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NOVEMBER 27-DECEMBER 3, 2011 | Issue 24

Read.



روح الاتحاد
40 SPIRIT OF THE UNION
اليوم الوطني
UNITED ARAB EMIRATES
الإمارات العربية المتحدة



HUGE HOPES

New family film *Hugo* looks set to become a firm favourite with audiences in Dubai, with its homage to the films of yesteryears

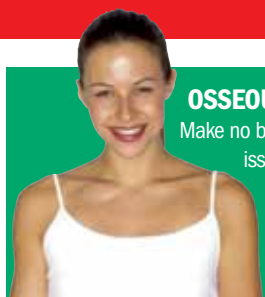


TOOTH AND NAIL

The classic country chic of houndstooth makes keeping up with the fashion pack as easy as black and white



G'DAY AUSTRALIA



OSSEOUS MATTERS

Make no bones about the issue, looking after your internal scaffolding is vital throughout all of life's stages

National Pride

UAE residents join hands
to celebrate the country's
40th anniversary

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

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this copy
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Letters

Email: letters@readme.ae

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

Dear Read., I don't know if you can help me, but I've been trying to find out for a while when the new version of the iPhone will be available in the UAE. Obviously there are some available from unofficial sellers, but the price is exorbitant. I'd really like to buy one as a gift for someone before the year is out.

Moahmmad Manajreh

ED: Unfortunately, we're none the wiser. The release date for the iPhone 4S in the UAE is sketchy at best. Originally it was scheduled for a release some time in December, so if that remains the case, you've not

got long before you can pick one up.

Hi team, I've lived in Dubai now for seven months. Back home, New Year's Eve is a great time to spend with friends and family as we make some new resolutions. My problem here is that my friend base is much smaller and I'm not sure what to do on that particular evening. Have you any suggestions?

Lee Mullen

ED: You are probably spoilt for choice in Dubai for things to do on New Year's Eve. Depending on your preferences, there are a host of black tie balls, live music at Sandance to ring in the New Year, or a short trip

to see Coldplay in Abu Dhabi might take your fancy.

I fear I may be addicted to the internet. I spend all day in work constantly checking my Twitter and Facebook and, quite frankly, avoiding work and falling behind. Surely there's a way to check to see if I am actually addicted?

Zaineb de Souza

ED: If you're lagging behind on your work, you do have at least a slight dependency on the internet to keep your brain ticking over, but there is a short test you can take to see. Simply go to www.netaddiction.com



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Mall of the Emirates, Dubai Mall, Ibn Battuta, Mirdif City Centre, Dubai Festival City, Lulu Centre, Lulu Hypermarket, EGM, Khalidiya Mall, Al Wahda Mall, Saefer Mall, Al Falah, Union Coop, Al Maya, Jesco and many more locations.



Metro pics

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



DILIP BHATIA



DINA ALCANTARA



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Read.

Station by station guide

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



Al Khail Gate

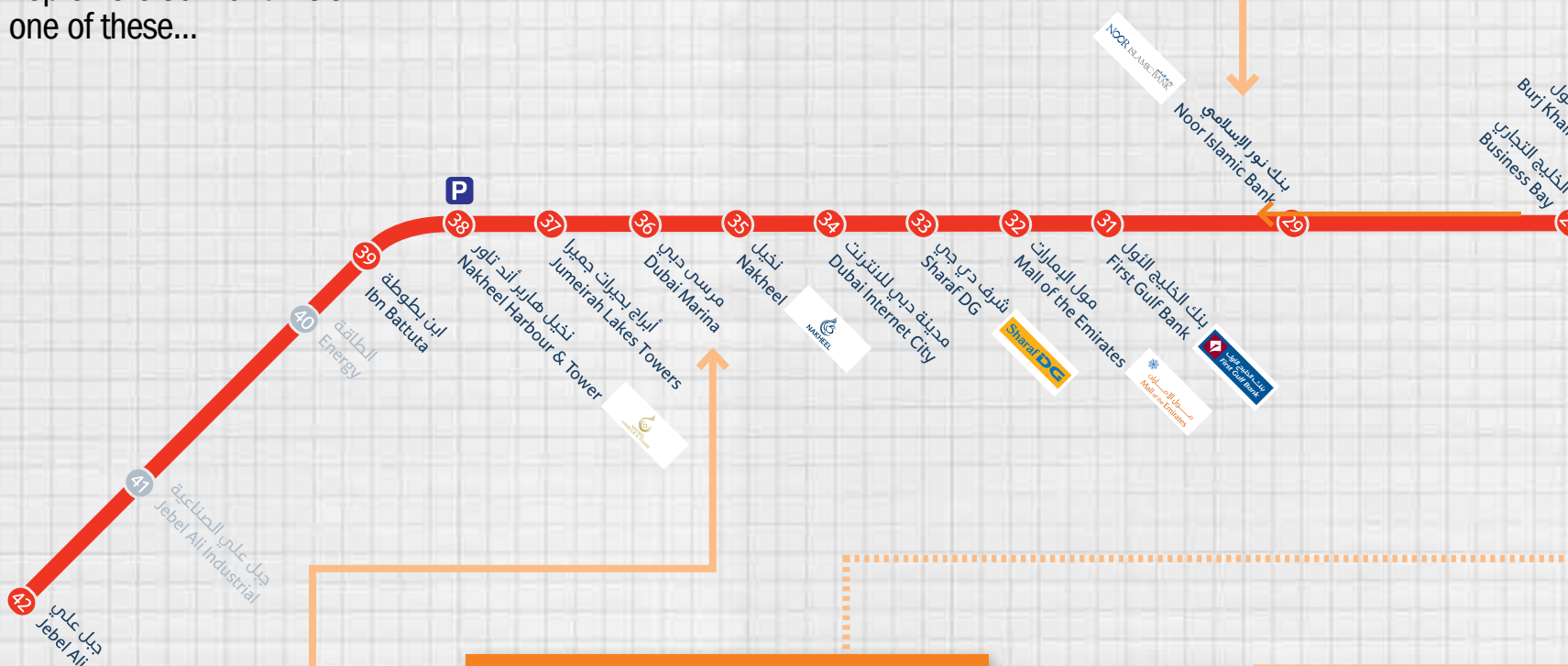
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40 Drums beat for the UAE

**DECEMBER 1, 11PM-12PM
THE WALK AT JBR**

Head down to the walk at JBR for a stirring and energising display, including French artists who are coming especially for the event with the support of the UAE Ministry of Culture and the sponsorship of the French Embassy in the UAE.



Father at Metal Asylum

**DECEMBER 2, 9PM-3AM
AUSSIE LEGENDS, RYDGES PLAZA**

World-famous progressive metal band Father will be flying here all the way from Croatia for this very special gig. The five-piece alternative/metal band are hailed by many as the top heavy act in the region of ex-Yugoslavia, and will be supported on the night by the UAE's very own Eye Eye and Anuryzm. Tickets are Dh100 at the door, no under 21s permitted.

Dubai Rugby

DECEMBER 1-3

With a new anthem from Juliana Down, the Emirates Airline Dubai Rugby Sevens tournament promises to put December's local sports calendar into high gear. The 3-day rugby extravaganza is being held at the now famous Sevens grounds on the outskirts of the city. Join the crowds and international teams in a festive atmosphere with lots of photo ops.





Inspirationalists

UNTIL FEBRUARY 4, 2012

THE PAVILION, DOWNTOWN DUBAI

Head along to the latest exhibition at The Pavilion, *Inspirationalists*, an experimentation of materials and design ideas translated into furniture. Khalid Shafar presents a selection of unique objects that reflect some of his most significant memories of Dubai. His inspiration for this series of works stems from the Arab culture. For more information call 04 447 7025.



Haifa Wehbe

FROM 8PM, NOVEMBER 30
CAVALLI CLUB

One of the most well-known singers in the Arab world, Haifa Wehbe, will be performing live in Dubai this week. The Lebanese beauty will be showcasing a selection of hits from her three albums at Cavalli club on November 30 from 8pm.



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Ice Skating

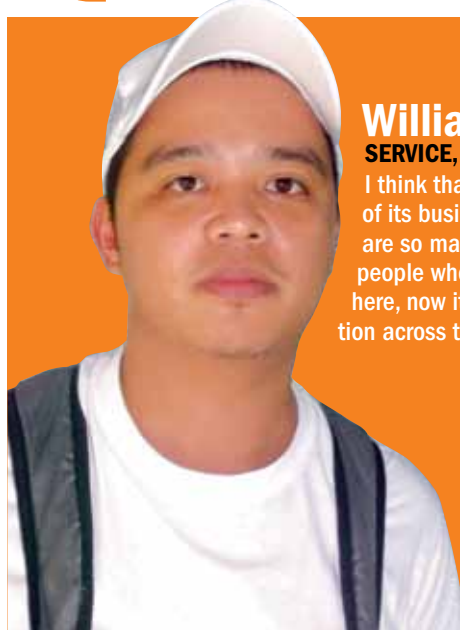
OPENING TIMES VARY
HYATT GALLERIA,
DEIRA

Why not take the family out to try this newly renovated ice rink in Deira? Not only is it a fun change from the usual, but it's also an absolute

bargain, with two and a half hours on the ice and skate hire for just Dh35 per session. Open Sun and Tue 10am-12.30pm, 1pm-4.30pm, 7pm-9.30pm; Mon and Wed-Sat 10am-12.30pm, 1pm-3.30pm, 4pm-6.30pm, 7pm-9.30pm.

The Burning Question

Q As the UAE celebrates its 40th National Day, what do you think has been the country's greatest achievement?



William Gaiciano
SERVICE, SATWA

I think that the UAE can be proud of its business reputation. There are so many businesses and people who chose to come here, now it has a reputation across the world.

Arfat Khalil

FINANCE ASSISTANT, SHARJAH

The Burj Khalifa is probably Dubai's greatest achievement. It has become one of the best known places in the world and is very good for visitors to go to.



Dr Deepa Khemani

DENTIST, BUR DUBAI

I think it is definitely the speed of the UAE's progress and development. The country has gone from sand to skyscrapers so quickly, but has managed to also keep environmental elements such as plenty of greenery, which is commendable.



Naved Shaikh

SALES EXECUTIVE, UNION

The UAE's greatest achievement is most probably the multicultural environment which exists here. The country has also seen such fast development with many things, such as the Metro system and business.



Sohrabi Dariush

MANAGING DIRECTOR, VISITING

I would say that the politics have been very good over the last 40 years. The UAE sees the rest of the world with a very peaceful view and all people are welcome here. The country's rulers have peaceful policies, especially the late Sheikh Zayed.



Shahid Nadeem

ORACLE DBA, BUR DUBAI

I think the most important achievement for Dubai in particular has been the introduction of the Metro system. It has made travelling more convenient for people and reduced the stress and cost of driving everywhere.



Eliana Sgarlini

HOUSEWIFE, JLT

I would say the UAE can be most proud of the schools and how quick the construction has been. The construction is very impressive and is known as a global achievement.



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

With maturity comes the ability to earn large amounts of money, but there are some kids out there that have access to far more money than the rest of us could ever dream of having. From television to the silver screen and stage performers, find out today who the richest teens in the world are, and what they do to earn their millions.



MONDAY

A recently refreshed list of the top visited sites on the internet sees Facebook still on top. But what other sites are we drawn to daily, and how many people visit them? Check out the top 10.



TUESDAY

As the inventor of Barbie, Ruth Handler created a pop-cultural phenomenon that's brought joy to young girls for over 50 years. But who are the most famous of female innovators?



WEDNESDAY

The 84th Academy Awards may be three months away, but there is already plenty of buzz surrounding possible winners. We profile the front-runners ahead of the close of nominations.



THURSDAY

The Dubai Rugby Sevens kicks off this day next week. Readme.ae looks at the growing popularity of the sport and looks at why the game has been admitted to the 2016 Olympics.



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.

Facebook chatter

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

(Responses only edited for length)

What do you believe has been the best invention?

The Wheel or something relative. I think that the transportation became easier and faster, therefore making the early people discover new places much quicker.

—Kyle Dolor

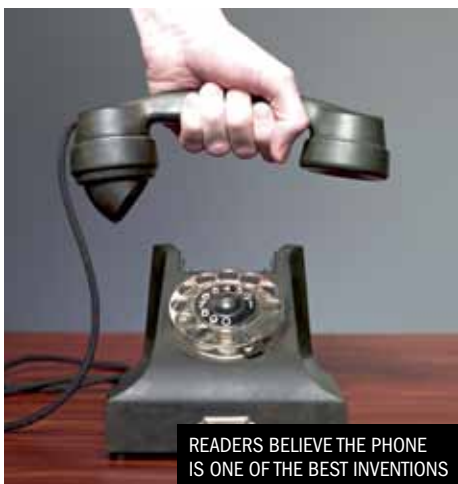
I feel the invention of modern surgery with anesthesia is one of greatest of our time... imagine operations without anesthesia!

—Shiuli Lara Dutt

The telephone is the best

invention ever! From smoke messages to mail postal services and telegraphs, the world has constantly been trying to break down the barriers in communication created by distance.

—Laura Stephanie Benson



READERS BELIEVE THE PHONE IS ONE OF THE BEST INVENTIONS

If you had a time machine, what point in time would you return to?

To correct the mistakes that I've done, and apologize to the people that I did wrong to them. It is time to start and change for a new life.

—Czar Johnlloyd Portugal

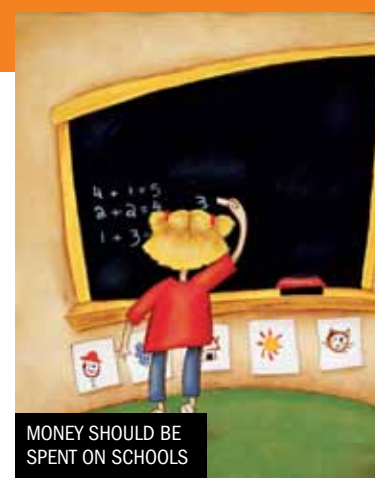
If i ever had time machine i wld to like to go back in time when my parents were alive and would try to serve them as much as possible.....

—Shazia Junaid

If time machine exist, being one of the expats who's having a common tale, it will be my privilege to turn back the hands of time when I was with my family.

—Maria Yroll Lacaba Labella

What would you like to see Dh1.9 trillion being spent on when returned?



MONEY SHOULD BE SPENT ON SCHOOLS

spent on charity homes, develop the remote areas, schools & healthcare centers ...

