphin Tale - 12:05, 14:20, 16:40, 19:00, 21:30, 23:55
Dolphin Tale (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Help - 15:00, 18:00, 21:00, 00:05
The Ides of March - 14:30, 16:50, 19:05, 21:35, 23:45
In Time - 11:40, 14:00, 16:20, 18:40, 21:00, 23:30
Johnny English Reborn - 13:55, 16:10, 18:25, 20:35, 22:45, 00:40
Loot - 14:30, 17:00, 21:30, 22:00, 00:30
RA One - 11:30, 14:45, 18:10, 21:20, 00:35
RA One (3D) - 13:25, 16:45, 20:00, 23:25
Rum Diary - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
Shark Night - 14:40, 17:20, 19:40, 22:10, 00:35
Tak Tak Boom - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Teta Alf Marra - 17:45, 19:35, 21:00, 22:40, 00:05
Tower Heist - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45

REEL CINEMAS - MARINA MALL

The Adventures of Tintin - 11:10, 13:40, 16:10, 18:40, 21:00, 23:30
The Adventures of Tintin (3D) - 13:10, 17:40, 22:10, 00:30
Dolphin Tale - 13:30, 16:00, 18:30, 21:10, 23:40
Dolphin Tale (3D) - 11:00, 15:30, 20:00
The Help - 12:00, 15:00, 18:00, 21:00, 00:05
The Ides of March - 11:00, 15:40, 20:15, 00:40
In Time - 11:05, 13:20, 17:55, 22:25
Tower Heist - 11:15, 13:30, 15:45, 18:00, 20:15, 22:30, 00:45

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Nico Gilderra
Accounts manager
Jumeirah



I recently went to watch **8/10** *Contagion* and I was really pleasantly surprised with how much I enjoyed it. I kind of knew what the film was about before going to watch it and imagined it to be okay, but it turned out to be really interesting and actually pretty frightening at times. The cast list was very impressive on its own, there are so many big names and they all play the characters well—I particularly liked Jude Law’s character, which was quite unexpected as I don’t usually like him that much as an actor. The storyline about the spread of a contagious disease is such a simple idea, but it has been written in a clever and fascinating way. It was one of those movies that really makes you think afterwards. it also had people leaving the cinema trying not to touch anything or anyone!

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.

WILD animal



★★★★★ **Noel Ebdon** tests the brutal Jaguar XFR, a car that feels faster than it really is.

ROAD TEST

The interesting thing about cars is that speed doesn't always tell the full story. Some cars are fast but don't feel it, whilst others seem crazy, but turn out not to have the figures to match the grunt.

The Americans have always been good at losing power and speed in equal measure, whilst British brands have always somehow managed to extract great speed from very little power. As the old saying goes, "It's all relative."

The Jaguar XFR seems to have been with us for a while now, and yet it still manages to astound everyone with its incredible engine. The performance figures simply don't tell the full story. Despite a 0-100 km/h time close to five seconds, this feels more like a three-second car. Even its top speed is electronically limited to 250km/h. Without that intervention, it feels like it could easily get close to the fabled 300 mark.

The reason behind the perfor-

mance is all in the torque. With 625 Newton-metres of power under the hood, the acceleration is brutal. This is a car that you'll struggle to drive slowly. It wants to run and run, and anything less than that is simply holding it back.

The acceleration is intoxicating, especially in "sport" mode. In normal "D", the XFR will shock you. In "S" it becomes the car equivalent of a jet fighter. The fact that this is a mid-sized, four-door saloon is soon forgotten, as you annoy sports car drivers and low fly-

SPECS
 Engine: 5.0-litre V8
 Supercharged
 Power: 510hp@6,000-6,500 rpm
 Torque: 625Nm@2,500-5,500rpm
 0-100km/h: 4.9 seconds
 Top speed: 250 km/h (limited)
 Price: Dh409,000

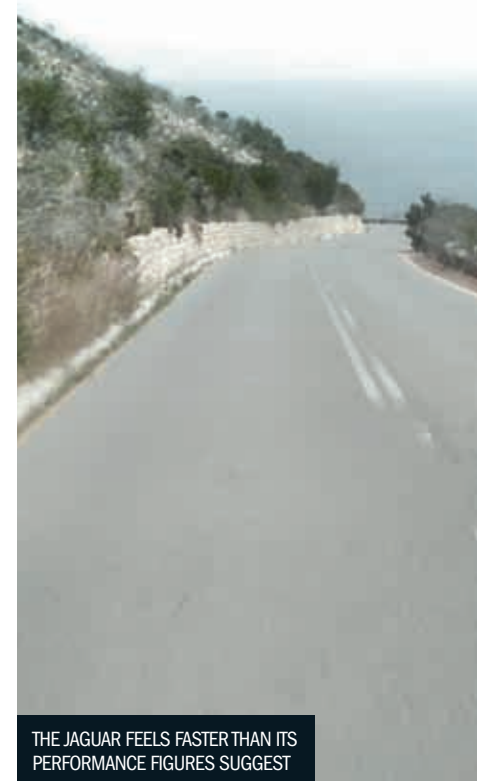


THE INTERIOR IS SUITABLY SUBTLE AND LUXURIOUS, A JAGUAR HALLMARK



ing aircraft. This is a car that will happily eat your driving licence in a single day.

