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NOVEMBER 20-26, 2011 | Issue 23

# Read.



## WRAPPED UP

Knitted jumpers are big news in men's fashion this season, perfect for the cooler Dubai evenings



## A WINTER WONDERLAND



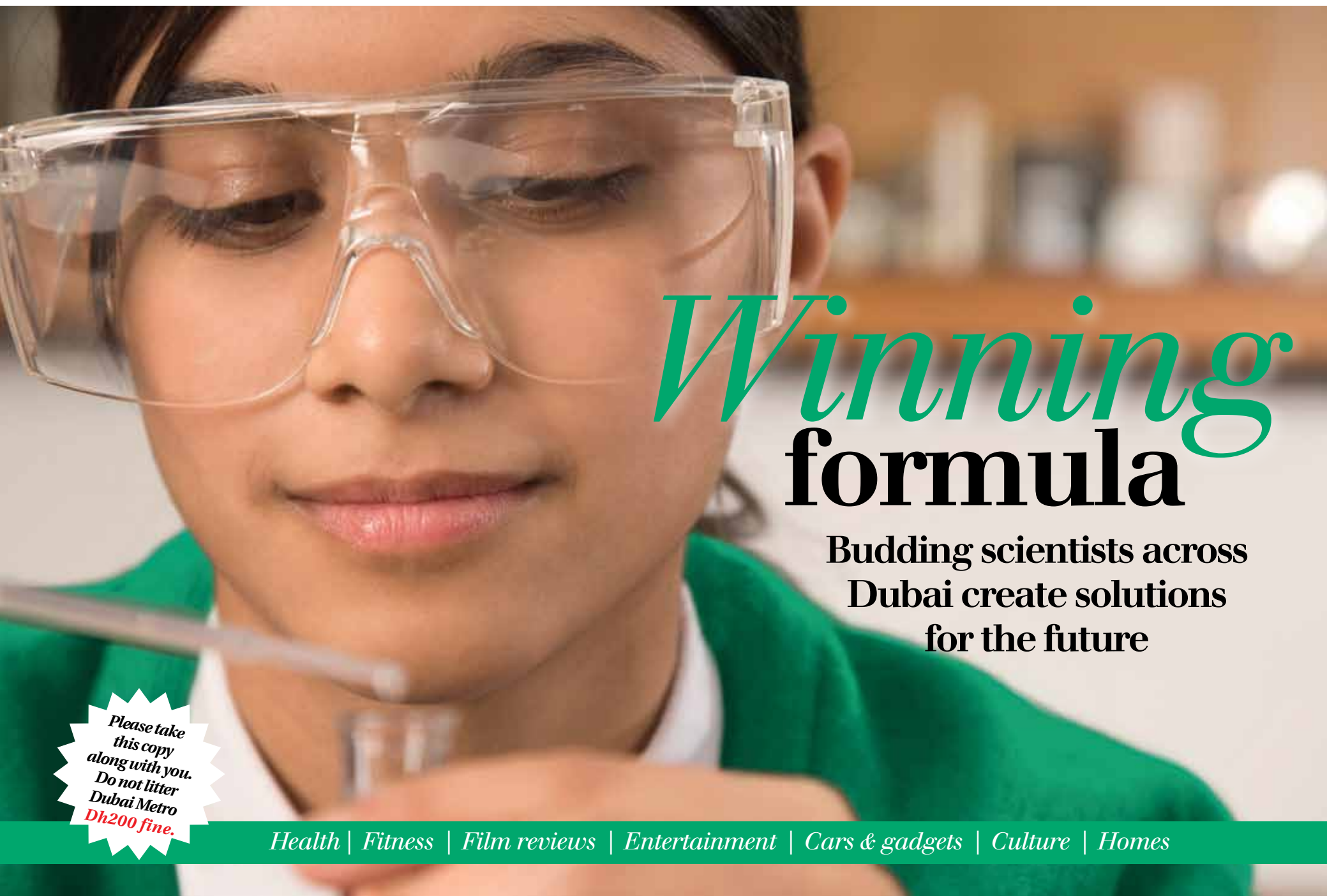
## THE BREAK OF DAWN

The latest installment of *Twilight* has hit screens, but is the blood between Bella and Edward finally starting to run cold?



## THE RAW TRUTH

We all know that vegetables are a staple of a healthy diet, but the key lies in what you do before eating them



# Winning formula

Budding scientists across Dubai create solutions for the future

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## Letters

Email: [letters@readme.ae](mailto:letters@readme.ae)

**Greetings!** My name is Siegfred Domingo, male, 30 years old, Filipino nationality. I would like to inquire about the *Hair for Hope* program that I've read in *Read: Cutting for good* (October 30-November 5, 2011 issue) if they are still accepting hair donations?

I celebrated my 30th birthday in August and as a gift to myself I decided to make other people happy by donating my hair to cancer patients. But unfortunately, I cannot find any organisation that caters to hair donation. I am happy and thankful to *Read* for publishing information about the *Hair for Hope* program. I hope you will help me.

Siegfred Domingo

**Ed:** That's a very generous gift, Siegfred, and one that will make someone very happy. The *Hair for Hope* Project officially launched in October. You can visit their Facebook page: [facebook.com/HairforHopeUAE](https://facebook.com/HairforHopeUAE) for donation criteria and learn more on how to get involved.

**Hello all,** does anyone know if there are mosquitoes here in Dubai? We have had a few bites to our hands and ankles. If you only get bitten in the desert then I'm not to bothered but if its something that happens regularly at the beach, etc., then we will buy some cream!

Thanks in advance,

Mandy Bir

**Ed:** As the weather cools down, the chance of getting bitten by a mosquito is increased. However, there are sandflies in Dubai and these bite everybody.

**Hi Read. team** I may not have been in Dubai very long, but even so, I see a lot of good deeds go unrewarded and see many people go unrecognised for their good work. Is there any ways to nominate these kind people for recognition?

Zubair Kaif

**Ed:** There are a number of ways to have your hero recognised. A new, annual award series, *Inspire Dubai*, was recently launched to honour the city's unsung heroes.



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# 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](mailto: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](https://facebook.com/readmeae)



JOSH ABBINENI



MOISES O. FAUSTO



R KAUSHIK



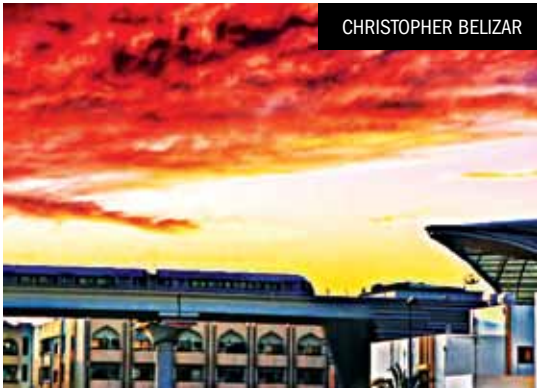
AYESHA AHMAD



JEFF AYALIN HABLA



ISMAIL RANIYA



CHRISTOPHER BELIZAR



JAD AYDI



MOISES O. FAUSTO

# STATION-BY-STATION *guide*

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



**Al Khail Gate**

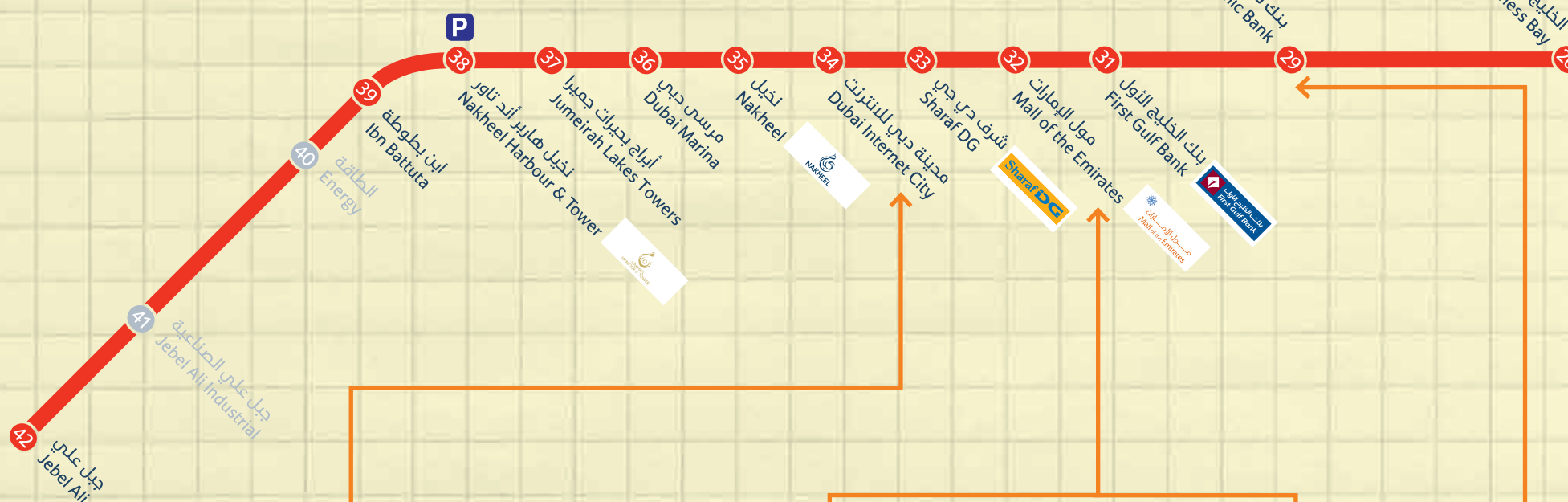
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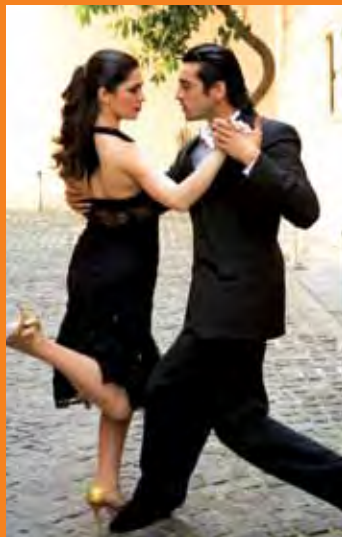
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## TANGO LESSONS

Sunday and Wednesday, 8.30-10pm  
Icon Tower, TECOM



Every Sunday and Wednesday evening, wannabe tango stars in Dubai are invited to join husband-and-wife team Cesar and Elizabeth for an exciting class that will have them producing fancy footwork in no time at all. Held at Latin Soul Dubai, the class teaches beginners the essential steps of Argentine tango, both for fitness and fun purposes. Call 050 474 6249 for more information.

## LITTLE RED RIDING HOOD

November 24-26

The First Group Theatre,  
Madinat Jumeirah

The classic fairytale is being brought to life on the Dubai stage as part of its current tour across the whole UAE. Perfect family entertainment, this is one show that's not to be missed. Ticket prices: balcony Dh65, stalls Dh85. Times vary, for more information visit [madinattheatre.com](http://madinattheatre.com).



## MARIA CALLAS MILANO

November 21, 7-10pm  
Ductac, MoE



The late Maria Callas is considered one of the greatest sopranos of modern times. Her colourful and fascinating life complemented her astonishing voice, while her collection of stunning outfits—both on and off stage—made her one of the most fashionable women in the world. Now a collection of the singer's beautiful gowns are on display at Ductac, including designs by YSL and Dior among others. Entry to the exhibition is free.

GOLF TOURNAMENT

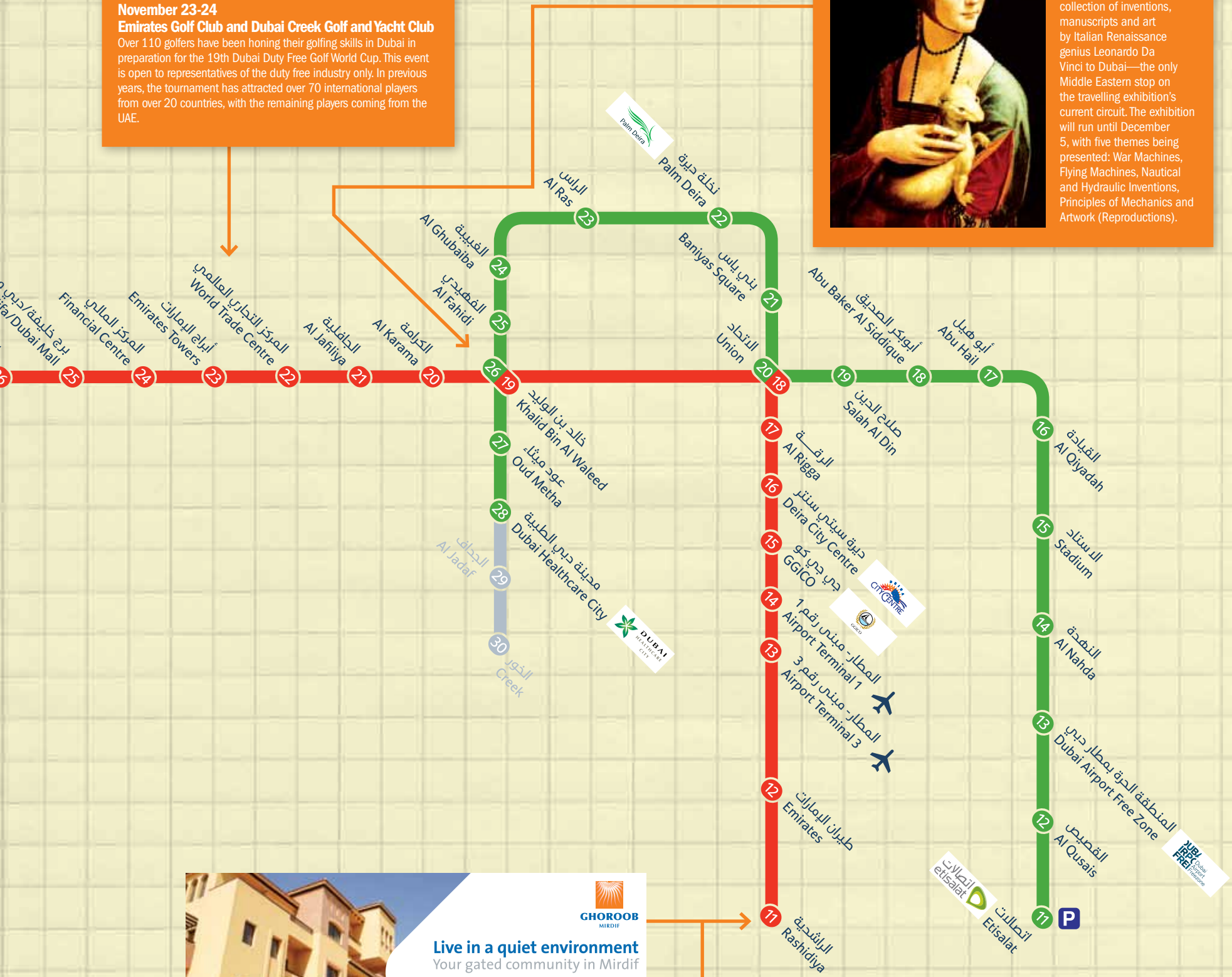


**November 23-24**  
**Emirates Golf Club and Dubai Creek Golf and Yacht Club**  
Over 110 golfers have been honing their golfing skills in Dubai in preparation for the 19th Dubai Duty Free Golf World Cup. This event is open to representatives of the duty free industry only. In previous years, the tournament has attracted over 70 international players from over 20 countries, with the remaining players coming from the UAE.

DA VINCI EXHIBITION



**Until December 5**  
**BurJuman Centre**  
The internationally acclaimed Da Vinci Exhibition brings an amazing collection of inventions, manuscripts and art by Italian Renaissance genius Leonardo Da Vinci to Dubai—the only Middle Eastern stop on the travelling exhibition's current circuit. The exhibition will run until December 5, with five themes being presented: War Machines, Flying Machines, Nautical and Hydraulic Inventions, Principles of Mechanics and Artwork (Reproductions).





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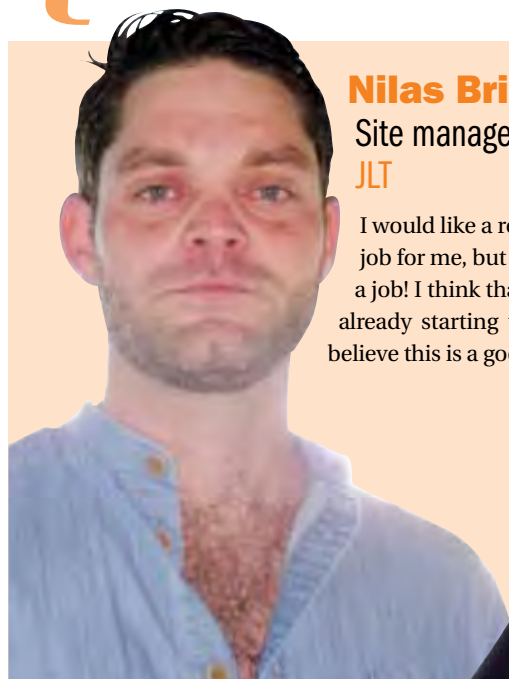


**EGYPTIAN ART**  
**Until December 30**  
**Mojo Gallery, Al Serkal Avenue**

This new exhibition, entitled *Hadutta Masriya*, features thought-provoking work from three Egyptian artists, all aiming to provide art audiences with their own personal view of life in their home country, both before and after the Arab Spring. For more information call 04 347 7388.

## The Burning Question

**Q** 265 UAE students took part in the World Robot Olympiad this weekend. If you could build any robot, what would you like it to do?



**Nilas Brinck**

Site manager

JLT

I would like a robot that could do my job for me, but then I wouldn't have a job! I think that maybe robots are already starting to take over, but I believe this is a good thing.