—Espee Jiyas

Power Generation, Hospitals and Roads and Railway. As these are basic which shall create an overall activity in economy.

—Chaudhary Abdul Hameed

It's that time of year again when cars don decorations, children paint their faces and celebrations take over not only Dubai, but also the entire United Arab Emirates.

National Day this year, however, takes a special prominence as the UAE marks 40 years of independence as a nation. For those of us who have lived in Dubai for a while, or those who were born and raised here, National Day is a tradition we are familiar with and proud of. However, for those who will be joining in the celebrations for the first time this year, here is *Read.*'s guide to what it is all about.

Our Father Zayed



The late Sheikh Zayed bin Sultan Al Nahyan believed in the generosity and kindness of the people of the United Arab Emirates. He possessed a faith in humanity and believed that each person possesses an internal sense of selflessness that can allow him or her to care for others within the community. It was with this belief that he asked the people to act as one. To create a Spirit of Union that could be celebrated and shared by all within the UAE.

“The Union lives within me and it is the dearest thing in my whole existence.”

The late Sheikh Zayed bin Sultan Al Nahyan

Forty and fabulous



TRADITIONAL DHOWS

The Spirit of the Union

The Spirit of the Union is the spirit that enables millions of people, from all different backgrounds, religions and nationalities to co-exist without barriers. The Spirit of the Union is derived from the vision and leadership of the late Sheikh Zayed, and is maintained today through His Highness Sheikh Khalifa bin Zayed Al Nahyan, President of the UAE, and the fellow leaders of the nation's emirates who continue to shape the UAE's future. It is the spirit that binds the cosmopolitan community of the UAE under one flag, but with millions of voices. National Day is about celebrating and sharing this spirit, as it has existed in the past and looking towards the future.

SHEIKH ZAYED ROAD



THE PALM JUMEIRAH



A brief history of the UAE

1892: The UK forms a treaty with the Emirates as seven 'Trucial Sheikhdoms'.

Early 20th century: The local pearl diving industry enjoys a rapid growth, followed by a dramatic decline following the two world wars and an economic slump globally.

1960s: Oil is discovered in the UAE.

1971: The UK's treaty with the Emirates expires, which leads to each sheikhdom becoming independent. The then rulers of Abu Dhabi and Dubai, Sheikh Zayed bin Sultan Al Nahyan and Sheikh Rashid bin Saeed Al Maktoum, agree to form an independent union between the two emirates.

December 2, 1971: Ajman, Fujairah, Sharjah, and Umm al-Quwain join with Abu Dhabi and Dubai to form the United Arab Emirates. Ras al Khaimah joins the union later, in early 1972.

THE EMIRATES TOWERS



How do we celebrate?

National Day is celebrated in many different ways, however there is always plenty of excitement and preparation in the lead-up to December 2 itself.

Shops will stock anything from key rings, hair bands, posters and car accessories in the colours of the UAE flag. People will hang the flag from windows and balconies and some may even light up trees outside their home with lights in the colours of the UAE flag. Hotels, restaurants and malls will also hang the UAE flag both on the outside of the building and inside.

On the actual day, UAE citizens often perform traditional sword dances, and since it is a public holiday, many families will go for picnics or to watch firework displays. There are also many special competitions, such as traditional dhow racing, camel racing, and special events like The Best Decorated Car competition. During National Day, people adorn their cars with flags, pictures and streamers to drive up and down roads and corniches honking their horns and shouting in celebration.



“Through these celebrations we hope to recognise achievements of the past and the present, commend the people who have influenced the nation, reignite the ties that bind us together and to reconnect with the communities in which we live. Together we have the unique opportunity to contribute to the evolving narrative of the UAE and to unite in celebration across this great nation.”

*His Highness Sheikh Mohammed bin Rashid Al Maktoum,
Vice-President and Prime Minister
of the UAE and Ruler of Dubai*

Calendar of the weekend's events in Dubai

MAIN EVENT IN DUBAI - SPIRIT OF THE UNION

December 1, 2011
3.30pm-9pm, Heritage Village, Al Shindagha

LIVE UNION - 14,600 BALLOONS RELEASED

December 1, 2011
4pm-5pm, Heritage Village, Al Shindagha

DISPLAY OF FALCONS

December 1-3, 2011
5pm-10pm, Heritage and Diving Village

TRADITIONAL EMIRATI MARKETS

December 1-3, 2011
5pm-10pm, Heritage and Diving Village

MOTORCYCLE PARADE BY THE EMIRATES AUTOMOBILE ASSOCIATION

December 1, 2011
5pm-10pm, Heritage Village, Al Shindagha

SPIRIT OF THE UNION - MILITARY BAND, TENTS, FOOD AND ENTERTAINMENT

December 1, 2011
9am-2pm, Warsan 3

RTA TRAFFIC AWARENESS CORNER

December 1-3, 2011
5pm-10pm, Heritage Village, Al Shindagha

SCHOOL COMPETITION ACTIVITIES, TRADITIONAL GAMES AND NATIONAL POETRY

December 1-3, 2011
5pm-10pm, Heritage and Diving Village

MARCH OF LOYALTY FOR HH SHEIKH ZAYED

December 2, 2011
4pm-5pm, Jumeirah Road

THANK YOU KHALIFA FOOTBALL CHAMPIONSHIP

November 17-December 3, 2011
9pm-11pm, Al Nasser Sports Club

ASK THE EXPERT

DR SHEREEN HABIB
WELL WOMAN CLINIC



Get your 'tash on

Movember has come around again. The ladies got their pink ribbons last month, and in keeping with good old gender stereotyping, this month the lads get moustaches.

So what's it all about? Movember is a cheeky way of raising awareness about male cancer; the two main types being testicular and prostate cancer.

Testicular cancer is a disease of young men. It is most common in men aged between 15 and 40. Every man has a one in 250 lifetime risk of developing it but it has one of the highest cure rates of all forms of cancer.

What does this mean for the average man? It means that early detection is key. Regular testicular self-examination to look for a change in size or shape of the testes or for hard lumps is vital.

Prostate cancer is a disease of older men, and is overall the most common form of cancer in western men. It can present with symptoms of poor urinary stream or frequent urination, especially at night. Occasionally urination may be painful or there may be blood in the urine.

If any of these symptoms occur, a visit to the doctor is vital. The doctor will perform a digital rectal examination and a blood and urine test.

Remember that prevention is always better than cure, and awareness is better than ignorance so get growing that 'tash!

"Every man has a one in 250 lifetime risk of developing testicular cancer."

Them bones... them bones...

They support us through thick and thin, but how often do you consider the health of your bones?



You may not realise it, but our bones are living and growing tissue. Throughout life, the bones are constantly being renewed in a process called remodeling, whereby old bone is removed and replaced with fresh new bone. While we can all probably remember being told to drink our milk as young children to make our bones strong, there comes a point in many people's lives where the bones are forgotten. It is only when we reach a more ma-

ture age and start to have problems with our bones and joints that we begin to take notice of them again.

"Actions toward building healthy bones should begin in childhood, as this is the most important stage of development and growth, but these actions should continue throughout your lifetime," says Dr Filipe

Agardo. "Many of my older patients will present conditions such as osteoporosis and low bone density, but it's never too late to take steps for healthy bones."

To understand the basics of bone health, think of your bones like a bank account, which allows you deposit or withdraw calcium throughout life. Calcium is the mineral that makes our bones dense and strong. During the first couple of decades of life, you are building your bone bank account, until peak bone mass (the maximum bone density you will ever have) is reached, usually between the ages of 18 to 25. Consuming plenty of calcium as part of a balanced diet, plus high activity levels in younger life helps to



Down with Vitamin D today

Vitamin D is also vitally important in building and maintaining healthy bones, and there are plenty of foods that can provide it. Some foods that are rich in Vitamin D include:

- Herring
- Mackerel
- Oysters
- Sardines
- Tofu
- Rice milk
- Shitake mushrooms
- Eggs

build this bone mass. However throughout adult life, if your dietary calcium intake starts to drop, your body will start to 'withdraw' from the calcium account. As is the case with a normal bank account, the more you take out, the account starts to look a little empty, the results of which can be conditions such as osteoporosis, also known as brittle bones.

So what can we do to build up an empty bone account? Dr Agardo says, "It is important, and also pretty easy, to meet the recommended amount of calcium whatever stage of life you are in simply by choosing a well-balanced diet. People automatically think of cheese and milk, but there are plenty of other calcium-rich foods, such as broccoli or salmon, which are also less likely to affect the levels of fat you consume than with dairy products. It is also important to keep active. Gentle weight-bearing exercise can do wonders for your bones, as well as keeping your weight

"Gentle weight-bearing exercise can do wonders for your bones."

under control, which has its own repercussions on the strain your bones are under on a daily basis."

So, if you are one of the people who could be considered guilty of neglecting the calcium heroes of your body, maybe it's time to consider the health of your bones and make a little deposit into the bank. ●

The bare bones

- The smallest bone in the human body is the stirrup bone in the middle ear, which is around 0.28cm long.
- There are 206 bones in an adult body, more than half of which are located just in the hands and feet.
- We are born with around 300 bones, which, during late childhood, fuse into larger, bigger and stronger bones.
- Adult human bones account for 14

per cent of our total body weight.

- Bones contain living cells which help them grow and repair themselves. If bones weren't made of living cells, broken bones would never mend.

● Humans and giraffes both have eight bones in their neck, the vertebrae in a giraffe's neck are simply much longer than the ones in ours.



BONE TISSUE GROWS AND REPAIRS ITSELF

The point of the matter

Of all the holistic therapies, acupuncture and related techniques like dry needling are among those most

commonly incorporated into western medical practice. "Acupuncture works very well when used in conjunction with western medicine to treat a wide range of conditions," explains Dubai-based acupuncturist Martine Nates.

"Acupuncture is definitely one of the modalities I most commonly get referrals for from medical doctors," says Heather Eade, who practises acupuncture and other holistic therapies at The Dubai Mall Medical Centre.

"There's no definite explanation as to why this is, but it is partly because acupuncture is relatively well-researched and, unlike some therapies, there isn't a lot of debate about its therapeutic benefits; they are well-evidenced. It's a helpful therapy, it works and we've got a lot of studies to prove that," she explains.

There are many different forms of acupuncture practiced around the world but most stem from the classical idea of balancing the flow of energy, known as Qi, around the body. "When energy is unhindered and flowing smoothly then a person feels vital and has no cause for seeing

There is a reason why acupuncture has become so popular around the world, and its benefits are clear for all to see.

Dry Needling

Used by osteopaths and physiotherapists to target specific areas of pain, dry needling relies on the stimulation of specific reactions in the target tissue. A solid filament needle, like those used in acupuncture, is inserted into the area where pain is felt in an attempt to puncture the trigger point.

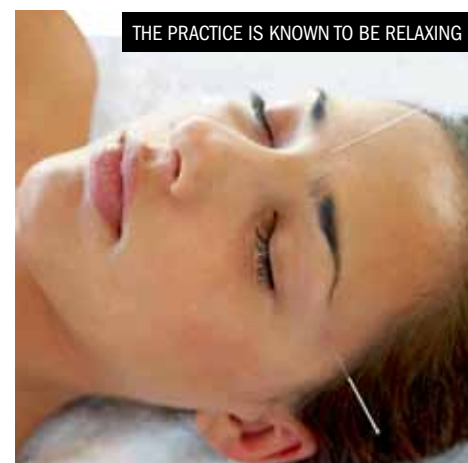
a doctor. "However, things can happen to upset that free flow of energy, like stress, trauma and even weather conditions. Through acupuncture we can find out where the imbalance of energy is and address it," says Nates. The practice involves the insertion of fine needles into these areas of energy blockage or shortage, which helps to regulate the flow of Qi and restore the body's equilibrium.

One of the reasons why acupuncture is often so successful in treating things like pain, addiction and stress, is because it addresses the root cause of issues.

"The important thing is to identify the cause of the complaint. You can treat the symptoms with painkillers and other medicines but that is not going to heal the person in the long run," says Nates.

Acupuncturists, she says, are addressing the lifestyle causes of illness to prevent it from coming back, so each session begins with a discussion to help them discover the root of a

THE PRACTICE IS KNOWN TO BE RELAXING



patient's condition. The practice is firmly based in the widely held belief that physical, emotional and mental wellbeing are intertwined and the disturbance of one can manifest itself in the others.

In fact, says Nates, acupuncture can be used to boost the effectiveness of almost any treatment received from the doctor, in addition to being a powerful source of healing when used in isolation from other therapies. ●



ACUPUNCTURE NEEDLES DO NOT HURT

DSF dates announced

Shoppers from around the region and beyond are already gearing up for 2012's [Dubai Shopping Festival](#).

SHOPPING

The dates are in for the upcoming Dubai Shopping Festival, so it's time to start saving. From January 5 to February 5, 2012, Dubai's shopping malls will be alive with shoppers rushing to take advantage of discounts of up to 75 per cent in around 6,000 outlets.

'Dubai at its best' is the marketing slogan for the 2012 edition of the DSF and symbolises the best of what Dubai has to offer for residents and visitors.

It's not just the shops that take part in the annual event. For 32 days, around 50 participating malls and other venues will hold a range of activities and competitions, where prizes including luxury cars, gold and cash are up for grabs.

In the 16 editions of the festival that have taken place so far, around Dh1.4 billion worth of prizes have been given away and this year will feature different awards and competitions on each day of the event, including the Lexus Mega Raffle, with a prize draw of Dh100,000 cash.

As much about fun and entertainment as it is about prizes and purchases, the Dubai Shopping Festival brings a host of events in its wake. International concerts, musicals, sports shows and fashion displays will be held in conjunction with the festival, which aims to appeal to all ages and interests.

It is one of Dubai's longest-running annual events and undoubtedly among the most popular. "Dubai Shopping Festival is renowned as a global event that attracts visitors from across the world making Dubai a meeting point for diverse cultures.



"Apart from being the anchor in Dubai's annual events calendar, DSF is a celebration of the emirate at its best. DSF celebrates its seventeenth edition in 2012 with 32 days of intense shopping, entertainment and the chances to win prizes worth millions of dirhams," said the Dubai Events and Promotions Establishment (DEPE).

The first Dubai Shopping Festival was held in 1996 to help position Dubai as a leading tourist destination. Now, the event, which runs under the slogan, "One World, One Family, One Festival", attracts people of more than



200 nationalities from all over the region and beyond.

