

# Read.



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



## TONGUE TWISTER

In the first line of defence against disease, the tongue can reveal all sorts of clues as to the state of our inner health

## FASHION CAPPED

Certain fashion trends may come and go in the blink of an eye, but this autumn/winter you can most definitely leave your hat on

**FROM RUSSIA  
WITH LOVE**



## REIGN OF THE BOY RACER

The Indian wonder kid of FG1000 single-seater racing, Zaamin Jaffer, leaves other drivers in a spin as he continues to dominate the track



# Lights, camera, action!

# The eighth Dubai International Film Festival hits town

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

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

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# Letters

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

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

✉ Dear *Read.*, I recently read and really enjoyed your behind the scenes look at the Formula 1. I've always had an interest in motorsport but thought in order to get involved I would need to be a really good driver, or a very skilled mechanic. Now it appears that it's not all that complicated. How did your team member become involved, and how can I get my name on the roster for next year's F1, or another motorsport event?

Alan Binley

ED: The easiest way to keep up to date with all opportunities in motorsport is by becoming an official with the ATCUAE. It's a ticket money can't buy for those who are passionate about motorsport. You can volunteer by visiting [atcuae.ae](http://atcuae.ae) and registering your details.

✉ Dear Editor, Having put off getting my UAE driving licence for months, I finally decided to get one and am now ready to get a car. I've scoured websites and have found some great deals on motors, with some seeming too good to be true. How reliable are the cars from local sites and how do I go about making sure it will be roadworthy?

Osman Hadzic

ED: All cars must undergo regular inspection by official test centres. This inspection is to ensure the car is legal and roadworthy. Car registrations must also be renewed



annually. There is also a dedicated used car complex at Al Awir. It holds very popular weekly auctions in addition to normal business activity, and there is a testing and registration centre, as well as insurance companies on site.

**And here's what you've been saying about the newly re-sized *Read.* magazine.**

✉ Dear team, the re-sized edition looks smart and very convenient to carry—previously I used to read it from the station and I usually dropped it on the next station where I de-trained. This is going to be the 1st edition which I'm taking back home with me! There will be plenty of people like me—so all the best for your future ventures.

Jayesh Menon

✉ Hi everyone, I am Anvar, from India, residing and working in Dubai. I am a frequent user of Dubai Metro. Not only that, I am a frequent reader of *Read.* magazine too.

Today, I saw the new size of *Read.* magazine. I wondered about its size. It is compact, so nice and easy to carry with me. It is really good. Thanks to *Read.*

Anvar Sadath

✉ Hello, I would like to open heartedly appreciate the new size of *Read.* Now it is not only convenient but moreover easy to read since papers do not flop while turning the pages.

This is a great idea, and new changes which will make our ride and read on the Metro more comfortable are always welcome.

Atoofa Abdullah

## My Metro life

**Suman Shafi**

Student at Middlesex University, Deira



The Dubai Metro was a mode of transport that I did not consider using when it first began in 2009. I travelled with my family most of the time, but was never able to gain the confidence of going it alone. Over the years, however, I had many instances to travel alone, whether to reach my workplace or university, so I ultimately started building up a sense of travelling by myself on the Metro. It has grown to be an easy method of transportation and unlike the bus, it does not take up



lots of time. I reach university in a maximum of 45 minutes, which, if I take the bus, takes almost one and a half hours easily.

The Metro has now become my main mode of transportation. The

only issue is that it gets slightly crowded during the morning rush hour, so that is the only time when I give a second thought as to whether or not to use the Metro.

But on the whole, I love travelling by Metro and at the same time, over the last two years, I have gained a lot of satisfaction and relaxation time by using it. It is convenient and anyone who travels on it should make the most of it.

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

## QR codes



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



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



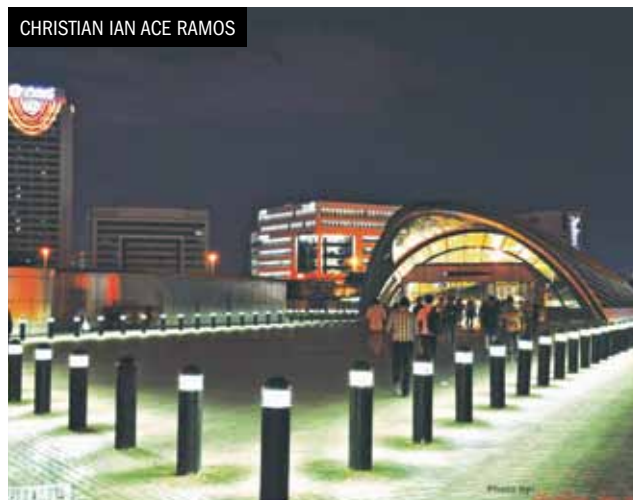
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responsibly.**

# 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 wherever you are in Dubai. If you catch sight of something special while you're out in town, snap it and email it to us at [pics@readme.ae](mailto:pics@readme.ae). We will publish a selection of the best each week. A selection is also posted at regular intervals on our Facebook page at [facebook.com/readmeae](https://facebook.com/readmeae)



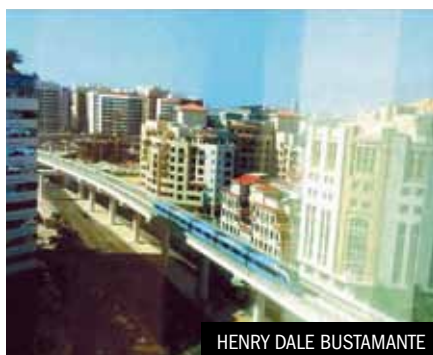
ESLAM SOLIMAN



CHRISTIAN IAN ACE RAMOS



SANDIP SHAH



HENRY DALE BUSTAMANTE



RONALD MARGALLO



SHAMEER



ALLAN BINUYA



SHAMJU SAFANI



SHIHAB THANGAL



JEPP JUSTIN

# Station by station guide

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

Live close to city conveniences  
Affordable living at a central location

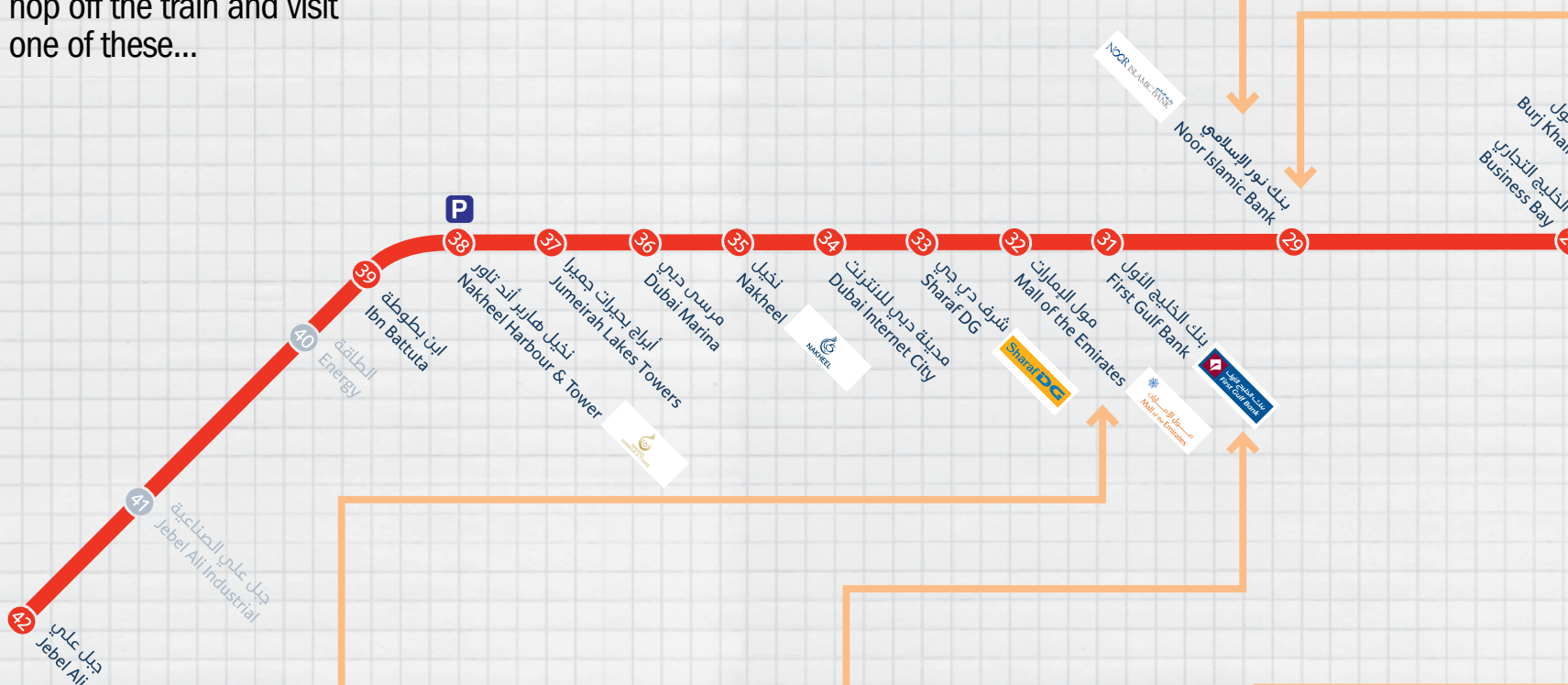
2 B/R apartments starting from  
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*Al Khail Gate*

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## Ang Lee celebration



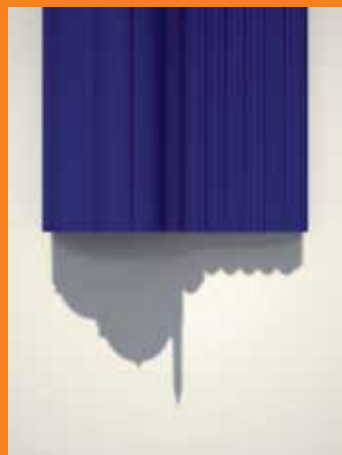
**DECEMBER 3-5**  
**CENTREPOINT THEATRE, DUCTAC**

Over three days, Ductac will be presenting a selection of the finest works of Taiwanese-American director Ang Lee, recognised across the globe as one of today's greatest contemporary filmmakers. Four selected films will be shown at the Centrepoint Theatre, including Lee's multi award-winning masterpiece *Crouching Tiger, Hidden Dragon*, and all screenings are completely free to attend. Films are showing Saturday at 7pm, Sunday at 8.30pm and Monday at 8pm. See [www.ductac.org](http://www.ductac.org) for more information.

## Pareragon

**UNTIL JANUARY 12, 2012**  
**THE THIRD LINE, AL QUOZ**

Iranian-Canadian artist Babak Golkar's first solo exhibition in the UAE consists of a series of sculptures and objects that, when viewed from a specific angle, make up the outline of well-known architectural landmarks, such as the Taj Mahal. Call 04 341 1367 for more information.



## Mother, Baby and Child Show

**THURSDAY DEC 8 - SATURDAY DEC 10**  
**ZABEEL HALL, DUBAI WORLD TRADE CENTRE**



The Mother, Baby and Child Show 2011 will once again play host to a very special visitor. The ever-popular and lovable prehistoric character, Barney the Dinosaur, will be performing live at the MBC event which takes place between December 8 and 10. Tickets are Dh25 for adults and Dh10 for kids. See [www.motherbabyandchild.com](http://www.motherbabyandchild.com) for more information.



## Celebration of the Absent

UNTIL JANUARY 5, 2012  
GREEN ART GALLERY,  
JUMEIRAH

This latest exhibition from Syrian artist Ziad Dalloul, *Celebration of the Absent*, is the painter's first solo exhibition in the UAE and features domestic objects, such as furniture, placed in sparse landscapes. Open from 10am to 7pm. Call 04 346 9305 for more information.



## Education Counselling

DECEMBER 9, 6-9PM  
Counselling Point  
Education and Social  
Services will host its  
'Head Start for Higher

Education' interactive seminar at Holiday Inn, Bur Dubai, for all high school students (Grades 9 to 13) and their parents (free of charge). Space is limited so parents are urged to register in advance by calling Ms. Rema on 04 397 8846 or 050 564 2709. The seminar will touch on financial planning necessary for higher education, etc.



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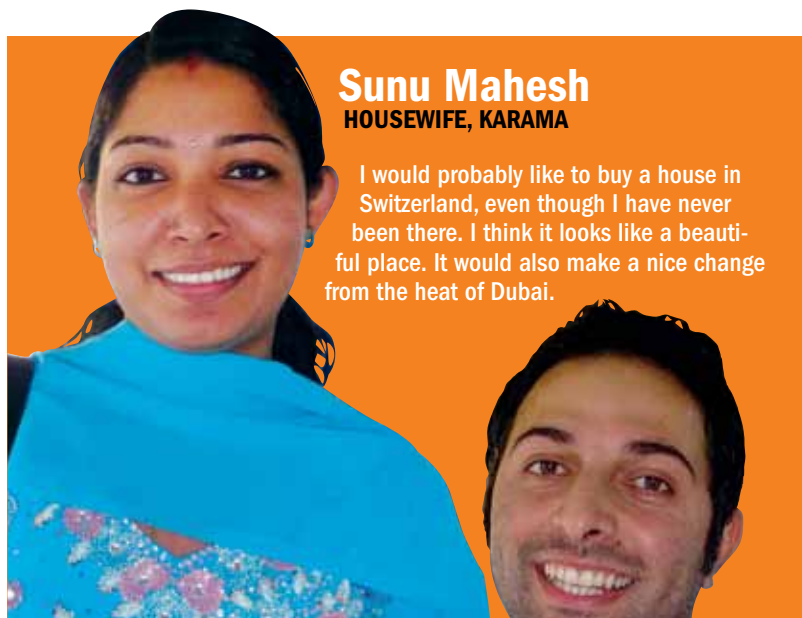
## Free yoga classes

DECEMBER 4-15, 2011  
(EXCEPT FRIDAY AND SATURDAY)  
DHCC, AL RAZI BUILDING, NO. 64, BLOCK E, GROUND FLOOR

These daily yoga classes are being provided for free by the Atlas Spinal Centre, and they provide the perfect opportunity for you to boost your health and general well-being before the festive period well and truly kicks in. Classes run from 7.30am to 8.30am and are available for all to attend.

# The Burning Question

**Q** Recent trends show a large number of people from the Gulf region are currently investing in property in Paris, France. If you could buy a house anywhere in the world, where would you choose?



**Sunu Mahesh**  
HOUSEWIFE, KARAMA

I would probably like to buy a house in Switzerland, even though I have never been there. I think it looks like a beautiful place. It would also make a nice change from the heat of Dubai.

## Ali Javid

CIVIL ENGINEER, JLT

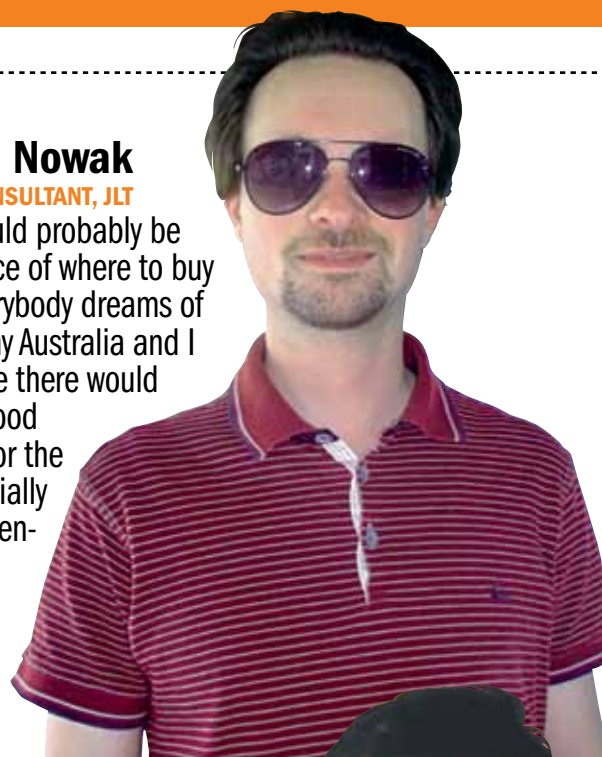
If I could invest in a property, I would definitely buy a home in Dubai. I think that everything is really nice here; there are lots of interesting things nearby and the lifestyle is really good.