**Sajjad Ahmad**

Company owner

Satwa

I would quite like to design a robot that could do jobs around the house for me, like washing my clothes and cooking, or getting me up in the morning. I think that perhaps one day, machines could start to take over, but it won't be for many years yet.

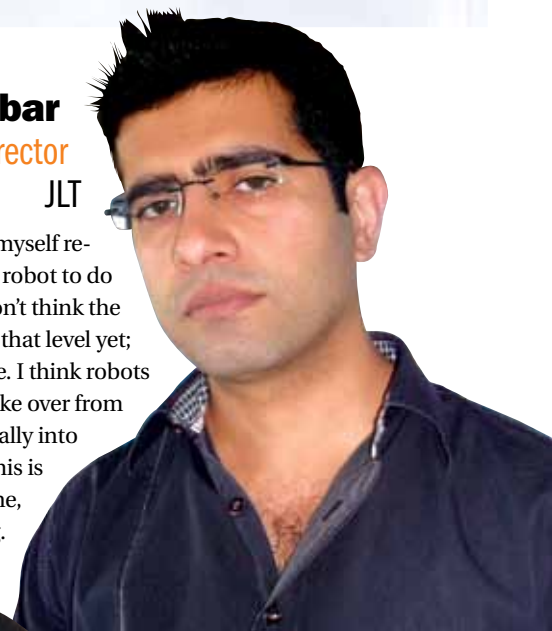


**Amir Iqbar**

Director

JLT

I like to do all my jobs myself really so wouldn't want a robot to do any of them. I also don't think the technology is quite at that level yet; it's still quite immature. I think robots will eventually take over from humans, but I'm really into technology so this is interesting for me, not frightening.



**Rem Arindon**

Sales executive

Sharjah

If I could build a robotic machine, I would make a boat that could power itself and find its way out to a good, quiet spot in the sea, where I could go swimming and have adventures.

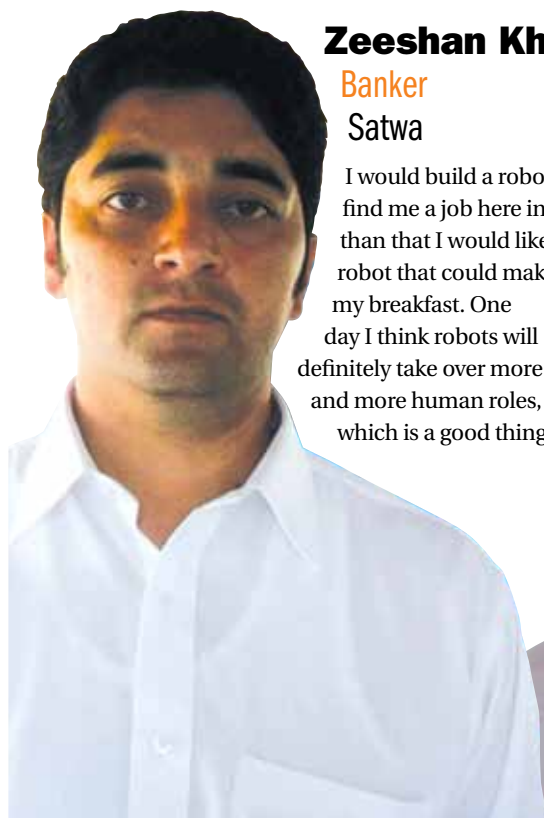


**Zeeshan Khattak**

Banker

Satwa

I would build a robot that could find me a job here in Dubai! Other than that I would like a robot that could make my breakfast. One day I think robots will definitely take over more and more human roles, which is a good thing.



**Yaggy Duterte**

Sales executive

Al Ain

I would probably quite like a robot that could drive a car for me, or a car that could drive itself safely. I think it would be necessary to have something like that on Dubai's busy roads!



**Louisa Olson**

Journalist

JLT

As long as robots don't become too powerful, I think using robots is a good thing. If I could design one for myself, I would make one that did all the things I don't want to do, like brush my teeth when I don't want to get out of bed.



# 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

Two weeks ago, we brought you some of the world's weirdest jobs. This week, we consider the most dangerous. Steeplejacks may scale the sides of buildings to make some cash, but they struggle to find life insurance due to the high risk factor. Take a look at other people who risk their lives in search of a big payday.



### TUESDAY

The penultimate *Twilight* has finally hit our screens to the delight of hoards of fans. However, it's not the only book-based franchise to make the leap to the big screen. Readme.ae ponders life after *Twilight*.



### THURSDAY

Did you know that the longest golf putt in history was almost 14.5 kilometres? Find out how it was possible, along with a host of other random facts to ring in your week-end online today.



### MONDAY

Few parts of this planet are unexplored, but even those that man has reached remain quite the mystery. How much do you know about Antarctica? Find out a bit more about the coldest places on Earth today.



### WEDNESDAY

There are 265 UAE students who took part in the Robot Olympics this month. But how far are we from the type of advanced robots that we see in Hollywood movies like *I, Robot*?



### FRIDAY

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

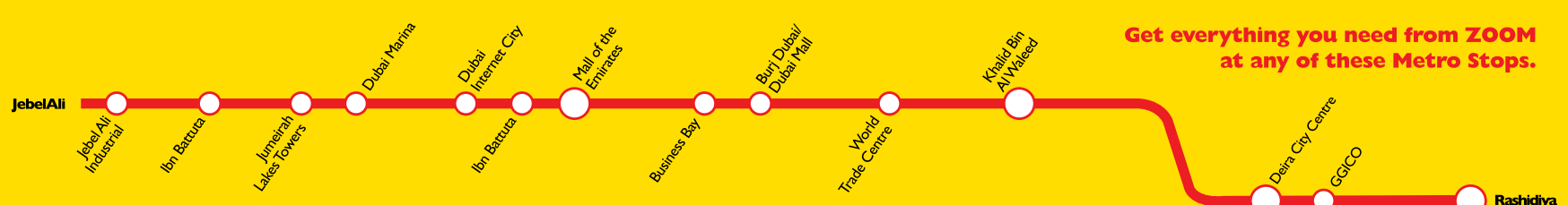




For those after-work-office-party-didn't-tell-the-wife-going-to-need-something-to-soften-the-pain evenings



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# The wonders of science

Students are gearing up for the **Big Science Challenge** to help solve water problems.

**S**chool is a great time for any child to discover the things that interest them, explore new ideas, or simply enjoy the fun side of learning. It is with this in mind that secondary schools across the UAE are signing up in droves to the Big Science Challenge, a competition which invites students aged 11 to 16 in both the Middle East and UK to research and design an original, innovative solution to a problem concerning water, either locally, nationally or globally.

Not only does the competition provide students with a fun way of becoming more involved in how science works, the message behind it is has important implications on our planet's future. Patrick Brazier, Middle East and

North Africa regional director of the British Council said, "Water is the focus of the initiative as it is a critical resource for everyone around the world and today's young people—the scientists of

the future—have a big role to play in its preservation. The Big Science Challenge will bring young people from the Middle East and the UK together to address real challenges facing our global society and develop the skills they need for work in a global economy."

The Ministry of Education in

the UAE has also expressed its strong support for the initiative, with over 3,000 schools in total being invited to participate across the Middle East and UK.

The competition is being held in conjunction with Rolls-Royce, longstanding giants in the engineering world, with the winning school being invited to London for a week-long programme of cultural exchange and educational activities—definitely an incentive for budding science whizzes in Dubai to get their team entered and their thinking caps on. While in London,

the winning students will also get a unique insight into real-life research and engineering processes during a visit to one of the biggest Rolls-Royce centres in the UK. Students from one winning school in the UK will also win a five-day visit to Dubai to experience life in one of the most dynamic and iconic Middle Eastern cities.

It is hoped that by focusing on one of the world's biggest issues, water, young people who take part in the competition will be given a real-life insight into what scientists are working on and the challenges they are faced with when trying to find solutions to major problems. The Big Science Challenge therefore not only gives students a chance to take part in a fun competition which could see them winning a trip across the globe, but will also offer a taste of what a career in science could be like. And who knows, perhaps the winning team may even produce a solution that could go global and impact the world around us.



THE WINNING TEAM WILL BE AWARDED A TRIP TO THE UK



# Celebrating the big 40

Dubai's malls and shopping centres announce their plans for the **UAE's 40th National Day**.

## NATIONAL DAY

With the UAE's 40th National Day fast approaching, excitement for the celebration is hotting up. To add to the anticipation, Dubai Shopping Malls Group have teamed up with Dubai Events and Promotions Establishment to launch a 'Shop and Win' extravaganza.

"When our wise rulers came together to establish the United Arab Emirates as one nation 40 years ago, they visualised trade and retail as major engines of growth," said Majid Al Ghurair, Chairman of the Dubai Shopping Malls Group.

"Through this campaign, we also intend to celebrate our customers who are at the heart of the retail revolution, by offering them several chances to win exciting prizes on the 40th UAE National Day," Al Ghurair added.

This year's celebrations aim to affirm the active role of Dubai shopping malls not only in supporting the economy, but also in interacting with the social and national occasions to reach a wider sector of the public.

"The 40th UAE National Day celebrations serve as a fitting occasion to look back on the tremendous growth and prosperity that the nation has achieved across all social

and economic sectors. While investing in modern infrastructure, the visionary leadership of the country has focused on the need to diversify revenue streams and create new job opportunities," said Nasser Rafi, CEO of Emaar Malls Group.

"Retail trade has been playing a major role in diversifying the UAE economy and by participating in the celebrations on the occasion of the UAE's 40th National Day, we hope we can further consoli-



YOUSIF AL ALI

*"Four raffle draws will be held throughout the campaign."*

date the UAE's position as one of the world's leading shopping destinations," said Salem Al Ghurair, CEO of Al Ghurair Centre.

Fuad Mansoor Sharaf, Asset Director for Mall of the Emirates, added, "Discounts, promotions and prizes enhance the overall shopping expe-



rience, creating an atmosphere of festivity as we count down towards the milestone occasion of the 40th UAE National Day. We are proud to partner with the DSMG to offer a promotion with significant value for shoppers, bringing added excitement and opportunities in celebration of the UAE's heritage."

During the campaign, 40 shoppers will have the chance to win prizes worth Dhs40,000 each, including a combination of cash prizes and gift vouchers from Rivo-li outlets. Raffle draws will be held throughout the campaign with each draw producing ten winners.

The draws will be held on November 24 and on National Day itself, December 2, 2011.

Also taking part in the shopping extravaganza is Mirdif City Centre whose Asset Director, Yousif Al Ali is proud to be participating and looking forward to creating a memorable 40th UAE National Day with events, activities and promotions for the entire family to enjoy.

To be eligible for the draws, raffle coupons can be collected at any of the 21 participating malls in Dubai upon proof of purchase of items worth Dhs200.



MAJID AL GHURAIR

## Facebook Chatter

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

### Who do you think are the unsung heroes of Dubai?

Anyone can be an UNSUNG HERO. The moment that you do your SELFLESS work anonymously, when you seek no credit nor publicity in your little efforts to help make Dubai a better place to live in.

— Kuya Clen

I consider my dad as an unsung hero, not due to the fact that he is my family member but

because he really is a hero in all he has done so far.

— Fatima Suhail

### Do you think it is better to sacrifice nature to create jobs?

Not really required, but to avoid the jobless percent they need to



do this, instead of sacrifice the human they can sacrifice the trees. But trees can be grown again...

— Khaja Khan

Well, as far as I see, we use most of the things derived from nature, in some or the other way we are and/or have harmed nature.

— Romil Vaya

### How do you propose the UAE addresses health concerns?

Without any doubt, very common in Dubai is "HAIR LOSS"..... A healthy diet consisting of fruit and vegetables is one way to help minimize hair loss..... Another factor that causes hair loss in the middle east is water.

— Nimi Anwar

## MEDIA SALES EXECUTIVE Required Urgently

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**Read.**

# Souful singer Gayathri is Champion of Broken Hearts

With an already strong UAE following, **Gayathri Krishnan** launches her music video at a Dubai gallery.

## LAUNCHES

**Gayathri Krishnan's** voice is remarkable. Her mix of western genres with classical Indian influences gives her scope to challenge her lungs into producing sounds that defy description. The result is beautiful, captivating and, when she lets her voice run away in a series of perfectly executed warbles, startlingly panoramic.

At the launch of her new video, *Champion of Broken Hearts*, she opens proceedings with a selection of songs that show just what she is capable of. The audience at Barsha's Traffic art gallery is held spellbound as her voice soars through a series of seemingly impossible notes with no more apparent effort than it takes to pick up the microphone. There's a little trouble with the amp and she only has two backing musicians, but this has little impact on the ethereal beauty of her music.

After a short set, the new video is screened. The song itself is



*“The song itself is about looking back, months and years down the line.”*

GAYATHRI KRISHNAN

about looking back, months and years down the line, on experiencing a broken heart. A big fan of Woody Allen films, Gayathri was inspired by the film director's characteristic of showing painful situations in an amusing light

and this is what her song does with heartbreak in hindsight.

The video, filmed in a 1940s-style setting, is slick and stylish. The choreography, if not overly adventurous, complements rather than dominates the music,

allowing the song to take centre stage. Accomplished though the video is, this is not a song that needs visual aids to propel it. Like most of Gayathri's music, it's her stunning voice, haunting melodies and creative lyrics that make it a work of art.

To hear some of Gayathri's music visit [gayathrimusic.com](http://gayathrimusic.com)

## 11.22.63

by Stephen King

### BOOKS

We have all probably pondered time travel at some point in our lives. If you could go back and change a moment in history, what would it be? What effects would your actions have on the world?

This is the point that famed author Stephen King explores in his latest novel, entitled *11.22.63*—the day that United States president John F. Kennedy was shot. The story focuses on the life of Jake Epping, an unassuming school-teacher who is given a mission from an unexpected source.

Epping is happy with his life. He has no desire to be a hero or even to venture too far out of his hometown, never mind become embroiled in the assassination of a US president. However, everything is about to change. Al, the owner of a local diner, has discovered a portal in his restaurant that allows him to travel back in time to 1958 and stay for months, even years, without



appearing to be gone more than two minutes in modern day 2011. However, when he becomes terminally ill, his five-year mission to stop the assassination of JFK needs to be handed over, and Epping is his choice of successor.

This revelation signals the start of Epping's new life as George Amberson, travelling between two worlds in an attempt to prevent one of the most prolific killings of modern history.

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

*77 Shadow Street*  
by Dean Koontz

With a history of madness, suicide and murder, all sorts of grizzly secrets lie in the walls of 77 Shadow Street. Now an apartment building, its residents live peacefully in the lap of luxury. But gradually, inexplicable and terrifying events start to occur, slowly engulfing the residents in a dark tide from which they will struggle to escape.

*Micro*  
by Michael Crichton and Richard Preston

A group of scientists are sent into a hostile wilderness in Hawaii following an inexplicable triple homicide. Armed only with their knowledge of the natural world, they discover themselves up against a world of technology and unbridled power. To survive, they must harness the inherent forces of nature itself.

## Angels and Airwaves – Love Parts One and Two

★★★★★ Rocket Science

### ALBUMS

Despite the fact that Blink 182 are now back in full swing, it's clear to see that guitarist Tom Delonge is still finding plenty of time for his other band, Angels and Airwaves. This group was formed after Blink 182 announced an indefinite hiatus, and Delonge is still so involved with it that to call it a side project would be a gross misinterpretation.

The release of *Love Part Two* along with last year's *Part One* comes in conjunction with the DVD/Blu-ray release of the feature film, *Love*, for which Delonge was an executive producer and Angels and Airwaves wrote the soundtrack.

Ignoring the film, though, this album is almost exactly the same as the three that preceded it, but



not quite as good as the first effort, which felt fresh and interesting. There is still the grand, stadium-rock feel, plus all manner of epic build-ups supplemented by strings and harmonies, but the songs feel formulaic. They are by no means bad, and perhaps they work extremely well as a backdrop to the movie. But for listening pleasure, there is no need to look any further than the first album, which is still the best.



## AN EXHIBITION TO REMEMBER

You'll love to visit Deira City Centre on the occasion of UAE's 40<sup>th</sup> National Day from November 17 to December 3, as we display a remarkable exhibition along with Gulf News on Centre Stage, taking you through a journey of the most memorable news headlines covering nearly 40 years.



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# Making the most of Veggies

It's all about the preparation when it comes to eating fruits and vegetables.

**V**egetables may be vital to a healthy diet but the way we cook, clean and prepare them can render their benefits redundant, says Dubai nutritionist, Laura Holland. "There is an increased consciousness about the effects of cooking methods on the nutrient levels of vegetables but there is still much confusion and conflict as to how exactly we should go about preparing them."

Put simply, the scale for cooking vegetables with regard to maintaining the 'goodness' runs from raw to microwave. "Raw food is where all the nutrients and enzymes are intact, while at the other end of the scale you've got the microwave, which literally zaps the life out of your food from the moment

you press start. Raw, it's alive; microwave, you've totally killed it," Holland says.

Raw vegetables are not, however, for everyone. To actually digest and get all the nutrients from raw foods, you need to have a very strong digestion. If you don't, then you'll actually do more harm than good and are better off eating lightly cooked veggies, where the

body can more easily absorb the nutrients, she explains.

It requires a large amount of energy for the body to break down and absorb the nutrients from raw vegetables, which is why we tend to give sick people soups over things like salad, Holland adds. "If a person does not have a strong digestive system then they are actually better off eating roasted veg-



VEGETABLES ARE EASIER TO DIGEST WHEN IN SOUP

### The power of vegetables

- **Broccoli**—The motherload of nutritious vegetables, broccoli is full of noteworthy nutrients, including Vitamin C, Vitamin A, folic acid, calcium and fibre. When it comes to maintaining a healthy colon, there is no better veg to eat.
- **Carrots**—High in Vitamins A, K and C, carrots are the go-to vegetables for healthy eyes.
- **Kale**—Rich in B6 and folate, Kale helps to strengthen the bones and prevent osteoporosis.

etables and slow-cooked dishes like casseroles.”