But unlike a lot of these super saloons, the XF also handles, sitting low and taut on the road. Body roll is minimal and the chassis' stability gives you incredible confidence to throw the car about without worry. I drove an XFR around the Nürburgring with metal crash barriers only a few metres from the wing mirrors, so believe me when I say it certainly



THE JAGUAR FEELS FASTER THAN ITS PERFORMANCE FIGURES SUGGEST



510

The horsepower produced by the amazing 5.0-litre, supercharged V8 under the XFR's bonnet

grips the road well. Importantly, it also stops well, as the big callipers haul it back down to sensible speeds. On the road there really isn't anything to complain about with the XFR. This is a very sharp tool.

It even looks good, although it may be a little too subtle for some tastes. On the outside, the XFR is of course a beefed up XE, with a power bulge on the bonnet and a subtle body kit to spice things up. It also gets a small boot spoiler

and a set of huge red callipers, which peep nicely from behind the elegant alloys. As an option, the wheels can be painted black, which should be recommended, as it looks great.

Inside, the interior is very similar to the standard XE, apart from the deeper, more racy seats. The test model we drove came with black leather with red inserts, which, if I'm honest, is a bit over the top. I like a more subtle hue for car interiors.

Everything is subtly lit with blue mood lighting everywhere at night. Once the sun has gone down, the XFR's interior starts to resemble a cool nightclub.

I suppose the only complaint with the XFR is that its performance figures don't seem to match the reality. It beggars belief that this car "only" does the 100 sprint in 4.9 seconds. As mentioned earlier, it feels more like 3.9. But if you want an under the radar, street warrior that has the flexibility of four doors and a boot, then the XFR is perfect for the job. Just don't expect your licence to last very long.



Car briefs

2012 Lexus GX 460 unveiled

4X4S

Al-Futtaim Motors, the exclusive distributor for Lexus in the UAE, has announced the arrival of the luxurious GX460 2012 model with a combination of family-friendly comfort, safety, off-road capabilities and premium craftsmanship.

New features for this year include new wheel designs, a sports package and daytime running lights. All new 2012 Lexus vehicles come with five years unlimited warranty. The GX460 is available in two models, Prestige and Platinum, starting at Dh248,000.



New Proton Saga FL launched

SEDANS

Proton exclusive importers Al Ghandi Autos have released the latest model from Malaysian carmaker Proton, the Saga FL, a four-door sedan with a 1.3-litre engine, anti-lock brakes, reversing sensors and remote central locking. The car is currently available in FL trim at Dh34,000, which includes free insurance, making this car a bargain.



Porsche's future technology



CAR TECH

Porsche will emphasise its "Intelligent Performance" at the Dubai International Motor Show (November 10-14), with the display of the racing laboratory 918 RSR and new 911 Carrera, the first time either of these cars has been seen in the region. The RSR features electric motors in addition to its V8 engine for improved fuel efficiency, and the all-new 911 achieves emission levels of 194 g/km CO2, making it the first Porsche sports car to break the 200g/km barrier.

New Kia Rio at Dubai Motor Show

MOTOR SHOW

Al Majid Motors, part of the Al Majid Group, are flying the brand new Rio compact sedan into the UAE especially for the Dubai Motor Show. Product Manager Amei Ramesh says, "The car is in build right now and we expect it to land on the ninth, so providing we get clearance from customs, we'll have it on the stand."



*It's all
about*

Pakistan

The Pakistan-Sri Lanka Test series being hosted in the UAE has seen Sri Lanka feeling the pressure.

CRICKET

The current Test series between Pakistan and Sri Lanka has been something of a rollercoaster ride, with Pakistan squandering the first match in Abu Dhabi to come out with a draw, but regaining momentum with a win at the Dubai match.

By the time this article is printed, the third and final test at Sharjah will be entering its closing days, and it will be quite clear as to what the outcome of the game, and the series, will be. But at the time of writing, Pakistan look the favourites. Both sides have been talking big things, and while Pakistan might have a right to feel confident

heading to Sharjah, their interim coach, Mohsin Khan, has urged caution.

"We are wary of Sri Lanka as they will come hard and try to make the most of the final Test but we are brimming with confidence and I will ensure my men guard against complacency," he said after Pakistan's victory in Dubai.

Of course, before the Dubai match, things were a little different. Khan was understandably disappointed by the lack of victory in the first Test, and told his boys to keep their heads on straight.

"It's a team game and every man has to play his part instead of relying on the senior players," he told popular cricket site ESPNcricinfo. "I advised them to be honest and responsible as we are here to perform our duty and are expected to deliver our best.

"The important thing I had transmitted to the boys was that no matter how big a player you are, you aren't bigger than Pakistan."

The players responded, and will hopefully, from Khan's point of view, carry their diligence through to the final test in Sharjah. Though, if most pundits are to be believed, a Sri Lankan victory there would be a big upset.

Indeed, the Sri Lankan selectors

have been less than impressed with captain Tillakaratne Dilshan, who has failed to score a decent number of runs, nor lead the team to break its losing streak over the last 11 games. Reports have suggested that if nothing changes, he could be sacked from the position.

The statistics do not go in his favour. In Abu Dhabi, he scored just 19 runs in the first innings, while the rest of the team only



"It's a team game and every man has to play his part."



managed to rack up 197 runs before being bowled out. In the second innings, Dilshan scored just nine runs. But Mahela Jayawardene and Kumar Sangakkara managed to stage a mighty comeback, scoring 120 and 211 respectively. In Dubai, there was more bad news for

Dilshan, who scored seven in his first innings and just three in his second. And the rest of the team hardly matched up to what Pakistan could throw at them.