## Thorsten Nowak

SOFTWARE CONSULTANT, JLT

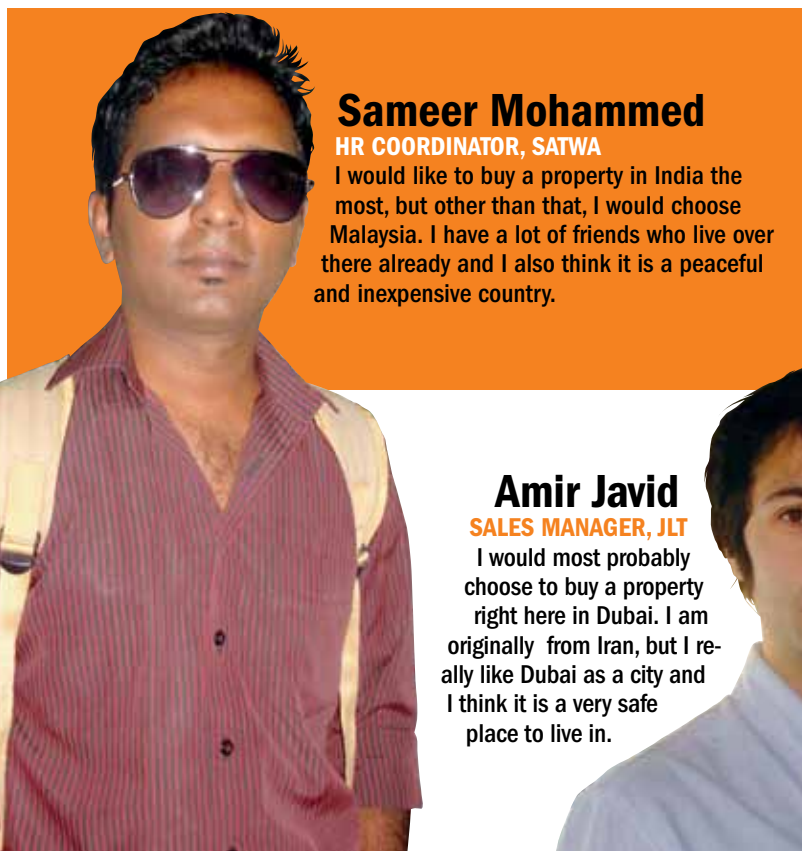
Australia would probably be my first choice of where to buy a house. Everybody dreams of living in sunny Australia and I think a house there would be a really good investment for the future, especially for when I eventually retire.



## Irfan Shaikh

MORTGAGE ADVISOR, HORLANZ

I would most probably choose to buy a property in India, or more specifically in Bombay. I think that it is a booming city and the population is growing, plus it is where I am originally from.



## Sameer Mohammed

HR COORDINATOR, SATWA

I would like to buy a property in India the most, but other than that, I would choose Malaysia. I have a lot of friends who live over there already and I also think it is a peaceful and inexpensive country.

## Amir Javid

SALES MANAGER, JLT

I would most probably choose to buy a property right here in Dubai. I am originally from Iran, but I really like Dubai as a city and I think it is a very safe place to live in.



## Liuba Lyskova

LEGAL CONSULTANT,  
DUBAI MARINA

I would choose to buy a house somewhere in Europe, maybe in Switzerland or Austria. It seems like people have a nice lifestyle over there and it's very safe, plus I also like the nature in that part of the world.



# 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

The Dubai Rugby Sevens concluded yesterday after what was another hugely successful tournament, showcasing the best Dubai has to offer. We take a look back over the three-day event and profile the top teams from the competition. Have Fiji managed to stay top of the World Series standings, or did New Zealand manage to overtake them? Find out today.



### MONDAY

There are not many people left out there who haven't gotten a smartphone and loaded it up with apps by now. We bring you the top downloaded apps on iPhone and Android.



### TUESDAY

Sumatran orangutans, Cuban crocodiles and white-headed langurs are all considered some of the world's most critically endangered species. Find out more about the rarest of the rare today.



### WEDNESDAY

DIFF kicks off tonight with the world premiere of Tom Cruise's *Mission: Impossible - Ghost Protocol*. Readme.ae looks back at the success of Dubai's International Film Festival to date.



### THURSDAY

When we were younger, we were lulled to sleep by fairytales. Now the classic books are making the leap from animation to real actors. See what's in store for the future of fairytales.



### 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 is your favourite thing about the UAE?

Everything in UAE is worth appreciating.. the country has always welcomed everyone who comes here as strangers and become a part of this country.. I LOVE UAE  
—Navya Rajeev

I love UAE, its my 2nd home, i'm having a peaceful life, safe & clean environment & a different kinds of adventures to enjoy.

—Vicky Francisco

The best thing that i liked

about UAE is the safety and security... my work usually ends at midnight and i just walk from deira to al riqqa without worrying about my safety... most drivers are also



UAE NATIONAL PRIDE IS SWELLING THIS MONTH

well mannered because they give priority to pedestrians...

—Gypsy Saldivia

### What has been the greatest achievement by Dubai since you have lived here?

The metro station and whole RTA family! It made possible a lot of tours and convenience to all the expats and residents of this country, most notably it boosted the tourism status!

—Danz de Asis

Dubai is such a young city and has still been successful in creating a mark for itself on the global map. It has become one of the most sought-after tourist destinations in the world, offers world-class facilities and a cosmopolitan environment to its residents.

—Fatima Suhail



### If you could live anywhere in the world, where would it be?

Dubai my first and last choice.... for its law,awsome leadership and cleanliness.....

—Ershad Hussain

Well its a tough choice, however considering any other country apart India (hometown) I think U.A.E. has better potential and its the L&O that makes it a better place.

—Romil Vaya



# HeadStart

A new competition for university students offers the chance to turn their dreams into a reality.

**D**ubai is famous for many things, but one of its most celebrated features is the thriving business sector that exists here. Many global companies have chosen to base themselves in Dubai and the economy is one of the most prolific in the world.

As with all industries, however, it is up to the future generation to continue the hard work of their predecessors and see that business in the UAE continues to grow, holding the country's place as a global forerunner. It is with this in mind that The Big Start was launched by Al Tamimi Investments (ATI), which has made a competition that gives UAE-based university students an opportunity to win the chance to become the CEO of their own business, with the winner also receiving full funding and operational support for their original business idea.

As is the key to any successful business, however, the competition also needs to grow and develop, so this year, the competition has been expanded beyond the usual entry crite-

ria to include not only undergraduate students, as before, but submissions from final year postgraduate students that are under 30 years of age.

Rachael Wunsch, general manager of ATI, said, "We've decided to extend The Big Start this season to include postgraduate students, in part, to satisfy demand for participation among this group, but also to elevate the competitiveness between students.

"Our group workshop approach means students learn as much from our mentoring as they do from each other. Introducing a more senior student body into the competition stands to enhance the overall learning experience and quality of the final business propos-



YAHYA STAPIC, INAUGURAL WINNER

als." So, what about those university students reading this and wondering about how to get involved? They will be pleased to know that registrations for the competition have just opened, and will remain open until January 8, 2012. Eligible students with a great idea for a UAE-based business are encouraged to submit their application online, after which ATI will select up to 25 student entries to progress to the second round of the competition.

In the second round, students will be mentored by experts to develop their ideas into business plans through a series of workshops and one-on-one sessions. The best and most feasible business plans are then selected to proceed to the final round of judging in June, 2012, where the

students will present their ideas to a panel of business analysts. The student with the most viable concept and potential for investment is chosen as the winner.

The winner of The Big Start 2011, Stefanie Ost, who was picked to develop her professional modeling school and agency, says, "I still can't quite believe that I am about to launch my business concept and I am so grateful to Al Tamimi Investments for influencing my life so profoundly. Even had I not won, the knowledge I gained from the process would have ensured I pursued this same career path."

Ost's excitement about launching her own business with the help of The Big Start is not unjustified when looking at the success story of Yahya



A BIG START WORKSHOP



STEPHANIE OST, 2011 WINNER

## Get off to a flying start

The Big Start is open to final year postgraduate and undergraduate students from any UAE university, aged 30 years or younger. All academic disciplines are encouraged to submit their ideas at [www.thebigstart.ae](http://www.thebigstart.ae) by January 8, 2012 to be in with a chance to win their dream company upon graduation.

Stapic, the competition's inaugural winner, who has gone on to open his own fashion incubator concept store in Mirdif City Centre.

The opportunity to turn a big idea into a fully operational business is one that many people dream of, so if you fit the entry criteria, The Big Start could be exactly the boost you need. In a year or so, it could be you opening your store. As Stapic says, "You have got absolutely nothing to lose by participating in The Big Start, and quite possibly, everything to gain." ●

# A shining star for kids in need

## CHARITY

The festive season is just around the corner, and with it comes the opportunity to remember those in need. This December, those who want to spread a little good will can place a star on the tree at Crowne Plaza Dubai and with it make a donation to children at Dubai Autism Centre.

The funds will contribute to the development and growth of the centre, which provides a crucial source of support to children who suffer from autism and their families. Its mission is to successfully integrate autistic children into the community and create better social awareness about the condition.

In addition to providing educational facilities for children with autism, the centre also houses an occupational therapy and creative unit, a

community service unit, a psychology unit, and a speech communication unit. There is also the family support club, which helps siblings and parents to understand and cope with the condition.

Autism affects around one in 146 births and is characterised by a number of symptoms, including impaired social interaction, problems with verbal and non-verbal communication and unusual, repetitive or severely limited activities and interests. Children with autism are likely to have difficulty in mixing with their peers and often struggle to lead normal lives.

In order to forge healthy relationships and live happily in the outside world, they need the support offered by institutions like the Dubai Autism Centre. Here, the professional staff take a holistic approach towards



teaching autistic children how to deal with the condition and cope with the challenges of everyday life.

The non-profit centre, which was opened as a school in 2003, relies on grants, donations and fundraising to operate its program. In addition to helping support a vital cause, all those who place a star on the tree at the Crowne Plaza will receive an instant prize, from free pizza and cakes to discounts across the hotel.

They will also be entered in the grand draw on December 31, when a mega prize will be up for grabs. The winner will receive free meals at Crowne Plaza Dubai for the entire year, offering them the choice between twelve different food outlets, including Italian, Arabic, Japanese and other cuisines.

To make a donation, visit the hotel lobby throughout December and place a star on the tree or visit any of the hotel's restaurants or bars.

# The wrong assumption

You first expect **Double Decker** to amount to little more than an English pub, but its food proves otherwise.

## RESTAURANTS

**There are** some restaurants that have certain assumptions attached to them. For example, when visiting any restaurant in the Armani hotel, you'd expect fine dining of the highest class. When you head to a burger joint, you expect a slice of old-school Americana. And when we visited Double Decker for a Friday brunch, we expected little more than a spot of pub grub.

But this assumption was way off the mark. Sure, Double Decker might be well known as a watering hole for expatriates looking to have a good time, but it's still a Rotana restaurant, and the quality of the food reflects that.

On offer were the standard ingredients to a full English breakfast, plus everything you'd need to make a continental breakfast, if that's more your cup of tea. But this is just the tip of a



THE INSIDE SEATING AREA

culinary ice berg. On one table sat a number of huge, roasted meats, with all the correct accompaniments such as roast potatoes, Yorkshire puddings and vegetables. And for those looking for something less Anglican, there was a particularly tasty pasta, as well as curries and Thai dishes.

As is the case at most Friday brunches, the dessert table was hugely impressive, though instead of the obligatory chocolate fountain, Double Decker had opted for a strawberry fountain. We weren't sure about this one, but the Black Forest gâteau and cheese cakes were more than enough to distract.

But the most impressive thing about Double Decker is the price. You get Rotana-quality food at standard pub-grub prices. All in, you pay Dh169, and that makes it a great venue for meeting up with a large group of friends to share good times and good food.

## The Drop

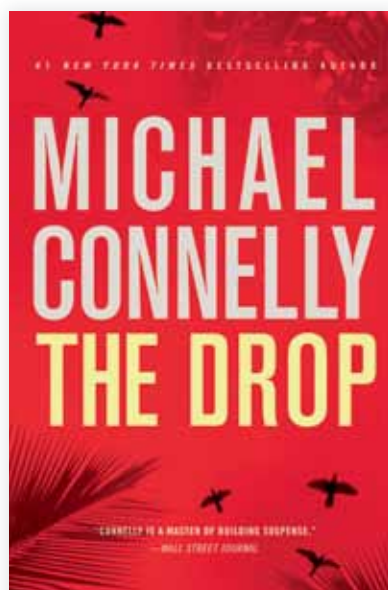
by Michael Connelly

## BOOKS

**Fans of ageing** detective Harry Bosch will be pleased to see his return in this latest novel from author Michael Connelly. With just three years left before his retirement from the LAPD, Bosch is eager to get his hands on one last big case; one that, if solved, will really send him out of the police force on a high. And he finds two.

DNA from a murder case 20 years ago matches the DNA of a 29-year-old recently convicted attacker, but the sums just don't add up. Is Bosch looking at an nine-year-old killer, or has something gone dramatically wrong in the crime lab? If a mistake has been made in this department, it could compromise every single case using DNA evidence.

But before he can go any further,



Bosch is called to a death scene. In his pursuit to find answers for both cases, Bosch makes two shocking discoveries; a killer operating in the city for at least 20 years, and a dark political conspiracy that haunts the police department.

## Talk That Talk ★★★★★

**Artist** Rihanna **Label** Def Jam

## ALBUMS

**It seems** almost unbelievable that, at 23, pop superstar Rihanna has already released six studio albums, and even more unbelievable that, with every release, she looks like she's at the peak of her career.

*Talk That Talk* is a musical step up from last year's *Loud*, packing fewer one-hit wonder songs and focusing on creating something a little more interesting. While this might, at first, sound like bad news to the casual listeners who normally adore the artist, one listen will provide relief. Rihanna—and the producers she works with—has good taste, meaning that everything is pleasant-sounding enough to earn her at least another couple of platinum certifications.

While the album might be overshadowed by club bangers such as the first single, *We Found Love*, which features Calvin Harris, there are some beautiful gems hidden away. One of these is *Drunk on Love*, which samples British indie band The xx's



soft introduction track, building it up into something completely epic.

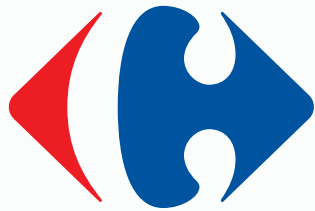
There are also mandatory, crying-in-the-rain love songs, plus a couple of old-school R&B tunes to shuffle to, making this a pretty broad album. The thing is, it's all done extremely well, and even the usually insufferable cheese pop songs have their place on this collection of tracks. Believe it or not, Rihanna's at the top of her game.

## If you like this then you could try...

### ● *Taken* by Robert Crais

When the police reveal to a wealthy businesswoman that they think her missing son has faked his own kidnapping, she hires private detectives Elvis Cole and Joe Pike to investigate. The intrepid investigators soon determine that the case is, indeed, no fake.

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# Moscow

## *in winter*



Few cities are as stunning to behold in the winter as the Russian capital of **Moscow**.

**M**oscow is at its most beautiful in winter. A thick blanket of snow shrouds the domed towers and archways in a halo of white, making the city look like a land from fairy tales. The air is crisp and cold, and the warm glow emanating from cafés and restaurants looks all the more appealing at this time of year.

In the busier parts of the city, the snow turns to slush and ice, making a walk through the streets a slightly perilous business. In the quiet backstreets, however, the snow is left undisturbed to create a winter wonderland scene for anyone lucky enough to be the first to behold it each day.