After raw, the next best ways to eat vegetables is to steam or lightly stir-fry them, followed by baking and slow-cooking. Boiling is certainly one of the easiest ways of preparing veggies but if overdone then it is also one of the quickest ways to kill the enzymes and nutrients our bodies require from them.

“When boiling vegetables you should still be able to dip your finger in the water. If you can withstand the heat then you’re keeping some of the nutrients; if it’s too hot, then you’re killing them. Generally speaking, the less heat we apply to vegetables, the more nutrients will survive the cooking process,” she concludes.

Another major factor to consider is the fact that vegetables and fruit can pose more danger than benefit to our health if not cleaned properly. “It’s sadly a myth that a little bit of dirt doesn’t do you any harm; soil can

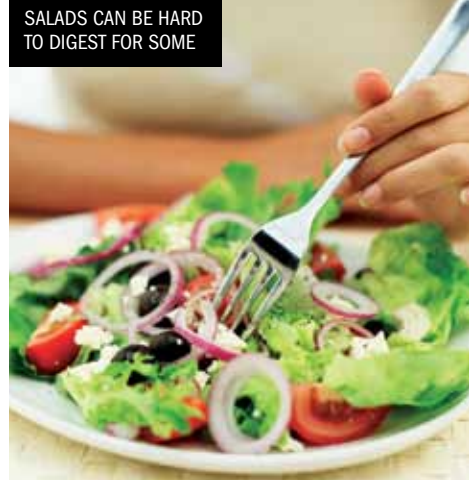
sometimes carry harmful bacteria and, although food producers have good systems in place to clean vegetables, the risk can never be entirely eliminated,” says Dr Andrew Wadge, chief scientist at the Food Standards Agency in the UK.

It is not just the dirt that consumers have to worry about. The amount of pesticides and preservatives sprayed on fruit and vegetables can pose a threat to our health, says Holland. “It’s imperative to wash all fruit and vegetables before eating them. Berries, in particular, are notorious for being sprayed with lots of pesticides because they grow above ground and farmers need to fend off insects all the more.”

In addition to this, vegetables must undergo the transportation

**“It’s imperative to wash all fruit and vegetables before eating them.”**

SALADS CAN BE HARD TO DIGEST FOR SOME



and storage processes which are effectively breeding grounds for fungus and bacteria, which is why they need to be so heavily treated to survive the journey intact. Off-putting though this may sound, it only requires thorough washing with water and preferably a natural product, such as Environ fruit and vegetable wash, to render them fit for consumption.

The small amount of effort involved should not deter people from eating their greens, Holland insists. “Most people’s diets today are highly acidic, while green vegetables in particular are alkaline, which is a huge missing element in the vast majority of people’s diets worldwide. If we can include more greens then we are helping to restore the acid/alkaline balance, which is one of the fundamental building blocks to our health and well-being.”



WASHING VEGETABLES IS HIGHLY IMPORTANT

# The search for a key to happiness

New research aims to find out exactly what makes people happy through a series of personal questions.

## WELL-BEING

**How often** do we feel truly happy? What is it that makes us happy? These are the questions being asked by the Office for National Statistics in the UK, which has set itself the task of gauging the country’s happiness.

Happiness is not an easy emotion to measure. As a guide, the Office for National Statistics has drawn up a list of 10 indicators of well-being.

Despite the popular maxim that money doesn’t bring you happiness, many of the proposed questions focus on financial well-being, asking participants whether they are satisfied with their income and how happy they

are with their job. During the preliminary research stage, the ONS asked respondents to rank between one and 10, “How satisfied are you with your life nowadays; how happy did you feel yesterday; how anxious did you feel yesterday and to what extent do you feel the things you do in your life are worthwhile?”

Looking at a person’s sense of worth as a measure of their happiness is especially pertinent in Dubai, where many expats come for the purpose of work, says health psychologist, Dr Melanie Schlatter.

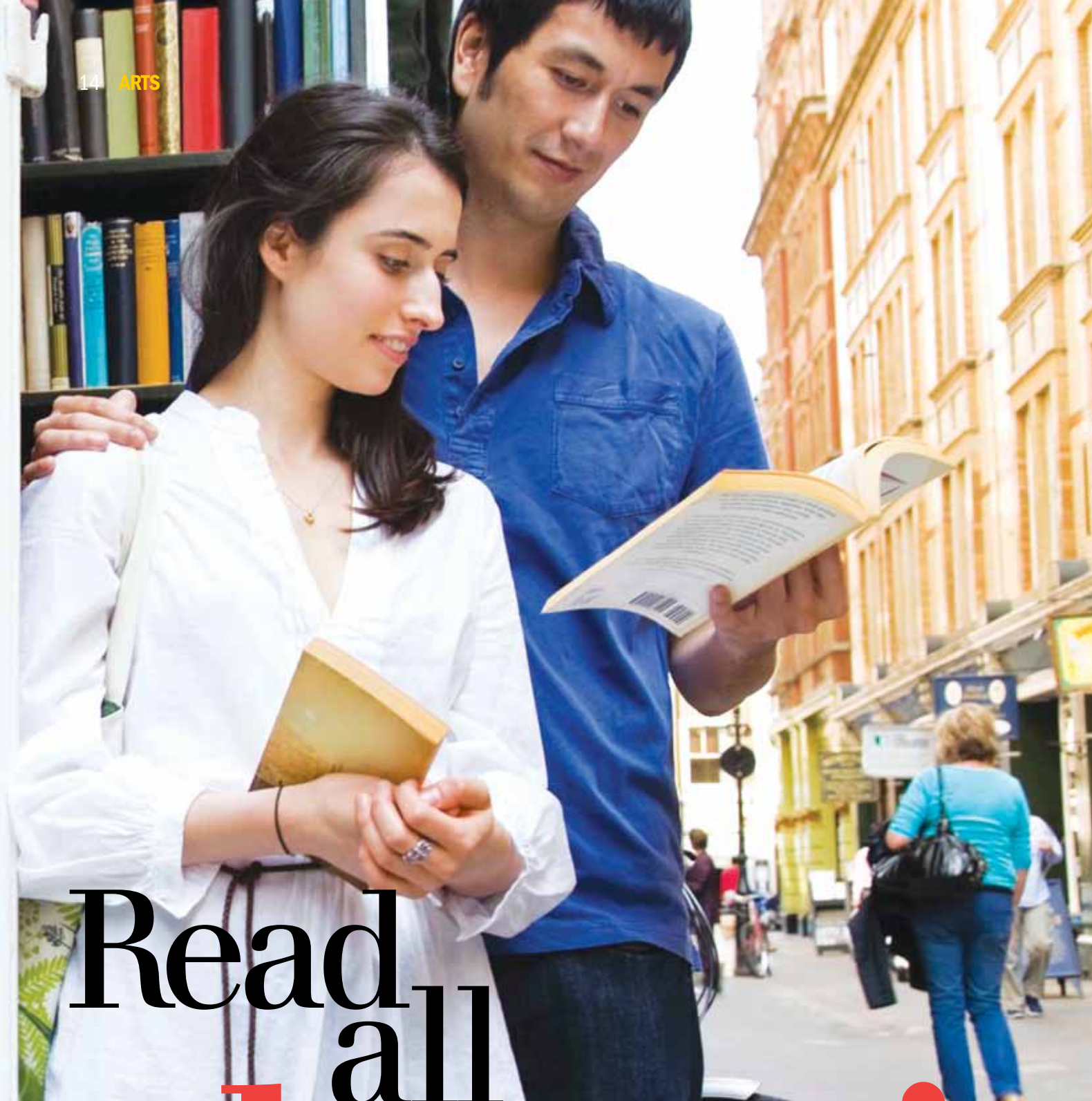
“As a concept, doing something that is meaningful and worthwhile is a major part of a person’s quality of life. The majority of ex-



patriates living in Dubai are here to work, so how they feel about their job and income is often key to people’s happiness here,” she says.

Here, family and relationships are equally, if not more, important, explains Dr Schlatter. “A lot of people living in Dubai are living away from their families and, inevitably, there are more challenges to face if you live apart from your home and loved ones.

“It would be fascinating to do that kind of research here because Dubai is such a mix of different people with a wide range of values and traditions,” says Schlatter, adding that it would, nevertheless, be difficult to make generalisations about such a diverse society.



# Read all about it

With more authors choosing to self-publish, e-books are becoming more popular.



**R**emember the days when curling up with a good book was the perfect way to spend a relaxing Saturday afternoon? When a well-stocked bookcase took pride of place in your living room? Well, it would seem that, sadly, those days might soon be over. The introduction of e-readers has seen a huge shift in the way people choose to digest their reading material. With the option to store thousands of books on one lightweight, slim device, even the most hardcore literature fans are gradually opening up to the idea of e-books.

It is not just the ways in which e-readers are having an effect on the availability of material, however; the world of publishing is seeing itself caught up in the movement. Authors are being given a new opportunity to get their work published and out there, with much less red tape and rigmarole than following the traditionally publishing route.

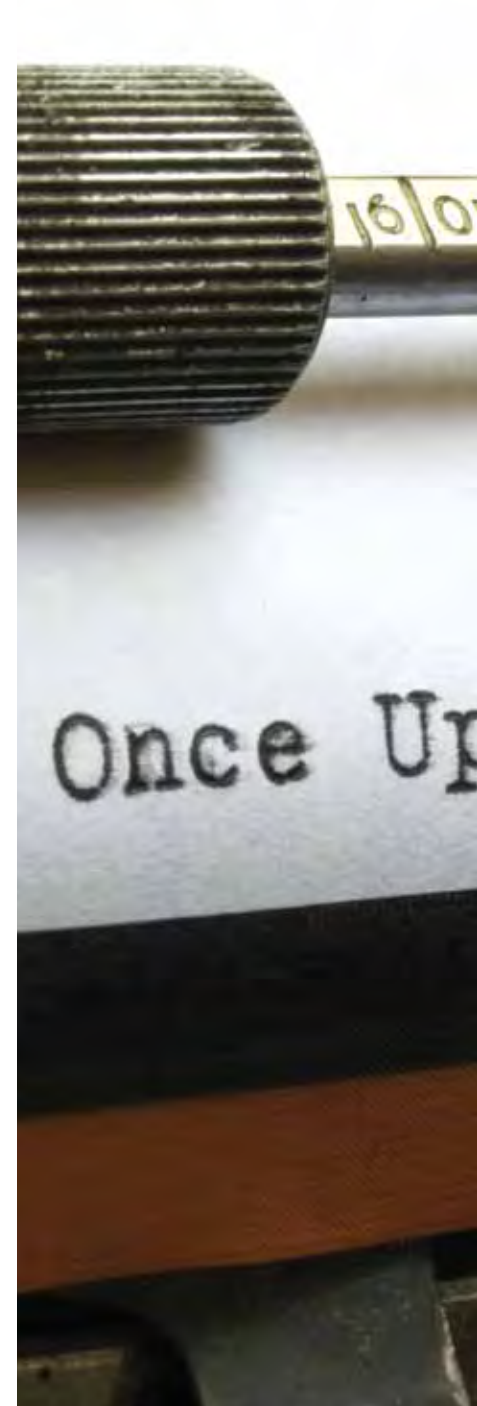
Alexander McNabb, a Dubai-based author has chosen to follow this route with his debut novel, *Olives*. He says, "In 2002, I wrote my first book, called *Space*. I began to send off manuscripts to publishing companies but ended up being rejected by well over 100 agents. Each submission was costing a lot of money in terms of



ALEXANDER MCNABB

postage, as at the time publishers didn't accept online submissions, and each rejection resulted in a new edit, a new tidy up, a new round of submissions and, inevitably, new self-addressed envelopes waiting for me at the post office."

Many authors would be deterred enough by this experience to give up, but McNabb refused to. He says, "In 2004, I began writing my second novel, *Olives*, and approached various agents. Around 50 agents told me that it wasn't going to work. Looking back now,



*“Funding a book on a web site like Amazon costs nothing, and the author will receive 70 per cent of the royalties.”*

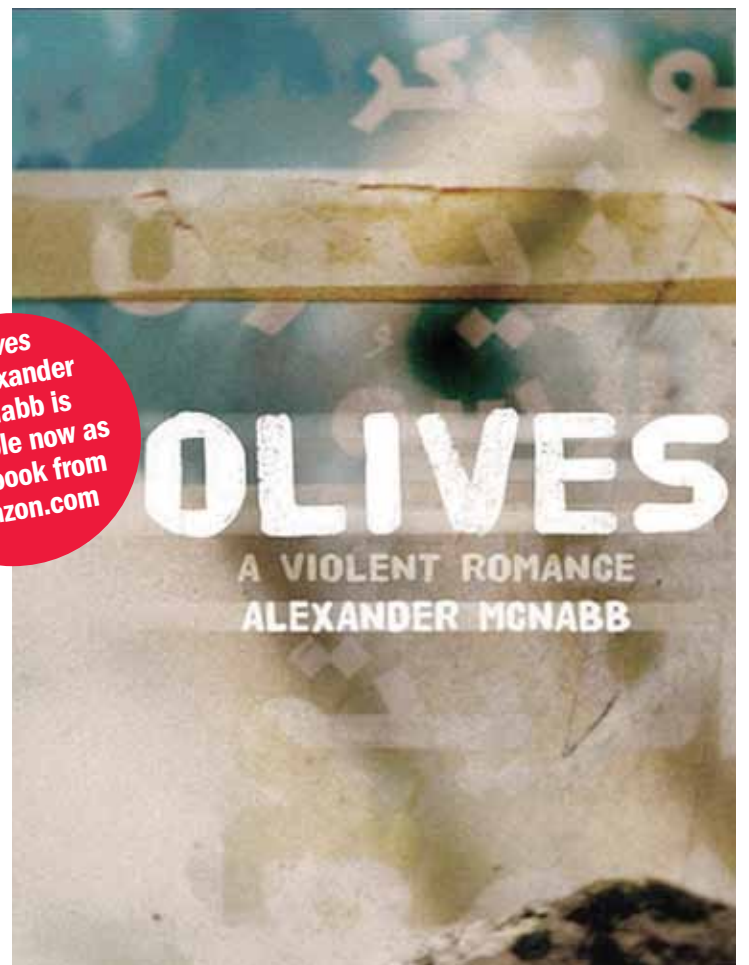
I would have rejected me as well; there is lot to learning how to write books. Over the years, I have had friends whose books have been picked up by publishers, but even they aren't happy. One friend has been promoting her book for two years and still hasn't seen any results. It was

this that made me think, 'why not do it myself?'"

The process of self-publishing a novel is by no means cheap, however. Authors who choose to self-publish their work are faced with all sorts of costs, even down to the paper the book is printed on. It is here, however, that the introduction of e-readers plays its part.

McNabb explains, "Funding a book on a web site like Amazon costs nothing, and the author will receive 70 per cent of the royalties, compared to 25 per cent from a traditional publisher. Producing an e-book is definitely the future. With a Kindle, for example, you can just download any book in the world for a few dollars. Its popularity is apparent when you look at an author like Amanda Hocking, who has sold over one million kindle books. This new technology cuts out the

Olives by Alexander McNabb is available now as an e-book from amazon.com



middleman and, more importantly, allows the author to have complete control, from the format, to the content, to the book's cover; I wouldn't go back to the traditional publishing route. I would rather be small scale and have a few people out there reading my book than have it stuck at home in a drawer."

Perhaps, then, self-publishing is the future for all budding authors. The ease and availability of e-books is seeing a new genera-

tion of readers and authors getting involved.

While technology moves along at a rapid rate, books seemed, for a while, to be on the way out, left behind on the shelves to gather dust, literally.

However, e-readers are providing an entire new direction for literature to head towards, capturing young people and reeling them into enjoying, possibly even writing and self-publishing, the classic novels of the future.

#### Top 10 best-selling Kindle books

- 1 The Girl with the Dragon Tattoo
- 2 The Confession: A Novel
- 3 The Girl Who Kicked the Hornet's Nest
- 4 Cross Fire
- 5 Unbroken: A World War II Story
- 6 Decision Points
- 7 The Girl Who Played with Fire
- 8 The Hunger Games
- 9 Room: A Novel
- 10 The Help



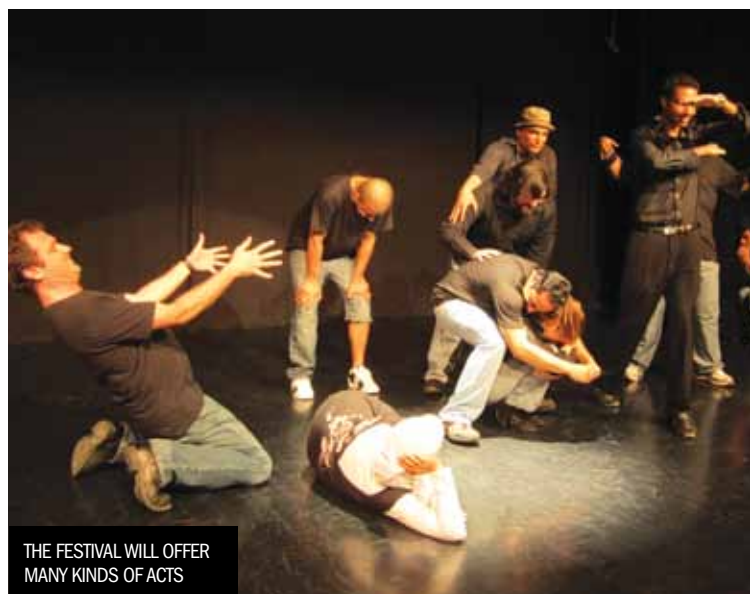
# Getting festive over performing arts

Local performers are preparing to share the stage with international talent at the **Performing Arts Festival**.