This year, the festival will be bigger than ever and is expected to attract as many as three million visitors. A fireworks display will kick off the festivities at an opening ceremony, where street performers and other entertainment will give attendees a taste of the various carnivals planned to accompany the event.

Every year, at least 300 performers take part in different themed carnivals staged around Dubai throughout the festival. Musicians, jugglers, unicyclists and stilt walkers will be among the many entertainers on hand to contribute to the festive

feel of the shop-'til-you-drop month in Dubai. ●

Dh1.4 billion

The total monetary worth of all the prizes that have been won with DSF over the past 16 years.



PLENTY OF ENTERTAINERS WILL PERFORM DURING DSF

Forty years ago, Dubai was unrecognisable. The Dubai Mall, Burj Khalifa, Palm Island and all the other landmarks we associate with the emirate were distant dreams and few could have imagined the modern metropolis it is today.

The pace of development in Dubai has been remarkable and celebrating this will play a key part in the activities planned for UAE National Day on December 2. "Through these celebrations we hope to recognise the achievements of the past and the present and commend the people who have influenced the nation," said HH Sheikh Mohammed bin Rashid Al Maktoum, Prime Minister and Vice-President of the UAE and Ruler of Dubai.

To give residents a real sense of the extent to which Dubai has altered in the past four decades, photo galleries will display pictures

of the emirate in its earlier days. At the Heritage Village in Shindaga, where many of the events marking National Day are set to take place, a photography exhibit will depict the history of the UAE and its people while traditional folk dances and shows take place on the sidelines.

Another photo display at The Dubai Mall will convey the development of sport in the UAE, which now hosts a wide array of international championships and events. "We have gathered together a large selection of images from sporting clubs, newspapers and other sources to show how the sports scene in Dubai has grown over the years," says an organiser for the event.

"Dubai's interest in sport is as old as the emirate itself and residents can walk through this exhibition to get a taste of how sport has developed here over the years.



Arts of the UAE

Among the celebrations for the upcoming **40th UAE National Day** will be a torrent of locally made commemorative arts.

National Day Video Tribute

Dubai-based pop singer Therése Neaimé (seen here with her son Lucas) will release her 40th National Day Tribute Music video titled *Today is a Holiday* featuring entries from UAE residents.

"*Today is a Holiday* is a tribute to this great country we all live in," says Therése.



THE UAE FLAG DRAPED IN THE BURJ AL ARAB ATRIUM TO CELEBRATE NATIONAL DAY



PHOTOGRAPHY EXHIBITIONS WILL BE PLENTIFUL

They can see pictures of Dubai's earliest sports teams, venues and the people that organised them and compare them to the facilities we have now."

It's not just photography that will be called upon to celebrate and convey the UAE's achievements. Dubai's artists, schools, hotels and many other groups are busy preparing a huge number of displays and events to mark the occasion. Heritage Village, in particular, will be a hub of activity with traditional food, dances, henna painting and much more.

Souvenirs will be distributed to the public at the entrance of the

village, which is open to everyone. The main ceremony will take place at Dubai Creek—one of the oldest parts of the modern city, and will end with a spectacular fireworks display.

The emirate's budding literary scene will also play a central role with numerous poetry events scheduled to take place on and around the day. On November 28, Dubai's poets will recite their poems at Heritage Village while the story of the union is to be related by a number of Emirati poets at the Grand Hyatt hotel.

Dubai's hotels have joined the celebrations and turned their

Other National Day events and entertainment

- 40 Drumbeats for the UAE, JBR Walk, Dec 1
- UAE Ballooning Championship, Meydan, Dec 1-3
- Forty Years of Excellence & Achievement film, local TV channels, Dec 2-12
- March of Loyalty for Sheikh Zayed, Jumeirah Road, Dec 2.
- Downtown Dubai Parade, Emaar Boulevard, Dec 6

lobbies into elaborate UAE-themed displays for the best decoration competition. Other competitions include My UAE, where schools are competing to create the best sculpture depicting the UAE Union or skyline. These are on display at Mirdif City Centre from November 1 to December 3.

The official activities have been designed to touch on all aspects of past, present and future life in Dubai. "Together we have the unique opportunity to contribute to the evolving narrative of the UAE and to unite in celebration across this great nation," said Sheikh Mohammed at a ceremony held to ratify the programme. ●



ELIE AFIF OF THE AFIF JAZZ QUARTET

The Fridge Concert Series' final shows

MUSIC

This season of the Fridge Concert Series has already been a rollercoaster of a ride, with plenty of class acts taking to the stage. However, the season is coming to an end, meaning that the cultured fans of the Fridge will have to wait until 2012 for more of what made this year so stunning.

Last week, American percussion artist Christopher Michael performed at the warehouse venue in Al Quoz, wowing viewers with a variety of genres, including traditional jazz, funk, Latin American and flamenco. Michael is a particularly distinguished guest of the Fridge, having been an active musician in New York for 11 years.

Last week also saw a screening of some of the top films from this

year's 48 Hour Film Festival, plus the announcement of the winners from various categories.

This week, the last show in the current Fridge Concert Series will see the Maayavi Dance Drama Academy on November 28.

The group will provide an evening of Indian traditional dance with a contemporary outlook, making it a must for any fans of either dance genre. Tickets are priced at Dh50.

Also this week, good friends of the Fridge, the Afif Jazz Quartet, will be performing at the Novotel just off the Sheikh Zayed Road. With Rony Afif on drums, Nabil Amarshi on bass, Jino Kim on saxophone and Dr Dwight Dickerson on piano, this is an evening for serious jazz fans to hear their favourite music played to the highest standards.

Hugo boss

Martin Scorsese's latest film, **Hugo**, is an instant classic that proves family films can still be good.

NEW RELEASE

Hugo is not only Martin Scorsese's first encounter with 3D technology and his first attempt at breaking into family cinema, it is also his most notable, personal and captivating piece of work in a long time. With the exception of *The Departed*, which finally won him the 2006 Best Director Oscar, his movies of late (namely, *Shutter Island* and *Gangs of New York*) may have been box-office hits, but they were inherently lacking in any unique "Scorsese vision" and could have been directed by many others.

So it comes as a pleasant surprise to see that the acclaimed director finally found material worthy of his talent in Brian Selznick's award-winning illus-

trated children's novel, *The Invention of Hugo Cabret*.

Set in 1930s Paris, the story cleverly intertwines the lives of Hugo Cabret (Asa Butterfield), an orphaned boy who lives in the Gare Montparnasse, and one of cinema's founding fathers, Georges Méliès (Ben Kingsley). We learn through flashback that the 12-year-old's father (Jude Law) died suddenly in a fire, leaving him entrusted in the care of his uncle (Ray Winstone) with a mysterious robotic device he can't open. But when his uncle disappears, never to return, Hugo is left to survive on his own, stealing bread and milk and hiding out in the train station's clock. Always on the run from an overzealous cop, (Sacha Baron Cohen) who is deter-

SACHA BARON COHEN AS
THE OVERZEALOUS COP



mined to round up any stray orphans, and mindfully afraid of adults, Hugo is deeply alone. Well, until he quite literally runs into a bright young girl called Isabelle (Chloë Grace Moretz) while escaping capture. Also an orphan, Isabelle is cared for by her god parents who she affectionately calls "Papa

Georges" and "Mama Jeanne".

The first hour of the film delves very little into Méliès and instead focuses on the life of Hugo and his budding friendship with Isabelle. The two children lean on each other for support, maintaining a mutually beneficial relationship—Isabelle, an



Scorsese Trivia

- *Hugo* is Scorsese's first feature film in seven years not starring Leonardo DiCaprio and his first PG-rated film in 18 years.
- His name is pronounced "Scor-sez-see".
- He took a cameo in his film *Taxi Driver* (1976) only because the actor who was supposed to play the role was sick on the day the scene had to be shot.
- He was voted the fourth greatest director of all time by Entertainment

Weekly, making him the only living person in the top five and the only working film director in the top 10.

- He has collaborated with Robert De Niro in eight films and has said that they can often understand each other without even talking.
- Apart from his work as a filmmaker, he has been a vocal supporter of film preservation for almost three decades. His efforts to create a strong public awareness for the work of film archives include The Film Foundation, a non-profit organisation focused on restoring "endangered" films.

“The film reflects the passions of both Scorsese and screenwriter John Logan.”

avid reader introduces Hugo into the literary world of Robin Hood and David Copperfield, while Hugo takes Isabelle to the cinema to watch the silent comedian Harold Lloyd in *Safety Last*. With its Dickensian sense of adventure and rich literary and cinematic references, the film reflects the passions of both Scorsese and screenwriter John Logan. And the film is a welcome break from the endless supply of monotonous children's films that Hollywood has churned out this last decade.

Papa Georges is, of course, Mé-

liès and the two collide when the cinema-giant-turned-bitter-recluse catches Hugo thieving red-handed. The real-life Méliès was a prolific filmmaker, with some 500 films to his name, shooting as many as three a week. Scorsese clearly identifies with a man who had an equal love for cinema and does Méliès, who lost his fortune and luck, justice.

Scorsese, backed by a big budget and a team of Hollywood heavyweights, including producer Graham King (*Gangs of New York* and *The Aviator*) has managed to create a film that is visually enchanting, polished, lovingly told and wonderously capable of truly pleasing the masses. It is a modern classic that may not quite reach the \$100 million box office record as immediately as Scorsese's other films, but will certainly stand the test of time. ●

SILVER SCREEN

Modern History



Martin Scorsese's first foray into the world of children's cinema was somewhat of a shock to his hardened fans. However, using the latest movie technology, the director has been able to pay homage to the early days of film and its 19th century roots in circuses and magical spectacles.

An early passing moment pays tribute to what many consider the most famous moment in film history, the screening of the Lumière brothers' *Arrival of a Train at La Ciotat*. In *Hugo*, we see the audience of the screening panicking as an on-screen train appears to be about to fly out of the screen and hit them. Scorsese's tribute here is not to the real-life situation that happened all those years ago, but to the cinematic magic which made the audience react in such a way.

There is also considerable influence from Georges Méliès, who features as a character in the film. After his film career ended in 1912, he worked at a toy kiosk before he was rediscovered by a new generation of cinema lovers. In Scorsese's film, they're represented by Hugo and Isabelle, who help Méliès rediscover his stature and sense of purpose in life.

By featuring this within the plot, *Hugo* also manages to provide audiences with a treasure trove of silent movie clips from Méliès' own work. For anyone with an interest in cinema history, Scorsese has provided his very own lesson with *Hugo*.

Asa Butterfield is best

known for his role in the

Holocaust film, *The Boy*

in the *Striped Pyjamas*



Bollywood news



Stub it out, Shahrukh

Shahrukh Khan, who has always been mindful of the health risks associated with smoking, has admitted that despite the support of his family and desperately wanting to overcome the habit, he has failed to succeed. "I hate carrying cigarettes. I think it is the most sickening habit someone can have," said the star who currently smokes six to seven cigarettes per day.

Amitabh Bachchan will not share Baby Pics!

Amitabh Bachchan has bluntly refused to share any photographs of his newborn grandchild, despite hundreds of requests by fans. "Many asking for the picture of the baby...I am afraid that is not going to happen... too personal...you will understand...thank you," said Bachchan over Twitter. People have been very curious to see the baby girl ever since she was delivered on November 16.



Salman Khan approached for *Arya 2*

Salman Khan is the king of remakes and next up is Tollywood. The rights of Telugu film *Arya 2* have reportedly been purchased by UTV Motion Pictures and Khan has been approached for the lead role. Director Sukumar, who directed the original flick, will be directing the Hindi version, too.

BYTES & PIECES

The voice of technology



For a few years, voice recognition software has existed within home computers, mobile phones and cars. However, the iPhone 4S has created a whole new market thanks to its Siri feature. It's not just big business for Apple, however, with the company behind the software, Nuance, reporting that its mobile and consumer business is

up 31.6 per cent from a year ago.

“By this point, your speech is a series of vowels and consonants.”

But how does Siri actually work? When you speak into the handset, the sounds are encoded into a compact digital form, which is relayed to a

cloud server, loaded with models that comprehend language. At the same time, your command is evaluated on the iPhone. The software communicates with the cloud to gauge whether the command is local or if it needs further assistance from the cloud.

By this point, your speech is a series of vowels and consonants which can be run through a language model to estimate which words make up the sentence you spoke.

The possibilities for this technology seem endless at the moment. Nuance are rumoured to be exploring bringing voice recognition into the home, most probably through televisions. So it would seem that Siri could be a part of all our lives within the near future; let's just hope we don't fall out.



THE ELDER SCROLLS: SKYRIM

Living digital lives

Since the early days of gaming, **Role playing games** have stolen hours from players' lives. But have they become too addictive?

According to recent reports, the sensationally popular Massively Multiplayer Online Role Playing Game (that's MMORPG to the gaming gurus), *World of Warcraft*, has been losing subscribers. Game developer Blizzard's CEO last week admitted that the number of active players has dropped from 11.4 million to 10.3 million over the last six months.

The fantasy game is infamous for sucking “real world” time from its players, with concerned spouses and parents taking to the media to complain about the amount of dedication their loved ones give to what they see as “just a game”. Some players spend hours on end completing quests with their online friends, paying little attention to their physical surroundings. So will the news about *World of Warcraft* losing players provide concerned parties with some relief?

Unfortunately, no, it won't; the gamers are simply heading elsewhere. And it seems that our love for role playing games (RPGs) shows no signs of abating. What's more, RPGs do not need to be of the massively multiplayer online variety, in which players can interact with thousands of online strangers, to earn themselves big followings.

Take another fantasy RPG, the most recent release from the *Elder Scrolls* series, *Skyrim*. This was released earlier this month at a star-studded launch party hosting guests such as Christina Aguilera, and has garnered seriously high praise from both critics and consumers. Like every other RPG, character development provides the cornerstone of the gameplay. The player must build up his or her strength, abilities and appearance over the course of the game, mostly by way of completing tasks.

What's more, like its predecessors, *Skyrim* provides relatively non-linear



gameplay, instead giving the players the chance to explore the world and complete side-missions as they like. And there is almost no limit to the number of side missions that can be undertaken. This means that players can spend entire weekends simply wandering around the beautifully designed landscapes, taking in some of the best graphics this generation of consoles has seen and whiling away the time building up their characters.