The best way to explore Moscow is on foot, and the backstreets are where many of the city's treasures are to be found. Courtyards overflowing with flowers lie nestled between historic churches and picturesque cottages that once belonged to famous residents. These houses offer a fascinating insight into the colourful lives of Russia's famous sculptors, writers, dancers and musicians.

You can see the bed slept in by physician, dramatist and author Anton Chekhov, widely considered to be one of the best short story writers in history, or

the skin of a bear shot by Tolstoy, one of Russia's greatest writers.

The small room where Vladimir Mayakovsky killed himself in 1930 has been turned into the centrepiece of a giant surrealist exhibition, where twisted chairs and giant bathtubs filled with blood reflect the poet's life and times. It is one of many art galleries in Moscow, which range from the grand and

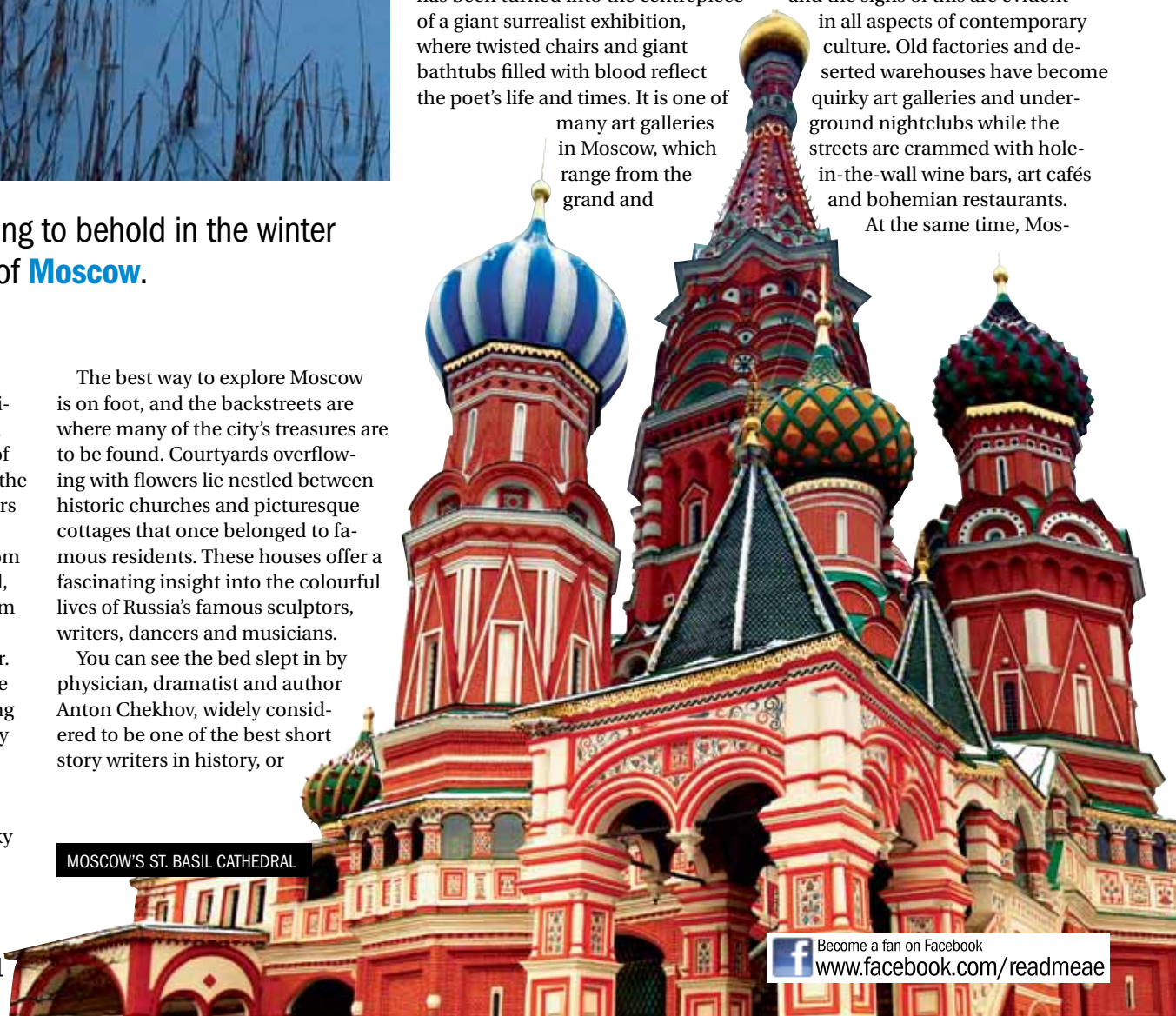
traditional to the avant-garde and cutting-edge.

At present, the city is going through a burst of creative activity and the signs of this are evident

in all aspects of contemporary culture. Old factories and deserted warehouses have become quirky art galleries and underground nightclubs while the streets are crammed with hole-in-the-wall wine bars, art cafés and bohemian restaurants.

At the same time, Mos-

MOSCOW'S ST. BASIL CATHEDRAL





ONE OF THE CITY'S OLD TOWERS

## Mini-guide to Moscow

**Eat:** Café Pushkin, (on the Boulevard Ring) and Genatsvle (Just off the Arbat pedestrian mall).

**Sleep:** Hotel National (fancy and expensive), Mega Hostel (cheap and cheerful), Petrovka Lodge (mid-range budget).

**Winter activities:** Moscow Russian Winter Festival (mid-December to mid-January), December Nights festival (mid-December to early January), Ice-skating in the Red Square, Winter River Cruises.

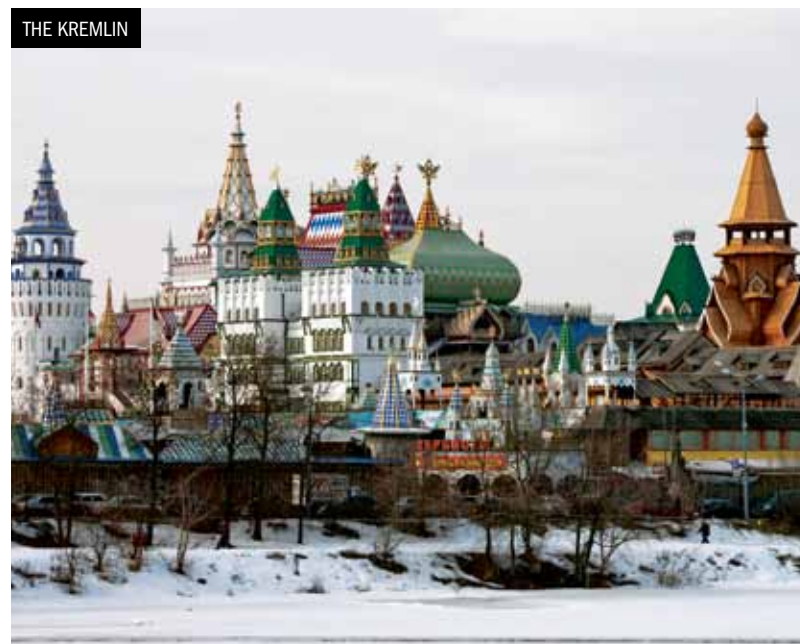
cow remains a favourite haunt for history buffs, serving up no end of monuments and museums dedicated to preserving the past. At the heart of the city is the Kremlin, the vast fortified complex that serves as the official residence of the Russian President. Here, the golden onion domes of four palaces and four cathedrals, built by Italian masters in the fifteenth and sixteenth centuries, dominate the skyline.

To the east of the Kremlin is the Red Square, where all the major streets of Moscow converge on to one central point. It is also where many of Russia's most significant historic events have taken place, including the Victory Parade in 1945, when the banners of defeated Nazi troops were trampled underfoot before Lenin's Mausoleum.

Many of Moscow's most important

landmarks are situated around this square. In addition to the Kremlin and Lenin's Mausoleum, which contains the embalmed body of Vladimir Lenin, founder of the Soviet Union, there is also the brightly-domed Saint Basil's Cathedral, the State Historical Museum and the restored Kazan Cathedral.

After spending the day absorbing the enormous influx of Russian history contained in the building around the Red Square, dive back into modern Moscow at the Red October Chocolate Factory. This lively complex of art galleries and bars, situated on an island in the river, provides a welcome change from the silent severity of the city's historical sites and the chance to experience the place that Moscow is becoming rather than the place it once was. ●



THE KREMLIN

# Peace and serenity in the UAE's capital

Abu Dhabi's **Al Bateen Beach** provides the perfect venue for kicking back and doing absolutely nothing.

## LOCAL TRAVEL

**It's not often** that you find a peaceful beach in the heart of a busy city like Abu Dhabi, but the strip of sand in Al Bateen is surprisingly quiet. Perhaps this is because it stands next door to the busy Corniche, where the large beach, with its grass areas, promenades and bustling cafés, is one of the most popular places in the city to kick back on the weekends.

However, it's worth venturing beyond the Corniche and spending an afternoon tasting the serene delights of its more down-to-earth neighbour, which offers a glimpse into the Abu Dhabi of old. This is a favourite spot among locals, who come here to fish



and swim on weekends and holidays, away from the noisy crowds next door.

Another reason to visit is to watch the boat-builders at work. Admirers of traditional crafts will find plenty to amuse them in the nearby dhow-building yards. A short causeway connects Bateen Creek to the island where craftsmen lovingly construct these antique vessels by hand in the traditional way.

There's also plenty to do nearby with golf courses, tennis courts, spas, restaurants and the Khalidiyah Mall all close at hand. However, a day at Al Bateen beach is not about doing; it's about relaxing and enjoying the rare experience of peace and quiet in the middle of the city.

# Super 8

The eighth  
**Dubai International Film Festival** is set to be the best yet.



**T**he eighth Dubai International Film Festival (DIFF), held under the patronage of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, unveiled its line-up last week. And it is made up of 171 films from 56 nations, alongside a host of A-list global talent and high-octane free events.

The Festival, which runs December 7 to 14, spans feature, documentary and short films, including 46 world premieres, 25 international premieres, 78 Middle East premieres and seven GCC premieres.

The festival's nightly red carpet gala screenings will also see major talent in attendance. DIFF 2011 gala films include *Mission: Impossible – Ghost Protocol* (opening), Bollywood romantic comedy *Ladies vs Ricky Bahl*, Oscar-tipped George Clooney drama *The Descendants*, Disney family favourite *The Muppets*, Egyptian romance *A Whole One* and British drama *My Week With Marilyn*.

This year, YouTube will be making history at DIFF, offering a free live stream of the red carpet opening on December 7 and the closing award ceremony on December 14. DIFF's star-studded opening and closing galas will be the first entertainment event to be live-streamed out of the MENA region.

Among the celebrities confirmed to attend are Tom Cruise, Simon Pegg, Anil Kapoor, director Brad Bird, Helena Christensen, Shah Rukh Khan, and rising stars Ranveer Singh and Anushka Sharma, among others.

The opportunity to watch local filmmakers and stars mingle with some of Hollywood's best will be especially significant for an Arabic audience, as Saudi Arabia, Egypt, Morocco and the UAE lead the MENA region in terms of YouTube viewership, which has doubled over the last year.

Abdulhamid Juma, chairman of Dubai International Film Festival, said this year's edition is a defining moment for the Festival on all fronts.

"This eighth edition, more than any other before it, crystallises our standing as a complete cinema

ecosystem," he said. "Although we are a young festival, we have innovated year on year since our launch in 2004, refining our programme, building prestigious competitions, strengthening our industry offerings, all the while planting seeds across the Arab, Asian, African and global cinema landscape. This year, our harvest is abundant. We are delighted to present such a diverse and exciting line-up of the best of our region and the world to the equally diverse people of our city."

This year, DIFF's beachfront venue, The Walk at JBR, will also host the screening of 1929 silent film classic *Pandora's Box* accompanied by a live performance from the 60-member UAE Philharmonic Orchestra.

The DIFF box office is open now at [dubaifilmfest.com](http://dubaifilmfest.com). To watch the YouTube live stream of the opening and closing ceremonies, visit [youtube.com/DubaiFilmFestival](http://youtube.com/DubaiFilmFestival). ●

## Snap shots

● Launched in 2004, DIFF aimed to foster the growth of filmmaking in the Arab world.

● The Muhr Award for Excellence in Arab Cinema was launched in 2006, with the aim of recognising Arab filmmakers.

● In 2010, the Rhythm and Reels open air cinema event was held on Jumeirah Beach, and it used a large and hugely impressive inflatable screen.

# A twinge of culture for a bustling city



FASHION DESIGNER DEBI SIMCOX

## FESTIVALS

**One of the** main obstacles for any artist to overcome is the simple matter of where to showcase his or her work. While Dubai is home to an endless pool of creative types, many can often struggle to have their work or talent seen by others. It is with this in mind that the social media community of Dubai and the Northern Emirates has pulled together to create the first urban festival, TwingeDXB, a platform for talented artists and performers in the community to be seen and heard.

Running from December 10-16, the festival has been created by the arts community, for the arts community, and will showcase a different field each day, from poetry and literature, to music and drama,

with some filmmaking and fashion thrown into the mix for good measure. Well-known names from Dubai's entertainment scene are also scheduled to take part, including comedians Mina Liccione and Ali Sayed from Dubomedy and fashion designer Debi Simcox.

With so much to offer, the festival looks set to have a rip-roaring success of a debut. Organiser Sherif Abaza said, "We have a lot of talent here and some of them just don't have the resources to showcase their talent. We also know that there are people in this community that are not aware of what is available locally and that they do not necessarily need to head internationally when it's right here on the doorstep. All of the work we will share will be original material."

**When:** December 10-16  
December, 2011  
**Where:** Wild Peeta Open Space at DWTC  
**Time:** Doors open at 6pm, shows start at 7.30pm  
**Cost:** Free



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# Let in the light

For seasonal affective disorder sufferers, a good mood is dependant on the good weather outside.

**B**ad weather can get you down, and in cold, dark climates it is not uncommon for people to suffer from winter blues. This condition, which, in more severe cases, is known as seasonal affective disorder (SAD), arises from the sense of confinement brought on when the weather forces people to stay indoors, explains psychologist, Dr Raymond Hamden.

In Dubai, where winters are warm and sunny, the situation is reversed and those who suffer from the condition experience symptoms throughout the hot, humid summer months. "SAD is not directly caused by the weather. It develops when a person feels trapped inside and unable to go out comfortably," says Dr Hamden.

The condition was first identified in the early 1980s by Norman E. Rosenthal, who was initially motivated by his desire to discover the cause of his own depression during the dark days of winter. His theory was that the lower amounts of light during this season was at the root of the problem.

At first, Rosenthal's ideas were greeted with scepticism, but gradually, recognition of the condition grew as more studies confirmed and developed his theory. For a while, SAD diagnoses were limited to those

suffering winter depression but now it is recognised as a mood disorder in which people can have normal mental health throughout most of the year but experience depressive symptoms in any particular season.

"Seasonal affective disorder started off in cold, icy communities when people were literally stranded in their homes and unable to get out during the winter. In some cases, their houses would be completely covered in snow and they couldn't even determine the time of day. The sense of isolation and confinement brought on anxiety and the condition became known as cabin-fever, because these

## Ways of dealing with seasonal affective disorder:

- Get outside during daylight hours, even if it's just a short walk to the supermarket and back.
- Exercise has been found to help most forms of depression and can help alleviate the sense of confinement felt by many SAD sufferers.
- Light therapy uses full spectrum lamps that mimic the effects of sunshine indoors.

people did literally live in cabins," says Dr Hamden.

Today, he explains, our understanding of the condition has progressed to any situation in which a person may be confined to their quarters because of the inability to extend their reach beyond or the lack of comfort caused

by doing so. As such, it may apply to any season where the weather conditions cause people to stay indoors.