#### THEATRE AND STAGE

**Performers across** Dubai are excitedly brushing up on their stage skills, ready to showcase what they're made of at the second annual Performing Arts Festival which hits Dubai next week. From November 30 until December 3, Dubomedy and VIVA Arts will be hosting the festival, which acts as an interdisciplinary platform for performing artists, both amateur and professional, and offers them various opportunities to hone their craft through workshops and panels, before performing in front of an audience.

The festival has already gathered momentum since its launch last year and is scheduled to host a total of 12 shows, featuring over 200 performers and attracting an audience of 10,000. Artistic director of Viva arts, Mina Liccione, is



THE FESTIVAL WILL OFFER MANY KINDS OF ACTS

naturally looking forward to the festival as much as the participants. She said, "Nurturing the arts community in Dubai is a cause that is very close to my heart. Ali,

the co-founder of Dubomedy Arts School, and I put together this festival to celebrate, educate and bring the community together for four days of the best this region

has to offer in performance art. We look forward to watching this festival grow, diversify and best represent the wonderful blend of cultures and artistic voices the region holds."

The hordes of local talent taking part in this year's festival really does

provide something for everyone to enjoy. Dance acts, improvisation groups, stand-up comedians, poets and actors will be among some of the local talent looking to impress and put on a memorable show. However, it is not just local performers who will be featuring this year, as Hollywood's "man of 10,000 voices" Michael Winslow, most famous for his role as Sgt. Motor-Mouth Jones in the Police Academy movies, will be presenting his first comedy performance in Dubai.

With such a packed schedule, tickets are expected to go like hot cakes, so make sure you don't miss out on the opportunity to not only support local talent, but have a cracking evening of entertainment while doing so. For more information and to view the full Festival schedule, visit [www.dipaf.com](http://www.dipaf.com) or call 04 374 6789.



MICHAEL WINSLOW

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### Getting to the core of fitness

**Core exercises** train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

The core is made up of a number of major muscles, most of which are deep muscles and include transverse abdominis, which is the deepest of the abdominal muscles and lies under the obliques (muscles of your waist). It acts like a weight belt, wrapping around your spine for protection and stability. External obliques come next, and these muscles are on the side and front of the abdomen, around your waist. Internal obliques are the muscles that lie under the external obliques, running in the opposite direction. The rectus abdominis is a long muscle that extends along the front of the abdomen. This is the 'six-pack' part of the abs that becomes visible with reduced body fat. Last but not least is the erector spinae. This is a collection of three muscles along your neck to your lower back.

If you are unsure of the exercises to do in order to strengthen up your core muscles, don't be afraid to ask a fitness professional. They can give you specific exercises that will be beneficial to your fitness needs and they will also be on hand to correct your posture.

Core exercises are simple and effective, and are easy to incorporate into your personal training programme. With improved core strength your balance and your overall fitness will improve.

# The fitness elite

Fitness fanatics have found a new way of getting their fix—it's called **CrossFit**.

**S**ometimes a regular workout doesn't quite manage to hit the spot when it comes to strength and conditioning. A healthy jog along JBR or a bootcamp in Safa Park is great to get the heart pumping and keeping a few unwanted pounds off, but a full-on workout it is definitely not.

That is where CrossFit comes in. CrossFit is a strength and conditioning brand that combines everything, from weightlifting, sprinting, gymnastics, powerlifting and kettlebell training, to things like plyometrics, rowing and medicine ball training.

Due to the intense nature of the training, the fitness routines have become the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

The idea behind CrossFit, and possibly the speciality it can boast, is the fact that it doesn't actually specialise. The programme delivers a fitness that is, by design, broad, general and inclusive. Combat, survival, many sports, and even life in general, often reward the kind of fitness afforded those with a broader familiarity and skill level

associated with CrossFit and, on average, punish the specialist.

The CrossFit program seeks to achieve higher levels of fitness through balance in ten fitness categories: heart and lung endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

Apart from running, rowing, jumping and climbing ropes, CrossFit athletes frequently move large loads quickly over short distances, and use powerlifting and Olympic weightlifting techniques. So think of a Strongmen competition, only one that someone from any walk of life could enter, rather than just those exceptionally large and powerful men.

The needs of Olympic athletes and, say our grandparents, differ only by degree, not by kind. Desert runners, skiers, mountain bike riders and housewives can all benefit greatly, and could find their best fitness level from the same regiment. The CrossFit program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience.

Many have tried to build muscle and get in shape by spending sixty minutes or more



CROSSFIT ENCOURAGES ALL-OVER BODY FITNESS

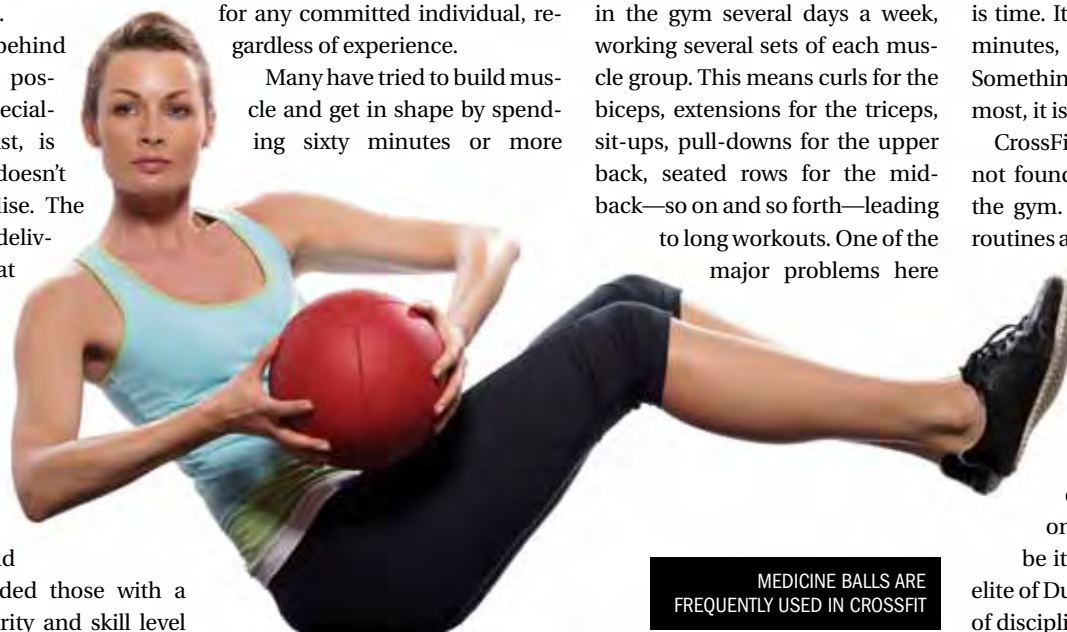


in the gym several days a week, working several sets of each muscle group. This means curls for the biceps, extensions for the triceps, sit-ups, pull-downs for the upper back, seated rows for the mid-back—so on and so forth—leading to long workouts. One of the major problems here

is time. It is hard to allow 60-plus minutes, four to five days a week. Something has to give, and, for most, it is often the workout.

CrossFit, on the other hand, is not found to be a lengthy trip to the gym. In fact, many CrossFit routines are based on programmes timed to be completed in 20 minutes or less.

For those of us who can only commit a couple of hours to the gym, 20 minute workouts provide a more consistent program than once or twice a week. Maybe it's time to join the fitness elite of Dubai. All it takes is a touch of discipline.



MEDICINE BALLS ARE FREQUENTLY USED IN CROSSFIT



# IS IT A REFRIGERATOR? OR SOMETHING BETTER? EXPERIENCE SOMETHING BETTER

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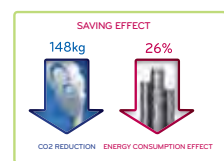
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**LOWER ENERGY CONSUMPTION**

\*Source: International Energy Agency Data Services. 2007. "CO2 Emissions from Fuel Combustion (2007 Edition)".

[www.lg.com/ae](http://www.lg.com/ae)



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\*Linear Compressor Technology in select models. \*\* Features and specifications may vary for some models

## BYTES & PIECES

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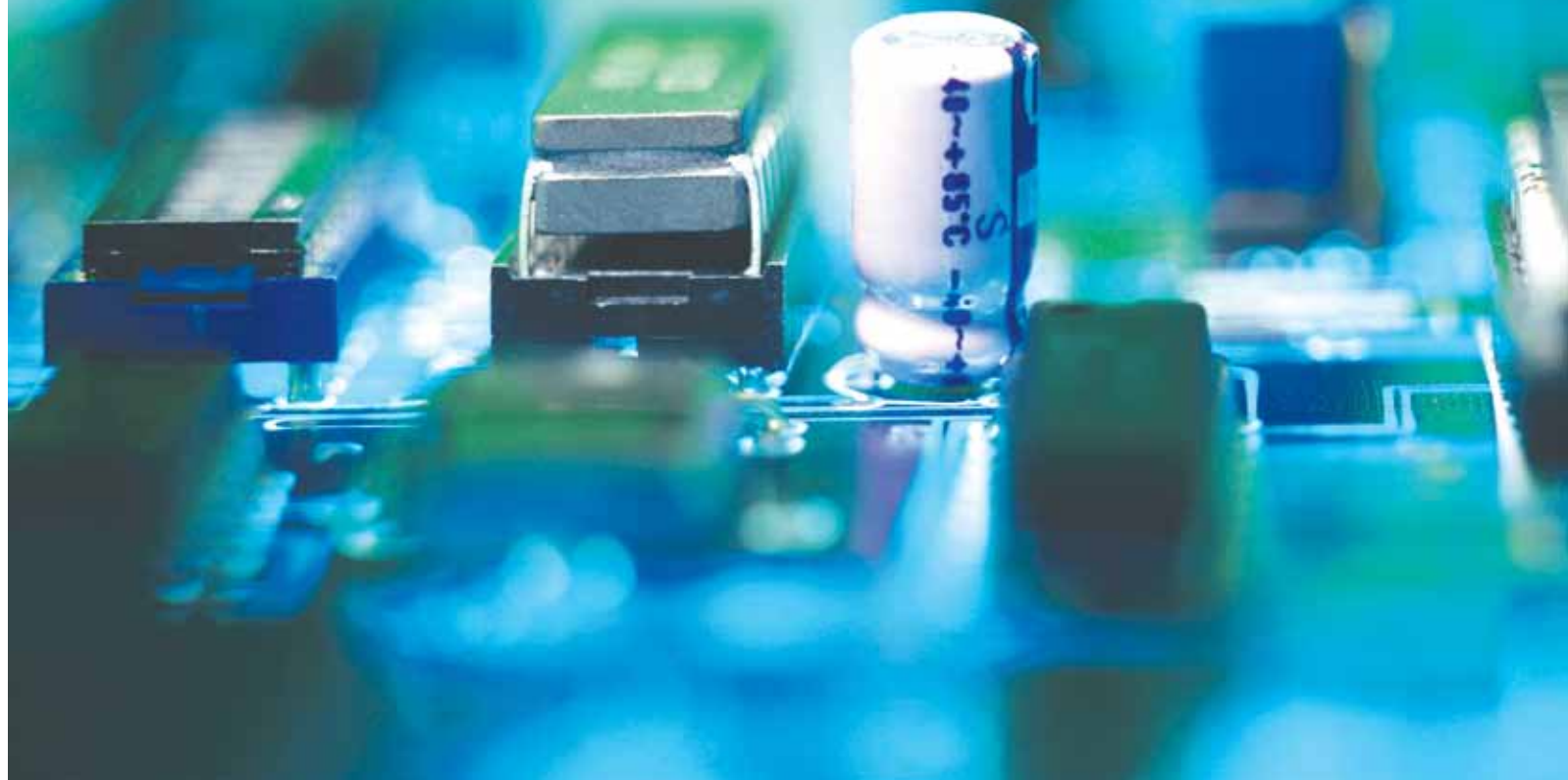
### How to get by without a GPS

**Recently**, while out and about on a road trip, my GPS-enabled device suddenly decided that it needed an Eid holiday, too. With its decision to give up on me, I was completely and utterly lost. Nothing around me looked familiar in any way and panic started to overcome my fellow vehicle occupants as well as myself.

This entire incident made me think about how our forefathers navigated their way through the Bedouin deserts or the stormy waters of the northern seas without the modern invention of GPS technology. They depended solely on the sun, the stars and the moon, apparently. But what if even those celestial objects were missing, covered up by the clouds or hidden behind a thick mist?

However, a recent discovery could be the conclusive evidence needed to prove a long-standing myth. The Vikings used what was known as a Sun Stone. In scientific terms, it is referred to as a transparent calcite crystal. If you put a drop of water on top of the crystal and look through it from below, you will see two dots. The human eye has the capacity to differentiate between shades of contrast very well. Next, rotate the crystal until the two dots have exactly the same intensity or brightness. At that angle, the upward-facing surface of the crystal is pointing in the direction of the Sun, accurate to within one degree. Needless to say, I didn't have that advanced technology with me on the day my GPS died, but luckily almost every other electronic device I own is also GPS-enabled.

# Chips on the table



As one of the world's biggest processor designers, **ARM** is taking the gadget world by storm.

**A**RM might not be the most well-known company, but over the past few years, it has begun to take the technology world by storm. The British company is one of the most successful computer chip designers, and some of the best-loved gadgets from around the world are powered by processors based on ARM technology.

ARM designs processors and then licences its designs out to prominent technology companies, which are then allowed to use the processors' basic architecture to design product-specific chips and then manufacture them. Apple uses ARM architecture with its A5 processor, which sees service in the iPad 2, while Samsung uses an ARM-designed



THE SAMSUNG GALAXY S2 MAKES USE OF AN ARM-DESIGNED CHIP

**98**  
The percentage of the billion mobile phones sold in 2005 that contain at least one ARM-designed chip.

chip in its award-winning Galaxy S2 smartphone. And other devices such as the Nintendo DS and the Canon PowerShot A470 digital camera rely on ARM designs for their own chips.

But these are just the notable

devices in which ARM chips are used. In 2005, it was estimated that around 98 per cent of the billion-or-so mobile phones sold each year made use of at least one ARM processor.

The ARM architecture we know today came from the efforts of a company that was, in the 1980s, known as Acorn Computers. This firm saw huge success with the BBC Micro computer, which was known for its durability and the quality of its operating system. Indeed, the platform was chosen by most British schools looking to pursue education in computing, providing Acorn with the reputation and capital it needed to develop its technology.

After the BBC Micro, Acorn realised that the processors it used were lacking in speed and power, and toyed with the idea of developing its own, entirely new, architecture. The go-ahead was given

after engineers came across the Berkeley RISC project, in which university students developed their own impressive 32-bit processors. The thinking was that if students could do this with limited resources, then Acorn would have no problem.

By 1986, the first ARM processors became commercially available, despite them having already been functional for about a year. The ARM2, as it was known, was simple in its design, in that it used "only" 30,000 transistors.

Compared with other processors of the day, such as the Motorola 68000, which used 68,000 transistors, it was easy to manufacture, easy on power supplies and performed better than its main competitor, the Intel 80286.

During the late 1980s, Apple had taken a considerable interest in the ARM processor, and began talks with Acorn to work on a new core. And Acorn took the work so seriously that it separated the design team into a separate company in 1980, calling it Advanced RISC



NINTENDO USES ARM PROCESSORS IN ITS PORTABLE GAMING DEVICES

Machines, paving the way for the ARM name to take hold during the next two decades. The Apple deal resulted in the ARM6, which was released in 1992, and Apple used it to power its Newton PDA.

Since then, ARM has worked on designing cores and then allowing licencees to create their own CPUs based on these cores, hence the tie-ins with big gadget manufacturers. And ARM's

hold over the processing power behind consumer electronics around the world looks set to increase, given the company last week unveiled its latest graphics processing unit (GPU).

The GPU, known as the Mali-T658, is said to be up to 10 times faster than its predecessor, and should allow for better graphics and more

immersive and complex games on smartphones and mobile devices. But while it is a growing market, ARM sees much less demand from its GPUs than the CPUs that have become so popular.

ARM hopes that if the market is set to grow, then it should be the supplier of choice, as is the case with its standard chip architecture. And if the mobile video games market picks up as it is expected to, it is hard to imagine another processor manufacturer as up to the job as ARM is.



THE IPAD'S A5 PROCESSOR IS BASED ON ARM ARCHITECTURE



## Tech beat



### BUFFET BUYS IN

Billionaire investor Warren Buffet last week disclosed that he has spent the last eight months building up a 5.4-per cent stake in technology firm IBM, spending around \$10.7 billion (Dh39.3 billion). The American business magnate has previously stayed well clear of technology companies but said he was intrigued by IBM's plans for the future.



### SALES SMASH SEES CRITICISM

Last week saw the latest *Call of Duty* game, *Modern Warfare 3*, receive harsh criticism from forum and message board users, despite it having been both a critical and commercial phenomenon. Some users even gave the game a dismal 0/10 on review web site Metacritic, citing similarities with its predecessor as the game's biggest weakness. Either way, the game has been a sales smash.

### NEW ARABIC E-BOOKSTORE

An e-bookstore providing Arabic content to smartphone and tablet users recently launched in the UAE, with the app now available on iPad and soon to be available on Android and iPhone devices. The app, called Rufoof, currently hosts more than 4,500 titles, 90 per cent of which are Arabic titles. What is more, 80 per cent of the Arabic books on offer are free to download.



### FLASH MOBILE DROPPED

Adobe Systems has announced that it is discontinuing development for its Flash Player for mobile devices, conceding that the alternative HTML 5 technology is preferable, given that it is "universally supported". Previously, Flash Player was only available on Android devices and the BlackBerry Playbook, with Apple having blocked it from being used on iPhones and iPads.

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# Back in black

Fashionistas turn to the dark side now that the winter has set in.