As Nick Cowen wrote in his review of the game, "The largest cost that *Skyrim* wishes to exact from players is that which is measured in human hours: time. So, with that in mind, may your boss believe you when you phone in claiming you have the plague, may your significant other be tolerant and understanding, and may your friends know you well enough not to make enquiries with the police if they don't hear from you in over a month."

Another game that has been known to eat up cumulative months of human hours is called *Second Life*. This gives players just what it says on the box; a second life.

It's actually less of a game than an

22.8 million

Total hours spent by *Second Life* residents in 2008.

online virtual world populated by users' avatars. It's based on the world we already live in; people walk through it, meeting and interacting with other people, creating and trading property and services with each other. How to classify *Second Life* is frequently debated, as it has no real objectives. Some say that because it's possible to build up business and property empires, it can be classified as a role playing game, though others say that it is more like a social network.

Either way, its popularity is impossible to debate. Earlier this year, it was reported that the online world has around one million active users, though the number of registered us-

ers is higher than this, sitting around the 21 million mark. And in 2008, the world's "residents" spent a total of 22.8 million hours inworld.

And it's numbers like this that show just how much time people are willing to invest in virtual lives. And as the capabilities of these games increase, the more people they will ensnare into their digital worlds. ●



Tech beat



WINDOWS PHONE ON THE UP

Microsoft's mobile app store, the Windows Phone Marketplace, now hosts over 40,000 apps, suggesting that the operating system is becoming more popular with app developers. The apps come from around 10,000 publishers, and 33 per cent of the apps have been added over the past three months. Windows says that 165 apps are being added to the store every day.



RUDE WORDS BACK

Pakistan's telecommunications regulator has reversed a ban on text messages containing rude words such as "quickie", "athlete's foot" and "idiot". Naturally, ruder words than these were also banned, but many criticised the telecoms regulator, due to Pakistan's constitution containing a free speech clause.



JOURNALISTIC TWEET WARNING

Associated Press has issued warnings to a number of its journalists for breaking news stories on Twitter before they are published on the wire, according to reports. The news organisation has been forced to draw up strict rules in response to the rise of the social network, stating that its staff members must post breaking news on the wire before tweeting about it.

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Release the hounds

It looks like houndstooth is back, and it's set to stay for a while.



FERRAGAMO



TOPSHOP



RACHEL EVAN WOOD



FERRAGAMO



CHRISTIAN DIOR



STELLA MCCARTNEY



ASOS

FABRICS

If you are only to invest in one key item this season, go out and bag yourself some quality houndstooth. It is the one trend of the season that truly keeps on giving, continually reinventing itself, it never really goes out of fashion.

Unless you've had your head buried in the fashion-sand this year, it's been pretty hard to miss the incredible influence of the British Heritage culture. As such, it comes as no real surprise that houndstooth, with its roots in the Scottish highlands and country gentile, has awoken from its slumber in time for the autumn/winter season. Houndstooth entered mainstream fashion during the 1960s thanks to designers such as Ann Klein and Geoffrey Beene, who picked up the fabric also synonymous with chefs and transformed it into a must-have. The black and white checks became symbols of status and by the 1990s, all the big names, from Chanel to Moschino, were adopting the style.

While many designers, including Gucci, toyed with houndstooth this season, it was Salvatore Ferragamo who really championed the checks. And there's good news, too; spring/summer 2012 is not without the print, as Stella McCartney and Chanel re-work the look as the climate changes. Perhaps stick with houndstooth accessories so you can easily bring the trend into next season without too much commitment.

Ferragamo's dresses and shoes have become 'it' pieces amongst celebrities. From Kim Kardashian to Rachael Evan Wood, Lady Gaga and even Rihanna, Hollywood has transformed into black and white. And

houndstooth has once again become a symbol of not only wealth or status, but also of being pretty darn cool.



GUCCI

FABRICS

Whatever your mode of transport, be it a skateboard or a Bentley, houndstooth is the kind of print that any man can pull off. Whilst its origins may be with menswear, worn as outerwear by Scottish shepherds and also adopted by chefs, its adoption by mainstream fashion is slightly more unusual and previous resurgences of the trend have primarily been the territory of womenswear. But there's no real rhyme or reason for that, because, like plaid, it can be found

in many different styles and sizes. Though, unlike women, who can pull off incredibly bold, large printed houndstooth, men really are better off sticking to smaller, more traditional finely woven fabrics paired with block black, as seen by Justin Timberlake. That said, Moncler Gamme Bleu took things to the other extreme this season, not only parading models down the runway in head-to-toe houndstooth but also getting them to walk along with actual hounds.

Him

FASHION OPINION

Time to hear the audience



We are all fully aware that we live in one of the most fashionable countries in the world, and the women of Dubai have always been privy to one fashion rule in particular; investing in a little couture every now and then never hurt anyone.

"Investing in a little couture every now and then never hurt anyone."

Whether it's the latest must-have pair of Manolo's, the most desirable Chanel purse, or a one-off creation by Queen of Spades, if it's unique, we want it. Well, someone at Gucci must have heard our call, as the fashion house has recently announced a new limited edition handbag; completely gorgeous, completely desirable, and completely Dubai.

The exclusive 'Marrakech' bag comes in stunning blue night and taupe python colours, with hand-braided handles, signature detail on the tassels and 'G' ornaments which adorn the outside. The bag's lining is just as luxurious, with nappa leather, an array of compartments, plus—just in case it's not unique enough—a metal plaque to state the bag's exclusivity to Dubai. Time to dig out the credit card from the bottom of that last-season handbag, we think.

The 'Marrakech' bag costs Dh17,550 and is exclusively available at Gucci boutiques from December 2011.

Men really are better off sticking to smaller, more traditional finely woven fabrics

MONCLER GAMME BLEU

MONCLER GAMME BLEU

HART SCHAFFNER MARX

A prime place for steak

The *Read.* team gets stuck in to some high quality beef at the hugely impressive **Ruth's Chris Steak House**.

RESTAURANTS

If it's a prime cut of beef you're after, then you'd be hard-pressed to find one finer than is available on the first floor of The Monarch Hotel at One Sheikh Zayed Road.

From the second you sit down and breeze over the menu, you know that no matter what you order, it will come to you drizzled with succulent juices. We were keen to try a steak that a trucker would be proud of eating, and so ordered the 16oz ribeye.

Bare in mind, if you don't fancy your food soaked in butter and oozing with meaty juices, then this steakhouse probably isn't for you. What was laid before us was nothing short of fantastic. Mouthwatering mash potatoes to accompany the meat feast had us brimming with a full stomach long before finishing off the meal.

One of us ordered a mixed grill.



Again, the platter didn't disappoint, with a fine cut of fillet steak, some free-range double stuffed chicken breast and a handful of succulent jumbo shrimp left the writer needing to be rolled from the restaurant with a gullet so packed that another ounce couldn't pass his lips.

Food aside, the restaurant continued to impress. From the high-back chairs to the large private booths and the live saxophonist, all adding to the ambiance of a restaurant which is rightly vying for the title of "Best Steak House in Dubai".

Final subtle touches, like a long-stemmed red rose for each lady dining, just adds to the class of this establishment. If you're out to impress a new client, spending some quality celebratory time with family and friends, or just looking to enjoy a romantic evening with a loved one, Ruth's Chris Steak House should, no doubt, be top of your list.

Explosive Eighteen

by Janet Evanovich

BOOKS

Before Stephanie Plum has even stepped foot off her flight home to Newark, New Jersey, she is in the thick of it. What was supposed to be a dream holiday turned into a nightmare and she is flying back alone after her companion was killed.

His killer could be anyone; the body has yet to be discovered as it lays in a garbage can waiting to be picked up by the refuse removal men. However, a gang of dangerous people are looking to find a photograph that the dead man was carrying, and even the FBI are desperate to get their hands on it. But only one other person has seen the missing photo—Stephanie Plum. Caught up as a target, Plum uses an FBI sketch artist in an attempt to recreate the person in the photo. However, the more she struggles to recall the image, the closer the people who are hot on her



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heels are getting.

Now well-seasoned in this genre, author Evanovich has created an original twist on the classic race-against-time storyline, and this tense and thrilling novel will have your heart pounding and your fingers itching to turn the page.

Here & Now ★★☆☆

Artist **Nickleback** Label **Roadrunner**

ALBUMS

With the release of Canadian rockers Nickelback's new album, singer Chad Kroeger said, "We always try and do the same thing. We try to do something heavier than we've ever done, more melodic than we've ever done, every single time we do this, and I think we've achieved it again."

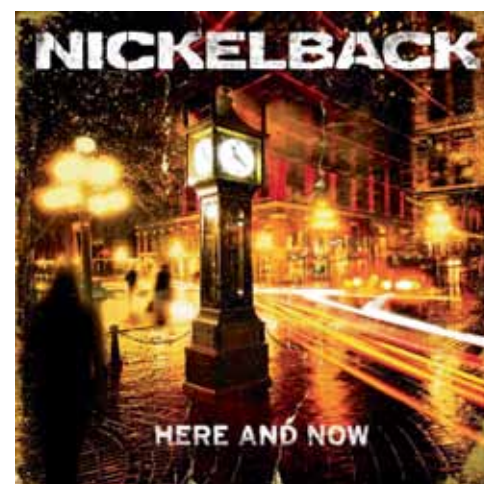
Unfortunately, though, he was only right on one count; doing the same thing. As has been the case throughout Nickelback's seven-album career, the songs are radio-friendly, uncontroversial and mediocre. And like its predecessors, *Here & Now* seems to be aimed at the lowest common denominator, focusing on generating cash rather than critical acclaim.

The formula has certainly worked well for the band. The 2008 album, *Dark Horse*, was certified three-times platinum, and Nickelback probably laughed all the way to the bank. The new CD offers more of the same. It's made up of 11 three-minute pop songs that will no doubt

become radio hits and sell millions more records, despite defying the group's rock and roll pretensions.

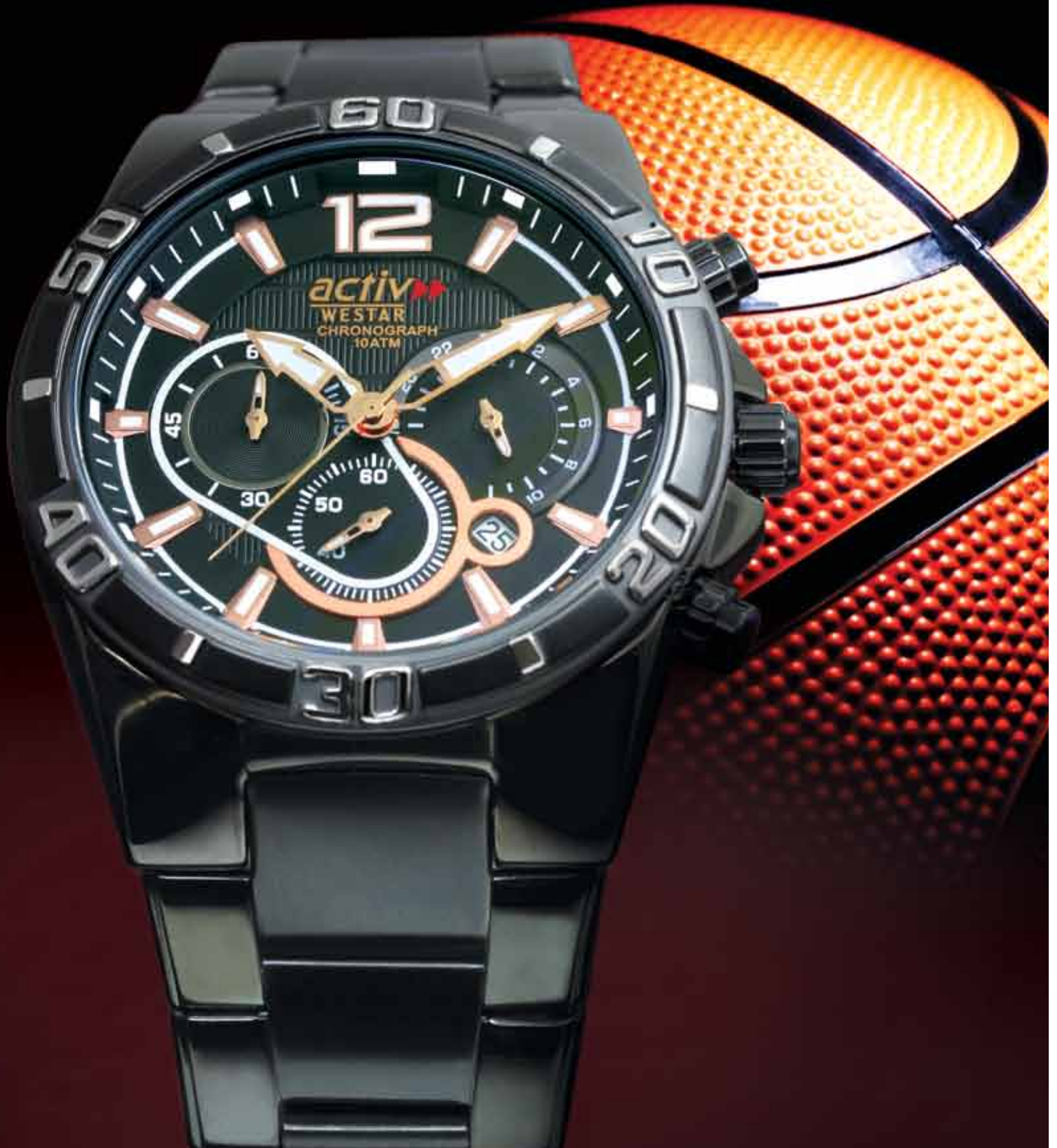
To be fair to Kroeger and his band, they do know how to make a catchy tune. On *Here and Now*, the lyrics come across as extremely personal, and yet can apply to anyone who's listening to them. And the guitar work makes it impossible not to tap your feet to the songs.

But even with this, there's no getting away from the fact that this album seriously lacks in musical merit.



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The **Sydney** *way of life*

Thanks to its laid-back, beach-side lifestyle, it's no wonder that **Sydney** is loved by both its residents and the travellers who visit.

No one seems to spend much time inside in Sydney. The congenial climate, buzzing street cafés and sandy beaches of the Australian city are just part of the reason why people spend most of their time in the open air, soaking up the vibrant atmosphere of this outdoorsy city.