In Dubai, despite extreme heat and humidity in the summer, only around two per cent of the population suffer from SAD. This, according to Dr Hamden, is because residents



SAD OCCURS MORE IN COLDER CLIMATES



NATURAL LIGHT CAN OFFSET SAD

here are more likely to go outside irrespective of the lack of comfort it may cause them. "People come to Dubai to be productive and work, so they are less likely to develop the condition.

"The situation would be different for people living in, for example, a retirement community, where their activities revolve around going out and socialising," he says. It also depends on the person. Everybody, he explains, is subject to SAD but some people might deal with confinement better and use it as an opportunity to read, cook or focus on other indoor pursuits.

Treatments for SAD often focus on teaching patients how to cope with staying indoors. However, as it is believed to be linked to the amount of light we receive, the emphasis is on getting enough natural light both in terms of recovery and prevention of the condition.

According to psychiatrist Dr Angelos Halaris, "SAD is thought to be related to a chemical imbalance in the brain, brought on by lack of light. Expose your eyes to natural light for one hour each day. At home, open the drapes and blinds to let in natural light." ●

# Most important meal of the day

## WELL-BEING

**Most people** know that breakfast is the most important meal of the day but a startling number of adults ignore this advice. For years, doctors, nutritionists and other health experts have been trying to persuade us to make time for the morning meal but whether it's for time-saving, calorie-counting or any other reason, many of us still hold off on food till lunch.

"A lot of people eat the wrong way round. As the old saying goes, we should breakfast like a king, lunch like a prince and dine like a pauper

to make sure we take in the right amounts of food for our bodies at different times of the day. Unfortunately, because we rush out to work in the mornings and return hungry and tired at the end of the day, we often

have little or nothing at breakfast time then pile our plates high at dinner," says nutritionist Dr Simon Mason.

This means that our bodies are starved of energy in the mornings, when we need it most and overburdened with food to break down in the evening, when we are not putting it to any use, he explains.

However, a substantial breakfast does not necessarily make it okay to pile your plate high with everything your appetite desires. A recent study in the US suggests that many people take the big breakfast advice too literally. "People can get into trouble with

the big breakfast approach. Many think that they'll fill the bill with a large three-egg omelette along with hash browns and meat, or a massive tower of pancakes and syrup," says researcher David Sarwer.



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## The power of technology

Microsoft's advertising and online division recently hosted Imagine Istanbul 2011, an IT-focused event which saw over 130 attendees, clients, agencies and sales partners attend. The event focused on what Microsoft had to offer, plus the company's desire to find creative ways to support Middle East and Africa-based brands in the digital world.

Ali Faramawy, corporate vice-president of Microsoft Corporation and president of Microsoft Middle East and Africa, said, "This region has some compelling and unique characteristics with its predominantly young demographic profile and quick adoption of technology, particularly mobile and the internet, which is driving change.

"IT has become a real enabler to realise the potential of the MEA region."

IT has become a real enabler to realise the potential of the MEA region and what its people want it to be, which points to the power and

influence of technology."

Salwa Smaoui, regional director of advertising and online for the MEA region, spoke of the discrepancy between internet penetration and actual online advertising investment. Online advertising investment makes up just two per cent of the total advertising spend, despite the fact that internet penetration stands at 13 per cent, with a potential base of a billion people.

Microsoft research shown at the event also focused on the necessity of leveraging digital power when it comes to advertisers' approaches in supporting brands.

# The dark side

We look at the **Tor Project**, a rapidly expanding network aimed at providing anonymous browsing.

Underneath the vastness of the internet, where everything and everyone sits in plain sight for all to see, there lies another

network, hidden away from prying, unfriendly eyes. That network is the Tor network, or, as it is known to some, the dark net.

Tor, which originally stood for The Onion Router, is a system dedicated to giving internet users online anonymity, concealing the users' location, the sites they visit and what they do on those sites. Run by a global non-profit organisation known as the Tor Project, the idea is to protect privacy, allowing internet users to conduct confidential business without fear of being monitored.

"Tor was originally developed with the United States Navy in mind, for the primary purpose of protecting government communications," says Runa Sandvik, a developer for the Tor Project. "Today, it is used every day for a wide variety of purposes by the military, journalists, law enforcement officers, activists, and many others.

"In short, people use Tor for various things. Some people want to be anonymous, while others just want to circumvent whatever firewall they are on."

This means that, when once it was a government project, Tor can provide even casual internet users with privacy advantages. Indeed, according to the Tor metrics portal, there are around 550,000 people using the free software every day. And according to Sandvik, this figure is up from 200,000 this time last year.

"Tor is not just a tool for the military or law enforcement or hard-core human rights activists," she says. "Tor is also a tool for 'regular' people who just want to access Facebook, Twitter and news sites without anyone looking over their shoulder while doing so."

So it can serve even more users, the organisation recently launched the Tor Cloud Project, which runs on the Amazon cloud computing platform that powers not only Amazon.com but also a number of other major sites. The project invites Amazon





TOR OFFERS COMPLETE  
ANONYMITY ONLINE

cloud users to set up “bridges”, which act as servers by making use of the online space on the cloud.

“We have around 550,000 daily users, but we only have 3,000 servers,” explains Sandvik. “Having more servers means less load for each server in the network, and the speed for the users should also improve a bit.”

The move massively widens the scope of the Tor network, offering its users not only faster speeds while browsing anonymously, but also more places to “hide”, according to analysts. When there is more online space to play with, there is a better chance of evading detection.

# 3,000

The number of Tor servers that are used to cater for 550,000 daily users.

However, the recent invitation has also drawn attention from groups that would see the network banned, meaning that it may become more difficult to manage as time goes on.

Either way, though, the people behind the Tor Project are planning for the future, with the aim of bringing anonymous browsing to as many people as possible. And developers such as Sandvik come across as so dedicated to the cause that it would seem like there is plenty of steam left in it yet.

“We are working on a number of different projects, such as IPv6, and making Tor more difficult to block,” she says. “We are also trying to get more people to run bridges and relays (i.e. servers) for the Tor network, and we are trying to help users better understand what Tor does and does not do.”

The aim is to really get the Tor network out there. And with the internet now being monitored more heavily than ever, all across the world, it could be argued that the people behind the Tor Project really are on to something. ●

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# Hats off to you

What we wear on our heads has become important.

## HATS

Hats are quite simply the cherry on top of the entire autumn/winter season, and as such there is a hat to fit with every trend, and every head. Some may say that they are not hat-lovers, but with this season's offerings, they should feel like trying one on for size.

From berets to beanies, fedoras to caps, hats are often a product of fashion's mood for nostalgia. At Gucci, wide-brimmed fedoras added to the air of 'Seventies glamour, while Marc Jacobs' chin-strapped pillbox caps were very 'Forties in feel. Burberry Prorums and Prada completed 'Sixties styling and were the perfect topping to the mod trend.

It's tradition for hats to emerge during the winter months. Whilst you may not be receiving any "you lose most of your heat through your head" lectures this winter, wearing casual hats such as beanies has become increasingly popular. Look to Missoni for inspiration if you're heading to Ski Dubai any time soon. Otherwise, wide-brimmed hats like those channelled by Gucci, can offer shelter from the sun's rays and similar pieces can easily be picked up in the malls.

Dolce and Gabbana completed the look with bowler hats, which was in reaction to borrowing clothes from the boys, which can also apply to hats (and offer a fun activity).

For a look with more impact, look to John Galiano's high drama and oversized feathered headpieces. Practical and stylish, there's a hat to suit everybody and every occasion. Just think, you'll be a 'pro' by the time the Dubai World Cup swings by.



MISSONI

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Her

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GUCCI



DOLCE & GABBANA

TOPSHOP



SALVATORE FERRAGAMO

LANVIN

## HATS

**It has** increasingly become socially acceptable to dress down to many occasions, but the fashion world has rebelled. The autumn/winter 2011 collections saw a return to the distinguished look, with formal attire reigning supreme. And whether it's a fedora, a trilby or a wide-brim, Quaker-style number, the message was clear; the well-dressed gentleman needs a hat this winter.

Wide-brimmed hats were first spotted on the catwalks of Christian

Dior this summer and have returned in time for winter. Robert Geller, Lanvin and Salvatore Ferragamo all made statements with this striking hat choice.

As cool as it is to dress up, don't worry too much about mixing and matching hat styles; DKNY and Paul Smith channelled the effortless look topping their suits off with beanies. And if you can't quite pull off the Don Draper look, a more formal hat can look great worn on top of casual attire, as shown by Marni, among a host of others.

DKNY

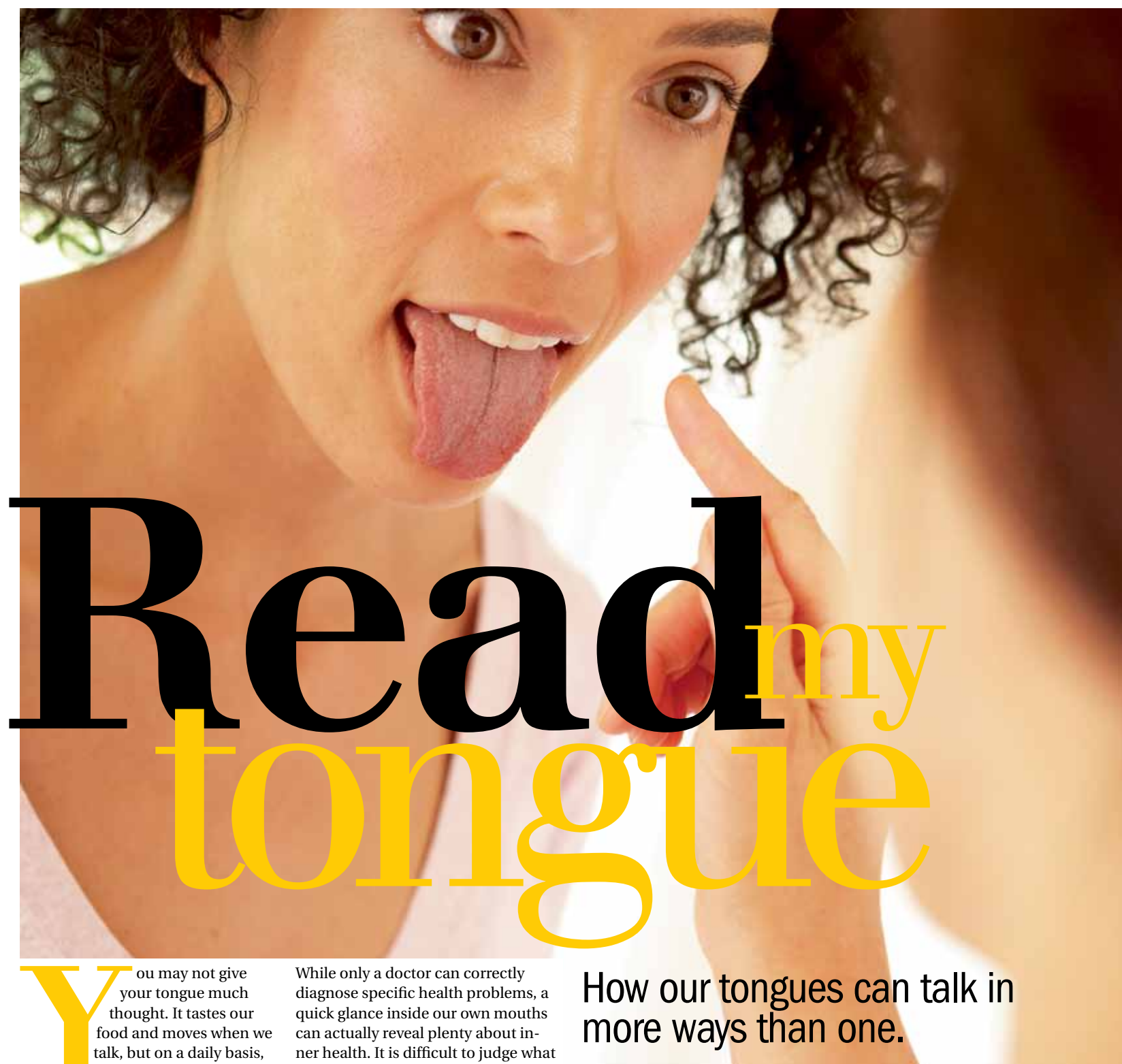
PAUL SMITH

LANVIN

JOHN VARVATOS

Him

A more formal hat  
can look great worn  
on top of casual  
attire, as shown by  
Marni, among others



# Read my tongue

**Y**ou may not give your tongue much thought. It tastes our food and moves when we talk, but on a daily basis, the tongue is a body part we pretty much ignore. However, as well as being the strongest muscle in the body, the tongue is in fact a great early indicator for many underlying health conditions.

"Asking a patient to poke their tongue at you is a valid way to start examining someone," says Dr Guy Mansfield. "In many medical cultures, especially Chinese medicine, it is believed that the tongue actually reflects all the diseases of the body. The tongue is, in fact, one of the most correct gauges we have of the state of the digestive tract and a precise indicator of some internal diseases."

So, what should you be looking for when examining your own tongue?

While only a doctor can correctly diagnose specific health problems, a quick glance inside our own mouths can actually reveal plenty about inner health. It is difficult to judge what is abnormal unless you know what a normal, healthy tongue looks like. A child's tongue is usually the best example of a normal tongue; it should be fresh pink, with an even shape, no cracks or marks, and should have a thin coating of moisture. While bad habits, such as smoking or drinking coffee, can cause an adult tongue to have a yellowish coating, this should brush off easily when you clean your tongue with a tongue scrape or toothbrush. However, a lingering, furry, hair-like coating, especially white or yellow-coloured, could indicate a problem.

Dr Mansfield explains, "The top of the tongue is covered with little projections called filiform papillae, which look like little hairs close up.

How our tongues can talk in more ways than one.

## Watching for the signs

**Geographic Tongue:** Smooth, bright red patches which can change in size and location and often look like a map, hence the name. Often triggered by stress, hormonal changes or allergies, it usually resolves on its own within a few months.

**Fissured Tongue:** Another harmless condition whereby deep grooves form on the tongue's surface. Often an inherited trait that can occur in around 10 per cent of the population.

**Enlarged/Swollen Tongue:** A swollen tongue can be associated with a number of disorders, including strep infection, Down's syndrome, leukaemia, cancer, and an under-active thyroid. It can also be a minor side-effect of an allergic reaction.

**Red Tongue:** If your tongue is very red, it could be a sign of nutritional deficiencies, particularly folic acid, vitamin B-12 or vitamin B3.



In a healthy person, you probably wouldn't notice them, but there are certain conditions that cause them to grow, which can give the tongue a furry appearance. There are several things that could cause this, including a possible bacterial infection.

"Bumps, or inflamed filiform papillae, can occur on one or several parts of the tongue. They are usually nothing to be concerned about, however if they turn very red or white, are painful and tender for a long time, and, most importantly, don't disappear within a few days, it could, in the worst case scenario, be a sign



BRUSHING THE TONGUE WITH A TOOTHBRUSH IS IMPORTANT

## Tongue talk

- Like fingerprints, everyone's tongue print is different.
- There are approximately 9,000 taste buds on the tongue.
- About 85 per cent of the population can curl their tongue.
- We have four basic tastes. The salty and sweet taste buds are at the tip of the tongue, bitter is at the base, while the sour taste is along the sides.

of oral cancer, so make sure you seek medical advice if this is the case."

Another common complaint that many people will experience at some point in their lives is canker sores, more commonly known as mouth ulcers. These little monsters can occur anywhere in the mouth, including the tongue, and although they are usually small, they can be extremely painful.

Dr Mansfield says, "Mouth ulcers can be brought on by colds or when a person is run-down, has been eating too much citrus fruit, or biting the inside of the lips and the tongue. A normal ulcer will heal itself within about a week, but one that lasts much longer and doesn't seem to be going away could be a sign of oral cancer and should be checked out by your doctor immediately."