EMILIO PUCCI



CHANEL



TOPSHOP



CHANEL

## Her

### COLOURS

**Colour** may have reigned supreme last season, but as the days become shorter and the nights chillier, it's time to return to the dark side. That's right, black is back. But we're not interested in flattering LBDs or predictable skinny jeans; the trend is more Gothic than cute, more naughty than nice. And before you run away and hide at the mere mention of PVC, it is still very wearable.

Marc Jacobs, Givenchy and Alexander Wang kicked it all off in New York, and, as ever, the catwalk versions were a little more rebellious and blush-worthy than high-street equivalents; complete with all-over leather, metal zips and binding. But—and there's a big but—with high necks and modest hemlines everything was kept PG13 whilst the addition of lace, sheer panels and frills kept things feminine. Emilio Pucci in particular flirted between cute and fun with a peek-a-boo neck dress tied together with a girlish ribbon.

It was arguably his most popular dress of the season and looked great on both Alexa Chung and Susan Sarandon. Call it Twilight fever or perhaps Halloween withdrawal, but Christian Dior's lacey highnecks felt wickedly Victorian and together with pale make-up and dark lips looked pretty vampy.

But if you are less of a Halloween-in-mid-

November kind of girl, Topshop and the rest of the high street is fit to provide some more suitable noir fixes. Just remember to keep leather or PVC oil-slick shiny and play with textured fabrics and sheer panelling.

Lace stockings are an easy way to adopt the trend without too much commitment.

There's nothing wrong with dressing head-to-toe in black; we are mourning the end of Autumn, after all.

**“Catwalk versions were a little more rebellious and blush-worthy than high-street equivalents.”**



TOPSHOP

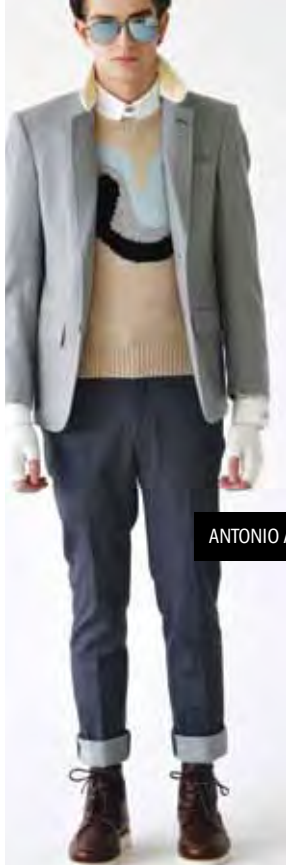


ALEXANDER MCQUEEN

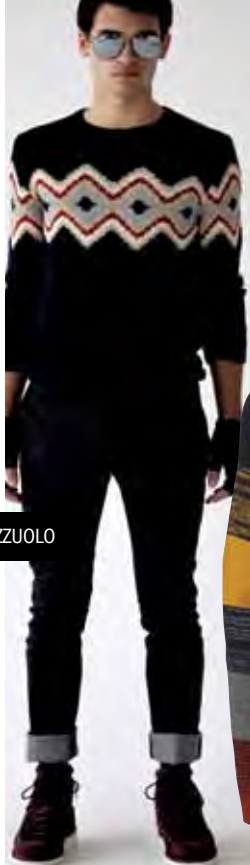


EMILIO PUCCI

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TOPMAN



ANTONIO AZZUOLO



GANT BY MICHAEL BASTIAN

# Him

## WINTER WEAR

Unless you own a motorcycle, the oiled-up black leather look is a no-go for the boys. Instead take a snugglier, more practical approach to the change in season with a warm graphic knitted jumper.

We may be blessed with a temperate climate, but any Dubai

resident knows after November, jumpers are necessary for venturing outside after sunset or to the mall during the day.

So keep warm with fair-isle, Aztec, chunky stripes, or anything in between. These statement knits have been on trend for the last few years.

They look particularly striking tucked beneath a block coloured blazer. A great rule of thumb is indeed finer patterns for finer knits and brawnier patterns for brawnier knits. And of course, no reindeer.

Definitely no reindeer.

## FASHION OPINION



ZOYA PASHA  
FASHION BLOGGER

### What Not To Wear—Part II

With the festive season fast approaching for a large number of Dubai residents, I thought it would be fitting for many readers that this edition of my *What Not To Wear* column focused on seasonal attire for parties and celebrations. Firstly, and most importantly, stay away from dresses or skirts that are too short. Emulating Britney Spears mid-car exit is definitely not a good look for any woman. Your embarrassment is the least of your worries if it happens to you. In doubt, keep your dress no more than a couple of inches above the knee to avoid embarrassing, and potentially worse situations.

Secondly, if you are the type of person who is feeling the need to touch up your face with a little extra Botox in preparation for this party season, again, I would suggest you keep well away. Facial expressions are vital at a party, as this way you can smile and let the host know you are enjoying yourself. Your host will be grateful, trust me. For my final pointer, please bear in mind that we live in the UAE and not in Europe. We simply do not have any need to wear winter apparel. Heavy overcoats and gloves can be left tucked away in the cupboard as, fortunately for us, the Dubai winter gets no colder than a comfortable 20 degrees on average. Feel free to let me know your thoughts on dressing for the winter season by tweeting me @KeepingUpWithZ.

Visit Zoya's web site at [desertsanddiamonds.wordpress.com](http://desertsanddiamonds.wordpress.com)

ASK THE  
EXPERT

**RITA PUSKAS**  
HEALTH CLUB SUPERVISOR  
SHERATON DUBAI CREEK

## Showing the spine some love

In our modern world and daily life, we hear about healthy living all the time, which is an important subject and cannot be repeated enough. However, one subject that is often neglected, but should not be, is spinal training—also called spinal mobilisation. It might be a training session that is somehow less entertaining compared to other high-cardio training sessions and so is less popular. But it should definitely be infused in the training programme of each individual, alternating between strength training and cardio at least once a week to pay importance to our spine. Almost everyone raises an eyebrow when the word comes up and some just turn their back on the class without even looking into it—a pity as it comes in very handy, especially as we age. Our spine provides the base of our movement, ensuring proper posture and proper alignment.

What we aim for is actually strengthening the deep muscles that are attached to our spine, making them more mobile through learning how to articulate. Flexibility in our spine adds mobility which is crucial. Movements are easier and people feel more mobile, with freedom of movement.

Big, heavy weights should not be used. Instead, light weights are recommended to prevent injury. Spinal mobilisation is a series of very slow and controlled movements, through a small range of motion. Normally, slow and relaxing music would accompany the movement. When it comes to deep muscle training, it is very much a mind and body connection.

# 20:20 VISION

We speak to a former laser eye surgery patient, who has since enjoyed perfect vision.

### LASER EYE SURGERY

**"I had the** procedure when it first started getting popular, about eight or nine years ago, and my sight's still pretty much perfect," says Nancy Worood, a Dubai resident who no longer needs to wear glasses thanks to Lasik, or laser eye surgery. "My eyes were really bad before—I had to wear glasses for reading, for driving, for everything, really."

Worood's since-passed eyesight woes are shared by many people around the world, but most put up with having to wear glasses or contact lenses and think nothing else of it. But for some, like Worood, the dependency on these accessories becomes intolerable, meaning that they go out in search of a more permanent solution.

Laser eye surgery will certainly do the trick, though it is hardly a cheap option. Laser Eye Care in Dubai charges around Dh12,000 to fix both eyes, while others can charge plenty more than this. And for many looking into laser eye treatment, working out whether the cost is worth it is the first thing to consider.

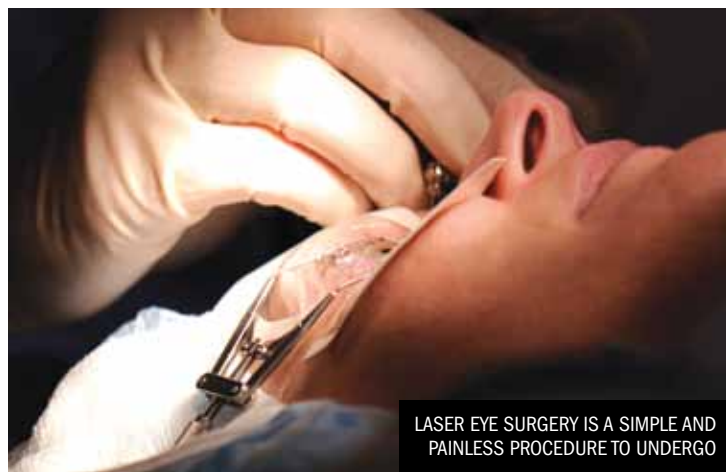
"I could afford it, but it still seemed like a large amount of money to be parting with," says Worood. "My husband and I talked about it for months, looking at different options and finding out the best places to go. After all, if you're spending so much, you want the best. Eventually, after talking to a number of doctors,

we decided that it was going to be worth the money if it meant I didn't have to wear glasses anymore."

But despite the relatively large costs, there is still no guarantee that laser eye surgery will provide the expected results. Indeed, the process can carry a number of risks. These range from simply being over or under-corrected through suffering visual aberrations to, in the worst cases, losing vision altogether. Granted, the worst risks only occur in a tiny percentage of cases, but they are risks nonetheless, and are therefore factors to be considered.

"I'd read up about the risks, and, to be honest, the worst case scenarios got me pretty scared," Worood explains of her decision-making process. "I'd been for a couple of consultations, though, and they were reassuring. The clinics I'd visit-

LASER EYE SURGERY IS FOR THOSE WHO CANNOT BEAR TO WEAR GLASSES



LASER EYE SURGERY IS A SIMPLE AND PAINLESS PROCEDURE TO UNDERGO

## Dh 12,000

The roundabout cost of receiving laser eye surgery on both eyes.

ed had perfect records, and apparently none of their patients went away with worse eyesight than before. The doctors said that, in all probability, the worst that would happen

would be that I still might need glasses."

According to Worood, the most important thing is to shop around for good laser eye surgeons, talking to as many as possible and comparing what they say to advice sites on the internet. Once a surgeon has been chosen, the process is relatively straightforward.

The surgeon will perform an eye exam to determine what kind of correction is required, plus ask general questions about your health. And the procedure itself usually takes less than 10 minutes, with patients walking into the clinic and walking straight back out again, though they should always be accompanied by a friend or family member to drive them home.

"Deciding was the hard part," Worood confirms. "But after that, I couldn't believe how easy it all was. Sure, it's not for everyone, but as soon as you get past the hurdle of actually making the decision, it's a breeze."

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**Get Going.**



# Modern history

With major new developments combined with a rich cultural past, **Oslo** is must-visit for anyone with a taste for the finer things in life.

**O**slo is undergoing a major facelift. The oldest of the Nordic capitals, this historic Scandinavian city is busy transforming itself into a global centre for art and culture, with state-of-the-art museums, galleries and a shiny, new opera house to rival the famous landmark in Sydney.

AKERSHUS FORTRESS



Today, the Norwegian capital is a colourful architectural mix of gleaming, modern structures, medieval fortresses and 'Sixties-era buildings. Tours of the old city take in the many historic castles and palaces that still stand, including the medieval fortress, Akershus Festning and Asylet, one of the oldest buildings in Oslo, which has variously served as a home, a prison, a children's asylum, a school, a hospital and a bank.

These days, however, Oslo is more focused on promoting its modern face and proudly steers tourists in the direction of its Opera house, opened to the public in 2008, and the many other cultural sites that have arisen in recent years as part of its large-scale reinvention project. Part of this has seen the emergence of stylish new shopping and entertainment areas, while previously overlooked neighbourhoods like Grunerlokka have been transformed into fashionable, modern

districts, with trendy eateries, buzzing cafés and designer boutiques.

Known affectionately to its inhabitants as Lokka, this once-run-down sector of Oslo was traditionally known as the worker's district. Now, it is among the best places for tourists to experience the city that Oslo is becoming. Young professionals are moving here in droves to take up residence in slick apartments housed in restored factories and breweries and a thriving art scene

is emerging in the area, which has been dubbed Oslo's Notting Hill.

The mood of excitement and anticipation that accompanies the city's new look is infectious but, in many ways, Oslo's primary attractions remain the same. As one of the largest but least populated of Europe's major cities, Oslo is a haven for sports

enthusiasts and the only capital on the continent where cycling, hiking, ice-skating, kayaking, sailing and skiing are all available within the city or just a short train ride away.

Surrounding the city on one side are miles of dense forest, where tourists can embark on atmospheric hikes over 200

OSLO IS KNOWN AS MUCH FOR ITS NATURAL MERITS AS ITS MAN-MADE ONES.

## Top spots for nature-lovers

- Maridalsvannet Lake: A scenic tour takes in the surrounding farmland, woods and historical ruins, all with stunning views of the water.
- Ostensjovannet Lake: A popular spot for bird-watchers, this is Oslo's largest wetland and bird reserve, home to more than 200 species.
- Sognsvann Lake: The gateway to the North forest, this is where people come to stroll, relax and admire breathtaking scenery.





OSLO'S ICE RINKS ATTRACT MANY VISITORS

*“Oslo is a haven for sports enthusiasts.”*

kilometres of marked trails. On the other side is the Oslofjord. Norway is famous for its beautiful fjords and this, although not actually a fjord in the geographic sense of the term, is well worth exploring. There are 40 islands nestled in the water, each with a different flavour and appeal.

Among its many attractions,

the picturesque Hovedoya island boasts a beach and sweeping views of Oslofjord. The island is a favourite among history and botany experts and is home to many of Norway's rarest flowers and the ruins of a twelfth-century monastery. Langoyene island, meanwhile, is popular with families, who come to pitch a tent

on its large beach and spend the night under the stars.

Other islands feature colourful summer houses, picnic sites and nature trails and almost all offer visitors an afternoon of peace and quiet in beautiful, natural surroundings. Pick one and spend the day there swimming, fishing and lying in the sun, or join an island-hopping tour to take part in a range of adventure activities on offer, including rope climbing, horse rides and canoeing.

A large portion of Oslo is made up of parks, green areas and sweeping lakes, many surrounded by picturesque woodland. Nature is easy to come by here and, once you've dutifully admired the striking, new structures and enjoyed the bustle of up-and-coming neighbourhoods, lose yourself in the attractions that have always been there and become immersed in the natural wonders of this beautiful city.



AN ANCIENT STATUE SITTING OUTSIDE THE PARLIAMENT BUILDING



THE PICTURESQUE LAKES PROVIDE FOR IDEAL RETREATS

# Leading the quiet life in Umm al Quwain

## LOCAL TRAVEL

For a taste of the UAE as it was in the old days, head to Umm al Quwain, where peace and quiet still reign supreme. The sleepy fishing port resembles the country in its pre-oil era and offers a welcome change from the busy, modern lifestyles of the big cities.

Despite the slow pace of life, there is still much to entertain visitors here. The Umm al Quwain Marine Club has long been a popular spot with visitors looking for a place to relax on the beach, enjoy some very reasonably-priced watersports and tuck into a hearty poolside lunch.

The warm, calm waters offer ideal conditions for water-skiing, wakeboarding, wind surfing and sailing. Canoes and kayaks are also available for those who want to

bob gently around the deserted islands that lie just off the coast and explore the mangrove swamps, which are home to a variety of exotic creatures, including flamingos, jumping fish and turtles.

KAYAKING IS A POPULAR PASTIME AMONG THE EMIRATE'S VISITORS



The emirate is close enough to Dubai for visitors to drive down for the day but if you choose to spend the weekend, or longer, then there are plenty of other activities to keep you busy.

For adrenalin-seekers, the Umm al Quwain Aeroclub is among the best places to try skydiving, parachuting, paramotoring and hot air ballooning. There's also the Umm al Quwain Motor Racing Club, where visitors can hire a buggy and speed over the sand dunes to test their off-road skills on desert terrain.

In the evenings, the emirate's picturesque Corniche is a tranquil spot to enjoy a leisurely stroll or stop to enjoy a shisha in perfect peace, where the chances of loud music, noisy passersby and screeching traffic are almost non-existent.

# Bad bite

The first part of **Twilight: Breaking Dawn** will impress the die-hard fans, but do little for anyone else, according to our reviewer.

## NEW RELEASE

**Much like** the similarly popular *Harry Potter* franchise, the final installment to the teen-friendly, vampire-loving *Twilight Saga*, has been split into two parts. Whilst *Harry Potter and the Deathly Hallows*' extended narrative quickly silenced cynics who questioned the motives behind this decision, can the same be said for *The Twilight Saga: Breaking Dawn—Part 1*? And will we all be putting November 16, 2012, the release date of *Part 2* into our diaries?

Well, big things certainly do go down in the first chapter of director Bill Condon's cinematic adaption of Stephanie Meyer's penultimate novel. For starters, Bella (Kristen Stewart) and Edward (Robert Pat-

tinson) get married, in what can justifiably be called the wedding of the century, in the sense that Edward really means it when he says "I've been waiting a century to marry you." Eat your heart out Kim Kardashian. But despite the swoon-worthy lines and dreamy woodland setting, girlish squeals are suppressed by an encumbering sense of foreboding; the wedding may as well be a funeral, signifying the end of Bella's human life and the beginning of her blood-sucking happily-ever-and-ever-and-ever after with Edward.

And things only get better for Bella. Jetting off to Rio for their honeymoon, the couple's wedding night may pull at all the right, hormonal teenager's heart strings, tastefully executed underneath a duvet in-



EDWARD'S VAMPIRE FAMILY

keeping with the film's PG13 rating; but it leaves her battered and bruised (enter feminist outrage) and pregnant with a half-human, half-vampire demon baby that, in the masochistic spirit that has come to define the series, is quite literally feeding off its mother to death. The ever-disapproving Jacob Black (Taylor Lautner), Bella's best friend and jilted suitor squeals

at Edward. And what soon unfolds is a full on war between the Jacobs wolf family and the Cullens. Lautner never really holds his own against Stewart or Pattinson and Jacob is slightly irritating and more comparable to a loyal family dog than a threatening, testosterone fuelled wolf-man. In fact, whenever the focus leaves either Bella or Edward, the pace of the film quickly loses momentum. Despite the potential for some thrilling battle-scenes and a narrative that is so full of drama, it falls flat and is a bit boring. It's all surface glitz with little substance and while most will be distracted by Edward's sparkle, or Jacob's abs, the film is largely padded out. Ultimately the 117 minutes of screen time is unjustified, as is the two-part split.