Begin with the harbour, one of Sydney's proudest assets. Frequently referred to as one of the most beautiful natural harbours in the world, this is the first port of call for any new-comer to the city. Gleaming yachts bob gently on the vast swathe of water and groups of people stroll leisurely around the edge, stopping at numerous restaurants and cafés that line the shore.

Of the many ways to see the harbour, perhaps the most thrilling is to sign up for the nighttime bridge climb. A tour guide takes you up over the outer arch of the bridge on catwalks and ladders all the way to the summit, 134 metres above the harbour. The view from here is magnificent, but if the idea of peering perilously down from such a height makes your knees tremble then there are other, less alarming ways to take in the

BEACHGOERS AND SURFERS
ARE A COMMON SIGHT IN SYDNEY

view. Simply walking over the bridge yields a real sense of the size and beauty of the harbour. Take the lift to the top of Pylon Tower and admire the city skyline



SYDNEY OPERA HOUSE

with the famous opera house, Darling Harbour and North Sydney. At the top of Sydney Tower, Australia's highest man-made structure, there's a revolving restaurant, where you can watch the city go by beneath you while enjoying an excellent meal.

During the day, private cruise operators run excursions around the harbour and ferry rides to nearby attractions, including the Taronga Zoo, The Rocks and Bondi Beach. Bondi is another of Sydney's most happening spots. The bustling neighbourhood is home to Sydney's thriving surf scene





Where to eat in Sydney

- **Green Gourmet**—Cheap and cheerful vegetarian restaurant in Newtown.
- **Quay**—Celebrity chef Peter Gilmore serves up tasty delicacies before a stunning view at this fancy dining spot.
- **Bills**—This sunny eatery in Surry Hills is a favourite hangout for locals.
- **Rockpool Bar & Grill**—Aged and grain-fed meat is grilled to perfection on giant, wood-fired braziers in this Hunter Street steak house.
- **Spice I Am**—A dazzling range of tasty Thai dishes are up for grabs at very reasonable prices in this busy, Surry Hills restaurant.

and almost every other person you see is clutching a board.

Along Campell Parade are many of Bondi's most popular bars and clubs, which range from slick and trendy to low-lit and grungy, while open air restaurants do a roaring trade along the waterfront. Bondi Pavilion is the centre for many of the city's major annual festivals, including the Bondi Short Film Festival and the South American Festival. The building itself is a landmark. Constructed in 1928, it is listed by the Heritage Council and according to the National Trust, it "has come to represent the Australian culture of beach bathing and outdoors living."



It only takes one afternoon of strolling around the city to get a taste for this way of life. The Australians have an enviable take-it-easy attitude and it's hard to feel rushed or stressed here.

Nevertheless, there is more than enough to keep you busily entertained in Sydney. While the harbour

and beaches offer the tantalising lure of a day spent enjoying sun, sea and sand, the inner city boasts an equal number of attractions.

For a quintessential Sydney experience, head to the fish markets in Pyrmont and enjoy a hearty seafood platter or buy a bag of green king prawns and take them to the beach

to throw on the 'barbie, Aussie-style. Shop till you drop in Paddington, soak up the vibe in Chinatown, join a tour of the opera house and finally walk through the Botanical Gardens to collapse in Mrs Macquarie's Chair for another panoramic view of this city, which is more than happy to flaunt its many attractions. ●

DARLING HARBOUR



Mean mosaics and meals in Madaba

For a relaxing and cultured holiday that's close to home, **Madaba** in Jordan is a hard destination to beat.

THE REGION

When it comes to Jordan, most people think of Petra, Amman or the southern city of Aqaba as the places to go, but the Hashemite Kingdom has plenty of lesser-known gems to interest tourists. Among these is the laid-back town of Madaba, where canopied balconies and streets lined with beach shops lend a touch of the European seaside town vibe.

Madaba has its own claim to fame thanks to the Byzantine and Umayyad mosaics scattered among the many multi-denominational churches here. The town, which rings with the sounds of Christian church bells and Muslim calls to prayer, has long been

an example of religious tolerance and prides itself on the harmonious co-existence of different faith groups.

It is equally proud of its culinary reputation. Here, you can sample the best of traditional Jordanian food and nowhere does this better than the renowned Haret Jdoudna. Rustic tables are dotted around an enchanting nineteenth-century house, where trees hung with fairylights grow in the courtyard and flowering creepers climb up rugged, stone walls.

Cave-like alcove rooms lead off in all directions,

some housing secluded, private dining areas, while others feature small handicraft stores, selling local crafts and souvenirs. The food is no less

perfect than the idyllic setting, which is designed to represent a traditional Jordanian village.

In the church next door lies the most significant of Madaba's mosaics. The famous Madaba map dates from the sixth century and is a reason in itself to visit this peaceful town.

Madaba is also ideally situated to provide a base for visiting some of Jordan's other main attractions, including the Dead Sea, Mount Nebo and the Baptism Site. A tour of all three can be accomplished in one day from Madaba, where you can return, tired and hungry, for a rewarding and delicious dinner.



MADABA MOSAICS



Real fitness assessments

Metabolic Testing is when we measure your breathing during rest and exercise to determine your metabolism and fitness level. There are two assessments; the first measures your Resting

“Overdoing the effort does not equate to weight loss.”

Metabolic Rate (RMR) while sitting or lying comfortably for 10 to 15 minutes, then the second test is the Exercise Metabolic Test (EMT) which is performed on a treadmill, bike or rowing machine

for 15 to 20 minutes.

During both assessments, you wear a heart rate monitor transmitter belt around your chest and a comfortable breathing mask. Tubes from the mask are connected to an analyser, which is connected to a laptop. After the assessments, we go through the results, set your heart rate training zones and discuss whether you require a training plan and any other coaching or services.

There are many benefits to the assessments. Many people train incorrectly during cardiovascular workouts and often train too hard. Overdoing the effort does not equate to weight loss or fitness.

Your body's metabolic profile can identify the training zones that will give the best results whether you are trying to lose weight, improve performance or simply keep fit. Your heart rate zones will train your body to become more efficient at burning fat as an energy source, they will show you how to build a stronger and wider aerobic base. They will also show you your anaerobic threshold and how to improve performance.

Classical grooves

One fitness class in Dubai offers the benefits of ballet without any of the pain.



We all envy ballerinas' lean muscles, but not everyone has the discipline to become a dancer. Many girls, and a few boys, took a stab at ballet classes in their long-forgotten school days. Back then, most were unfazed by, and even looked forward to, dressing up in a pink tutu as Cinderella. Nowadays, however, the chances of you dressing up in anything resembling a sugarplum fairy are quite slim, failing a fancy dress theme party.

So how can you get the lean muscles and ballerina fitness without donning a mesh skirt and performing a series of pirouettes? The easy answer is Fitness Ballet. Designed to be a fun, total body conditioning class aimed at beginners over the age of 16, the class incorporates basic moves, progressing to more advanced ones, to the sound of contemporary music.

Set up in Canterbury, England by Kirsty

Pellant with the aim of combining her ballet background with her fitness classes, Pellant made ballet accessible to people with none of the technical training.

“I created Fitness Ballet so that everybody could have the chance at attending a class that is ballet-orientated but that has been designed so that the untrained dancer can enjoy and get a great workout from this unique class.”

The main aims and benefits to Fitness Ballet are to increase flexibility and overall strength, improve posture and core stability, lengthen muscles, and maintain fitness for people of all ages. As the class progresses, the routines build steadily, adding basic turns or pirouettes, jumps and ‘arabesque’ kicks while concentrating on the routines, taking the mind off how hard you're working out. The emphasis of the class is on fitness rather than ballet. You

may find that previous ballet experience is helpful, but the beauty of it is that the routines don't

require it. The idea is to get the benefits of classical ballet moves without the rigid structure.

Marcela Pearce, a mother of two, got started on Fitness Ballet more than a year ago. She said, “It has not only basic ballet routines and steps, fantastic muscle toning—legs, arms and stomach—but also the flexibility aspect of it. It is really good aerobic exercise too. It has a little bit of everything.”

If you are looking for a sociable fitness class that seriously works you out without taking itself too seriously, or simply want to take up something more creative, this is the way to go.

Failing that, you may just want to get your groove back while working on your fitness gracefully and beautifully.

Whatever your age or ability, there's a class for you. ●

“As the class progresses, the routines build steadily.”

PAINFUL SHOES ARE NOT REQUIRED



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Reviews in brief

A quick look at the week's biggest films.

Cat in Boots ★★★★★

(2011) Antonio Banderas, Salma Hayek, Zach



Galifianakis

Long before he even met Shrek, the notorious fighter, lover and outlaw Cat in Boots becomes a hero, setting off on adventures with the tough and street-smart Kitty Softpaws

and the mastermind Humpty Dumpty. Although it isn't particularly deep or groundbreaking, it is witty, visually enjoyable and charming.



Machine Gun Preacher ★★★★★

(2011) Gerard Butler, Michelle Monaghan, Michael Shannon

When Sam Childers (Butler) makes the life-changing decision to go to East Africa to help repair homes destroyed by civil war, he is outraged by what he sees. Sam seeks to help an orphanage in the middle of territory controlled by a renegade militia that forces youngsters to become soldiers. There's a complex man at the centre of *Machine Gun Preacher* but the movie is too shapeless and emotionally vacant to bring his story to life.



Desi Boyz (Hindi) ★★★★★

(2011) Akshay Kumar, John Abraham, Deepika Padukone

Jerry Patel (Kumar) and Nick Mathur (Abraham) met while studying at Oxford and are now living the life of luxury in London; Nick's got an investment banking job and a fiancée, Radhika (Padukone), while Jerry happily sponges off his wealthy pal. Well, until the recession hits. The two form alter egos Rocco and Hunter at a club in town "Desi Boyz". Send your reviews to letters@readme.ae

Listings



MOVIE GUIDE

GRAND CINEPLEX - WAFI

The Adventures of Tintin - 10:30, 12:45, 15:00, 17:15, 19:30
Brighton Rock - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cat in Boots (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Dam 999 (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Desi Boyz - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Don't Be Afraid of the Dark - 21:45, 23:45
Immortals - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Rockstar - 11:00, 14:00, 17:00, 20:00, 23:00
Seeking Justice - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:55
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 - 12:00, 14:20, 16:40, 19:00, 21:20, 23:35
The Adventures of Tintin (3D) - 11:30, 13:50, 16:10, 18:30, 20:50, 23:05
Anonymous - 11:00, 13:30, 16:00, 18:30, 21:00, 23:40
Brighton Rock - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cat in Boots (3D) - 10:40, 12:40, 14:40, 16:40, 18:40, 20:40, 22:40, 00:40
Dam 999 - 11:00, 13:30, 16:00,

18:30, 21:00, 23:30
Desi Boyz - 10:30, 13:30, 16:30, 19:30, 22:30
Don't Be Afraid of the Dark - 10:00, 12:00, 14:00, 16:00, 18:00, 22:00, 00:10
Immortals - 10:30, 11:30, 12:45, 13:45, 15:00, 16:00, 17:15, 18:15, 19:30, 20:30, 21:45, 22:45, 23:55
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Paranormal Activity 3 - 22:00, 00:00
Rockstar - 10:00, 13:00, 16:00, 19:00
Rum Diary - 10:00, 12:30, 15:00, 17:20
Seeking Justice - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:55
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, 11:20, 12:20, 13:40, 14:40, 16:00, 17:00, 18:20, 19:20, 20:40, 21:40, 23:00, 00:00

GRAND CINEMAS - FESTIVAL CITY

The Adventures of Tintin (3D) - 11:00, 13:15, 15:30, 17:45
Anonymous - 20:00, 22:20, 00:40
Brighton Rock - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cat in Boots - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Cat in Boots (3D) - 10:00, 10:30, 12:00, 12:30, 14:00, 14:30, 16:00, 16:30, 18:00, 18:30, 20:00, 20:30, 22:00, 22:30, 00:00, 00:30
Desi Boyz - 10:30, 13:30, 16:30, 19:30, 22:30
Don't Be Afraid of the Dark - 19:40, 21:40, 23:40
Immortals - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50
Machine Gun Preacher - 11:30,

14:00, 16:30, 19:00, 21:25, 23:50
Seeking Justice - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:55
Tower Heist - 11:00, 13:10, 15:20, 17:30
Twilight: Breaking Dawn - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

GRAND CINECITY - AL GHURAIR

The Adventures of Tintin (3D) - 10:30, 12:45, 15:00, 17:15
Asafir Al Nile - 22:00, 00:00
Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cat in Boots (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Desi Boyz - 11:00, 13:00, 16:00, 18:30, 21:00, 23:30
Don't Be Afraid of the Dark - 19:40, 21:40, 23:40
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Rockstar - 10:00, 13:00, 16:00, 19:00
Seeking Justice - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:55
Twilight: Breaking Dawn - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

GRAND METROPLEX - METROPOLITAN

Asafir Al Nile - 21:40, 23:50
Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Desi Boyz - 10:30, 13:30, 16:30, 19:30, 22:30
Don't Be Afraid of the Dark - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Immortals - 10:15, 12:30, 14:45, 17:10, 19:25, 21:35, 23:50
Machine Gun Preacher - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Rockstar - 11:00, 14:00, 17:00, 20:00, 23:00

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

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

Tak Tak Boom - 10:50, 13:00, 15:10, 17:20, 19:30

Twilight: Breaking Dawn - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

GRAND MERCATO

Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Cat in Boots (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00

Desi Boyz - 10:30, 13:30, 16:30, 19:30, 22:30

Don't Be Afraid of the Dark - 19:40, 21:40, 23:40

Immortals - 10:30, 12:45, 15:00, 17:15

Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50

Seeking Justice - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:55

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 (3D) - 10:00, 12:15, 14:30, 16:45

Cat in Boots - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

Cat in Boots (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Dam 999 - 10:15, 12:45, 15:15, 17:30, 19:45, 22:00, 00:15

Dam 999 (3D) - 19:00, 21:15, 23:30

Desi Boyz - 10:00, 11:30, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 23:30

Immortals - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15

Johnny English Reborn - 11:15, 13:30, 15:45, 18:00, 00:45

Machine Gun Preacher - 10:30,



ANONYMOUS

13:15, 16:00, 18:45, 21:30, 00:15

Rockstar - 20:15, 23:30

Seeking Justice - 10:30, 12:45,

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Twilight: Breaking Dawn - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

