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DECEMBER 11-17, 2011 | Issue 26

Read.



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

THE WHOLE GRAIN

Carbohydrates are a staple food for most, but could the choice of white or brown grain be affecting your health?

SHIMMER AND SHINE

With the party season fast approaching, it's time to polish up your look with a touch of metallic class

TAKING THE SOFT ROAD

MISSION ACCEPTED

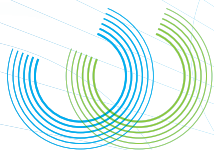
Tom Cruise's latest *Mission: Impossible* flick has taken our city by storm in more ways than one

Computing the future

Why the next generation of computer scientists are so important

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



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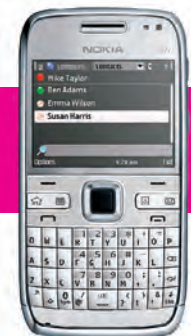
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Letters

Email: letters@readme.ae

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

✉ I am a regular reader of the magazine. It is really useful and the new appearance is very good. Can someone help me? I have a garden in the balcony of my apartment. I would like to utilise my vegetable waste by converting it into compost fertiliser. Can someone guide me to have a proper container for this function and give me guidelines to make the compost at home?

G.P. Unni

ED: The Bokashi bucket uses beneficial microbes to ferment organic waste rather than allowing decay. Visit bokashidubai.com to learn everything you need for making your fertiliser at home.

✉ While the Dubai Metro has made us all heave a sigh of relief and improved life, we seem to be taking things for granted!

I can say this because I see my fellow passengers making life difficult for themselves on the Metro. Recently, in the ladies compart-

ment, I encountered a lady who squeezed in as the doors were closing and I shudder to think what would have happened lest half of her body had been trapped in the doors! I see this every day and also observe the authorities shouting their lungs out for people to take the next train and not put their life in jeopardy.

I ask my dear fellow passengers, what is the need for hurrying while there is a train every five minutes? Please slow down, folks.

My dear fellow passengers keep forgetting the universal rule that before you board the train the people who are getting off should be given priority. Each day as I watch the train doors open and am getting ready to hop out, there are hordes of people trying to board at the same time! Please, my fellow passengers, let us follow the rules and let us not end up converting our blessings into a curse!

Rekha Sriram

ED: Thanks for writing in, Rekha. Sharing your thoughts with *Read.* is a great way to communicate with your fellow Metro passengers and get your message out to them.

Read. poll

Do you keep in touch with your childhood friends?

- Yes
- No
- I have lost touch with them
- I wish I knew where they are

Cast your vote online at www.readme.ae

QR codes



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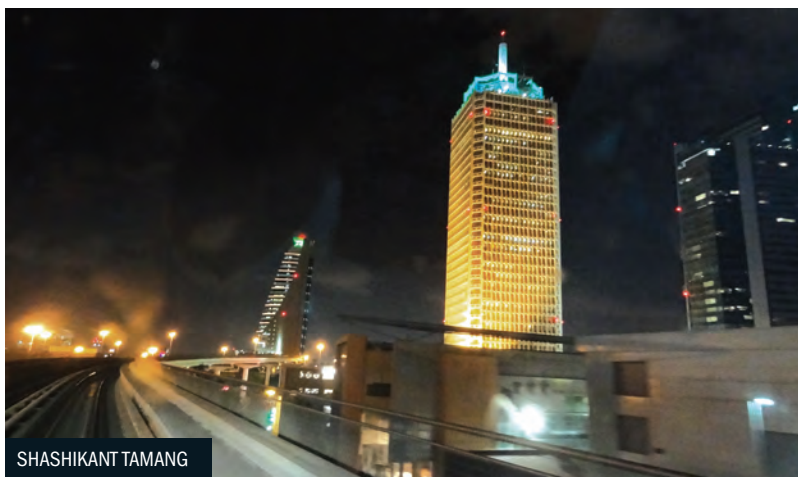
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Metro pics

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. 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