In short, like its predecessors it will upset feminists, take a good bashing from the film critics, but still be loved by the majority for all the same reasons it's hated by everyone else. It's a shame, though,

## DID YOU KNOW?

- Kristen Stewart has naturally green eyes. She wears brown contacts for filming to match Bella's eye colour.
- Sofia Coppola was very interested in directing this project, but she was only willing to direct one part of the film, which producers wanted to split into two parts.
- Carter Burwell, composer for *Twilight*, returned to the franchise to score this movie and *Part 2*. Burwell had worked with director Bill Condon before.
- Robert Pattinson went through a strict diet and exercise regime for six months in preparation before filming.



PATTINSON AND STEWART'S  
ON-SCREEN CHEMISTRY WORKS WELL

that a film based on Meyer's most controversial novel fails to take any risks or be pushed past its safe and commercial PG-13 rating. But for those who have already invested 490 minutes of their time and 1.8 billion of their dollars in the previous three installments, it will probably satisfy. Let's just hope there's a bit more going on second time around.

**Kristen Stewart**

Stewart has expressed a desire to live and work in Australia after *Twilight*.



TAYLOR LAUTNER FAILS TO  
IMPRESS AS WOLF-MAN JACOB



## VAMP STAMP

Once bitten...



**Bram Stoker's** 1897 novel *Dracula* is remembered as the quintessential vampire novel that provided the basis of modern vampire fiction. The book spawned a distinctive vampire genre, still popular in the 21st century, with books, films, video games, and television shows. The character of Count Dracula has remained popular over the years, and many films have used the character as a villain, while others have named him in their titles, including *Dracula's Daughter*, *The Brides of Dracula*, and *Zoltan, Hound of Dracula*. As of 2009, an estimated 217 films feature Dracula in a major role.

Tom Cruise and Brad Pitt continued the trend of portraying the vampire as sophisticated in the 1994 cult classic, *Interview With a Vampire*. The film was such a success, it helped launch the careers of Kirsten Dunst and Antonio Banderas. Next in line for the limelight was Sarah Michelle Gellar who brought vampires to daytime television in *Buffy the Vampire Slayer*. The vampire genre then seemed to bore somewhat of poor remakes, low budget productions and a lack of imaginative new twists. That was until Stephanie Meyer penned and published *The Twilight Saga*, which bred a whole new generation of vampire fans. The books became international bestsellers almost overnight, bringing rise to some of the most popular and highly anticipated films of the last 20 years.

The success of the *Twilight* books and movies also spawned a host of award winning vampire-themed television shows that appeal to a wide variety of age groups.

## Bollywood news



### SALMAN KHAN: DON'T CALL ME BHAI!

At an event in Dubai, Salman Khan revealed he disliked being called Bhai. Upon being referred to as Salman Bhai, the actor quickly retaliated stating, "Don't call me Bhai! I've got two sisters, that's more than enough!" And even when Sunil Shetty, called him Bhai, Khan snapped, "Sohail and I were five and 10 years old when we came to your wedding, why are you calling me Bhai?"

### RANBIR KAPOOR REVEALS MYSTERY UNREQUITED LOVE

Bollywood casanova Ranbir Kapoor made a shocking confession on the chat show *On The Couch With Koel*. Ranbir revealed to Koel Purie that he loved a mysterious woman but that it wasn't reciprocated. "This is the first time I'm ever saying it, but I am still kind of in love with somebody who wasn't in love with me," he said.



### DEEPIKA PADUKONE LEFT IN TEARS BY ROCKSTAR

Ranbir Kapoor's performance in Imtiaz Ali's film *Rockstar* was so exceptional that, if buzz is to be believed, it quite literally moved his ex-girlfriend, Deepika Padukone, to tears while watching the film at a special screening hosted by the actor. Anushka Sharma and Katrina Kaif were also invited to the special screening. *Rockstar*, which was released last week, has received mixed reviews and earned Rs10 crore in its opening weekend.



# Reviews *in brief*

A quick look at the week's biggest films.



## DON'T BE AFRAID OF THE DARK, 2011

★★★★★ Guy Pearce, Katie Holmes, Bailee Madison

Architect Alex Hurst (Pearce) and his new girlfriend, Kim (Holmes), restore their Gothic mansion's period interiors, leaving Alex's young daughter, Sally (Madison), to investigate the dark corners of the estate. Spurred on by rasping whispers promising her understanding and friendship, Sally opens a gateway into a ghoulish underworld and, confronted with the horror, she desperately tries to warn her family. But there's just one problem; no one believes her. It's atmospheric and genuinely frightening, but doesn't quite live up to the original.



## WHERE DO WE GO NOW?, 2011 (Arabic)

★★★★★ Claude Baz Moussawbaa, Leyla Hakim, Nadine Labaki

This acclaimed film, written, directed and starring Labaki won the Cadillac People's Choice Award at the 2011 Toronto International Film Festival. Set in a remote

Lebanese village, *Where Do We Go Now?* documents the lives of a group of women who band together to ease the tensions between the Christians and Muslims who live there. One of the most engaging Arabic language films of the year, it's definitely worth a watch.

## SEA SHADOW, 2011 (Arabic)

★★★★★ Omar Al Mulla, Nevan Madi, Abrar Al Hamad

The first film by an Emirati director (Al-Janahi) to be produced by Abu Dhabi-based company ImageNation, *Sea Shadow* is set in a small seaside town in Ras Al Khaimah and follows 16-year-old Mansour (Al Mulla) and Kaltham (Madi) as they negotiate traditions as well as ordinary teenage life on their journey toward adulthood. In this charmingly low-key follow-up to his debut feature, *The Circle*, Al-Janahi combines nostalgia with genuine cultural insight, making it one of the best films to come out of the UAE, and most certainly worth some attention.



READ. NOVEMBER 20-26, 2011

# Listings

## MOVIE GUIDE

### GRAND CINEPLEX - WAFI

**The Adventures of Tintin** - 11:30, 14:00, 16:30, 19:00, 21:15, 23:35  
**The Adventures of Tintin (3D)** - 10:30, 12:45, 15:00, 17:15  
**Asafir Al Nile** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Don't Be Afraid of the Dark** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:10  
**Immortals** - 11:30, 13:45, 16:00, 18:15, 20:30, 22:50  
**Immortals (3D)** - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50  
**Rockstar** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Sea Shadow** - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Shareh Al Haram** - 11:00, 13:30, 16:00, 18:30, 21:15, 23:45  
**Sunny and the Elephant** - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45  
**Tak Tak Boom** - 19:30, 21:40, 23:50  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 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)** - 11:00, 13:10, 15:20, 17:30  
**Asafir Al Nile** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Don't Be Afraid of the Dark** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:10  
**Immortals** - 12:00, 14:15, 16:30, 18:45, 20:00, 21:00, 22:15, 23:15, 00:30  
**Immortals (3D)** - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00  
**In Time** - 10:50, 13:00, 15:10, 17:20, 19:25, 21:35, 23:55  
**Johnny English Reborn** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

**Paranormal Activity 3** - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15  
**Real Steel** - 19:00, 21:30, 23:59  
**Rockstar** - 12:01, 15:00, 18:00, 21:00, 23:59  
**Rum Diary** - 10:00, 12:30, 15:00, 17:20  
**Sea Shadow** - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Shareh Al Haram** - 11:00, 13:30, 16:00, 18:30, 21:15, 23:45  
**Sunny and the Elephant** - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45  
**Tak Tak Boom** - 19:30, 21:40, 23:50  
**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  
**Tree of Life** - 11:30, 14:00, 16:30  
**Twilight: Breaking Dawn** - 10:00, 11:30, 12:20, 13:50, 14:40, 16:10, 17:00, 18:30, 19:20, 20:50, 21:40, 23:10, 00:00

### GRAND CINEMAS - FESTIVAL CITY

**The Adventures of Tintin** - 10:00, 12:15, 14:30, 16:45, 19:00  
**The Adventures of Tintin (3D)** - 11:00, 13:15, 15:30, 17:45  
**Asafir Al Nile** - 20:00, 22:00, 00:00  
**Don't Be Afraid of the Dark** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:10  
**Immortals** - 11:30, 13:45, 16:00, 18:15, 20:30, 22:45, 01:00  
**Immortals (3D)** - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50  
**Johnny English Reborn** - 10:30, 12:45, 15:00, 17:15  
**Rockstar** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Sea Shadow** - 19:30, 21:40, 23:50  
**Sunny and the Elephant** - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45  
**Tak Tak Boom** - 21:15, 23:30  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 10:00, 11:20, 12:20, 13:40, 14:40, 16:00, 17:00, 18:20, 19:20, 20:40, 21:40, 23:00, 00:00, 01:20



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

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

GRAND CINECITY - AL GHURAIR

**The Adventures of Tintin (3D)** - 11:00, 13:15, 15:30, 17:45  
**A Mother's Story** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Don't Be Afraid of the Dark** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:10  
**Elam Arivu** - 11:00, 14:00, 17:00, 20:00, 23:00  
**Immortals** - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50  
**Immortals (3D)** - 20:20, 22:55  
**RA One** - 10:00, 13:00, 16:00, 19:00, 22:00  
**Rockstar** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

GRAND METROPLEX - METROPOLITAN

**Elam Arivu** - 11:00, 14:00, 17:00, 20:00, 23:00  
**Immortals** - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50  
**Johnny English Reborn** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Rockstar** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Shareh Al Haram** - 11:00, 13:30, 16:00, 18:30, 21:15, 23:45  
**Tak Tak Boom** - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

GRAND MERCATO

**The Adventures of Tintin (3D)** - 11:00, 13:15, 15:30, 17:45  
**Asafir Al Nile** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
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**Tak Tak Boom** - 19:30, 21:40, 23:50  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

VOX CINEMAS - DEIRA CITY CENTRE

**The Adventures of Tintin** - 10:00, 12:30, 14:45  
**The Adventures of Tintin (3D)** - 10:45, 13:15, 15:45, 18:15, 20:20  
**Asafir Al Nile** - 10:15, 12:30, 17:15, 22:00  
**Don't Be Afraid of the Dark** - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00  
**Immortals** - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15  
**Immortals (3D)** - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15



**Johnny English Reborn** - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15  
**RA One** - 17:15, 20:30, 23:45  
**RA One (3D)** - 22:45  
**Rockstar** - 10:30, 13:45, 17:00, 20:15, 23:30  
**Sea Shadow** - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00  
**Tak Tak Boom** - 14:45, 19:30, 00:15  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

VOX CINEMAS - MOE

**The Adventures of Tintin** - 10:15, 12:30, 14:45, 17:00  
**The Adventures of Tintin (3D)** - 10:45, 13:15, 16:00, 18:30, 21:00, 23:15  
**Dolphin Tale (3D)** - 10:00, 12:45, 15:15, 17:45  
**Don't Be Afraid of the Dark** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Immortals** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00  
**Immortals (3D)** - 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  
**Rockstar** - 20:15, 23:30

**Sea Shadow** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Tak Tak Boom** - 19:15, 21:45, 00:15  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 10:15, 11:15, 12:45, 13:45, 15:15, 16:15, 18:45, 20:15, 21:15, 22:45, 23:45  
**Where Do We Go Now** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:15

VOX CINEMAS - MIRDIF CITY CENTRE

**The Adventures of Tintin (3D)** - 10:45, 13:15, 15:45, 18:15, 20:45, 23:00  
**Don't Be Afraid of the Dark** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15  
**Immortals (3D)** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Johnny English Reborn** - 11:00, 16:00, 20:45  
**Rockstar** - 10:30, 13:45, 17:00, 20:15, 23:30  
**Sea Shadow** - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30  
**Tower Heist** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45  
**Twilight: Breaking Dawn** - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45  
**Where Do We Go Now** - 13:30, 18:30, 23:00



REEL CINEMAS - DUBAI MALL

**The Adventures of Tintin** - 15:05, 17:25, 19:45, 22:05, 00:25  
**The Adventures of Tintin (3D)** - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50  
**Contagion** - 14:20, 16:40, 19:00, 21:20, 23:40  
**Dolphin Tale** - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15  
**The Help** - 16:00, 22:00  
**Immortals** - 12:05, 14:35, 17:05, 19:35, 22:05, 00:35  
**Immortals (3D)** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:05  
**In Time** - 12:15, 14:35, 16:55, 19:45, 22:05, 00:25  
**Johnny English Reborn** - 17:50, 00:35  
**Rum Diary** - 11:10, 13:30, 19:00, 00:30  
**Sea Shadow** - 12:30, 14:50, 17:10, 19:30, 21:50, 00:10  
**Sunny and the Elephant** - 14:00, 18:20, 20:20, 22:20, 00:20  
**Tower Heist** - 14:50, 17:20, 19:40, 22:00, 00:20  
**Tree of Life** - 14:30, 17:30, 20:30, 23:30  
**Twilight: Breaking Dawn** - 11:40, 13:00, 13:50, 14:20, 15:40, 16:30, 17:00, 18:20, 19:10, 19:40, 21:00, 21:50, 22:20, 23:40, 00:30, 01:00  
**Where Do We Go Now** - 16:00, 20:00, 22:20

REEL CINEMAS - MARINA MALL

**The Adventures of Tintin** - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40  
**Dolphin Tale** - 12:10, 14:30, 16:50, 19:10, 21:30  
**The Help** - 12:15, 15:15, 21:15, 00:15  
**In Time** - 12:30, 14:50, 18:15, 23:50  
**Sea Shadow** - 17:30, 19:50, 21:10, 00:05  
**Tower Heist** - 12:40, 15:00, 17:20, 19:40, 22:00, 00:25  
**Tree of Life** - 11:50, 15:00, 17:50, 20:40, 23:30

TO FEATURE YOUR EVENT,  
EMAIL EDITORIAL@README.AE

YOU REVIEW

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

Uday Sinha  
Managing director  
JLT



I must admit that I went along to watch *Rockstar* with low, if not zero, expectations of it actually being any good. After two particularly bad cinema experiences, firstly when I went to watch the painful *Bodyguard* and then the ever forgettable *Mausam*, I didn't expect a whole lot more from this movie. However, when I came out of the cinema screen having watched *Rockstar*, all I could exclaim was simply, "Wow!"

I think that Ranbir Kapoor has carried the film on his shoulders very well. I also believe that newcomer Nargis Fakhri looks set to have a good innings ahead of her in the world of Bollywood. She was a complete natural. Everything about the movie, from the storyline, to the direction, to the music and editing was all top class, and I would have to give it an A+. In my opinion, *Rockstar* is definitely a must see film.

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.



# speed

*For the love of*

We report on the **Dubai International Motor Show**.

**W**ith car companies having been at pains to showcase their environmental credentials over the past few years, motor shows around the world have seen an exponential rise in the number of green cars on show. Some events, like 2009's Paris Motor Show, even appeared to have shown more green automotive solutions than the blistering concept cars that motor shows are usually celebrated for.

Not so at this year's Dubai International Motor Show, which seemed to have a single theme running through it; speed. Of course, there were new iterations of affordable, family cars on show, garnering decent amounts of attention, but the really popular cars were of the supercar ilk from the likes of Mercedes, Porsche, McLaren, Ferrari and Lamborghini.

As the show opened to journalists at the groggy hour of 8am on November 10, Mercedes was the first company to present its latest offerings, and the German brand

certainly provided an enthralling show starter. Aside from the new M-Class, which sees front styling borrowed from the extremely handsome CLS-Class, the new SLS AMG Roadster made its Middle East debut, along with a formidable pocket rocket, the new SLK55 AMG.

Sure, the M-Class was nothing for speed-freaks to shout about. Perhaps this is why the car was hidden away behind a front row of AMG-tuned monsters, ranging from the CLS63 AMG to the aforementioned flagship SLS supercar.



THE NEW PORSCHE 911 CARRERA S



The SLS looks exceptional in convertible guise, despite losing the "look-at-me" gullwing doors. Over the following days, when the show was open to the public, masses of people swarmed the Mercedes stand, all of them looking to catch a glimpse at the performance models.

BMW was another packed stand over the course of the weekend, not least because the new version of the sublime M5 was making its Middle East debut. But overshadowing even this was the so-called Vision ConnectedDrive concept car, which, despite being just a shell, really paid tribute to the restrained aggression seen in BMW designs of late.

Meanwhile, the last member of the German "big three", Audi, had its own concept car to show off, a new version of the iconic Quattro. The concept's DNA was clear to see from the rear, which sported rectangular tail lights similar to the original, while at the front, a pointy bonnet and angry slits for headlamps made for a menacing ensemble. And the car looked so good perched on its own individual stand that it stole much of the R8 GT's thunder, which is no mean feat.

Also from Germany came the new version of the Porsche 911 Carrera, seen for the first time in the Middle East. Critics often complain that new Carreras look the



same as their predecessors, but they should certainly be silenced by the 2012 model, which sports a completely redesigned rear end, making for one of the best-looking 911s since the original. Dynamically, the car has also been improved, with the “S” model on show now producing 400hp.

But the Germans didn’t have the show to themselves. American manufacturer SSC turned up with its new hypercar, the oddly named Tuatara, which, SSC says, is now the fastest production car in the world. The record is held by Bugatti, which also had three Gulf-special Veyrons on show, but when the Tuatara is properly tested, Bugatti might well lose the accolade.