But Dilshan will have a One Day International series with which to redeem himself, even if the Test series goes to Pakistan. The first ODI takes place at the Dubai International Cricket Stadium, will be hoping that, this time, the venue will give him a little more luck.

Post-it

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.

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.

Male, 23, software developer & system analyst seeks job. 5 yrs experience in NET technologies. Excellent work ethics/ self-learner. Email: Rami.Shareef@gmail.com , call 0557542731.

Indian male, accountant seeks job. 5+ yrs experience in Accounts and Finance. Knowledgeable in SAP, Tally, Peachtree, Quick Books. Call 0556878566.

Male massage therapist seeks part-time job. Qualified and experienced. Call 0504379140.

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: kaushi-krraj@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.

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

Professional moving services available. Packaging, shifting, loading & unloading villas, flats, offices at suitable price. Call 042211906/0501734885.

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.

Customised corporate gift item services available. From T-shirts, mugs, caps, key chains to lanyards, badges, etc. For more information call 0553493641.

Required car lift services from Karama to DUBAL (Dubai Aluminium). For single person. Morning pickups 7:10am/ 7:20am. Call 0502750389.

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

Shared accommodation available for rent. Two bachelors only. Sharing it with a Gujarati family in Deira, Al Ras. Call 0508565932.

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

Shared room available for rent. From the 1st of November. For Keralite/

Indian bachelors only. Near G-Mart Karama. 750AED (Including DEWA). Call 0552611840.

Flat bedroom available for rent. Families or working ladies only. Balcony included/DEWA free. Near Emirates Driving School. Call 050100230.

Shared room available for rent. Female only. Two other female roommates in flat. AED 900/month. DEWA included. In Bur Dubai OPC area. Call 0501682151.

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.

MISCELLANEOUS

GET a Quick LOAN. Credit Card and Personal Loan at a salary of 4500+Co. Accommodation, Auto Loans at 3000. Company listing with banks not required. Call 0551691806.

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

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

Public Transport Day sees huge success

INITIATIVES

The RTA last week launched the second edition of the Public Transport Day initiative, which allowed Nol card holders to use the Dubai Metro, public buses and water buses free of charge for one day.

The event saw wide participation from government entities, educational institutions and private businesses, all of which urged their employees to use mass transit modes. A number of organisations opted to purchase Nol cards for their employees, while the American University in Dubai closed its car park and urged male and female students to use the Dubai Metro, particularly as the Metro station is adjacent to the entrance of the university. Overall the initiative was well received by all segments of the community.

In the evening, the RTA held heritage and folklore events in the



“Overall the initiative was well received by all segments.”

open yard bordering the Union and Al Ghubaiba stations, featuring the participation of school students, foreign community clubs, presenters and artists. The RTA set up a stand to display footage and booklets about transport and mobility means, and how



to use them in travelling across various parts of Dubai. It also explained how to make use of the electronic systems and programs provided by the RTA to public transport commuters, including the journey planner, Wojhati, which offers all the information needed by public transport users, as well as the Sharekni, and Awselni services, iPhone applications providing users with access to a wealth of information relating to the Dubai Metro.

In a statement marking the

event, Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA said, “The mass transit system in Dubai has witnessed an improvement in the quality and number of means used to deliver services to passengers. The number of public transport users (Metro, buses, marine transit modes and taxis) is expected to rise from 250 million in 2009 and 289 million passengers in 2010 to as much as 350 million passengers by the end of this year. The number of daily commuters using public transport means is estimated at 950,000.

“Through upgrading the public transit means, the RTA managed to raise the share of mass transit means, including taxis, from less than 13 per cent in 2005 to about 19 per cent in 2011 and is seeking to raise the share to as much as 30 per cent by 2030,” Al Tayer added as a final statement.

RTA to share strong expertise with Etihad Rail

AGREEMENTS

Ambitious firms and entities are always keen on using the expertise of other mega organisations which have extensive experience in accomplishing giant projects of paramount importance.

Considering the substantial achievements and strategic initiatives undertaken by the RTA in Dubai in the field of infrastructure, as proven by the wide network of streets, roads, tunnels and bridges to facilitate the trav-

elling of motorists, plus the RTA's mass transit modes, Etihad Rail in Abu Dhabi wasted no time in tapping into the RTA's experience in rail design and construction, which culminated in the launch of the Dubai Metro on 9 September, 2009.

Adnan Al Hammadi, CEO of the RTA's Rail Agency, stated that the RTA is fully prepared to transfer its knowledge and practical experience to all governmental bodies and institutions overseeing the operation of public trans-

port modes in the UAE as well as all countries in the region with the aim of cementing the RTA's leading role in this aspect and articulating its commitment to support all entities seeking to establish broad, sound and safe public transport networks.

“In response to the directives of His Excellency the Chairman of the Board and Executive Director, we have taken practical steps to transfer knowledge to Etihad Rail staff by means of a programme befitting the nature of joint work.

We have recently staged workshops at the RTA's premises for a number of Etihad Rail employees, lasting through to mid-December,

2011, addressing various topics and technical issues of relevance to the rail transport sector,” Al Hammadi further explained.



RTA sets new timings for services during Eid Al Adha holidays

SERVICES

The Roads and Transport Authority (RTA) has announced a revised timing of all its services during the Eid Al Adha holidays at all its service delivery outlets including customer service centres, paid parking zones, public buses, Dubai Metro, marine transit modes, driving institutes and vehicle testing and registration centres.