VOX CINEMAS - MOE

The Adventures of Tintin (3D) - 10:00, 12:15, 14:30, 16:45

Anonymous - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30

Cat in Boots - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

Cat in Boots (3D) - 09:45, 10:45, 11:45, 12:45, 13:45, 14:45, 15:45,

16:45, 17:45, 18:45, 19:45, 20:45, 21:45, 22:45, 23:45

Desi Boyz - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45

Immortals (3D) - 19:00, 21:30, 00:00

Johnny English Reborn - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00,

23:15

Machine Gun Preacher - 10:15,

13:00, 15:45, 18:30, 21:15, 00:00

Seeking Justice - 10:45, 13:00,

15:15, 17:30, 19:45, 22:00, 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, 16:15, 18:00, 18:45, 21:15, 23:00, 23:45

Where Do We Go Now - 15:45, 20:45

VOX CINEMAS - MIRDIF CITY CENTRE

The Adventures of Tintin (3D) - 10:00, 12:15, 14:30, 16:45

Anonymous - 13:25, 16:05, 18:45, 21:25, 00:05

Cat in Boots - 10:15, 12:30, 14:45, 17:00, 19:15

Cat in Boots (3D) - 10:00, 11:00, 12:00, 13:00, 14:00, 14:30, 15:00,

16:00, 16:30, 17:00, 18:00, 18:30, 19:00, 20:00, 20:30, 21:00, 22:00,

22:30, 23:00, 00:00, 00:30

Desi Boyz - 10:00, 12:45, 15:30,

18:15, 21:00, 23:45

Immortals (3D) - 19:00, 21:30, 00:00

Machine Gun Preacher - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15

Sea Shadow - 10:00, 14:30, 16:45, 19:00, 23:30

Seeking Justice - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

Twilight: Breaking Dawn - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Where Do We Go Now - 12:15, 16:45, 21:15

REEL CINEMAS - DUBAI MALL

The Adventures of Tintin - 12:00, 15:05, 17:25, 19:45, 22:05, 00:25

The Adventures of Tintin (3D) - 11:00, 16:00, 21:00

Brighton Rock - 17:00, 19:30, 22:00,

00:30

Cat in Boots - 11:30, 12:40, 13:50, 15:00, 16:10, 17:20, 18:30, 19:40,

20:50, 22:00, 23:10, 00:20

Cat in Boots (3D) - 11:50, 14:10, 15:30, 16:30, 17:30, 18:50, 19:30,

21:10, 21:30, 23:30

Contagion - 14:20, 16:40, 19:00, 21:20, 23:40

Desi Boyz - 14:30, 17:00, 19:30, 22:00, 00:25

Don't Be Afraid of the Dark - 13:20, 15:30, 17:40, 19:50, 22:00, 00:10

Immortals - 11:30, 14:00, 16:30, 19:00, 21:30, 00:05

Immortals (3D) - 13:30, 18:30, 23:30

Machine Gun Preacher - 11:20, 14:00, 16:40, 19:20, 22:00, 00:40

Seeking Justice - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30

Tower Heist - 12:30, 14:50, 17:20, 19:40, 22:00, 00:20

Twilight: Breaking Dawn - 12:20, 13:50, 14:40, 16:30, 17:00, 19:10,

19:20, 21:40, 21:50, 00:10, 00:30

REEL CINEMAS - MARINA MALL

The Adventures of Tintin - 12:00, 16:40, 21:20

The Adventures of Tintin (3D) - 14:20, 19:00, 23:40

Anonymous - 13:25, 16:05, 18:45, 21:25, 00:05

Cat in Boots - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:50

Cat in Boots (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:30

Dolphin Tale - 11:25, 15:45, 20:05, 22:15

In Time - 11:05, 13:35, 17:55, 00:25

Tower Heist - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

Your chance to share your views on the latest cinema releases

Adelle Hanson
Student nurse, Jumeirah

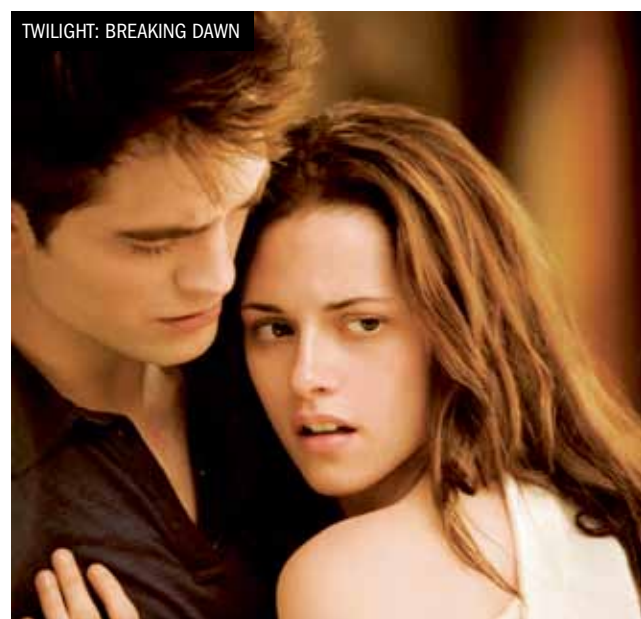


I am not really very good with scary movies, that's why I have only just plucked up courage to go and see *Paranormal Activity 3* at the cinema. I saw the first one a few years ago and it absolutely terrified me, so I wasn't exactly sure why I ended up back at the cinema to put myself through it again! I went with my two friends and we were all on the edge of our seats. There were some really jumpy moments and some of the ways in which they show that the ghost is there are really frightening. There is one scene which involves the young girl's hair, I won't reveal any more but that made me jump about two metres in the air! There were some funny bits which gave you a chance to calm down between scary moments. If you like to be turned into a quivering wreck by your films I would definitely recommend it!

8/10

Want to be in Read.?

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



TWILIGHT: BREAKING DAWN

Over the last 100 years of car production, certain countries have become known for producing one certain type of car. Britain, for example, is credited with creating the sports car genre, whilst the Italians are known for the birth of the supercar. Across the Atlantic in the good old US, the Americans most certainly gave rise to the muscle car, shoehorning a large capacity V8 motor into a beefed up chassis, to create a car that went extremely fast in a straight line.

But then in the 80s and 90s, the Americans completely forgot how to build muscle cars, and the US auto industry wandered off down a very forgettable path. But all is not lost. In the last decade, the American muscle car has made a huge comeback, as the American auto manufacturers finally started to make interesting cars again.

Dodge was one of the first to push out a retro muscle machine with the Charger, a four-door V8 saloon with a lot of grunt and the looks to match. Now they've made quite a few changes and released the second generation of this popular muscle wagon.

The main changes to the new car are at the front, with a new nose on the car that's even more aggressive than the old model. There are more points

and edges and with squared off wing tops, this car really looks pumped up, especially from the driver's seat.

Inside, it's a bit dark for our liking, with a black dash, seats and headlining, but that works in this market. The Dodge comes fully loaded with gadgets to keep even the most techno-savvy buyer happy. Almost everything is controlled from the main screen or the steering wheel, leaving only the climate controls and a few

SPECS (as tested)

Engine: 5.7-litre HEMI V8
Power: 370hp@5,250 rpm
Torque: 540Nm@4,200 rpm
0-100km/h: 5.2 seconds
Top speed: 232 km/h
Price: Dh145,000

Bulging biceps

★★★★★

The new **Dodge Charger** proves that the Americans can still make an extremely good muscle car.



THE SRT8 VERSION PACKS EVEN MORE PUNCH



other extras in the centre console. Our favourite gadget? It has got to be the chilled cup holders. Very clever indeed.

In the back, there's not a huge amount of legroom and, again, the headroom is minimal, but it'll still swallow four adults with ease. The boot, however, is huge, making this a very practical car for anyone needing to lug stuff around between drag races. Under the bulging hood, you get the ever-popular 5.7-litre HEMI V8. This engine seems to have been around forever, but still seems to cut it against the opposition. Coupled to a five-speed auto gearbox, the car

is quick, but not ballistic. For serious acceleration, buyers will need to move up to the steroid-pumped SRT8 version. However, don't for one moment think that this isn't a quick car. Using the shifter in its oddly sideways manual mode gets the RT to show what it can do, given the space. Power delivery is slow, so you need to plan ahead with this car and keep the revs above 4,000. Less than that and it takes time to build back up.

But the biggest revelation is that the Dodge finally has a great suspension set up. It's very neutral, easy to throw around and not tail happy, which is a major move forward compared to the muscle cars of the last five years.

The latest muscle car to come out of the land of plenty is one of the best yet. We don't like the old-fashioned rear grill and the interior is a bit dark, but the car handles and has the power to match. As a saloon it does a great job and yet still maintains that cool vibe that buyers in this segment crave. America, it seems, still knows how to build a muscle car. ●

THE INTERIOR IS A TAD DARK



Car briefs

Good turnout at car meet



EVENTS Over 100 people turned up with over 50 cars to MotoringME.com's first car meet last week at The Pavilion in Downtown Dubai, providing enthusiasts the chance to get up close and personal with some of Dubai's most interesting cars. The vehicles on show ranged from the brand new Lexus GS through modified monsters to classics such as the Ferrari Testarossa.

Juke-R ready for testing

CONCEPTS Nissan's crazy crossover concept, the Juke-R, which houses the GT-R's 3.8-litre, 480bhp engine under the bonnet, is gearing up for testing later this month. Ahead of the testing, Nissan has released a video featuring the noise that the Juke-R makes, along with a number of images. Nissan has said that even before testing, the Juke-R is the world's fastest crossover.



Rent green cars in Dubai

GREEN CARS Keen to show the UAE that cars can be both practical and environmentally friendly, a new company, Green Car Rental, has been showing off its range of electric and hybrid cars that are available for rent. The electric supercar, the Tesla Roadster (pictured), is available for Dh3,700 per day, while the all-electric Nissan Leaf is available for Dh440 per day. A range of hybrid cars are also available for as little as Dh280 per day.



KTM's new Duke

MOTORCYCLES Premium motorcycle manufacturer KTM is looking to target a whole new market, having just released the new 125 Duke, which retails at Dh16,500. The low price makes the brand much more accessible, though the bike does not lack in performance. According to Tim Trenker, managing partner of KTM-UAE, "This bike is super zippy around town."





The double at Ferrari World

With its first anniversary coinciding with the UAE's 40th, **Ferrari World** gears up for a double celebration.

FESTIVAL TIME

Following a successful Formula 1 event for the third year running, Abu Dhabi's Yas Marina Circuit again provides a stunning backdrop for the historic celebration of the UAE's 40th birthday. This time, however, it is Ferrari World Abu Dhabi that takes centre stage as the park joins the party with an anniversary of its own.

Preparations are well under way at Ferrari World for the theme park's first anniversary, which will coincide with the nation-wide celebrations marking the 40th anniversary of the UAE, where, from December 1 to 3, the park will host a double celebration with an exciting three-day spectacle combining UAE-themed family entertainment, spectacular parades, interactive shows and festive giveaways, all in addition to the enduring thrill of the park's 20 Ferrari-inspired rides and attractions.

Andy Keating, park manager of Ferrari World Abu Dhabi, said, "Having our first anniversary coincide

"Ferrari World is also offering UAE residents a special Dh40 discount on the ticket price."

with such an important milestone for the UAE is, in a way, symbolic of the role that the park itself plays in the capital's long-term vision. We're very proud to be part of that."

As part of the three-day festival of fun, Ferrari World will bring a host of additional exciting activities for families, including UAE-inspired shows, as well as a heritage village showcasing authentic Emirati arts

and crafts. Daily parades in celebration of the two anniversaries will also weave their way through the park, culminating in a grand parade before closing time each evening.

Visitors to the park during the weekend can look forward to being entertained by a special line up

of daily performances of Ferrari World's La Gara show, which charts a Formula 1 race from start to finish in a 30-minute extravaganza, complete with gymnasts, dancers, stunt skippers, skaters and acrobats, in addition to the fun-filled shows at La Piazza.

The world's first Ferrari-branded theme park won't forget the younger guests, either. An interactive kids' zone offering fun and creative ways to keep the small ones entertained with puppets and craft projects will add to Ferrari World's spectacular rides and multi-sensory attractions, which have been designed to appeal

to the entire family. As if any more incentive was needed to spend an afternoon at the theme park over the National Day weekend, Ferrari World is also offering UAE residents a special Dh40 discount on the ticket price for 40 days at ticket counters up until December 24.

The park will also maintain its new opening hours of 11am to 8pm during the anniversary celebrations. So pack the children into the car, take the short trip to the capital and ring in the double celebration amidst the excitement of Ferrari World's wealth of entertainment and activities. ●



FORMULA ROSSA

THE CELEBRATIONS WILL MAKE FOR A GREAT FAMILY DAY OUT



Post-it

JOBS AVAILABLE

Barista (Female/Male) is urgently required. Should have 1-2 yrs work experience in a coffeehouse. Must be fluent in English. Email joboffer1306@yahoo.com.

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/hairdresser 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

Male, MCA with CCNA/ MCITP certified seeks job in IT. 2 yrs experience. Call 0558716292/email varunrajpushparaj@gmail.com.

Indian male, BCom seeks job. 10+ yrs experience in Accounts with SAP, ERP pkgs. Familiar with A/C pkgs. Call 0553607995.

Sri Lankan male graphic designer seeks job. 6 yrs Gulf experience in printing and advertisements in Qatar. On visit visa. Call 0556255824/email saleethmohamed@gmail.com.

Indian male accountant seeks job. 8 yrs work in UAE. Call 0559174901.

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

Male, diploma, seeks job. 3+ yrs experience in MNC as a junior engineer and customer service associate. On visit visa. Call 0509639976.

Indian, male MCA seeks job. 5+ yrs of exp in IT Software/Training. A knowledgeable/honest Keralite. Call 0558789311/email:vivekkumarat.uae@gmail.com.

Pakistani bus driver seeks job. 3 yrs experience. Knowledgeable about all UAE roads. Call 0554574349.

Indian male, 28, seeks job in supervision. 4 yrs experience. Call 0552456373/email tones07@rediffmail.com.

Pakistani MBA, seeks job. 12+ yrs experience in accounts/inventory. Call 0567686304/email manzaryasin@hotmail.com.

Male 35, BE Civil and MBA (finance), seeks job. 11+ yrs experience in multinational organizations. Knowledgeable in admin, management, and with IT skills. Call 0554781491/hamadullah@live.com.