The shape our tongue takes is also a clue to our body's inner workings. A tongue that is tooth-marked or has scalloped edges may suggest congestion of the lymphatic system, while cracking and dryness around the edges could indicate dehydration, and cracks at the centre of the tongue are believed to indicate digestive problems. So, next time you look in the mirror, why not pull a few funny faces at yourself? You never know what it could reveal. ●

*"The shape our tongue takes is also a clue to our body's inner workings."*

TOO MUCH COFFEE CAN DISCOLOUR THE TONGUE

## ASK THE EXPERT

**DR SANJAY PARASHAR**  
SPECIALIST PLASTIC  
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## Taking action against acne

**Acne is a skin condition** where small cysts are formed under the skin that are infected with a bacterium called *Propionibacterium acnes*. Acne most commonly occurs for many people on the face, but it can also affect the back, chest and arms. It is primarily caused by increased

"Acne most commonly occurs for many people on the face, but it can also affect the back, chest and arms."

activity of the skin's oil glands due to hormonal changes throughout the adolescent stage of life, although there can be other contributing factors ranging from ones such as genetics, nutrition, or skin

type, for example.

To prevent acne and reduce the scarring which can result from the rupture of acne, a regular skin healthcare programme provided by a specialist is important. It routinely involves the safe extraction of blackheads and whiteheads, or the use of topical treatments such as Alpha Hydroxy—an acid solution that reduces activity of the oil glands and has an antibacterial property. Isolaz laser is also a good device for deep cleansing of skin and to reduce the activity of oil glands, but this obviously needs to be performed by an expert.

The scars that quite often occur when acne ruptures can vary, from shallow craters, ice pick marks to punched out scars. The treatments available for acne scarring always depend upon the severity of the scars, but treatments range from chemical peeling, fractionated CO2 laser or surgical dermabrasion to subcision and filler injections.

# FITNESS FOR REAL



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## Real fitness assessments

**Cross training** is an easy, functional exercise programme which combines different exercises to improve strength, agility, fitness, and power. It usually involves big compound

movements where multiple joints work at once to elevate the heart rate, giving the person a cardiovascular and strength workout at the same time. Explosive movements build strength and

fitness at the same time.

If you imagine a marathon runner's body, and a bodybuilder's physique, a cross trainer's body will fall right in the middle. It is ideal for those requiring explosive movements for sport or work, and those who have limited time and need to tone up. Some people should not cross train, however, like beginners, people looking for a lot of muscle bulk, people with back/neck/knee issues, pregnant women or the elderly.

A basic cross training programme consists of six strength training exercises, two leg, one back, one chest, one shoulder and either a bicep or tricep exercise. Create three different circuits of three exercises as follows:  
-2x leg + 1 plyometric, repeated for 3 sets (no rest between sets).  
-30-60sec rest.  
-Back, chest plus 1 plyometric, repeated for 3 sets (no rest between sets).  
-30-60sec rest.  
-Shoulder and arm + 1 plyometric repeated for 3 sets (no rest between sets).  
-30-60sec rest.  
-Cool-down: Abs and stretch.



# Beef cake

For some, muscle-building supplements are a staple to their diets. But can they really make a difference?

**W**hen it comes to getting into shape, one of the hardest things to figure out is which supplements best suit your needs. Male-oriented fitness supplements are not hard to find, but they are hard to figure out with top-selling products like creatine, whey powder and nitric oxide being widely available.

The fitness supplements industry is primarily aimed at young men, including bodybuilding-related products—powders and pills—with names like Muscle Milk, Amplified Mass

XXX and NO-Xplode. The products are a subset of the more familiar category of nutritional supplements, which includes mainstream items like vitamin-infused waters and energy bars.

So where are you supposed to start? Well, that all really depends on what it is you're trying to achieve, be it muscle building, fat burning, recovery, or overall health. Doctors and nutritionists say that people who eat a normal diet generally don't need nutritional supplements, even if they exercise vigorously. But among the subset of people who already eat healthfully and want to bulk up in the gym, some supplements, when taken in sensible

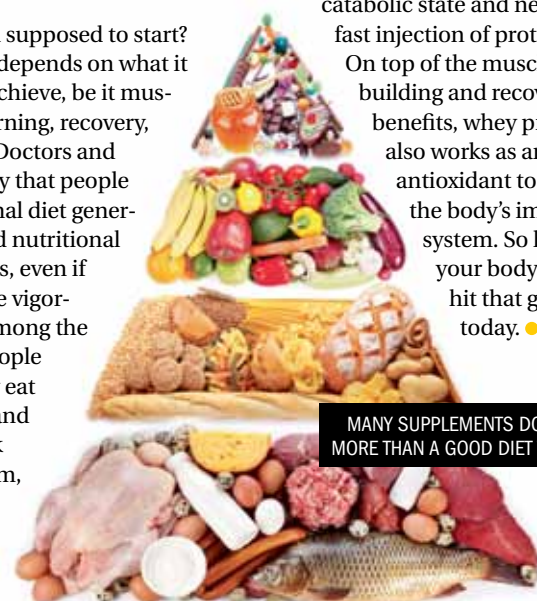
doses, can provide a lift. For instance, whey protein and creatine, which are meant to add bulk to muscles and raise the body's ability to lift heavier weights, can, in some cases, help dedicated athletes become stronger, faster.

"Although hundreds of studies have been conducted to see whether creatine can improve athletic performance, there is still not a definite answer," says Dr Mark Kantor, an associate professor of nutrition and food science. "Taking creatine can make muscles look bigger. Some of this is due to an increase in the muscle itself, but some increase occurs simply because more water is being taken up by the muscles."

But if it's just a general fitness supplement that helps hasten the recovery of muscles after a work-out that you're searching for, you can't go wrong with whey protein. Whey protein is far superior to all other forms of protein as it provides the body with the perfect amino acid profile for muscle building, strength and recovery.

Whey protein supplements play a huge roll in post-workout nutrition, when your body is in a catabolic state and needs a fast injection of protein.

On top of the muscle building and recovery benefits, whey protein also works as an antioxidant to boost the body's immune system. So help your body and hit that gym today. ●



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## BUNDLE OFFER

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BDV-E880



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# Screen Siren

Without taking itself too seriously, **My Week With Marilyn** is a compelling film that brings out the best in its all-star cast.

## NEW RELEASE

In the summer of 1956, 23-year-old Colin Clark (Eddie Redmayne), the son of the great art historian Kenneth, made his way down from Oxford to try his luck in the film industry. The well-connected youngster managed to negotiate his way into the job as an assistant on the set of Laurence Olivier's rather lack-lustre film, *The Prince and the Showgirl*, 1957. While the film is infamous for the lack of chemistry between its two leads, Olivier and Marilyn Monroe (Michelle Williams), behind the scenes lurked a tender, almost-love story.

Out from the ashes of this dire movie, came a true love story, and a far more enjoyable film from this side of the 21st century, in the form of *My Week with Marilyn*. The film is seen from the standpoint of Clark, who 40 years on, published his account of his set. The original publication missed out one crucial week, though, only to

be revealed five years later, and the film follows this story; the story of how a puppyishly enthusiastic young Clark fell for the screen-siren Marilyn Monroe.

Monroe was on honeymoon with her third husband, the playwright Arthur Miller (Dougray Scott) at the time of filming but the relationship was already falling apart. Williams plays the actress so terrifically, with eyes that lure you in but are always on the edge of tearing up. Childlike, unreliable and dependant on drugs and alcohol, Monroe was completely at odds with the professionalism shown by the furious Olivier. One would have expected the on-set love affair to occur between Monroe and Olivier, but the two were both too needy, too different. While her husband is out of the country, Colin becomes her confidant, her lover and, miraculously,



REDMAYNE AS COLIN CLARK

## Did you know?

- Kenneth Branagh and Laurence Olivier have both acted in or directed movie versions of William Shakespeare's *Othello*, *Hamlet* and *Henry V*. And in their respective movies about Hamlet and Henry V, they play the lead role. Laurence Olivier played Othello in the 1965 film version of the play and Branagh played Iago in the 1995 film version.
- Olivier directed and acted in *Richard III*, while Branagh starred in a radio and audiobook version of the play.
- Scarlett Johansson was approached for the part of Marilyn Monroe but turned it down.

- Five actors from *My Week With Marilyn* have appeared in different Harry Potter movies—Kenneth Branagh (as Prof. Gilderoy Lockhart), Emma Watson (as Hermione Granger), Geraldine Somerville (as Lily Potter), Toby Jones (as the voice of Dobby) and Zoë Wanamaker (as Madame Hooch).
- Colin Clark (1932-2002) was the younger brother of the British Conservative Party Member of Parliament, Alan Clark (1928-1999).



EMMA WATSON



attention, more believable. Kenneth Branagh is tremendous as Olivier and comes out with some brilliant lines such as, "Teaching Marilyn to act is like teaching Urdu to a badger."

A romance between a celebrity and a mere mortal may have been done before, and there is no shortage of plays within a play or films within a film, but here the film has intertwined class-bound England with super-celebrity Hollywood in a way that blows

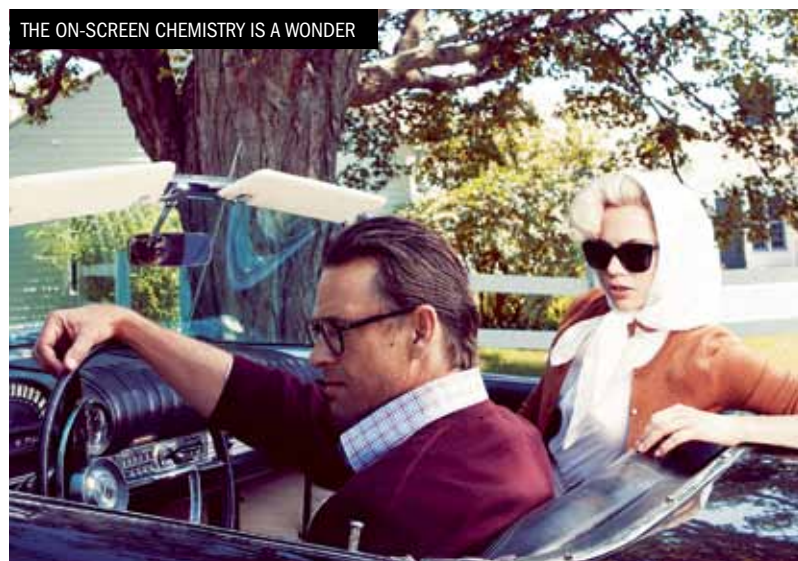
*Notting Hill* out of the water. The film doesn't pretend to show any great insight, but it puts across what was clearly the greatest moment of Colin Clark's life in a film which is highly enjoyable and skilfully put together by director Simon Curtis. ●



**Eddie Redmayne plays  
Colin Clark in a way that  
makes you understand  
how the star fell for him**

she ups her game on the set, too. Not only does the film set provide the perfect location for an affair, the English countryside makes for some cutsey scenes including a grand day out to Windsor castle, jaunty country walks and even a little skinny-dipping in the river.

Although Williams clearly steals the show, as she should do, Eddie Redmayne plays Colin Clark in a way that makes you understand how the star fell for him in turn. Tall, handsome and instantly likable, it may be unlikely that he was quite so good-looking, but it does make the situation where Emma Watson's character, who is also vying for his



## Bollywood news



### Baby Bachchan still nameless

After a fortnight, baby Bachchan is still nameless, at the time of going to press. Fans from all over have been tweeting the parents and grandparents with many suggestions, but the Bachchans have been unable to decide. Requests to see a photo have also been turned down. The little and only information released about the baby is that she resembles Aishwarya and her name would start with the letter A.

### Salman Khan wants to settle down

Salman Khan has reportedly opened up to a close friend that he is tired of his single status and that it is high time he settled down. The friend said, "Salman has changed. He has become progressively protective and guardian-like towards his younger heroines. But the flip side is, he now feels that if he continues to be the universal 'Bhai', no girl would ever want to marry him."



### Kangana Ranaut's Gaga Connection

Kangana Ranaut, who plays a mutant not too dissimilar to Catwoman in upcoming movie *Krrish 2*, now has a connection to Lady Gaga. The suit, which the actress reportedly lost five kilos to fit into, was sewn together by the same team who make Lady Gaga's costumes.

## SILVER SCREEN



**DONNA DON**  
FILMMAKER  
UNMEDICATED  
PRODUCTIONS

### The miracle of the medium

Film is an amazing medium that not only combines many artistic mediums within its complex web of production, but in doing so, requires a leap of faith that a plethora of talented individuals will harness their talents together in harmony, trusting the quality of the film will not be compromised due to internal conflicts, not to mention the audacious level of financing required to even get the camera rolling.

As a viewer, you have a rich vista of joys to choose from, something to suit your every mood and whim. Film can give you the opportunity to teleport into the Amazon jungle and view natural wonders that are soon to be extinct, step back in time to see the downfall of the likes of Caesar, Napoleon, Woolfe or

"What-ever your mood, there is a film to match it."

offer a glimpse into the complexities of modern-day living, wherever in the world you choose.

Whatever your mood, there is a film

to match it. Living vicariously, you can be frightened, uplifted or moved to tears without leaving the comfort of your living room. Film gives you an opportunity to develop insights and empathy for others. Don't be lazy and avoid films with subtitles, as they are the films that can offer a chance to side-step the Hollywood machine for a while and really see how different nationalities live and love. And you don't have to venture too far from your comfort zone to do so, as DIFF is starting on December 7 and will provide you with a visual and cultural feast right on your doorstep.

# Listings

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



INTRUDERS

## MOVIE GUIDE

### Grand Cineplex - Wafi

**The Adventures of Tintin** - 10:00, 12:10, 14:20, 16:30, 18:30  
**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Bodyguards and Assassins** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Cat in Boots** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Dirty Picture** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Desi Boyz** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00  
**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Intruders** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Jack and Jill** - 10:30, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Machine Gun Preacher** - 21:00, 23:30  
**Seeking Justice** - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00  
**Vanishing on 7th Street** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

### Grand Megaplex - Ibn Battuta

**A Mother's Story** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**The Adventures of Tintin** - 11:30, 13:40, 16:00, 18:20  
**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Bodyguards and Assassins** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Cat in Boots** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Desi Boyz** - 10:30, 13:00, 15:30, 18:00,

20:30, 23:00  
**Dirty Picture** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Don't Be Afraid of the Dark** - 19:40, 21:50, 00:00  
**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Immortals** - 11:30, 13:45, 16:00, 18:15, 20:30, 22:45  
**Intruders** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Jack and Jill** - 10:30, 13:00, 15:10, 17:20, 19:30, 20:40, 21:40, 22:50, 23:50  
**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** - 11:00, 13:10, 15:20, 17:30  
**Rum Diary** - 10:00, 12:30, 15:00, 17:20  
**Seeking Justice** - 10:30, 12:45, 15:00, 17:10, 19:25, 21:30, 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  
**Vanishing on 7th Street** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

### Grand Cinemas - Festival City

**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Bodyguards and Assassins** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Cat in Boots** - 10:30, 12:30, 14:30, 16:30, 18:30  
**Cat in Boots (3D)** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Dirty Picture** - 10:30, 13:30, 16:30,

19:30, 22:30  
**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Intruders** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Jack and Jill** - 10:30, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Machine Gun Preacher** - 21:00, 23:30  
**Seeking Justice** - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00  
**Vanishing on 7th Street** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

### Grand Cinecity - Al Ghurair

**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Cat in Boots** - 10:00, 12:00, 14:00, 16:00, 18:00  
**Desi Boyz** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00  
**Dirty Picture** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00  
**Intruders** - 10:00, 12:00, 14:00, 16:00,

18:00, 20:00, 22:00, 00:00  
**Jack and Jill** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00  
**Vanishing on 7th Street** - 20:00, 22:00, 00:00

### Grand Metroplex - Metropolitan

**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Bodyguards and Assassins** - 11:30, 14:30, 17:30, 20:30, 23:30  
**Desi Boyz** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00  
**Dirty Picture** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Jack and Jill** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Seeking Justice** - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55  
**Twilight: Breaking Dawn** - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00  
**Vanishing on 7th Street** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