Dr. Aysha Al Busmait, Director of RTA Marketing and Corporate Communication, said: “All customer service centres will be closed as of Arafat Day (November 5) and will resume official duties

on November 9. With the exception of the Fish Market and multi-storey parking lots, all paid parking zones in the Emirate of Dubai will be free as of November 5, and normal fees will be resumed on November 9. From the first day of Eid up to November 10, Metro stations will receive commuters from 5:50am up to 1:00am (after midnight), and on November 11 from 1.00pm up to 1.00am (after midnight).”

The timetables of public buses (Dubai Bus) will be as follows: Public transport stations, including main stations (such as Gold Souk, Al Ghubaiba 1 and



2 and Satwa) will start service from 6.00am and continue up to 12.00am (midnight) throughout the week. Sub-stations (such as Al Qusais and Al Quoz Industrial) will start service from 6.00am and

continue up to 12:00am (midnight). As for Jebel Ali station, the service will start from 6.00am and continue through 10.00pm.

Dubai Metro stations feeder bus service at Hor Al Anz, Al Rashidiya, Mall of the Emirates, Ibn Battuta, and Burj Khalifa stations will start service from 6.00am and continue up to 1.00am (after midnight).

The timing of marine transport modes throughout the week will be as follows: “The water bus will start service from 7.00am and continue up to 11.00pm, water taxi service will start from 10.00am and continue up to 10.00pm, and Ferry Dubai will start service from 10.00am and

continue up to 10.00pm.” Al Busmait continued: “Fixing customers service schedules is part of the RTA's strategy aimed at providing the best services to all community spectrums aimed at delivering top class services at world-class standards applicable in this regard in a way that meets customer needs of these services during the Eid Al Adha holidays.

“On this occasion, the RTA extends sincere congratulations to the wise leadership of the UAE as well as the Arab and Islamic worlds and pray to God Almighty to mark this blessed occasion with boons, prosperity and blessings.”

New agreement on mobility excellence

COLLABORATIONS

The Public Transport Agency of the RTA stressed the RTA's preparedness to lend full support and advice to enable them to design and implement the best and most effective strategies of mobility management programs, which will strengthen and broaden the mass transport base in Dubai and the UAE as a whole.

This statement was made during the signing of a strategic agreement in the form of a memorandum of understanding about the implementation of mobility management programs by the Public Transport Agency and the Dubai Statistics Centre (DSC). The signing took place at the Dubai e-Government stall at GITEX 2011 on 10 October, 2011 on the sidelines of the RTA's participation in this event.

The agreement was signed on behalf of the RTA by Essa Abdul Rah-



“The signing took place at the Dubai e-government stall at GITEX.”

man Al Dossari, CEO of the Public Transport Agency, and on behalf of the DSC by Arif Obaid Al Muhairi, executive director of the DSC.

In an address on this occasion, Al Dossari said, “By signing this agreement, the Public Transport Agency will work with the Dubai Statistics Centre towards achieving a set of mutual objectives by conducting studies, research and field surveys in order to identify mobility-related obstacles encountered on a daily basis by the public, including the

DSC's employees, and running joint programs to figure out logical and effective solutions to these obstacles.”

He added that the Public Transport Agency would also work out a joint mobility management program with the DSC to provide mass transport services for its employees and encourage them to use alternative mobility means other than their private vehicles. He pointed out that the move also aims to reduce the number of single-passen-

ger vehicles used by employees to get to their work by encouraging the DSC's employees to adopt carpooling in their daily travels between homes and workplaces.

“The RTA has always taken a keen interest in coordinating efforts aimed at epitomising the vision of the Dubai Government and strengthening the prominent position of the emirate both in the finance and services sectors, among others, through delivering quality services conforming to the best

international practices of the industry and setting up partnerships with the relevant entities operating in Dubai,” said Al Dossari when concluding his statement.

On his part, Al Muhairi, executive director of the DSC, said he was happy to have this agreement signed with the Public Transport Agency, considering it a landmark step towards building mutual co-operation between the two parties, and, accordingly, paving the way for entering into a fully fledged partnership with the RTA in mobility management programs.

Al Muhairi praised the agreement, viewing it as another RTA initiative of crucial importance in boosting the joint cooperation between the Public Transport Agency and the DSC, besides laying the foundation of new bonds between the two entities through which mass transport will be effectively expanded in Dubai.

Large sums fetched at number plates auction

AUCTIONS

The 73rd Open Distinguished Number Plates Auction, held by the RTA's Licensing Agency attracted a huge crowd from various community segments and the offering of two, three and four-digit number plates contributed to pushing up the total proceeds of the auction to as much as Dh21,052,000.

Mohammed Abdul Karim Nimaat, Director of Vehicle Licensing at the Licensing Agency, said, “125 distinguished numbers have

been tendered in the auction, and the public's earnest desire to take part in these regularly held auctions is showing no signs of abating, evidenced by the sheer number of attendees which topped 124 bidders of different ages and categories. The numbers K-14 and K-16 were the sale toppers, fetching Dh1.9 million apiece.

“The number plate J-90 was sold for Dh1.24 million, whereas three-digit number plates were topped by K-333, which fetched Dh700,000. In the four-digit



plate category, K-1000 brought Dh450,000 and K-6666 was sold for Dh410,000.