The United Kingdom also had some of its own speed demons on show, with Jaguar bringing with it the blistering XKRS, a hunkered down, stripped out version of its already pretty brisk XKR. This sat alongside Jaguar’s two performance saloons, the XFR and the XJ Sport and Speed, for which the

*“Mercedes was the first company to present its latest offerings.”*

show provided a global launch platform. But these were all overshadowed by the stunning C-X75 concept making its Middle East debut. Jaguar has vowed to make this car in limited numbers, though it remains to be seen whether or not it will provide the economy figures that are promised. But judging by the looks of the car, it should certainly deliver on speed. All of this, and much more besides, proved that the UAE is not quite ready to give up its love for speed. And going by the cars on show, the manufacturers feel exactly the same way.



# Car briefs

## New Toyota concepts

**CONCEPTS** While UAE-based petrolheads enjoyed the sights and sounds of the Dubai International Motor Show, half way around the world, the Tokyo Motor Show had plenty to show off, too. Toyota made a splash with the unveiling of three new concept cars, all supposed to show off the brand’s green credentials. On show was the Fun-Vii concept, the FCV-R concept, which is powered by a hydrogen fuel cell, and the FT-EV III, an electric car based on the current iQ.



## Shirt up for charity

**RACING** Formula 1 pundit Eddie Jordan last week put the shirt that he wore at this year’s Indian Grand Prix up for auction on eBay, and the bidding went higher than £100,000 (Dh588,000). Aside from it having been worn by Jordan himself, the shirt was signed by several F1 drivers, as well as Sir Paul McCartney, at last week’s Abu Dhabi Grand Prix. The proceeds go to the children’s charity, Children in Need.

## Aston Millionth Fan Car

**ONE-OFFS** Aston Martin has launched a new campaign to commemorate the brand having reached one million “likes” on its Facebook page. Fans of the brand will be able to help design a special one-off, simply by answering questions to do with colours, trims, finishes and stitches. The most popular choices will go on the car, which has been dubbed the Millionth Fan Car. When the car is finished, the firm will send each participant a downloadable certificate.



## Mini sales up

**LOCAL NEWS** According to BMW Group Middle East management, the Mini brand has seen sales rise by 86 per cent from January to October, compared to the same period last year. Joeg Breuer, managing director of BMW Group Middle East said that Dubai makes up the biggest market in the Middle East for the Mini brand, and that the new Mini showroom in Dubai Media City had contributed to the increase in sales.



# • The • inside track



Read. sends one of its team to get behind the scenes at the **Abu Dhabi Formula 1 Grand Prix**.

## FORMULA 1

More than 500 million viewers worldwide watched as newly crowned Drivers' Championship titleholder Sebastian Vettel spun out on turn two of lap one at the Yas Marina circuit last weekend. The following 55 laps were left as nothing more than a race for pride between the remaining drivers.

However, days before the drivers could even take their positions on the starting grid and resulting podium, the crew behind the scenes at the Abu Dhabi track had been hard at work to ensure the perfect entertainment and safety for all at the penultimate race of the season.

Being afforded the opportunity to be involved in one of the biggest sporting events of the year is not something that happens very often—or at all for most people—so when I was given the chance to join the medical team for the 2011 Formula 1 Etihad Airways Abu Dhabi Grand Prix, it was an opportunity I jumped at feet first with enthusiastic exhilaration.

Following a series of background checks and security inspections, I was offered my track pass and advised to report to the medical centre as part of the medical team administration. There, a

*“At the end of the day, they are there to save lives.”*

OUR REPORTER, ROSS GUINANE



THE SAFETY TEAM

team of almost 100 awaited instruction.

With regimental beauty, teams were divided and deployed around the track, running drills and performing safety checks at every potential window and ensuring that rescue drivers remained sharp. Extrication teams prepared for the worst, and the medics were on hand to take control of any situation.

The speed and efficiency at which the teams worked was nothing short of brilliant, as commands came from the Chief Medical Officer—stationed

in race control—to the mobile former army major, who in turn relayed instructions and orders to be completed with military precision because, at the end of the day, they are there to save lives.

Throughout the event, which is far more than just one race, cars whizzed by us with thunderous roars as our team worked with windows of mere seconds to complete tasks in between the track being closed following a session, and going live for practice once more.

Being so close to the action was surreal. Delivering medical supplies to the various posts via the inner boundary road granted the chance

to drive only metres from packed spectators' yachts on one side, and the scream of the engines and blur of the speeding cars on track on the other.

Four days of intense concentration and a serious reliance on a highly skilled team—from the rescue drivers and extrication specialists, to the doctors, nurses and paramedics, and to the admin team that kept the rest so finely organised—instilled a greater appreciation for the sport, and a deeper understanding that without the dedication and professionalism of the medical team, the engines wouldn't even ever get switched on.

Having never been a massive fan of watching cars drive really fast around in circles, I wasn't entirely certain what to expect. However, now that I have been involved and stood at the pit lane as the great machines rumbled past, I'm already gearing up for next season.



THIRD-PLACED JENSON BUTTON

# Post-it

## JOBS AVAILABLE

**Housemaid required** in Al Qusais from 8am to 4.30pm. Saturday to Thursday. Call 0503947629.

**Nepalese nanny** required for small Lebanese family. Must perform all tasks that correlate to baby care. Email ani\_doll2002@yahoo.com/call 043678142.

**PRO typist** required. Should be fluent in Arabic and English. Should have UAE experience (Tasheel/Labour Immigration and online visa). Send CV to amirjon.arshad@gmail.com.

**Makeup artist**/hairstresser required for a part time job (1500-1800) at a TV channel in Dubai Media City. Email: info@city7tv.com.

**Sales executive** required for a full time job. Should have experience in IT sales. The work is commission based. Call 0555456759.

**Software developer** required for a full time job. Should have 3 yrs experience in Vb and VB.net. Call 0555456759.

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

## JOBS WANTED

**BCom Indian** male seeks full time job. 2 yrs experience as an account assistant in India. Call 0558594083.

**Indian male** seeks job. 9+ yrs experience in Travel & Tourism accounts. Call 0503512529/email tintuvj@gmail.com.

**Male seeks** part-time job after 6pm. 10+ yrs UAE experience in accounting. Within the area of Al Qusais, Clock Tower/Hor Al Anz. Call 0557591932.

**Indian male**, BA graduate seeks job. 4 yrs experience in Office Automation & Business Solutions Equipment. Call: 0502642069/0502781541/email ganeshpalai@gmail.com.

**Pakistani male**, BSc, Engineer seeks job. 4 years experience in QA/QC. Call 0558659505/email farmangilgiti@gmail.com.

**Filipino male** 30, commerce graduate seeks job. Experience in sales management /office work. TOR attested. Call 0553658449/e-mail heidwardclark@rocketmail.com.

**Indian male** seeks full time/part-time job as an Urdu teacher or IT assistant. Knowledgeable and honest person. Call 0553924709/email zohairzhr@gmail.com.

**Senior software** programmer/web developer seeks freelancing job. 10 yrs experience in software engineering and web development. Call 0502212303.

**Male networking** CCNA certified, seeks job in IT. 6 yrs experience. Can work on Windows, Linux/Unix servers and computer networking. Call 0552157954.

**Male seeking** job in Banking. Have experience in branch banking operations, call centre, customer services, cash. Call 0502630299.

**Freelance software** developer seeks job. Can use VB, ASP.Net on desktop or browser base application. Email software.freelancer@yahoo.com.

**Keralite BCom** graduate seeks job.2+ yrs experience in UAE as an accountant/admin assistant/ data entry operator. Email rejimonpv@gmail.com /call 0561406524.

**Sri Lankan**, 31, female, seeks job as a housemaid. Family preferred. 11 yrs experience in Dubai. Want to stay with husband. Call 0557722730.

**Indian female** seeks part-time job as a cost accountant. 3 yrs experience in finance/accounts. Call 0552611485.

## AUTO

**Mitsubishi Pajero** 2008 model. Black colour. Only done 60,000km, full automatic option with sunroof. Single driver used. Only AED80,000. Call 0559704790.

**Aston Martin** V8, 4.3-litre for sale, 16,500 miles. Burgundy colour/beige interior. Maintained by Al Habtoor Motors. In excellent condition. For 223,000AED. Call 0554553997.

**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 Tida** hatchback 2011 model for sale. 14,000km. Colour is white. Looking for prospective buyer. Call 0504346283.

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

**Nissan Sunny** 2004 model for sale. Driven for 100,000km. For 18,000AED. Email giti76@hotmail.com.

**Toyota Prado** VX 2009 model for sale, golden colour. 37,000km. In very good condition. Priced 108,000AED. Call 0502709244.

**Peugeot 206** model for sale. Lady driven. 95,000km. Prime condition.

For17,000 AED. Located in Garhoud. Call 0505346741.

## SERVICES

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

**Professional moving** services available. Packing & shifting rooms, flats / offices. Cargo delivery all over UAE. Call 0503462469.

**Babysitting services** available in Bur Dubai, Meena Bazaar. 18 yrs + experience. Good with children. Call 0504675948.

**Baby sitting** services available near Etisalat metro station. Call 0503172574.

**Professional moving** services available. Team ready to pack villas, offices, flats, warehouses at suitable prices. Call 0508952894.

**Home tutoring** lessons available. 8 yrs experience as a professional teacher (MBA/ BEd). Call 0501828599.

**Babysitting** services available. In Al Qusais. Good with children. Call 0559829075.

**Car lift** services available from Al Barsha to Al Qusais. Call 0503420603.

**Tutoring lessons** available. For all commerce subjects and CBSE / IGCSE students. Near Dubai Airport Free Zone metro station, Al Ghusais. Call 0552611485.

**Car lift** services available. From Sharjah to Al Quoz before 8am and back after 5pm. Call 0507 58053.

**Car lift** services available. From Sharjah to DIP (Dubai Investment Park) before 8am and back after 5pm. Call 0507858053.

## 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

**Used Indian** salwar/kameez/dupatta (set) available for sale. In very good condition. Each set starts from AED25 to 50. Call 0551566070.

**Original Christian** Loboutine shoes available for sale. Size 9". Colour is black. Made in Paris. For 150AED only. Call 0509286121.

**Mini Mac** (Early 2009 Edition)/iPhone 4G available for sale. All at 2000AED. Both items in excellent condition. Email: wakeupadz@live.com /Call 0567341888.

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

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

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

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

## ACCOMMODATION

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

**Room available** for rent with 3 partitions in flat. For executive Filipinos, Europeans and Americans only. Near Sharaf DG station. Call 0557719123/0555494872.

**Bed space** available for rent. Female Filipinos only. With attached bathroom/ terrace. Near Rigga station. Call 0551015960.

**Fully furnished** bed space room available for rent. In Karama. Call 0509615357.

**Room, partition/** bed space available for rent. 2,200AED, 800AED/1000AED respectively. In Century Mall and Al Mulla Plaza area. Near Green Line metro/ bus station. Call 0507956579/0504754499.

**Single bed** space available for rent. Keralite executive bachelors only. Near Salah Al Din metro station. Internet, available. For 550AED+ DEWA. Call 0503690114/0554539656.

**Bed space** available for rent. Filipinos only. At Al Riqqa, near KFC. Free Internet & TFC. Call 0502749466/0502749032.

**Rooms /spaces** in a flat available for rent for immediate possession. Near city restaurant. Call 0557791085/0559560692.

**Family/ bachelor** room available for rent for immediate possession. Call 0557791085/0559560692.

**Looking for** accommodation (studio or sharing) in Lulu Village/Al Nahda area for a small Keralite family beginning of January 2012. Call 0501495792

**Shared accommodation/** bed space available for rent. Indian Muslim executive bachelors only. Behind Crownne Plaza, facing Emirates Towers. Call 0507082328/0555226306.

**Shared accommodation** available for rent. In Al Rolla street, Bur Dubai. For Executive North Indian bachelors only. Non smokers preferred. Internet (Wi-Fi) included. Call 043252291/0551566070.

**Furnished shared** room available for rent. Female Indian executive bachelors only. In 2BHK hall flat in Karama. Call 0507757946.

**Keralite bachelor** looking for a bed space/studio flat in Karama. Call 0558521614.

**Single bed** space available for rent. In Bur Dubai for 425AED (including DEWA). WiFi /kitchen/TV accessible. Call 0553431645.

**Furnished 2-bedroom** flat at Qusais area wanted for one month. From 25th December 2011 to 25th January 2012. Contact 0508376363.

## MISCELLANEOUS

**In search** of a partnership to help in terms of investing in a fast food joint. Will guarantee return at the earliest. Email tony.325001@hotmail.com.

**Indian henna** on hands at amazing price in Discovery Gardens and Gardens. Call 0501350558.

**Crash Courses** for all ACCA papers. Get yourself prepared for exams within one month in your own residence. Special discount for weekend classes. Call 0553961248/email accatutions@gmail.com.

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

**General trading** licence available for sale for AED26,000. 2-visa facility. Call 0556905524 or email danish@premium-global.com.

**Service** to send items like cake, bouquet/ greeting cards to Mumbai, India. Only for AED250. Call 0551657501.

**New dance** and drama classes open in the JBR area. The studio is called Kiducation and we are located at Studio Fitness. Email Kiducationdubai@gmail.com

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

**Mitsubishi Pajero** 2008 model. Black colour. In excellent condition. Only done 60,000km, full automatic option with sunroof. Single driver used. Only AED80,000. Call 0559704790.

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

# Metro serves more than 100m passengers

## ACHIEVEMENTS

**Mattar** Al Tayer, Chairman of the Board and Executive Director of the RTA, has announced that the Dubai Metro ridership on the Red and Green Lines has touched new heights, having broken the 100 million passengers barrier since the service was launched in September, 2009. The Metro ridership has grown tremendously following the operation of the Green Line last September which now accounts for as much as 30 per cent of all Metro riders. Al Tayer expects the number of Metro commuters to grow significantly in the near future with the onset of winter, marked with several events such as the launch of the Dubai Shopping Festival, the holding of exhibitions and conferences and the influx of tourists and visitors to Dubai.

Al Tayer expressed his delight with these positive indicators of growth in the number of passengers using the Metro, which clearly show that RTA plans to augment the number of public transport users is moving in the right direction.



The trend also reflects a change and evolution in the culture of the community towards public transit means, with people starting to notice the benefits and advantages of using mass transit modes, including the psychological and physical relief in travelling light and smoothly while saving money on fuel and maintenance of vehicles.

"Since it was launched in September, 2009, and up to the end of October last, the number of passengers using the Red Line has touched 94,330,908 passengers, and the number of passengers using the Green Line since it opened on September 9, 2011, up to the end of October last clocked 3,660,544 passengers. The number

*"The trend also reflects a change and evolution in the culture of the community."*

of Metro riders on both the Red and Green Lines during the first seven days of November, 2011, has exceeded two million passengers," Al Tayer said.

"The ridership of the Metro Red Line has grown steadily since it opened in September, 2009, jumping from 1.8 million in October, 2009, to four million in October, 2010, and going even higher to touch 5.482 million passengers in October, 2011. The Union, Khalid bin Al Waleed, Deira City Center, Mall of the Emirates, Rigga and Rashidiya stations account for the lion's share of the Metro riders on the Red Line. The Union Station was used by 10,984,461 passengers

while Khalid bin Al Waleed Station was used by 10,545,440 passengers, followed by Mall of the Emirates Station (8,256,307 passengers), Deira City Center Station (8,006,000 passengers), Al Rigga Station (6,217,000 passengers), and Rashidiya Station (5,142,000 passengers).

"The ridership of the Metro Green Line has equally picked up since the service was opened to the public on September 10, 2011, until the end of September, from 1.277 million passengers to 2.383 million passengers, i.e. it accounts for as much as 30 per cent of the total ridership of the Dubai Metro on the Red and Green Lines combined. Al Fahidi Station accounted for the biggest share of passengers, clocking 453,000 passengers, followed by Bani Yas Station, which serves a heavily populated and commercial area, hitting 440,000 passengers. Then comes Al Ghubaiba Station, which was used by 290,000 passengers, Oud Metha Station, used by 283,000 passengers, and Salah Al Din Station, used by about 245,000 passengers."

## RTA launches HGV safety awareness campaign

### CAMPAIGNS

**The Monitoring** and Enforcement Department at the RTA recently piloted an electronic inspection campaign to detect and repair various faults of heavy vehicles with the aim of spreading the awareness of safety standards and promoting the security of the community. The campaign was run in collaboration with the Jebel Ali Free Zone

Authority (JAFZA), Bridgestone and IBM.

Commenting on the campaign, Ahmed Bahrozian, CEO of the Licensing Agency, said, "This campaign, which aims to enhance road safety and reduce traffic accidents, is aligned with the agency's vision aimed at achieving excellence in monitoring and enforcement."

"The selection of JAFZA as a ground for launching this pilot in-

spection campaign on heavy vehicle faults is driven by the fact that the area represents a key crossing point of trucks travelling from and to Dubai. Besides that, JAFZA management is showing a great deal of cooperation and attention to the security and safety standards. This cooperation has paved the way for us to carry this campaign on the largest possible number of heavy vehicles of all types."



## RTA proves adept at managing assets in TRANSCO meeting

### DELEGATIONS

**The Assets** Management Department, Corporate Technical Support Services Sector at the RTA, recently received a delegation from the Abu Dhabi Transmission and Despatch Company (TRANSCO) to review the best practices of the RTA's assets management system, which is aligned with the world's best standards.

Upon receiving the delegation, the Director of Assets Management, Udai Al Deesi, stressed the

importance of communicating with various entities across the UAE and the need of exchanging expertise as well as business practices with the aim of achieving higher levels of excellence.

For her part, Asma Al Thani, Director of Planning and Performance at TRANSCO praised this gathering, which reflected a view to exchanging expertise and upgrading the quality of work performed to the required standards. She lauded the RTA's efforts to apply the best global practices.



# Public transport information on Google Maps

## TECHNOLOGY

The advanced technology utilised by the RTA to uplift the calibre of services rendered to public transport users plays a crucial role in defining the shape of the public transport network in Dubai, besides integrating mass transit systems.