### Grand Mercato

**Black Gold** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Cat in Boots** - 10:30, 12:30, 14:30, 16:30  
**Desi Boyz** - 10:00, 12:30, 15:00, 17:30  
**Dirty Picture** - 10:30, 13:30, 16:30, 19:30, 22:30  
**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00  
**Intruders** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Jack and Jill** - 10:30, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50  
**Seeking Justice** - 19:00, 21:15, 23:30  
**Twilight: Breaking Dawn** - 17:00, 19:20, 23:40  
**Vanishing on 7th Street** - 20:00, 22:00, 00:00

### Vox Cinemas - Deira City Centre

**Black Gold** - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45  
**Bodyguards and Assassins** - 14:30, 19:15, 00:15  
**Cat in Boots** - 11:00, 13:00, 15:00, 17:00, 19:00  
**Cat in Boots (3D)** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00  
**Desi Boyz** - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45  
**Dirty Picture** - 11:15, 14:15, 17:15, 20:15, 23:15  
**Hairy Tooth Fairy 2** - 09:45, 11:45, 13:45, 15:45, 17:45  
**Immortals** - 16:45, 19:15, 21:45, 00:00  
**Intruders** - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00  
**Jack and Jill** - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30  
**Johnny English Reborn** - 10:00, 12:15, 14:30, 00:00  
**Microphone** - 21:15, 23:30  
**Seeking Justice** - 19:45, 22:00, 00:15  
**Twilight: Breaking Dawn** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30  
**Vanishing on 7th Street** - 10:30, 12:30, 17:15, 22:15

### Vox Cinemas - MOE

**Black Gold** - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45  
**Cat in Boots** - 11:00, 13:00, 15:00, 17:00, 19:00  
**Cat in Boots (3D)** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00  
**Desi Boyz** - 21:00, 23:45  
**Hairy Tooth Fairy 2** - 10:15, 12:15, 14:15, 16:15, 18:15  
**Immortals (3D)** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00  
**Intruders** - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00  
**Jack and Jill** - 11:15, 13:15, 15:15,



CAT IN BOOTS

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



BLACK GOLD

17:15, 19:15, 21:15, 23:15

**Johnny English Reborn** - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15

**Seeking Justice** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15

**Tower Heist** - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30

**Twilight: Breaking Dawn** - 10:15, 11:15, 12:45, 13:45, 16:15, 18:00, 18:45, 21:15, 23:00, 23:45

**Vanishing on 7th Street** - 20:15, 22:15, 00:15

**Where Do We Go Now** - 15:45, 20:45, 23:00

### Vox Cinemas - Mirdif City Centre

**Black Gold** - 10:00, 12:45, 15:30, 18:30, 21:15, 00:00

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

**Dirty Picture** - 11:15, 14:15, 17:15, 20:15, 23:15

**Hairy Tooth Fairy 2** - 11:00, 13:00, 15:00, 17:00

**Immortals (3D)** - 00:00

**Intruders** - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

**Jack and Jill** - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

**Sea Shadow** - 19:00, 23:30

**Seeking Justice** - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15

**Twilight: Breaking Dawn** - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

**Where Do We Go Now** - 21:15

### Reel Cinemas - Dubai Mall

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

**Anonymous** - 13:35, 16:15, 18:55, 21:35, 00:15

**Black Gold** - 11:00, 12:30, 14:00, 15:30, 17:00, 18:30, 20:00, 21:30, 23:00, 00:30

**Bodyguards and Assassins** - 14:45, 17:45, 20:45, 23:45

**Cat in Boots** - 14:00, 16:00, 20:00, 22:00, 00:05

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

**Dirty Picture** - 12:00, 15:00, 18:00, 21:00, 00:05

**Hairy Tooth Fairy 2** - 11:10, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

**Immortals** - 14:00, 16:30, 19:00, 21:30, 00:15

**Intruders** - 11:05, 13:20, 15:30, 17:40, 19:50, 22:05, 00:15

**Jack and Jill** - 13:30, 15:40, 17:50, 20:00, 22:10, 00:20

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

**Microphone** - 17:10, 19:40, 22:10, 00:40

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

**Tower Heist** - 13:10, 13:20, 17:30, 21:40, 22:00, 00:20

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

**Vanishing on 7th Street** - 13:45, 15:45, 17:45, 19:45, 21:45, 23:55

### Reel Cinemas - Marina Mall

**The Adventures of Tintin** - 12:20, 14:40, 17:00

**Anonymous** - 11:10, 13:50, 16:30, 19:10, 21:50, 00:30

**Black Gold** - 11:20, 14:00, 16:40, 19:20, 22:00, 00:40

**Cat in Boots** - 11:00, 15:00, 19:15, 23:30

**Cat in Boots (3D)** - 13:00, 17:15, 19:15

**Intruders** - 11:05, 13:20, 15:30, 17:40, 19:50, 22:05, 00:10

**Jack and Jill** - 11:00, 13:10, 15:20, 17:30, 21:40, 21:50, 00:05

**Tower Heist** - 19:50, 22:05, 00:20

TO FEATURE YOUR EVENT,  
EMAIL EDITORIAL@README.AE

# Events

## Global Village



Global Village is the region's most popular open-air cultural entertainment and shopping venue. Bring the whole family and enjoy the games, rides, music, dance and shopping from all around the world.

**Date:** Tuesday November 1, 2011—Saturday March 3, 2012

**Audience:** Family, general public

**Venue:** Global Village

**Admission:** Dh10, children under three go free. Mondays are family days.

**Timings:** Saturday-Wednesday: 4pm to 12am, Thursday-Friday: 4pm to 1am

## Geopolitics of Roots: No Man's Land—Art Exhibition



A pioneer of Iranian video and performance art, Ghazel, has been exhibited in many prestigious museums and international biennales. Her first show in the UAE provides the unique opportunity to witness the evolution of this artist's work.

**Date:** Monday November 14, 2011—Sunday January 8, 2012

**Audience:** General public

**Venue:** Carbon12 Dubai, Al Quoz 1, Street 8, Alserkal Avenue, Warehouse D37

**Admission:** Free

**Timings:** 11.30am to 7pm

## Dubai International Film Festival

The eighth Dubai International Film Festival serves as a platform on which local and international directors, filmmakers, writers and actors can come together to share ideas and inspiration through workshops and seminars.

**Date:** Wednesday December 7—Wednesday December 14, 2011

**Audience:** General public, trade professionals

**Venue:** Madinat Jumeirah, Dubai



CHRIS BROWN

## MEVEG Conference



The MEVEG Conference gives access to VegFest with workshops,

short films, demonstration sessions and discussions to discuss vegetarian needs in Dubai.

**Date:** Monday December 5—Tuesday December 6, 2011

**Audience:** General public, trade professionals

**Venue:** Dubai International Convention and Exhibition Centre, Sheikh Zayed Road

**Admission:** Pre-registrations Dh99 for conference (one free workshop), on-site entry Dh99, entry to workshops Dh25

## Gulf Oil Super Sixes



Eight local quarter finalists battle alongside eight international

cricket legends to win the prestigious Gulf Oil Super Sixes Cup, where the winning team will be awarded Dh50,000.

**Date:** Friday December 2—Friday December 16, 2011

**Audience:** General public

**Venue:** Dubai Sports City Cricket Stadium

**Admission:** Free

## Dubai World Championship—Golf



The Dubai World Championship 2011 sees the best golfers in the world compete over four days to win

prestigious prizes. The tournament is the richest on The European Tour.

**Date:** Thursday December 8—Sunday December 11, 2011

**Audience:** General public

**Venue:** Jumeirah Golf Estates

**Admission:** Free tickets, apply online

## Chris Brown F.A.M.E. Tour

Internationally renowned recording artist Chris Brown, currently on his F.A.M.E. Tour, comes to Dubai for his first ever concert appearance in the emirate.

**Date:** Friday December 9, 2011

**Audience:** General public

**Venue:** Dubai Festival City Concert Arena

**Admission:** Silver Dh295, Gold Dh395, Platinum Dh595, Fame Lounge Dh995

**Timings:** 6.30pm

## World Diabetes Congress



This is the first World Diabetes Congress to be organised in the Middle East and

North Africa Region—a region enormously affected by diabetes. The International Diabetes Federation aims to consolidate the direction of previous congresses and push boundaries to enhance the lives of people with diabetes.

**Date:** Sunday December 4—Thursday December 8, 2011

**Audience:** Trade professionals

**Venue:** Dubai International Convention and Exhibition Centre, Sheikh Zayed Road

**Admission:** Dh489-4,409

**Timings:** 8.30am to 5pm

## A.R. Rahman—The Man, The Music, The Legend



Oscar and Grammy award-winning musician A.R. Rahman starts his world tour in December with a concert in Dubai.

**Date:** Friday December 9, 2011

**Audience:** General public

**Venue:** Dubai Sports City Cricket Stadium

**Admission:** VVIP Dh1,000, VIP Dh350, Grandstand Dh250, Standing Premium Dh175, Balcony Dh100

**Timings:** 9pm



# Big friendly giant

★★★★★

The huge Audi Q7 will do everything the Dubai family needs from a car.

a really big SUV, but want the build quality to match, you can opt for the rather large Audi Q7. It's both bigger and longer than its smaller Q5 sister, can carry seven people in comfort and has the load capacity to haul around all the stuff a big family seems to need.

On the outside, the Q7 is a great-looking car with a very aggressive front end. The LED lights really give it that R8 look and add to the drama. The rear end is also well thought out, an area other manufacturers seem to have conveniently forgotten

**T**here seems to be a trend in the UAE to see just how big an SUV you can fit on the driveway. With such big roads, keenly priced cars and low fuel costs, you can see why so many people take the opportunity to snap up a large car.

But there is always a compromise. The US, unsurprisingly, builds the biggest SUVs, but often they don't have the build quality or dynamics to please the more picky buyers. But if you buy a European or Japanese 4x4, they tend to be smaller and more compact.

But help is at hand. If you want



## SPECS

(as tested)

Engine: 3.0 litre V6

Power: 328hp

Torque: 440Nm

0-100km/h: 6.9 seconds

Top speed: 243 km/h

Price: Dh211,000





THE CABIN COULD USE SOME SPRUCING UP



THE Q7 SEEMS VERY LONG

about. The length isn't well hidden, though, with the Q7 seemingly as long as a bus when viewed from the side.

Inside, the dash has too much grey plastic for us. Despite the dynamics of the controls being excellent and the seats being very comfortable, the overall look of the interior is too drab and needs spicing up to take the fight to Porsche and Range Rover.

In the very back, you can option the handy third row of seats or use the large load space. The boot isn't very deep compared to others in its class, but there's probably more than enough space for most people.

Importantly, everything feels tightly bolted together and solid. With a four-wheel-drive that is bound to go off-road at some point in its life, the last thing you need is loose trim and controls that are not up to the rigours of a life in the sand.

To haul you along, you get a 3.0-litre V6 producing 328 hp, which is bolted up to an 8-speed tiptronic gearbox. No need for a big V8 here. The V6 is perfectly capable of moving you around with ease, especially as it is coupled to Audi's famous quattro permanent all-wheel-drive system.

On the road, the Q7 hides its weight well. It feels stable in corners and the size of the car only starts to take over if you get a little too enthu-

siastic with your entry speed. Driven correctly, the Q7 has excellent road manners. Despite the relatively small engine for a car of this size, the Audi copes very well, accelerating sharply off the line and easily keeping pace at highway speeds. European manufacturers have always been great at getting more power from smaller capacity engines and Audi seem to be continuing this trend.

We didn't get a chance to venture off-road, but the length of the chassis would certainly worry us more than in a shorter 4x4 when heading into the taller dunes, but for simple camping trips into the desert, we're sure the Q7 will work just fine.

As a large family 4x4, the Audi Q7 ticks all the boxes. It's great-looking, very capable and well-appointed. It needs a bit more glamour in the interior, but apart from that, it does everything you need from an SUV. If you like your cars big, then this is probably the car for you. ●

# 328

The horsepower served up by the Audi Q7's capable and impressive 3.0-litre V6.

## Car briefs

### Toyota GT 86 surfaces

**SPORTS CARS** Toyota's highly anticipated affordable sports car, the GT 86, last week debuted at the Tokyo Motor Show, alongside details surrounding the engine under the bonnet. The four-seater coupé will come with a 2.0-litre flat-four boxer engine producing 197bhp, and will be released in the second half of 2012.



### Red Bull dominate F1



**SPORTS** The 2010/2011 Formula 1 season concluded last week in Brazil, with Mark Webber picking up his first win of the year as he brought home a Red Bull one-two. His co-driver, Sebastian Vettel, won the drivers' championship in October, while Red Bull picked up the constructors' championship during the same month.

### Carrera Cabriolet uncovered

**CONVERTIBLES** Having just debuted its new Carrera in the Middle East at the Dubai International Motor Show, Porsche has now unveiled the Cabriolet version of the new car. The all-new soft top manages to retain the typical 911 roof in its entirety, and is considerably lighter than its celebrated predecessor.



### Another new Nissan Juke

**CROSSOVERS** On the back of releasing more details about its Juke-R concept, Nissan has now unveiled another sporty Juke, this time treated by the brand's in-house tuning company, Nismo. The Juke Nismo is lower, wider and has a tougher stance than the regular car, coming with a new body kit and an upgraded engine.





# Young, fun and always number one

We profile **Zaamin Jaffer**, the Indian ace who is taking the UAE's motorsport season by storm.

## MOTORSPORT

Since bursting on to the scene in 2006, professional racer Zaamin Jaffer has been blazing his trail to success.

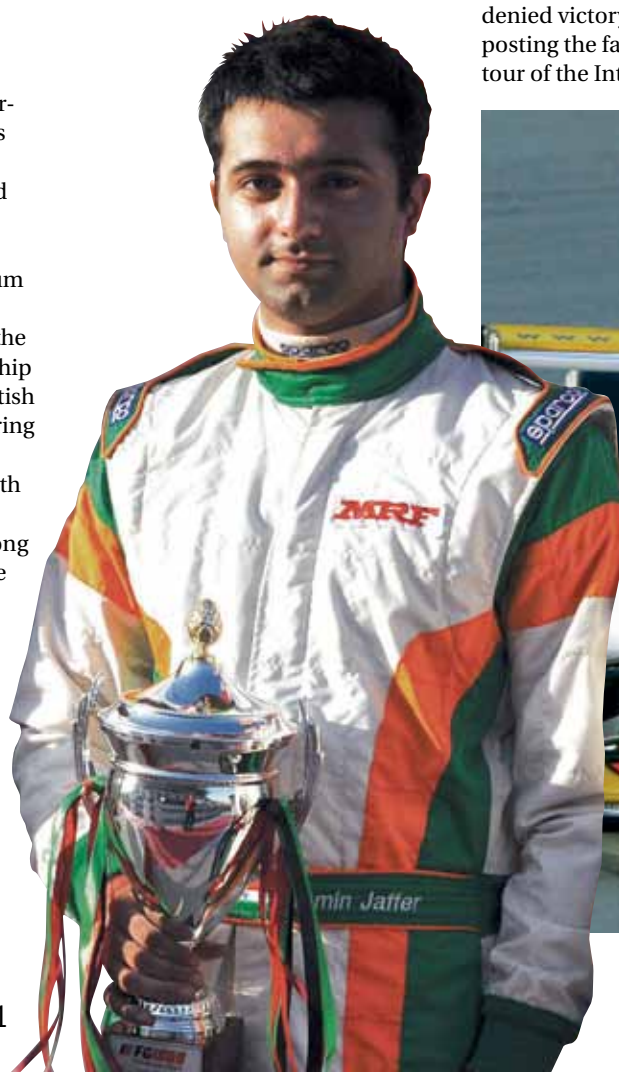
Born in Mumbai, Jaffer became fascinated with the world of motorsport by the age of five through his enthusiasm for Formula 1. Eleven years later, he moved to Dubai and took part in his first UAE national championship race at the Dubai Autodrome, scoring his first podium the same year.