“The five-digit plates also elic-

ited a huge response, manifested in the number plates K-77777 and I-70000, which were exchanged for Dh620,000 and Dh290,000 re-

spectively,” elaborated Nimaat. The Director of Vehicle Licensing went on to say that the previous auction witnessed a positive competition among bidders who set the RTA's theatre alight with their zeal and intense bidding, partly fueled by enlisting number plates carefully selected to meet the public preferences as well as the keenness to communicate with them in a fair and transparent manner.

The next edition of the open auction will be held in December.

RTA offers special services during Eid days at Dubai Mall, Burj Khalifa

COORDINATION

The Roads and Transport Authority (RTA) has announced that it will provide special services aimed at offering temporary traffic solutions involving the broadening the scope of bus, taxi and metro transit services at the Dubai Mall/Burj Khalifa Station during the Eid Al Adha holidays from November 6 to 9 with the aim of streamlining the traffic flow and easing passenger mobility during this period in cooperation with Emaar Properties and the General HQ of Dubai Police.

A statement to this effect was made at a press conference held by the RTA in its Head Office in the presence of the CEO of the Rail

Agency Adnan Al Hammadi, Executive Director, Emaar Properties Abdullah Lahij, Acting CEO of the Public Transport Agency Ahmed Al Hammadi, Director of Traffic at

the Traffic & Roads Agency Husain Al Banna, Dr. Aysha Al Busmait, Director of Marketing and Corporate Communication and representative for the Dubai Po-

lice General HQ First Lieutenant Mohammed Al Qaizi.

“The Metro will deliver excellent services during Eid Al Adha days in order to cater to the additional numbers of commuters comprising citizens, residents and visitors, particularly those coming from the GCC countries, and offer them smooth mobility service,” said Adnan Al Hammadi, CEO of the RTA Rail Agency and Head of the RTA External Events Organizing Team responsible for operational processes.

“We have upgraded the service at Burj Khalifa Station through separating entry and exit points, and improving the operational

efficiency of the Station. We have also installed 4 additional gates and modified 2 gates to ease the passengers' flow in the station.”

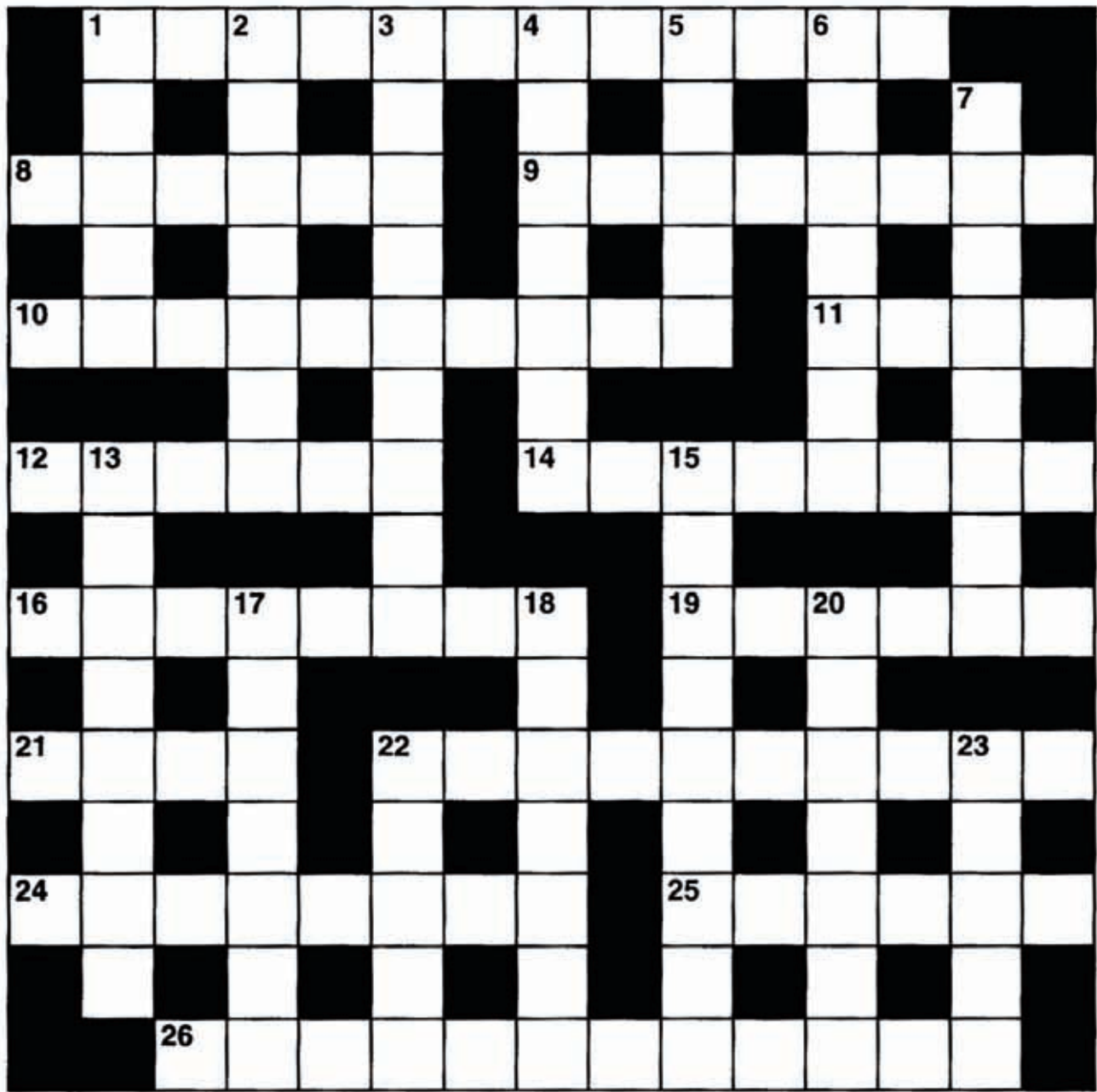
“Coordination is in hand with the Public Transport Agency to deploy taxicabs at Dubai Mall/Burj Khalifa Station to execute more than 10,000 trips per day during Eid days through deploying 500 taxicabs per peak hour, and 300 limousine cars to beef up the taxi fleet.