Indian female, 22, bachelor's degree in journalism and mass comm., seeks job. 2+ yrs experience in journalism. On husband's visa. Email cuppycutie19@gmail.com.

Male accountant seeks job. 13 yrs experience. Knowledgeable in accounts software. Willing to learn. Call 0505370922/suhailyusuf.dxb@gmail.com.

Male, 26, junior architect seeks job. 3 yrs experience in 3D visualization/customer proposals. Email sami_san333@hotmail.com/call 0553028713.

Candidate, MBA, seeks job. 4 yrs of experience in an MNC. With excellent communication and interpersonal skills. Email fathimanirobin@gmail.com.

Female, MCom, MBA (Finance) seeks job as account assistant. 4 yrs experience in India. Knowledgeable in Tally, Peach Tree, MS Office. Call 0556372751/email shejina78@gmail.com.

AUTO

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

BMW 750Li, 2006 model, silver, top of the range, 125,000km. Driven by doctor. In excellent condition. Call 0555016555.

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.

SERVICES

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

Male therapist offers male massage services, part-time. For more information, call 0504379140.

Tutoring lessons available in English for all ages. Learn English in your own home. Email siabeedin@gmail.com. **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 050758053.

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

LG - Linear Compressor side by side refrigerator available for sale. Never used, brand new in original packing. Comes with warranty. At a very good price. Call 0503838196/043349528.

Office table & four visiting chairs available for sale. In very good condition. At reasonable price. Call 0557471844.

Mini Mac (Early 2009 edition) /iPhone 4G available for sale. All at 2000AED. Both items in excellent condition.

Email: wakeupadz@live.com /Call 0567341888.

Sony Play Station available for sale. Modified. Black in colour. Comes with 22 games, 8GB memory. Can access WI-FI. Email ping_aguirre2008@yahoo.com.

MacBook laptop for sale. Intel core duo. Used for less than one month. In excellent condition. For 3000AED. Call 0557353593.

Dell computer available for sale. Model no. Optiplex 755. Intel core 2duo 2.33ghz. Rarely used computer. For 1000AED. LCD, USB included. Call 0558325364.

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.

ACCOMMODATION

Bed space accommodation available for rent. Keralite executive bachelors preferred. Naif road area near Naif park. Internet included. Call 0507142976/0503974187.

Sharing accommodation available for rent. With attached bath. For couple/2 ladies only. Near Bur-Dubai bus station. Call 0502262556.

Bedroom available for rent. Keralite couple only. Sharing kitchen/bathroom. Near Abu Baker Al Siddique metro station (Hor Al Anz Plaza). Call 0506763603.

Looking for furnished two-bedroom flat in Qusais area. Starting December 25th for one month only. Call 0508376363.

Room, partition/bed space available for rent. 2,200AED, 800AED/ 1,000AED respectively. Near Century Mall and Al Mulla Plaza. Near Green Line metro/bus station. Call 0507956579/0504754499.

Room available for rent. Filipinos couple only. In Al Muteena, Deira. Rent for AED1850 (Free DEWA & Internet). Call 0502177591.

Room available for rent. Executive Indians only. Near Rigga metro station. Clean /neat room. Free internet. Accessible kitchen/washing machine. (Monthly 2000/-). Call 0552854854.

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 Crown 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.

Single bed space available for rent. In Bur Dubai for 425AED (including DEWA). Wi-Fi /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 time. Please 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 in Dubai. The studio is called Kiducation and we are located at Studio Fitness. Email Kiducationdubai@gmail.com

Nikon professional camera wanted urgently. Should be suitable for advertising use. The DSLR camera and lens must not be older than 2 years and must be in very good condition. Email cymfzmmam@yahoo.com

To place your ad
please email advertising@readme.ae

Best service in the GCC

AWARDS

The RTA has won the GCC Best Customer Service Award in the field of eServices of licensing drivers and vehicles and payment of all sorts of offences, during an event held at the sidelines of the second GCC eGovernment Conference and Exhibition, recently convened in Kuwait. The RTA clinched this award after seeing off tough competition from scores of project bids made by GCC ministries and government agencies. The projects tendered were assessed by an international panel comprising five judges.

The award was accepted on behalf of the RTA by Ahmed Hashim Bah-rozyan, CEO of the Licensing Agency, in a ceremony held under the auspices of HH Sheikh Nasser Mohammad Al-Sabah, Prime Minister of Kuwait, who was represented by HE Eng. Salem Mutheeb Al Uthaina, Minister of Electricity and Water, and Acting Minister



of Information and Transport, and Chairman of the Central IT Agency.

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, was delighted with this latest feat added to the impressive achievements record of the RTA, packed with vital projects and strategic initiatives

capable of enhancing the image of the UAE and Dubai, in particular, at the regional and global levels.

Elaborating on the achievement, Al Tayer said, "The RTA has mapped out an integrated strategy to switch customer services to the electronic mode and offer them online in keep-

ing with the vision and trend of the eGovernment. Such a strategy was based on the speedy processing and customer centricity. To this end, the RTA has been in full coordination with the eGovernment towards defining RTA eServices and using the metrics of Dubai eGovernment.

"The public are enabled to process their transactions relating to renewal of vehicles' registration and driving licences, as well as payment of fines through four channels, namely the RTA website (www.rta.ae), RTA Customer Service Centers across Dubai, RTA-approved insurance companies and eyesight testing centers, and, recently, through phone calls to the RTA Call Centre (8009090)."

The GCC eGovernment Award was established by the General Secretariat of the GCC countries with a view to nurturing competitiveness between GCC ministries and government agencies.

RTA shares expertise with Presidential Affairs Ministry

COLLABORATIONS

A delegation from the Ministry of Presidential Affairs praised the corporate model of the RTA, it being the first of its kind at the Dubai Government level. It also reviewed the effective strategies, high professional standards, credibility and objectivity adopted by the RTA Internal Audit Department in achieving the best results to match the volume of projects undertaken by various RTA agencies and sectors.

To this effect, the Director of RTA Internal Audit, Abdullah Al Jawi, and a number of department employees received a visiting delegation from the Ministry of Presidential Affairs, headed by Hamdan Zakaria Awadah, Director of Internal Audit, and a number of Internal Audit department employees at the ministry.

"The modern techniques of internal audit are more transparent and accurate, such as the use of modern and advanced techniques. The consultative role played by internal audit in making constructive comments and positive ideas that help agencies and departments identify the potentials of improvement, challenges as well as risks, with a view



to upgrading the work mechanism, performance and service level," said Al Jawi.

The Director of the RTA's Internal Audit department expressed RTA's readiness to lend all forms of possible support and cooperation to the Internal Audit Department at the Ministry of Presidential Affairs to upgrade the office routines with a view to bringing them to par with the best practices, adopting strategic initiatives including the use of modern technologies and programmes applicable worldwide.

Parking systems revamped

PARKING

The Parking Department at the Traffic and Roads Agency of the RTA has embarked on a new set of actions to diminish observations and complaints made by the public as regards to parking offences. Such procedures resulted in reducing parking observations and complaints by as much as 45 per cent in 2010 compared to 2009. Meanwhile, the reduction trend continued this year as statistics reveal that, up to the end of last August, observations and complaints reported dropped by almost 43 per cent.

Commenting on this, the Director of Parking at the Traffic and Roads Agency, Adel Al Marzooqi, said, "The Traffic and Roads Agency is tirelessly seeking to adopt the best ways and means of improving the performance level and the business processes, and figuring out integrated parking solutions and services matching to the Dubai development plans. The ultimate

"Such action will make it easy for the public to use the parking systems."

objective of such efforts is to hit the RTA strategic goal of raising the public satisfaction rating, and optimising the use of parking spaces as well.

"The drop in public complaints about parking offences in Dubai is a strong evidence in hand that the new procedures applied by the department have hit the intended target. "Coordination is in hand with various

RTA departments for staging year-round educative campaigns depicting the optimal use of these systems in order to avoid improper usage. Such action will make it easy for the public to use the parking systems and curtail observations and complaints about the use of parking," concluded Al Marzooqi.



ADEL AL MARZOOQI

RTA advice on wet roads

ADVICE

The RTA has called on motorists and road users to exercise care and caution while driving under poor visibility due to foggy conditions.

Engineer Maitha bint Udai, CEO of the Traffic and Roads Agency, said that driving in fog required every precaution, as excessive speed during such conditions could result in surprising situations that the driver cannot avoid.

"The rainy and foggy conditions do not help the driver exercise control over the vehicle, particularly as the brake tends to lose some of its basic function in curbing the speed and bringing the vehicle to a stop. Wet roads cause vehicles to slip when the brake is applied abruptly. With the onset of winter, the Traffic and Roads Agency is keen on holding an educative campaign to caution drivers and road users



MAITHA BINT UDAI

against deteriorating horizontal visibility due to fog through focusing on educating drivers on the risks of changing weather conditions whether during rain or intense fog.

Udai said, "It is very crucial for motorists to slow down, leave sufficient

space between vehicles and always remain vigilant, lest a vehicle might stop on the road all of a sudden. The loss of road concentration might lead to a collision with a parked vehicle and a simple accident might turn into a serial accident.

"The Traffic and Roads Agency has prepared an educative campaign covering a series of tips and guidelines about safe driving techniques during the vagaries of weather and how the driver can avoid weather-related crashes. Moreover, these guidelines aim to protect drivers as well as road users, prompt them to adopt safety procedures such as the gradual slowing down, driving at a speed suitable to the prevailing conditions, and ensuring that the full lighting system of the vehicle is functioning properly.

"During these weather conditions, drivers have to use low-beam lights, adhere to ideal driving principles

"These guidelines aim to protect drivers as well as road users."

by avoiding overtaking or lane changing attempts, adhering to the ground conditions, including the right hand side road line rather than the lane divider, doubling the distance between successive vehicles to allow for a safe stopping distance bigger than in normal cases, keeping the vehicle's windows and mirrors clean, and using wipers to raise the visibility level," elaborated Udai.

Other advice includes: don't park your vehicle on the road lest triggering a serial accident with vehicles behind. Don't attempt to accelerate to avoid a slow-moving vehicle, or drive off a vehicle behind or near you.

RTA meets Metro partners

DUBAI METRO

The Customers Council of the RTA recently held its 26th gathering with the strategic partners of the Rail Agency to discuss the commercial affairs of the Dubai Metro with regards to the positioning of advertisements as well as the naming rights of the Metro stations and retail outlets. Such interaction will enhance the cooperation between stakeholders, raise customer satisfaction, and deliver quality services at world-class standards.

The gathering, which was chaired

by RTA Board Member and CEO and Chairperson of the RTA Customer Council, Mohammed Obaid Al Mulla, was attended by the Director of Rail Planning and Development Abdul Rida Abu Al Hassan, Director of Customer Service Ahmed Mahboob and a plethora of rail executives, strategic partners and external customers.

At the outset, Al Mulla praised the efforts made by all parties capable of contributing to the optimal improvement of RTA services, bringing them on par with world-class standards of the industry. This is particularly

relevant as the Dubai Metro, which has been accomplished by RTA on time, is a towering public transport achievement not only at the local level, but also across the globe. He stressed the importance of maintaining this continuous interaction with the Rail Agency clients as it helps strengthen the relationships and identify suggestions capable of improving the business process to deliver the best customer service experience.

For his part, Al Hassan said that the vision and mission statement of the Rail Agency stems from RTA's vision of safe and smooth transport for all. "We are continuously endeavouring to upgrade the means of public transport in the Emirate of Dubai, figure out various solutions to bring about improvements, and deliver services to the satisfaction of all concerned parties," he said.

As to the retail outlets inside stations, Al Hassan said, "Negotiations are underway with different entities regarding the opening of retail outlets for selling foodstuffs, confectionary, gifts, flowers, exchange shops, banks and other shops. Recently, 116 retail outlets were offered for rent on the Red Line, and 79 outlets on the Green Line."

Dubai Taxi Corporation honours distinguished cabbies at ceremony



DUBAI TAXIS

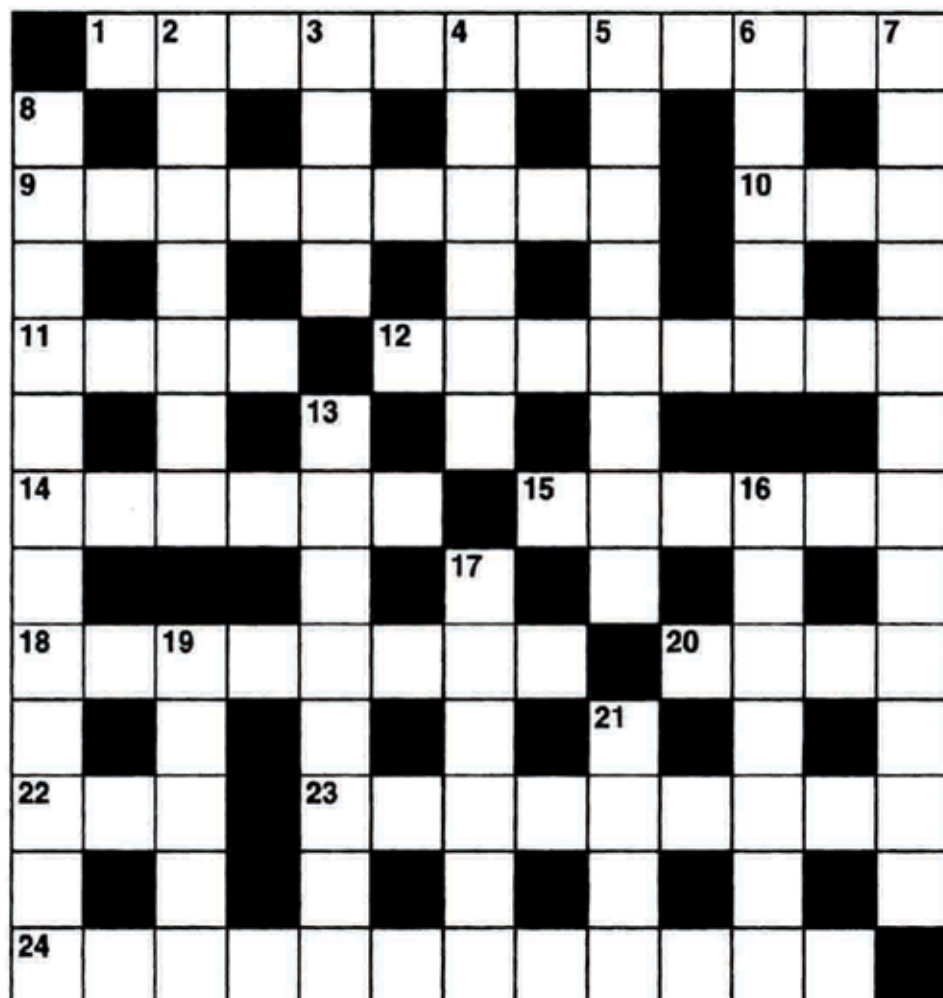
The Dubai Taxi Corporation (DTC) at the RTA recently honoured 155 distinguished cabdrivers under the Cabdrivers Performance Management System for the second quarter of this year, in recognition of their distinguished performance and dedication to providing superior customer service.