Jaffer continued to compete in the UAE National Karting Championship until 2009, when he joined the British Formula Ford Championship. During his first two seasons in the UK, he managed to familiarise himself with a new car, new team and new circuits, taking a host of podiums along the way and finishing fourth in the Scholarship class.

With an impressive career start already behind him, 2011 found Jaffer compete in the Formula Renault BARC Championship in what turned out to be the most competitive series in a number of years, with the young Indian finishing in the top six in most events throughout the first half of the season.

But it really has been the end of

JAFFER AFTER WINNING ROUND THREE OF THE FG1000 SERIES



the season that seems to be bringing Jaffer into pole position in the ranks of up-and-comers. In the Formula MRF support race for the inaugural Indian Grand Prix a few short weeks ago, Jaffer finished an impressive fifth, and as the top Indian driver.

Immediately after the inaugural Formula 1 weekend in his homeland, Jaffer returned to Dubai where an opportunity to debut in Formula Gulf 1000 awaited. Starring on his first appearance in the UAE-based single-seater championship, the Mumbai-born racer set the standard immediately by qualifying on pole position 0.3 seconds clear of the field before going on to take a memorable win.

Although slipping to second position off the start, Jaffer wasn't to be denied victory on his debut and after posting the fastest lap on the eighth tour of the International Circuit, he

took the lead on the tenth and final lap to win by 0.2 seconds.

"I didn't know what to expect really on our first weekend, but to take both poles, win the first race, almost win the second and set fastest lap each time was fantastic," admitted the Dubai-based driver. "The plan was to end the year with the Indian Grand Prix support races in MRF but the opportunity to race in FG1000 presented itself so we had a go!"

The 21-year-old then continued his superb run of success in the FG1000 Championship in Dubai on Friday, November 25—the Indian ace taking his second victory in as many race meetings in round five before sealing his fourth podium on the trot in round six.

Rounds seven and eight of the series take place at the Yas Marina Circuit on December 16. ●



# Post-it

## JOBS AVAILABLE

**Housemaid/Nanny** required. Working hours are between 9am to 5pm. Preferably Indian or Filipina. Need immediately. Call 042809769.

**Pakistani/Indian** or Filipina required for a full time job at a truck company at Nahd Al Hammar. Computer skilled/ Knowledgeable in accounts. Call 0507647429/email CV at ambernoot7@gmail.com.

**Accountant /Receptionist** required for a company near Abu Hail metro station. Preferably female. On husband's visa. Send resume to resume@leewayme.com.

**Housemaid required** for a full-time job. Filipinas only. Must love children and should be very friendly. Call 0502119711.

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

## JOBS WANTED

**ACCA Professional Level student having excellent communication skills and good in MS Word looking for any available Job. Contact: 0558292598 or 044202944.**

**Physiotherapist, DHA** licence, seeks job in a medical centre/hospital. 4 yrs experience in Dubai and India. Excellent clinical skills. Call 0506827411.

**Limousine driver** seeks job. 3 yrs experience in pioneer luxury cars in Dubai. Can drive all types of luxury cars. Call 0558288909.

**Indian seeks** job as a safety officer. 5 yrs experience in the same field. Owns a driving licence. Email haspulikodan@yahoo.com / call 0502976173.

**Pakistani ACAM, BCom** seeks job. Have experience in accounts. With driving licence. Call 0566525488/email shahid-pak123@hotmail.com.

**Indian male** seeks a part-time job as an IT assistant. Evenings on weekdays and full time on Saturdays. Qualified and experienced. Call 0553924709/email zohairzhr@gmail.com.

**IT Specialist, CCNA, MCSE** certified, seeks job. 6 yrs experience. Can work on Windows, Linux/Unix Servers & Networking. Email faburhan@yahoo.com/call 0552157954.

**Indian female** seeks job as an office administrative. 5 +yrs experience in a recruitment company. Email abitam1994@gmail.com.

**Bangladeshi, 29**, (MBS) seeks job. 5 yrs experience in accounting. Call 0557974708/ email wwwtipuuk@live.com.

**Accountant seeks** part-time job in Dubai. Well experienced. Knowledgeable in Tally. Call 0553295012.

**Indian female**, chemistry graduate seeks job in customer service/chemical/ administration. On husband's visa. Call 0554185393/0501564595/email deepthi.kk66@yahoo.com.

**Indian male** seeks job. 3+ yrs experience in human resource. Email Amsath2011@gmail.com/call 0509443645.

**Indian male**, 35, seeks job as a driver. 5 yrs experience in GCC. Can be a personal or company driver. Call 0557821252.

**Indian female**, 38, seeks job. 12 yrs experience in medical claim insurance. Owns UAE driving licence. On husband's visa. Call 0507898012.

**AutoCAD Civil Draftsman** seeks job. 2 yrs experience. On husband's visa. Call 0553670025.

**Indian male MCA** seeks job. 5+ yrs experience in IT Software/Training. Knowledgeable & honest. Call 0558789311/ email vivekkumarat.uae@gmail.com.

**Male, BCom** seeks job. 5 yrs experience in accounting, sales, CRO and IT. Call 0553849407.

**Indian male** seeks job as a light duty driver. 5+ yrs experience in UAE. Knowledgeable about UAE roads. Call 0502512113. Email rajandubai2010@gmail.com.

**Indian, male**, chemical engineer seeks job. Call 0554062525/email nashathnazar@yahoo.com.

**ACCA Finalist looking for any suitable job in accounts, finance or audit department of any Bank, Company or Audit Firm. Excellent Communication skills. Good knowledge of MS Office. Contact: 0558292598 or 044202944. Email: m\_ahsan.nazim@yahoo.com**

## AUTO

**KIA Optima**, 2007 model. Black colour. 92,000km, midrange (#2). For 26000AED. Call 0508485149/ 0502530276.

**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.**

**Baby sitting** services available in the Al Qusais area. Call 0566408715/0503512529/ email jomy-john422@gmail.com.

**Home tutoring** lessons available for Economics, Science, English, accounting and many other subjects. Call 0554627937.

**Veteran computer** professional (BSc). Brings computer training and services to anywhere in the UAE. Call 0556496804.

**Baby sitting** services available. Near Sheraton and Marco Polo Hotel, Mutheena park, Deira. Call 0561220363.

**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

**Persian carpets** and other types of handmade carpet are available for sale. Finest quality, hand knotted rugs and kilims available in all sizes and colours. Call 0502100234.

**New HP Pavilion** laptop G4 121 available for sale. Grey i3 processor with 4GB, ram 320 hard disk dedicated graphics with one year warranty. Call 0557254345.

**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.

## ACCOMMODATION

**Bed Space/partition** room available for rent. Filipinos only. In Bur Dubai, in the Barclay Bank building. Rent 600AED/1600AED. Call 0502923808/0502607587.

**Bed space** available for rent. South Indians only. Near Union metro station/ Al Ghurair Centre. AED550/- inclusive of high speed internet, DEWA. Call 0559071202.

**One bedroom** flat available for rent. Near the Green Line metro/bus station. Starting from January 2012. Rent 20K including extra furniture. Call 0503447074.

**Single bed** space available for rent. Keralite executive bachelor only. Near Al Rigga/ Salah Al Din metro station. Internet available. Rent for AED 520 + DEWA. Call 0557017625.

**Shared accommodation** available for rent. Indian couples only. In Deira, Dubai. Rent for 1000AED. Call 0509412636.

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

**Bed spaces** available for rent. Executive bachelors only. In Bur Dubai, near Asotel Hotel. Rent 625AED/ including facilities. Available on the 1st of December. Call 0561065534/0559161493.

**Shared accommodation/** bed space available for rent. Indian Muslims only. Behind Crowne Plaza facing Emirates Towers. Rent 600AED + DEWA. Call 0507082328/0555226306.

**Furnished single** bedroom available for rent. For executive ladies only. Sharing flat with a Catholic family in Karama. Call 0506789045.

**Bed space** available for rent in the O.P.C. area, Bur Dubai. For Keralites only. Rent 750AED/- including DEWA. Call 0507356988.

**Bedroom** available for rent. New building. Opposite Safeer Mall /Etisalat building in Al Nadha. Rent 800AED/ including internet. Call 0505780248.

**Fully furnished** flat available for rent. Keralite executive bachelors only. Near Abu Baker Al Siddique metro station. Call 0506762820/0552374205.

**Bed space** available for rent. Keralite working ladies only. Near Khalid Bin Walid metro station, Bur Dubai. Call 0509747807.

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

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

## MISCELLANEOUS

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# RTA praises French ties

## AGREEMENTS

**Mattar Al Tayer**, Chairman of the Board and Executive Director of the RTA, recently received HE Eric Giraud Telem, French Consul General in Dubai, accompanied by Jean-Claude de Peru, Economic Advisor of the French Embassy in Abu Dhabi.

During the meeting, which was attended by RTA board member Mohammed Obaid Al Mulla, and Director of Commercial Affairs and Investment Abdullah Yousef Al Ali, the two parties discussed means of boosting cooperation and exchanging expertise as envisaged in the memorandum of understanding signed between the RTA and the Public Transport Authority in Paris (RATP) in November, 2010.

At the meeting, Al Tayer commended the excellent relationship between the UAE and the Republic of France, which contributed to boosting the commercial exchange between



MATTAR AL TAYER RECEIVING THE FRENCH CONSUL

the two countries, the flow of joint investments in various fields, and tourist visits between the two friendly nations.

"Key projects undertaken by French companies include the Dubai Metro and Al Safouh Tram, where Tales Co. has carried out the signal control system as well as the system of communication between

the control room and trains and between trains themselves. Systra was awarded a consultancy contract for both the Red and Green Lines of the Dubai Metro project and Al Safouh Tram. Among the most important projects awarded to French firms are the Al Safouh Tram, which saw a milestone last October, when HH Sheikh Mohammed bin Rashid Al

Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, launched the model station and carriage of the tram for the project," Al Tayer said.

For his part, HE Eric Giraud Telem praised the steps taken by the RTA towards accelerating the work progress in the project, the first stage of which would be completed in 2014.

## RTA holds lecture on etiquette surrounding use of the UAE's flag



## EDUCATION

**The flag is** a national emblem of any country across the globe, replicating its past, present and beyond to indicate its future aspirations by means of the shapes and colours depicting historical connotations, human values and moral principles.

In order to boost the national identity through the optimal use of the UAE flag, the National Identity Team of the RTA recently held a lecture about the rules and etiquettes of using the flag. Rawdah Al Mahrizi, Deputy Head of the RTA National Identity Team, started the lecture, which was held in the RTA Auditorium, by defining the protocol and etiquette terms in Islam in the context of verses of the holy Quran and Sunnah of the Prophet (PBUH).

# RTA employees step up

## EVENTS

**For the third** time running, the RTA organised the RTA Employees Products Expo in a bid to hone the skills of its employees and showcase their innovations in managing a portfolio of diverse private enterprises, epitomising creativity and proficiency in manufacturing hand-made items that effectively contribute to enhancing the entrepreneurial spirit among Emiratis, and stimulating them to practically undertake such projects and seek to improve them in future.

The CEO of the RTA Corporate Administrative Support Services Sector, Yousef Al Rida, praised this ongoing interaction between employees through engaging them in the annual Employees Products Expo, considering the event the first crucial step towards realising employees' ambitions of showcasing their skills before their colleagues. It also offers a platform for gaining and exchanging expertise and hugely creditable concepts, particularly as the previous editions of the expo were successful in hitting their intended objectives.

"The RTA is seeking to bolster the steps taken by our wise government insofar as to encourage Emirati youth to go about their own small or medium enterprises in order to bring them into the realm of reality, particularly those associated with the spirit of creativity. The RTA Employees Products Expo offers male and female employees exposure to the world of business and investment in a smooth manner through enabling them to exhibit such products to their colleagues. All business entities in the UAE are invited to run such expos in order to unleash the latent skills and talents of their employees and empower them to crack the world of private business in future," said Al Rida.

The Director of Human Resources and Development, Kawther Kazim, lauded the passion of RTA employees to continuously participate in this annual bazaar. "The third expo coincides with the RTA's celebrations of the 40th UAE National Day, and this time, the event has unique stands featuring quaint houses, inspired designs, where every corner smacks of the true fragrance of the past, and typical Emirati flavour." The RTA is keen on staging this event every year to share expertise and familiarise its employees with other works.



# Dh16.5m from auction

## AUCTIONS

The 74th Open Number Plates Auction, held by the Licensing Agency at the RTA, ended on a high note, with proceeds hitting Dh16.543 million. The auction saw a huge turnout from all community segments, as it contained several distinguished two, three, four and five-digit plates.

The Acting Director of Vehicles Licensing, Nasir Mohammed Al Haj, praised the success of such auctions in reflecting the keenness of the public to effectively take part in bidding for these numbers.

"Such response prompts the Licensing Agency to organise these auctions to meet the aspirations of our customers who are the core of our successes. On the other hand, holding online plate auctions also supplements the successes made through realising the ambitions of a certain chunk of customers

who prefer to acquire such plates online," said Al Haj.

"About 100 distinguished number plates were offered in the 74th Open Number Plates Auction, which was attended by around 100 participants spanning all categories and ages.

The sale topper was plate K-100, which was sold for Dh1 million, followed by number I-96, which fetched Dh930,000.

"The five-digit plate, I-44444, was sold for Dh420,000, while the four-digit plate, K-9999, and five-

*"The sale topper was plate K-100, which was sold for Dh1m."*



digit I-22222 brought Dh400,000 each. The three-digit plate, K-101, was exchanged for Dh350,000 while the five-digit I-50000 was sold for Dh310,000, and the four-digit plate, K-1100, brought back Dh114,000.

"The Auction has seen a positive competitive spirit between bidders, who were very active. The RTA will always seek to enlist distinguished and diverse plates to feed the desire of the public and interact with them in order to enhance equality and transparency. The next open auction will be held in March, 2012," said the Acting Director of Vehicles Licensing in a final remark.

## RTA hosts poetic forum

### EVENTS

The RTA recently hosted an elite group of Emirati poets to sing patriotic poems in love of the UAE to mark the celebrations of the UAE's 40th National Day at a poetic forum held for the second time by the RTA National Identity Team as part of a diverse cast of National Day festivities.

At the start the forum, the Director of Marketing and Corporate Communication and Head of the RTA National Identity Team, Dr Aysha Al Busmait, welcomed the invitees who were keen on participating at the forum, which is held by the RTA annually. The event is intended to showcase creative poets who have been nurtured under the UAE federation, which prompted them to continue writing different types of poems, especially patriotic lyrics that reflect their intimacy and affinity with the country and its wise leadership.

"The RTA is keen on bolstering the poetic innovations, particularly home-grown

*"The RTA is always keen on diversifying its activities."*

ones, and supporting this category, which is viewed as a voice of the nation in praising and celebrating its achievements. The RTA is always keen on diversifying its activities which are in the centre stage of the community's attention. Poems have always been cherished and enthusiasts among RTA employees enjoy it away from their daily routines.

Afterwards, the Director of Marketing and Corporate Communication presented the poets to the floor. It was Khalid Al Dhanhani, Sheikha Al Jabri and Abdullah Al Khayat who delivered their patriotic poems, depicting their sense of belonging and unlimited bounties.



## RTA brings back customer service satisfaction drive

### INITIATIVES

The Customer Service Centres Department at the RTA has worked out a programme, billed *We are all at the front-end*, for RTA leaders to visit affiliated customer service centres with a view to assessing their performance, stepping up effective communication between all RTA employees and external customers, and improving the quality of services delivered in a way that realises the strategic goals of the RTA, at the top of which is: Customers First.

Commenting on the programme, the Director of Customer Service Centres, Ahmed Mahboob said, "This programme, which initially came to light in 2008, is an integral part of the department's concerns focusing on achieving higher customer satisfaction ratings through probing their views about various services delivered by the RTA in order to improve them, and removing any obstacles standing in their way. Besides that, the programme offers a genuine opportunity to break the routine barriers between RTA officials and external customers.