“Coordination is also underway with the Dubai Police General HQ to direct vehicles in the direction of Al Khail Road in case of tailbacks extending up to Sheikh Zayed Road,” said Al Hammadi.



Taking your time

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



- Across**
- 1 Aversion to reform (12)
 - 8 To be seen by adults only (film) (1-5)
 - 9 Kitchen rubbish drum (5-3)
 - 10 Illustrious (10)
 - 11 ___ Grant, reggae singer (4)
 - 12 Tuition period (6)
 - 14 Leisure sailing (8)
 - 16 Make smaller (8)
 - 19 For men and women (6)
 - 21 Japanese wrestling (4)
 - 22 Aquatic arthropod (10)
 - 24 Courageous, fearless (8)
 - 25 Dried fruit (6)
 - 26 Fitness, readiness (12)
- Down**
- 1 Goods, freight (5)
 - 2 Countries (7)
 - 3 Stamina (9)
 - 4 Apparently (7)
 - 5 Instant (5)
 - 6 Portion (7)
 - 7 Disposal (8)
 - 13 Strongly expressive (8)
 - 15 In bunches (9)
 - 17 Come forward with (7)
 - 18 More sensible (7)
 - 20 Lean (7)
 - 22 Winner (5)
 - 23 Jennifer Garner TV show (5)



Naughty but nice chocolate cake

This easy, delicious cake is a moist and tasty treat for chocolate lovers everywhere.

RECIPE

Contributed by Nicola Harries

Ingredients

For the cake

- 225g plain flour
- 350g caster sugar
- 85g cocoa powder
- 2 free-range eggs
- 250ml milk
- 125ml vegetable oil
- 2 tsp vanilla extract

- 250ml boiling water
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda

For the chocolate icing

- 200g plain chocolate
- 200ml double cream

For the topping

- 1. Preheat the oven to 180C/350F/Gas 4. Grease and line two 20cm sandwich tins.



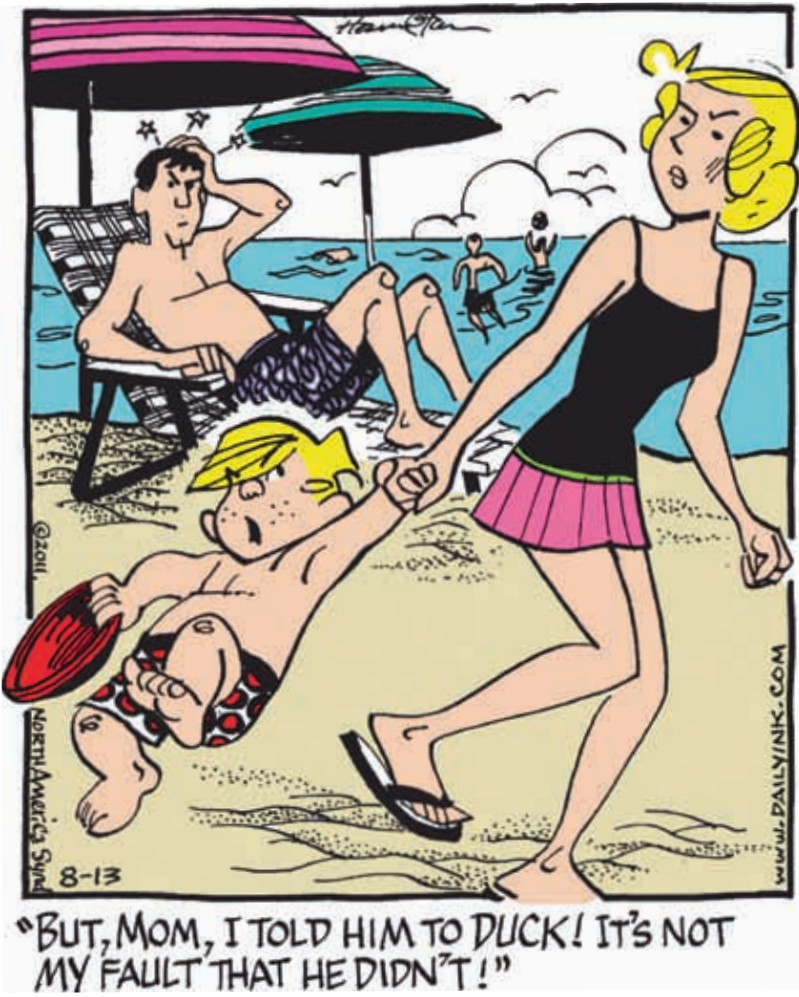
- 2. Place all the cake ingredients, except the boiling water, into a large mixing bowl. Using a spoon or electric whisk, beat the mixture until it is smooth.
- 3. Add the boiling water to the mixture slowly while stirring, until the mixture is smooth and very liquid-like in texture.
- 4. Evenly distribute the cake mix between the sandwich tins and bake for 25-35 minutes, or until the top is firm to the touch and a skewer inserted into the cake comes out clean.
- 5. Remove from the oven and allow to cool completely in the tin before icing.
- 6. To make the icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the