A special ceremony was held last week at Etisalat Academy and was attended by Abdul Aziz Malik, Advisor of Dubai Taxi Corporation; Ali Mattar Mohammed, Director of Resources and Support; Mohammad Yousef, Acting Director of Fleet Operations, and Salim Abdul Rahim, Acting Director of Fleet Drivers Affairs, along with a number of Section Managers and other senior DTC staff.



Taking your time

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



Crossword

Across

1 In ___, bankrupt (12) 9 I have nothing to say on the matter (2,7) 10 *Born in the* ___, Springsteen hit (inits) (3) 11 Ditch surrounding a castle (4) 12 Dissolute (8) 14 Perceiving (6) 15 Immobile (6) 18 Item of formal attire (8) 20 Irridescent precious stone (4) 22 Inferior horse (3) 23 Rescued (6,3) 24 Bovine domesticated animal of tropical Asia (5,7)

Down

2 Delight magically (7) 3 ___ Thompson, *Love Actually* actress (4) 4 Swerved (6) 5 Withdraws (8) 6 Residence (5) 7 Feasibility (12) 8 Imminently (3,6,3) 13 Cafe for a light meal (5,3) 16 Upper layer of earth (7) 17 Lightweight surfboard (6) 19 Mass of unwrought metal (5) 21 ___ Goldblum, *The Fly* star (4)

ANSWERS



Recipe

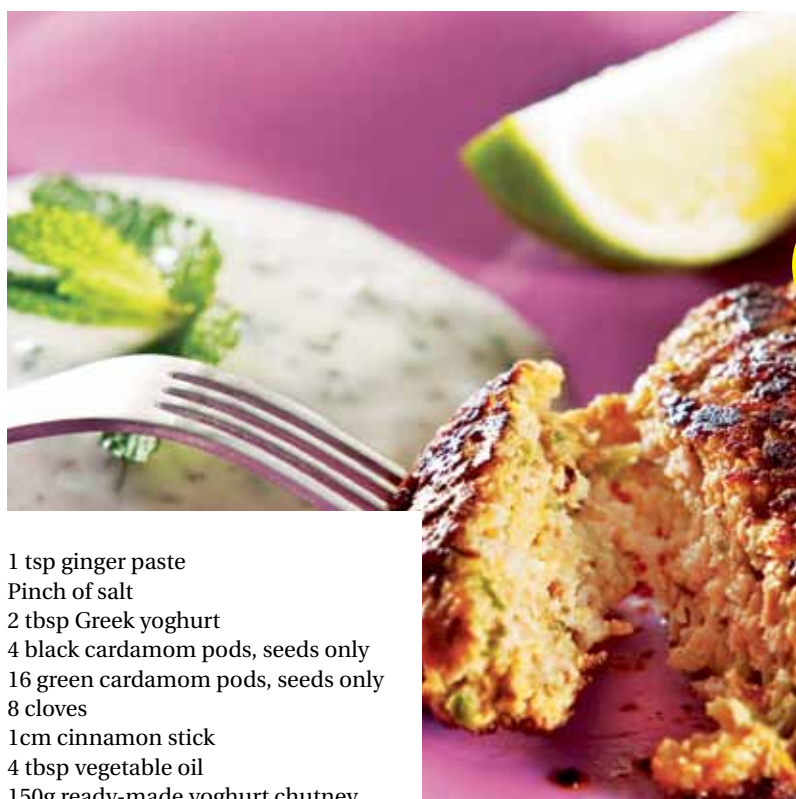
Kashmiri lamb kebabs

These kebabs make a perfect snack on their own, or as a main meal with rice and naan.

Ingredients

500g lamb mince, minced extra fine
1 free-range egg
1 thick slice white bread, crusts removed, blended into breadcrumbs in food processor
½ tsp ground turmeric
½ tsp red chilli powder
1 tsp ground cumin

1 tsp ginger paste
Pinch of salt
2 tbsp Greek yoghurt
4 black cardamom pods, seeds only
16 green cardamom pods, seeds only
8 cloves
1cm cinnamon stick
4 tbsp vegetable oil
150g ready-made yoghurt chutney



Method

Place all of the ingredients, except for the oil, into a mixing bowl and mix together with your hands until well combined.

Makes
20

Divide the mixture into small portions and, again using your hands, roll each portion into a ball.

Flatten each ball into a patty about 1cm thick.

Heat two tablespoons of the oil in a frying pan over a medium heat. Add half of the kebab patties and fry for three to four minutes on each side, or until golden-brown and cooked though to the middle. Remove the kebab patties from the oil using a slotted spoon and set aside to drain on kitchen paper.

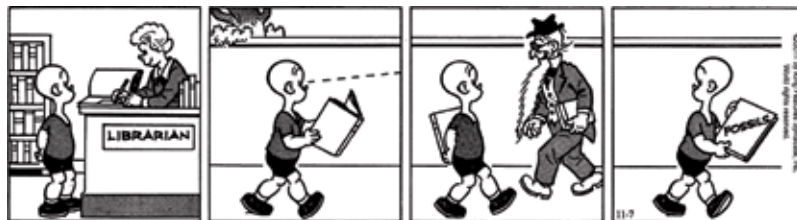
Repeat the process with the remaining kebab patties and the remainder of the oil, then serve the kebabs with vegetables/fruits of your choice and yoghurt chutney for dipping.

Dennis the menace

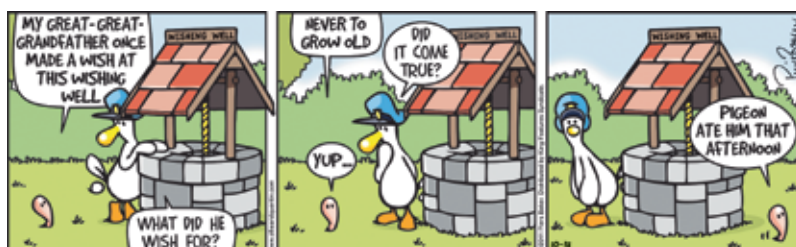


"WE'RE GONNA CHANGE COSTUMES AND GO AROUND AGAIN."

Henry



Ollie and Quentin



Spiderman



Here to help

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

Q I wear contact lenses, which feel dry and really hurt my eyes by the time I get to end of the day. I work in an office and spend all day on the computer, but I don't want to go back to wearing glasses, because they're annoying to carry around.

Read: Contact lenses can dry out quickly in an air-conditioned office. And staring at a computer screen all day doesn't help, either. Try some specialist eye drops for contact lens wearers, which refresh the eyes and re-moisten the lens. There are various brands available from chemists, with prices starting at around Dh35 per bottle.

Q I am really looking forward to going back to the Philippines for Christmas with my family. However, I don't have much money for gifts this year, which upsets me. Can you

suggest any good presents that I can give that won't break the bank?

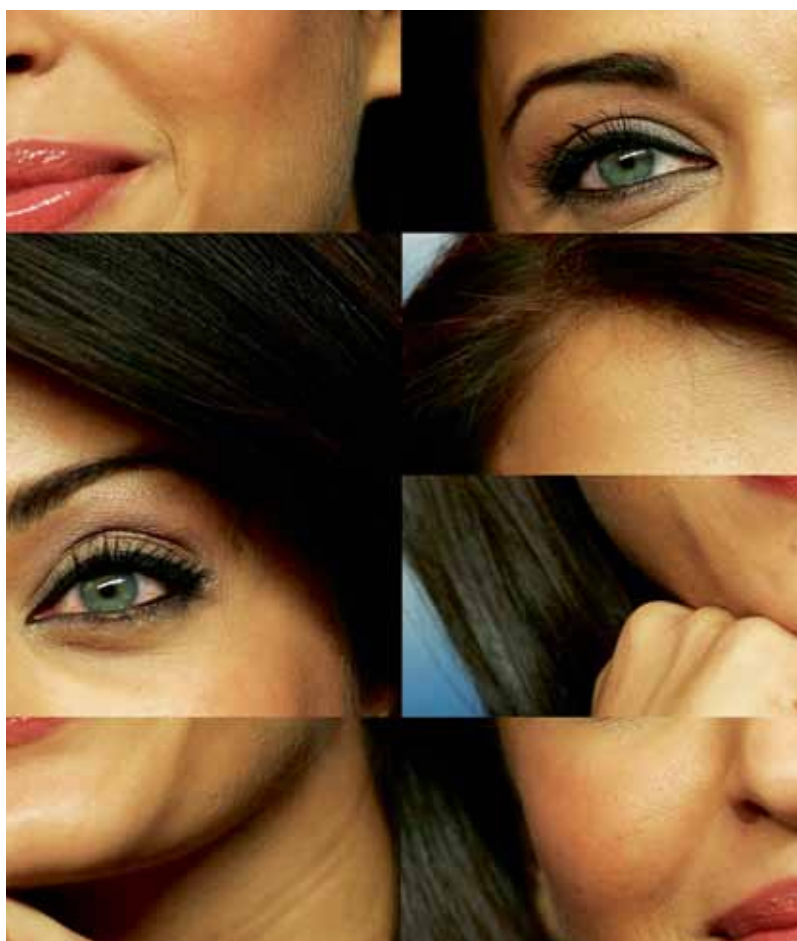
Read: Spending time with family is the most important thing about holidays such as Christmas, and your family will probably just be glad to have you home at this special time. Try making some meaningful gifts instead of buying presents; handmade photo frames with a special picture in them are always a thoughtful gift for loved ones.

Q I am on the phone all day for my job in a call centre, and by the time my shift finishes my throat is always sore. What can I do?

Read: Try not to speak too loudly. In a call centre it can be hard to hear yourself above the noise, but be aware that the person on the phone can hear you if you speak at a normal level. Make sure you keep hydrated throughout the day with plenty of water, and try a spoonful of Manuka honey each evening to soothe a sore throat.

Who's this?

ANSWER ON PAGE 38



Puzzles

Codeword

Match the numbers in the grid (1-26) to the correct letters (A-Z) in order to complete the codeword.

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

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

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

Sudoku 1

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

Sudoku 2

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

ANSWERS

CODEWORD



SUDOKU 1

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

SUDOKU 2

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

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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)

Life really is a blank canvas, and you are starting to understand that where you are now is not necessarily where you will stay. The urge to spread your wings is growing stronger and the sense of empowerment you can gain from breaking free is massive.



TAURUS

(APR 21 - MAY 21)

Venus, the planet of good taste, rules your star sign so it is natural that you always seem to appreciate the finer things in life. However, you must keep your spending in check; time can be just as valuable as expensive gifts for your loved ones.



GEMINI

(MAY 22 - JUN 21)

You have a real talent for understanding what other people want and responding well to it, so use this to your advantage when it comes to business. You may also be feeling the need to settle down, whether this is with a person or in an area you have always liked.



CANCER

(JUN 22 - JUL 23)

Who has control can often be an issue for you, but now you are starting to realise that you can gain a lot from supporting someone, rather than trying to take over. Your knowledge and experience could be vital and he or she will be grateful for your advice.



LEO

(JUL 24 - AUG 23)

Don't feel as though you have to save someone. You can often be too generous, but this time perhaps it is better for you to stand back. An upcoming party or celebration will provide you with an opportunity to finally let your hair down, and it's about time!



VIRGO

(AUG 24 - SEP 23)

You have always thought that home is where your heart is, but perhaps you simply need to be comfortable in your surroundings to feel as though you belong. You may be tempted to do something out of character, which could give you the boost you need.



LIBRA

(SEP 24 - OCT 23)

This time of year can often be quite costly, so perhaps it might be necessary to start planning your budget a bit more firmly and making sure you stick to it. This will avoid the pressure and strain of last-minute expenses spiralling out of control.



SCORPIO

(OCT 24 - NOV 22)

Someone close to you may start to drain your energy with his or her constant demands or moaning. This could mean extra stress for you by worrying for them. Be a sounding board by all means, but don't take on too much yourself.



SAGITTARIUS

(NOV 23 - DEC 21)

There is an exciting opportunity to improve your fortunes on the horizon, so put someone else's doubts and attitude to one side and focus on your own goals. You don't need other people bringing you down right now, so don't let them.



CAPRICORN

(DEC 22 - JAN 20)

Your thoughts could start to turn towards those who may be less fortunate than yourself, and you may feel the need to do something practical to help. An old friend who works in the charity sector will be more than pleased to hear from you.



AQUARIUS

(JAN 21 - FEB 19)

You may be feeling under the weather and as though going out and having a good time is the last thing you want to do right now. A little relaxation time to yourself won't go amiss, so don't feel bad about turning down that invitation.



PISCES

(FEB 20 - MAR 20)

You may start to find yourself becoming more confident and assertive, especially where work is concerned. There is part of you that prefers to simply avoid obstacles and shy away from making yourself heard, but speaking up could earn you greater respect.



This week's local weather

SUN

27th

SLIGHTLY CLOUDY
HIGH 25C
LOW 20C
HUMIDITY 46%

MON

28th

SLIGHTLY CLOUDY
HIGH 23C
LOW 21C
HUMIDITY 42%

TUE

29th

MOSTLY SUNNY
HIGH 24C
LOW 21C
HUMIDITY 44%

WED

30th

SUNNY
HIGH 25C
LOW 20C
HUMIDITY 42%

THU

1st

SUNNY
HIGH 26C
LOW 21C
HUMIDITY 42%

FRI

2nd

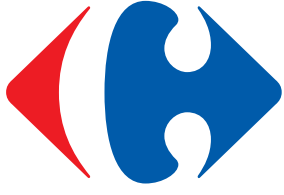
SUNNY
HIGH 26C
LOW 22C
HUMIDITY 41%

SAT

3rd

SUNNY
HIGH 25C
LOW 23C
HUMIDITY 39%

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