"We have embarked on beefing up the events of the programme

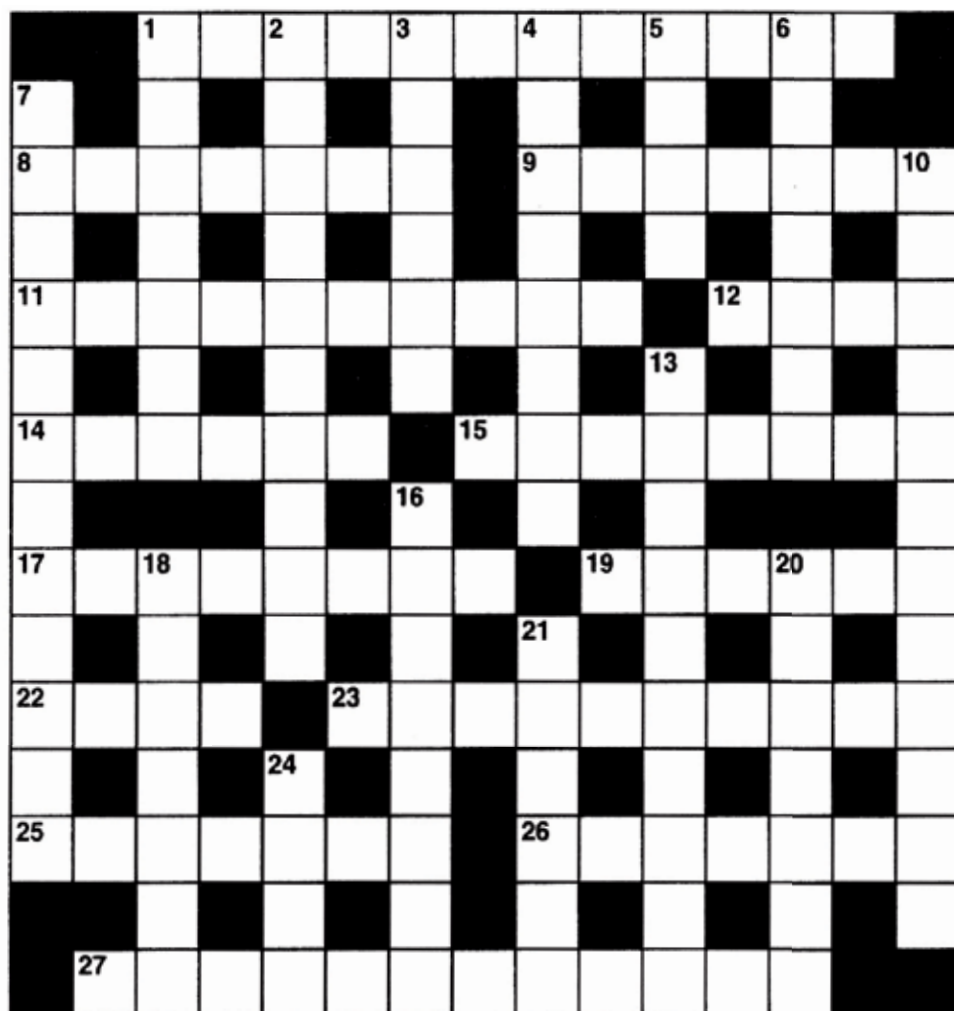


AHMED MAHBOOB

through conducting field visits to customer service centres at Umm Al Remool, Al Awir and Deira, enabling customers to meet RTA officials and get acquainted with the various services delivered and how to communicate with them and respond to their queries. Customers are being approached directly in order to probe the extent of their satisfaction with the centres and services rendered, as their feedback will be taken into consideration in framing up the customer service strategy," Mahboob added.

# 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 Close friends (5,7) 8 Preparation instructions for food (7)  
9 Screw up (7) 11 Machine for supplying gas or air (10) 12  
School exam (init) (4) 14 Happened after (6) 15 US state,  
capital Lincoln (8) 17 As American as \_\_\_, US expression  
(5,3) 19 Slashed (6) 22 \_\_\_ upon a time, fairy-tale opening  
(4) 23 Parishioner (10) 25 Curiously unusual objects (7) 26  
Controversial, delicate (7) 27 Cheers! (4,3,5)

### Down

1 Suits (7) 2 Took over in an improved capacity (10) 3 Incorrect  
handling (6) 4 Raw (8) 5 Stern-looking (4) 6 Supposes (7) 7  
Jested (7,1,4) 10 Ireland's colour? (7,5) 13 Military double-  
breasted waterproof garment (6,4) 16 Confused jumble (8) 18  
High-pitched musical instrument (7) 20 Absurd (7) 21 Loading  
part of a gun (6) 24 Put back in kitchen, like an oven (4)

### ANSWERS



## Recipe

# Family Fish Pie

This classic fish pie will feed the family and create plenty of very full and very happy stomachs.



## Ingredients

1.5kg potatoes  
50g butter  
150ml milk  
4 bay leaves  
750g white fish  
75g unsalted butter  
75g plain flour  
Large bunch of finely chopped fresh  
parsley

## Method

Preheat the oven to 180C/350F/Gas 4. To make the potato topping, boil the potatoes in a large pan of salted water for 15-20 minutes, or until tender, then drain well and mash with the butter.

To make the poaching broth, place the milk and bay leaves into a saucepan and bring to the boil. Add the fish and poach for three minutes, then gently remove the fish from the pan and set aside.

Serves  
**5**

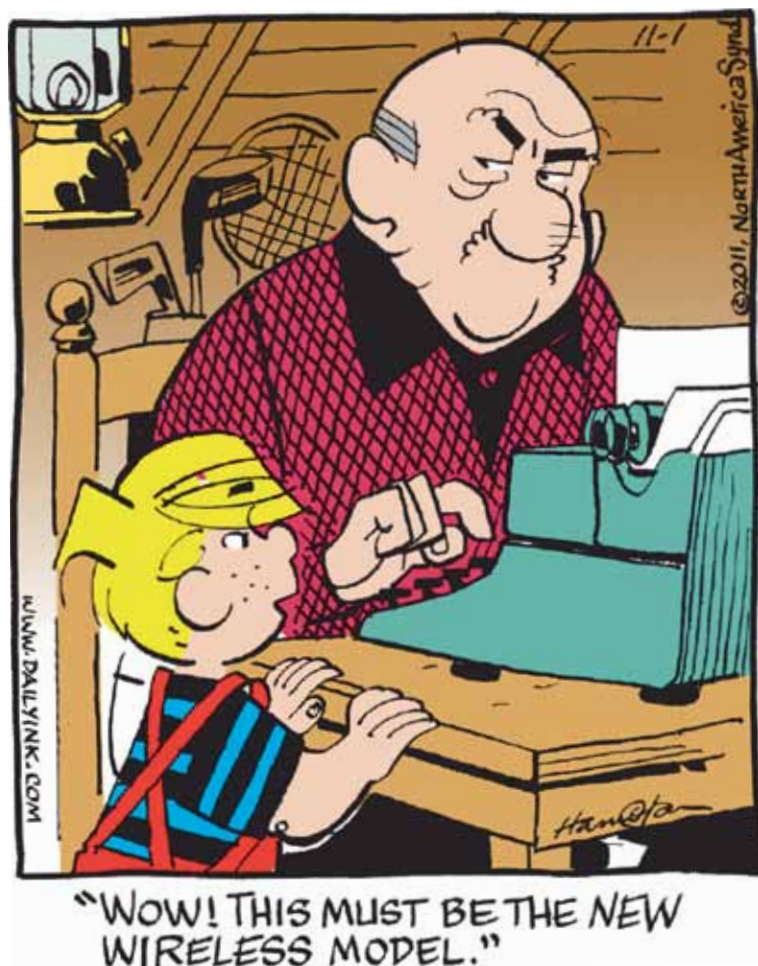
Strain the milk broth through a sieve into a clean pan and discard the bay leaves. Bring the broth back to the boil and simmer until reduced by half.

For the parsley sauce, heat the unsalted butter in a pan over a low heat then add the flour, stirring to make a paste. Add the reduced broth slowly and keep whisking until the sauce is smooth, then add the parsley and simmer for 10 minutes. Meanwhile, flake the fish, discarding any skin or bones.

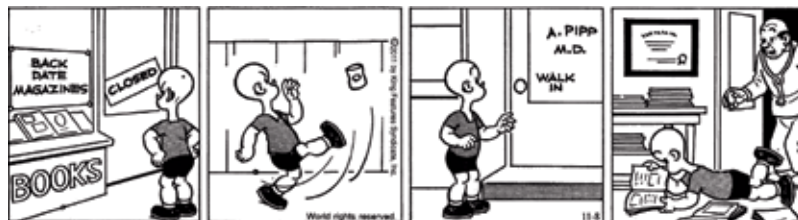
To assemble the pie, grease a large casserole dish, add the fish then pour the parsley sauce over the top. Cover with the mashed potatoes, making sure the dish is well covered, then place the dish in the oven and bake for 20-25 minutes or until the top is golden-brown.



## Dennis the menace



## 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](mailto:letters@readme.ae)

**Q** I always feel so bloated after eating, sometimes my stomach even hurts because of it. It is really uncomfortable and unattractive, what can I do?

**Read:** Keep an eye on whether this only happens after eating something specific. If it happens after you have eaten wheat products, for example, you may have an intolerance which can be dealt with once you have identified the problem. Also, you could try drinking peppermint tea throughout the day and after meals, as this aids the digestive system and can reduce bloating.

**Q** I recently had a baby and my stomach is covered in stretch marks. Is there anything I can use at home to get rid of them?

**Read:** It is not possible to completely get rid of stretch marks

at home, but there are many products you can use to make them less noticeable and hopefully prevent them from occurring again. Try Palmer's Cocoa Butter Massage Cream for Stretch-marks, available from chemists for around Dh35, which contains Vitamin E and collagen to reduce the appearance and severity of stretch marks.

**Q** I am getting a strange lump in my wrist. It is on the top side of my wrist and is more noticeable when I point my hand downwards. What could it be?

**Read:** It sounds like it could be a ganglion, a harmless build-up of fluid around a joint which forms either a jelly-like or hard lump. They are most common in areas such as the hands and wrists. Ganglions are treatable, either by draining or removing them, but can sometimes require a general anaesthetic. If you decide to have it treated, make sure you seek advice from your GP beforehand.

## Who's this?

ANSWER ON PAGE 38



# Puzzles

## Arrowword

|                                          |                   |                         |                                 |                          |                                      |                                  |
|------------------------------------------|-------------------|-------------------------|---------------------------------|--------------------------|--------------------------------------|----------------------------------|
| Saint associated with Assisi             | Patella           | Computer info           | Mother and father               | Sicilian volcano         | Party decoration on a string         | Uncanny foresight (inits)        |
|                                          |                   |                         | Belts or flogs                  |                          |                                      |                                  |
| ___ Fricker, star of <i>My Left Foot</i> | Corn spike        |                         | Aquatic bird of the rail family | Even number              | Alkaline fluid secreted by the liver | Public school near Windsor       |
|                                          |                   |                         |                                 |                          |                                      | ___ Adams, <i>Enchanted</i> star |
| Indiscernible                            | Small narrow boat |                         |                                 |                          | Small amount                         |                                  |
|                                          |                   | Large measure of weight |                                 |                          | Textiles machine                     |                                  |
| ___ Tarbuck, TV actress                  | Stake             |                         |                                 | ___ Ball, jazz trumpeter |                                      |                                  |

### Sudoku 1

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

### Sudoku 2

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

ANSWERS

ARROWWORD

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SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - DANIEL RADCLIFFE

## The Read. Team

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Web editor

### DESIGN

**Angela Ravi**  
Art editor

**Sunil Kumar**  
Senior designer

### ADVERTISING

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

### CONTACT US

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



### Continental Multimedia FZ LLC

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

### BRANCHES

#### ABU DHABI:

**T:** +971 2 622 7880  
**F:** +971 2 622 7881

#### KSA (JEDDAH):

**T:** +96 62 657 3161/36  
**F:** +96 62 657 3152

#### BAHRAIN:

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

#### OMAN:

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

#### EGYPT:

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

#### JORDAN:

**T:** +96 26 565 3601  
**F:** +96 26 566 4884

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# What's in your stars?

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

## ARIES

(MAR 21 - APR 20)

You've been coming up with some exciting plans recently, but maybe it's time to step back and look at the situation with a realistic point of view. An important opportunity could be missed because you are too headstrong with your own ideas.



## TAURUS

(APR 21 - MAY 21)

You may be in the middle of an important financial deal, but a glitch is on the way, which could prove very frustrating. Try to keep up the pressure on legal or financial representatives, as, without constant reminders, they may start to slack.



## GEMINI

(MAY 22 - JUN 21)

Perhaps it is time to re-evaluate your closest relationships and how you go about communicating with each other. A friendship or family bond that has been struggling recently can easily get back on track with a little heart-to-heart discussion.



## CANCER

(JUN 22 - JUL 23)

It's often a very easy thing to do, but try not to jump to conclusions too quickly. It's easy to get the facts wrong sometimes, which can lead to more hassle than it's worth. A close friend will appreciate your understanding far more than your judgement.



## LEO

(JUL 24 - AUG 23)

You always like to look after people, but at this time of year, you could be at risk of taking on more than you can handle. As long as you plan everything correctly, your hospitality will stretch as far as it needs to without your patience also being stretched.



## VIRGO

(AUG 24 - SEP 23)

There could be an issue with family members over the coming weeks, but try not to let it affect you too much. You may be unable to control other people's attitudes, but you can take comfort in the fact that you always have control over your own.



## LIBRA

(SEP 24 - OCT 23)

Sometimes people can get the wrong end of the stick, especially when it comes to understanding other's views. Because of this, be extra careful about what you say or write in an email this week, as there could be some resulting confusion.



## SCORPIO

(OCT 24 - NOV 22)

You seem to have a new sense of persuasion, which could work to your advantage with a colleague. However, what you convince someone into doing could drift along for longer than necessary, so make sure you don't let it slip.



## SAGITTARIUS

(NOV 23 - DEC 21)

You are filled with new ideas, yet they seem harder to put into practice than they should be. Something you have worked hard at for a long time is starting to show signs of promise, however, so there's no need to be disheartened just yet.



## CAPRICORN

(DEC 22 - JAN 20)

A long-term plan is starting to see fruition but you may get the feeling that not everyone is on board with you. This may lead to you feeling slightly isolated, but if you can stay strong and hold your ground, the rewards will start to find their way to you.



## AQUARIUS

(JAN 21 - FEB 19)

You are not short of party invitations and offers to do things at the moment, yet it seems like your quiet side wants to resurface for a while. If you can mix the two—some alone time with social time—the balance will be hugely beneficial to you.



## PISCES

(FEB 20 - MAR 20)

One bond could be growing tighter with someone new whom you feel you really connect with on a personal level. In business, however, a long-running opportunity could start to stall, so keep your options open to avoid a big disappointment.



## This week's local weather

**SUN**



**SUNNY**  
**HIGH 27C**  
**LOW 22C**  
**HUMIDITY 43%**

**MON**



**SUNNY**  
**HIGH 28C**  
**LOW 23C**  
**HUMIDITY 42%**

**TUE**



**SUNNY**  
**HIGH 26C**  
**LOW 22C**  
**HUMIDITY 43%**

**WED**



**MOSTLY SUNNY**  
**HIGH 24C**  
**LOW 20C**  
**HUMIDITY 36%**

**THU**



**MOSTLY SUNNY**  
**HIGH 24C**  
**LOW 20C**  
**HUMIDITY 38%**

**FRI**



**WARM**  
**HIGH 26C**  
**LOW 22C**  
**HUMIDITY 40%**

**SAT**



**WARM**  
**HIGH 25C**  
**LOW 21C**  
**HUMIDITY 39%**

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