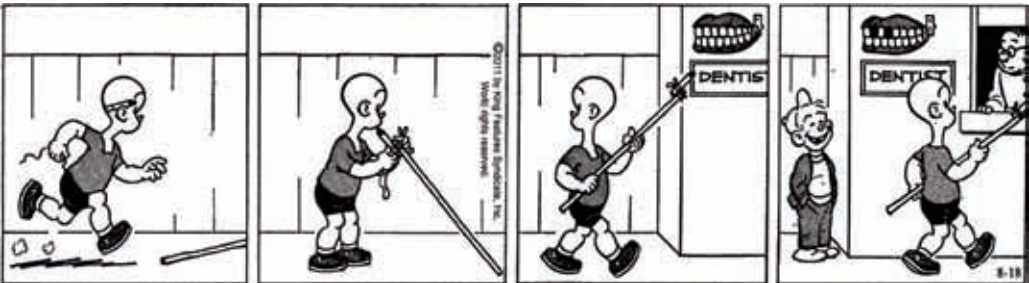
- pan from the heat and whisk until smooth. Set aside to cool for 1-2 hours, or until thick enough to spread.
- 7. Run a round-bladed knife around the inside of the cake tins to loosen the cakes. Carefully remove from the tins, then spread a little chocolate icing over the

- top of one of the chocolate cakes. Place the other half of the cake on top and transfer to a serving plate.
- 8. Ice the cake all over with the chocolate icing, using a palette knife.
- 9. Serve with a blob of ice cream or fresh cream.

Dennis the Menace



Henry



Ollie and Quentin



Spiderman



Here to help

Q I have two boys, aged four and six, and they seem to do nothing but fight with each other at the moment. I am fed up with shouting at them, what else can I try?

Read: A technique many parents use these days is the “naughty step” method. Each child has a specific area (usually the bottom stair in the house) where they must sit for the amount of minutes relevant to their age, so six minutes for the six-year-old. This gives them time to think about why they are being disciplined and also provides a few minutes of chill-time which should calm them down, just make sure their naughty steps are away from each other to prevent more squabbling.

Q I have really itchy patches of skin on my ankles and elbows which seem to get worse when the weather cools down, what could it be?

Read: It could be eczema, although it's worth getting this



checked by your doctor. If it is eczema, many people find that the sun can improve the condition, hence why it may get worse in cooler weather. A good aqueous cream (available from pharmacists) should help, but please seek advice from a medical professional if it persists.

Q I work so hard but don't feel as though I am being paid enough. How can I bring the subject of a pay rise up with my boss without seeming too forward?

Read: Arrange a one-to-one meeting with your boss and prepare your reasons for seeking a pay rise beforehand. If you can prove that you do more work than is required and are bringing value and skills to the company, it may be that your boss is happy to reconsider your salary.

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



Codeword

19		19		16			25		5		22	
16	8	8	6	22	17		22	17	21	16	3	17
				R								
10		16		4		16		16		22		18
26	23	14	21	23	14	14	16	8		21	20	20
23		14		14		4						23
I												
26	22	23	5	4	2	20	20	26		11	16	10
										B		
		5		23		6		22		17		
19	20	9		19	20	10	19	6	14	14	17	26
20						26		21		4		20
16	7	20		20	24	17	22	11	8	20	2	10
1		15		16		26		17		2		16
17	13	6	23	4	9		15	16	22	17	10	4
26		14		12				4		26		17

Match the numbers in the grid (1-26) to the correct letters (A-Z) in order to complete the crossword. Then transfer the appropriate letters to the lower grid to reveal some advice from Winston Churchill on how to deal with hard times.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
14	15	16	17	18	19	20	21	22	23	24	25	26													

Sudoku 1

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

Sudoku 2

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

Codeword answers

Q	Z	A	H	R	O	C	F	A	Y	E	S
O	M	N	A	T	O	R	J	A	M	X	
R	O	I	H	E	O						
A	M	V	A	L	A	N	C	E			
V	A	D	O	V	D	X					
N	O	T	R	E	A	O					
O	H	I	N	G	O						
O	S	E	R	N	O						
I	O	O									
N	V	I	O	O	A	L	I	O			
T	H	E	S	E	I						
O	O	V	E	S	I	O					
J	U	V	V	I	V	N					
N	O	V	E	R	I	V					
H	F	F	E	N	G						

Sudoku 1 answers

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

Sudoku 2 answers

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

Who's this? answer - Sylvester Stallone

THE READ. TEAM

EDITORIAL

Arnold Pinto
Managing editor

Richard Whitehead
Editor

Tom Paye
Features editor

Jonathan Castle
Home & Garden editor

Lucy Torchia
Feature writer

Alexa Soar
Feature writer

Ross Guinane
Web editor

DESIGN

Angela Ravi
Art editor

Sunil Kumar
Senior designer

ADVERTISING

E: advertising@readme.ae
T: +971 4 390 2904

CONTACT US

info@readme.ae
editorial@readme.ae
letters@readme.ae
contests@readme.ae
mymetrolife@readme.ae
pics@readme.ae
stories@readme.ae
distribution@readme.ae



Continental Multimedia FZ LLC

Dubai Media City
Building 6
Office No. G03
T: +971 4 390 2904
F: +971 4 445 6753
E: info@readme.ae
W: www.readme.ae
PO Box 502824, Dubai, UAE