Among the key technologies which the RTA is encouraging public transport commuters to use is the public transport network on Google Maps, which is made available for users around the clock, so that residents and visitors of Dubai can plan their daily travels through the RTA Journey Planner (Wojhati), as per the agreement made between the RTA and Google.

Abdullah Al Madani, CEO of RTA Corporate Technical Support Services Sector, said, "Following its launch on September 9, 2011, the Metro Green Line has been uploaded onto Google Maps to enable users to plan in advance their daily travels on all RTA public transport means, thus enabling smooth, speedy and accurate mo-



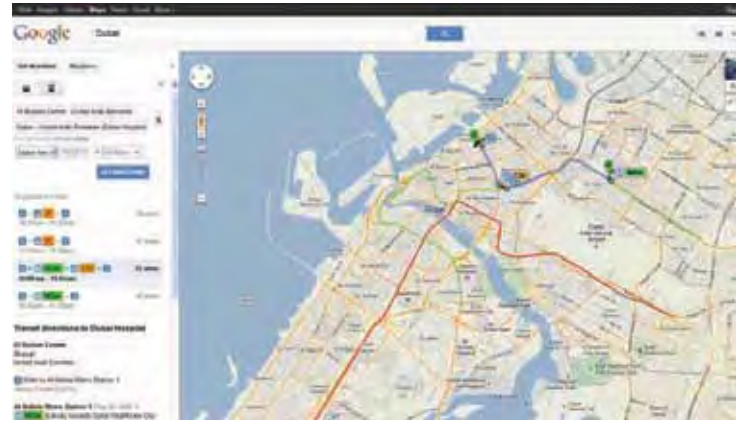
ABDULLAH AL MADANI

bility to the intended destinations.

"This service enables users of various types of public transport in Dubai to plan their daily travels in a smooth and easy manner at any

time they wish through the Google Maps portal ([www.maps.google.com](http://www.maps.google.com)) by using their computers or smartphones.

"The routes of the proposed



*"This service enables users of various types of public transport in Dubai to plan their daily travels in a smooth and easy manner."*

journey will then be displayed with full details, schedules and the fare of each journey depending on the point of origin, destination and timing of the journey. This service enables residents and visitors alike to enquire about the schedules and routes of different journeys and have them displayed in a 3D mode, thus rendering Dubai a leading global city using this technology amongst top cities with advanced transport systems worldwide, and at the same time epitomizing the RTA vision of providing safe and smooth transport for all."



حكومة دبي  
GOVERNMENT OF DUBAI

هيئة الطرق والمواصلات  
ROADS & TRANSPORT AUTHORITY



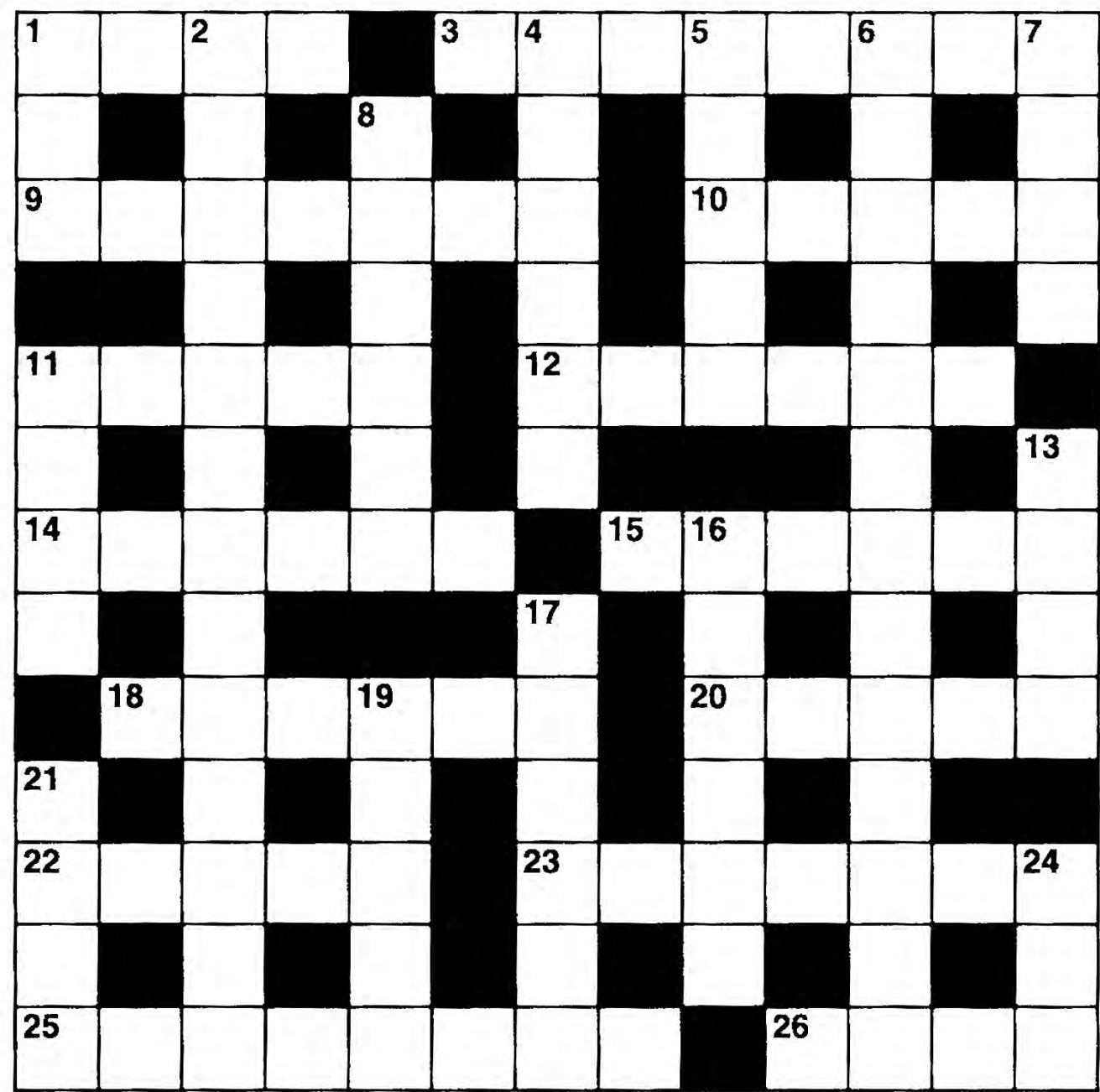


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# Taking your time

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



**Across**  
1 Deserved (4) 3 In a way that is well known (8) 9 Large rock (7) 10 Theatre's entrance hall (5) 11 Extend (5) 12 Find, unearth (4,2) 14 Cease to exist (6) 15 Having had the stone removed (of a fruit) (6) 18 Noise of a small bell (6) 20 Passionate (5) 22 African wild 'dog' (5) 23 Heavy artillery fire (7) 25 Brave and honourable fighters (8) 26\_\_\_ Sandler, star of *Anger Management* (4)

**Down**  
1 Earth-moving vehicle with a shovel at the front (Inits)(3) 2 TV acoustics person (5,8) 4 Fill with bubbles (6) 5 Suggestion (5) 6 Work as a secret agent (3,3,3,4) 7 Sailors story (4) 8 Beautiful Greek boy of myth (6) 11 Surge of the sea (4) 13 In a sluggish manner (4) 16 Tell (6) 17 One in a club (6) 19 Battledress colour (5) 21 Display (4) 24 Deciduous tree (3)

Answers



## Easy mushroom risotto

This simple dish is not only tasty and filling, but is also suitable for vegetarians.



Serves  
4

RECIPE

Ingredients

- 1 tbsp dried porcini mushrooms
- 2 tbsp olive oil
- 1 chopped onion
- 2 finely chopped garlic cloves
- 225g chestnut mushrooms, sliced
- 350g arborio rice
- 1 litre hot vegetable stock
- 2 tbsp chopped fresh parsley
- 25g butter
- Salt and freshly ground black pepper
- Freshly grated parmesan

Method

Soak the porcini mushrooms in a bowl of hot water for 10 minutes, then drain well. Heat the oil in a large sauce-

pan, then add the onion and garlic. Fry over a gentle heat for two to three minutes until softened. Add the chestnut mushrooms and fry for a further two minutes, until browned.

Stir the rice into the pan, making sure it is well coated with the oil. Add a ladle of the vegetable stock and simmer, stirring constantly until the liquid has been absorbed. Continue adding the stock in this way until all the liquid has been absorbed and the rice is plump and tender.

Chop the porcini mushrooms and stir into the risotto, along with the parsley, butter, salt and pepper. Serve hot and fresh with parmesan on top.



## Dennis the Menace



## Henry



## Ollie and Quentin



## Spiderman



## Here to help

**Q** I'm too depressed because my examinations are near and I am getting in a deeper and deeper fear. I think this is the reason I'm forgetting things usually, so I need some advice.

**Read.** Exams can be a difficult and stressful time, but it is important to prioritise things so you don't get into a panic. Buy yourself a whiteboard, put it on the wall and write everything you have coming up on it in date order. Once you can see everything laid out, it will seem less scary and hopefully will also reduce the risk of you forgetting something important.

**Q** My husband has got possibly the smelliest feet in Dubai! He washes them twice a day but they still smell, he even leaves the smell behind in a room once he has left. What can I suggest to help him?

**Read.** It could be the sign of a fungal foot infection. Over-



the-counter treatments can be bought, but if the problem is that bad, your husband can always seek advice from his doctor. It is important to allow the feet to breathe, so make sure his socks are cotton and that he leaves his feet bare when freshly washed for as long as possible.

Foot deodorants may help, but if there is an underlying problem, this needs treating first.

**Q** I am new to Dubai and need to get myself a mobile phone. I don't want to sign up to a contract but I'm not sure whether you can get pay-as-you-go phones over here. Please advise.

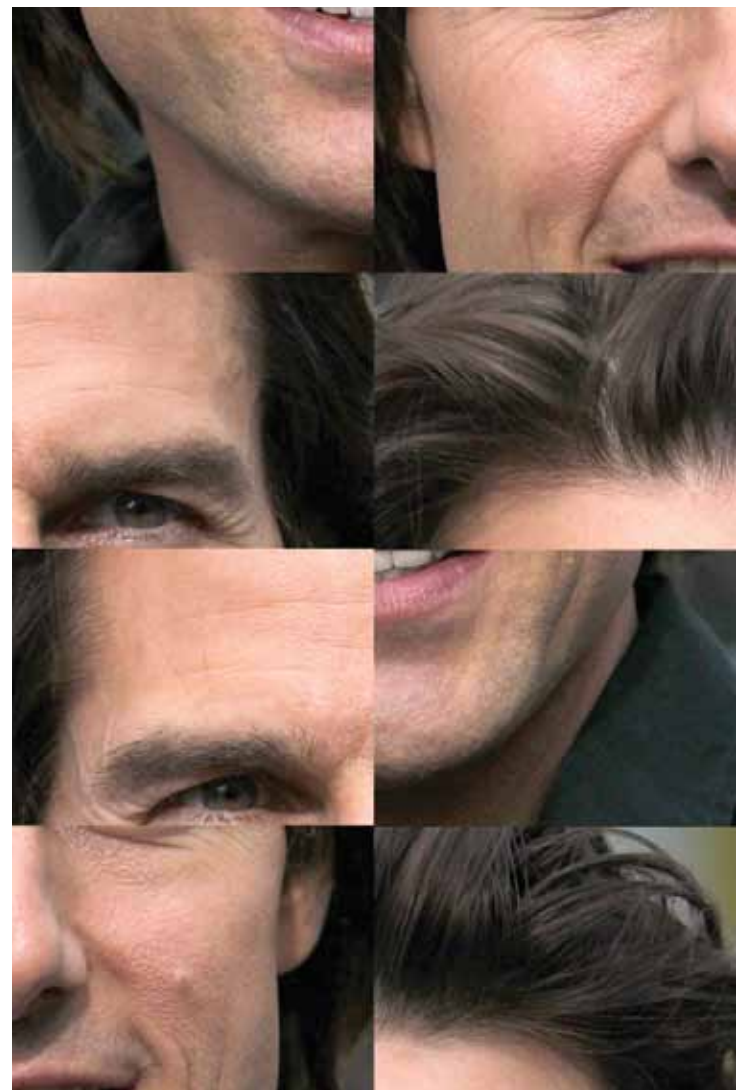
**Read.** Yes, prepaid mobiles are a popular choice in Dubai for many people and are easily available to buy. If you have an unlocked handset, you can purchase a sim card from Du or Etisalat for Dh55 (Du) or Dh75 (Etisalat), pop it in your phone and you're away. Cheap pay as you go handsets are also available from electronics shops and large supermarkets if you don't have a suitable phone already.

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](mailto:letters@readme.ae)

## Who's this?

Answer

Turn to page 38



Codeword

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

Codewords are like crosswords but without clues. Each letter of the alphabet has been replaced by a number. This number represents the same letter throughout the puzzle.

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

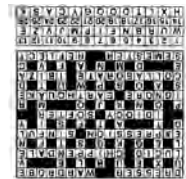
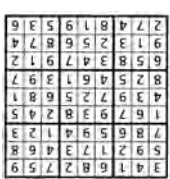
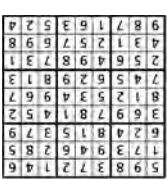
Sudoku 1

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

Sudoku 2

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

Codeword answers      Sudoku 1 answers      Sudoku 2 answers      Who's this? answer - Tom Cruise

|                                                                                     |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|

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# What's in your stars?

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

## ARIES (MAR 21 - APR 20)

You may be feeling as though your health has been neglected recently, but a few simple changes in time for winter could see you feeling back to your usual self. Don't let your energy levels drop this low again. Remember; everyone needs a break now and then.

## TAURUS (APR 21 - MAY 21 )

You have a habit of sticking to your guns, which may prove to be an obstacle when a colleague suggests a different approach. By adapting to a new way of thinking and allowing others to take the floor, you can in fact flourish and show your skills to the full.

## GEMINI (MAY 22 - JUN 21)

If you have been longing to move to somewhere more suitable, or make a serious home improvement, you may be feeling more driven than ever before. One person in particular could be very supportive of your plans and may even offer help beyond what you would expect.

## CANCER JUN 22 - JUL 23

You may be feeling like it is time to forge ahead with plans relating to education, technology or travel. One discussion or meeting of minds could prove to be very beneficial towards your plans, so make time when someone says they want to meet up.

## LEO (JUL 24 - AUG 23)

You can sometimes be a larger-than-life character, which often sees unusual opportunities thrown your way. This could be the case as an acquaintance makes you an offer you can't refuse. You are focused on getting the most from life right now, so go get it.

## VIRGO (AUG 24 - SEP 23)

You may be feeling fired up and ready to take on whatever the competition has to offer. Don't charge in with all guns blazing, however; your calm nature and balanced point of view is what will see you eventually come out of the situation successfully.

## LIBRA (SEP 24 - OCT 23)

You have been gathering information about a new situation or new people around you for some time now, which has definitely provided some food for thought. Things will start to become much clearer, which is a relief, as you don't often give your trust easily.

## SCORPIO (OCT 24 - NOV 22)

You are starting to realise it is not simply a case of the amount of relationships you have, but the quality. Your values and beliefs mean a lot, but you may need to understand that not everyone feels the same. Once you understand this, harmony will be restored.

## SAGITTARIUS (NOV 23 - DEC 21)

Your drive and energy can create so many possibilities, particularly when it comes to career progression or a new business venture. There could even be some surprises in store thanks to your contagious enthusiasm and a recent push to have your ideas heard.

## CAPRICORN (DEC 22 - JAN 20)

You tend to play it safe quite often, so someone's outrageous suggestions may shock you at first. As the dust settles, though, you may find yourself becoming intrigued and excited about the possibilities. Maybe this is the ideal time to break out of your mould.

## AQUARIUS (JAN 21 - FEB 19)

Things could start to change very quickly and dramatically, which makes it difficult to plan in your usual structured way. Snap decisions will be required, which may be out of your comfort zone but could make you realise what you really want deep down.

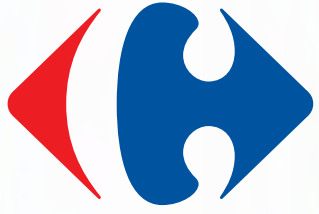
## PISCES (FEB 20 - MAR 20)

You are filled with determination, drive and assertiveness at the moment. If you use these qualities to the full, the next stage of your life could turn out to be quite dramatically different. Don't sit around waiting and agreeing with other people's ideas any more.

## This week's local weather

| SUNDAY           | MONDAY           | TUESDAY          | WEDNESDAY        | THURSDAY         | FRIDAY           | SATURDAY         |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 20 <sup>th</sup> | 21 <sup>st</sup> | 22 <sup>nd</sup> | 23 <sup>rd</sup> | 24 <sup>th</sup> | 25 <sup>th</sup> | 26 <sup>th</sup> |
|                  |                  |                  |                  |                  |                  |                  |
| <b>Sunny</b>     | <b>Sunny</b>     | <b>Sunny</b>     | <b>Sunny</b>     | <b>Sunny</b>     | <b>Sunny</b>     | <b>Sunny</b>     |
| High 30C         | High 30C         | High 29C         | High 29C         | High 26C         | High 25C         | High 26C         |
| Low 26C          | Low 25C          | Low 24C          | Low 24C          | Low 22C          | Low 22C          | Low 23C          |
| Humidity 47%     | Humidity 47%     | Humidity 45%     | Humidity 49%     | Humidity 50%     | Humidity 51%     | Humidity 53%     |

كارفور



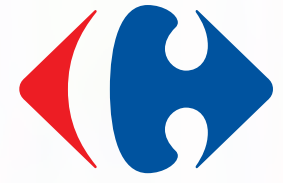
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