BRANCHES

ABU DHABI:
T: +971 2 622 7880
F: +971 2 622 7881

KSA (JEDDAH):
T: +96 62 657 3161/36
F: +96 62 657 3152

BAHRAIN:

T: +97 31 723 3499
F: +97 31 723 3199

OMAN:

T: +96 82 456 4015
F: +96 82 456 0349

EGYPT:

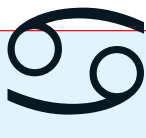
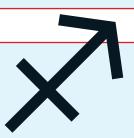
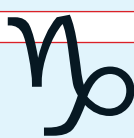
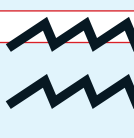
T: +20 23 762 2914
F: +20 10 228 1615

JORDAN:

T: +96 26 565 3601
F: +96 26 566 4884
Printed by Masar Printing & Publishing LLC
Images supplied by Getty Images and Thinkstock
unless otherwise stated

What's in your *stars*?

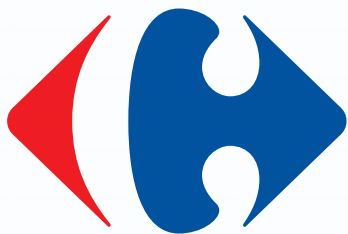
The *Read.* astrologer tells you exactly what to expect over the next seven days.

 ARIES (MAR 21 - APR 20) A few of the foundations that seemed so important to you once upon a time could fade away to be replaced by something newer and more appropriate. However, one relationship with an old friend could become more important than ever before.	 TAURUS (APR 21 - MAY 21) Working together in close alliance with a colleague could see you both spurred on to achieve your goals quickly and to a high standard. A tight bond between you could emerge over a project, which makes more sense than trying to go it alone.	 GEMINI (MAY 22 - JUN 21) You have a good opportunity to improve your personal relationships on all levels, but this will require that you start to see things in a more detached and reasonable way. Show people that you are prepared to compromise and they will open up to you.	 CANCER JUN 22 - JUL 23 You are radiating positive energy, which causes other people to be drawn to you, but you will be more than happy to do your bit and help them if needed. Someone could also prove useful when helping you with a new idea; your good work won't go unrewarded.
 LEO (JUL 24 - AUG 23) You may feel the need to start laying down some solid foundations when it comes to your career or where you make your home. It may be necessary to step back and review your current situation in order to gain a clearer understanding of what you need to do.	 VIRGO (AUG 24 - SEP 23) Your creativity levels are at a peak, which could see you taking up a new hobby or joining a group of like-minded people. A reunion with family or old friends is also on the cards, which provides a much-needed emotional boost from those closest to you.	 LIBRA (SEP 24 - OCT 23) You may currently be looking at the prospect of a home improvement project, and you may find yourself lucky enough to stumble across a real bargain. Also, a friendship or relationship you have been building on the internet could work out better than hoped.	 SCORPIO (OCT 24 - NOV 22) Your financial situation could take a turn for the better thanks to a new, positive approach and energy. You can often be very persuasive, but your specific ideas and outlook on life could be transformed radically by an unexpected person's point of view.
 SAGITTARIUS (NOV 23 - DEC 21) Pay attention to the advice a friend gives you, it may not seem that obvious at the time, but something they say could prove to be invaluable. You may be faced with a big decision, which corresponds perfectly with the advice they were offering you.	 CAPRICORN (DEC 22 - JAN 20) You may be feeling far more confident when it comes to plans for the future and people could start to see you as an inspiration on how to take control. This may see you start to take the lead at work, which could greatly impress someone in a position of authority.	 AQUARIUS (JAN 21 - FEB 19) Someone at work may have put in a good word for you behind the scenes, which leads to a discreet and exciting conversation about your career prospects. Be aware that other people have not been so lucky, however; nobody likes a boastful person.	 PISCES (FEB 20 - MAR 20) You often have a gift for predicting trends, whether it's in fashion, music or business. However, lately it seems as though you have been stuck in a rut. You have the perfect opportunity to break free at the moment, but you need to be brave and don't look back.

This week's local weather

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 th	7 th	8 th	9 th	10 th	11 th	12 th
						
Sunny High 31C Low 24C Humidity 47%	Sunny High 31C Low 24C Humidity 48%	Sunny High 29C Low 26C Humidity 50%	Sunny High 28C Low 25C Humidity 49%	Sunny High 27C Low 24C Humidity 48%	Sunny High 28C Low 24C Humidity 45%	Sunny High 27C Low 23C Humidity 41%

كارفور



Carrefour

www.carrefouruae.com

MIDNIGHT LAUNCH

Nov 8th, 12:01 am

Low prices and so much more!

CALL OF DUTY
MW3

CALL OF DUTY
MW3



CALL OF DUTY
MW3

GET IN EARLY. GET IT FIRST.

Sale starts at 12am on 8th November 2011
at

CARREFOUR, Mall of the Emirates, Dubai
CARREFOUR, Marina Mall, Abu Dhabi

Free Call of Duty Modern Warfare 3 Brady Guide and T-shirt with every purchase. *

***Offer valid while stocks last.**

2011 Activision Publishing, Inc. Activision, Call Of Duty and Modern Warfare are Registered trademarks of Activision Publishing, Inc. All other trademarks and trade names are the properties of their respective owners. All rights reserved.

Get **4%**
Cashback
The best value in town



Enjoy online shopping



Carrefour
toll free number
800 7 32 32