SHASHIKANT TAMANG



OGIE



ANTHONY PAULOSE



DEVIKA VASUDEV



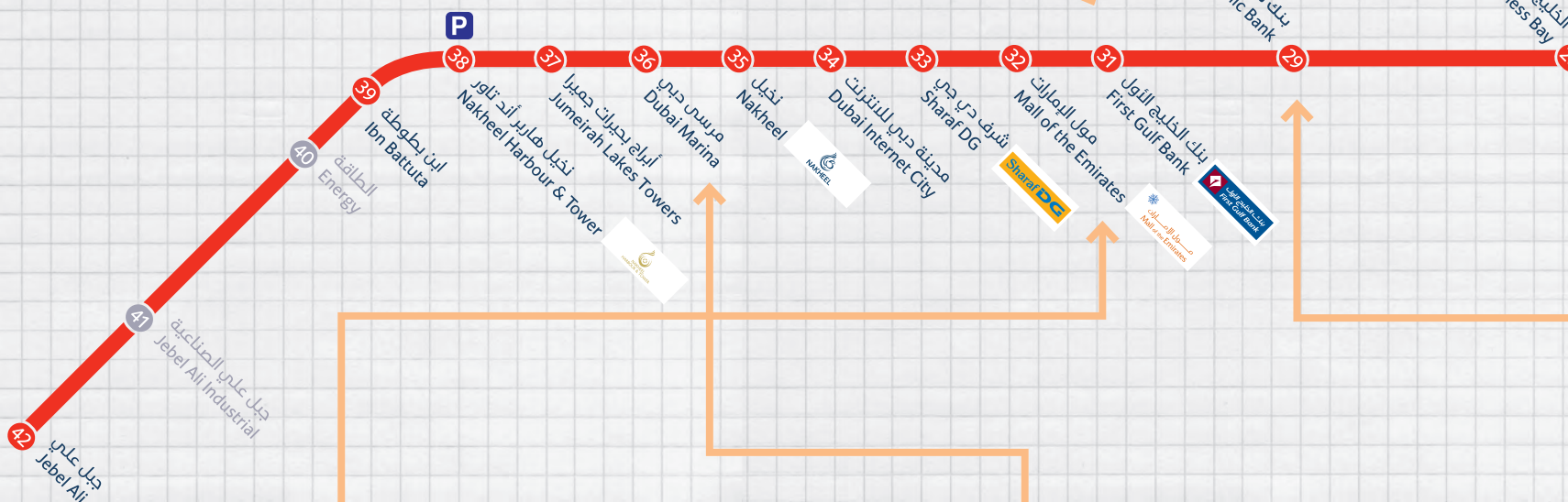
JOSHUA THOMAS JACOB



AKHIL K.KUMAR

Station by station guide

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



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The Nutcracker

DECEMBER 15-17
CENTREPOINT THEATRE,
DUCTAC

Why not get into the festive mood nice and early this December by taking the family to see one of the most magical and enchanting ballets of all time? This is a rare opportunity to watch Tchaikovsky's famous classical ballet, *The Nutcracker*, performed by the highly acclaimed Vienna Festival Ballet right here in Dubai—you'd be nuts to miss it! For show timings call 04 341 4777 or visit www.ductac.org. Tickets are Dh185 for stalls, Dh165 for balcony.



'Xperia active Rattle Battle'

DECEMBER 13-17, 5-11PM
THE WALK, JBR

Get active and challenge a friend to a frenetic 45 seconds in a water tank with Xperia smartphones strapped to your arms and legs. You will lose count of your movements! If you are the highest scoring individual on the day, you will win a free Xperia active smartphone. All participants also win a Sony Ericsson voucher and exciting giveaways. Free and open to the public.



South African Rock

DECEMBER 16, 9PM-3AM
AUSSIE LEGENDS, RYDGES PLAZA

To celebrate the South African Day of Reconciliation on December 16, Metal Asylum presents an energetic night of pure South African rock n' roll, and perhaps even a little bit of metal, too. There will be several live bands performing for your enjoyment and it looks set to be a great place for all South Africans (and other nationalities, of course) to meet up, make new friends and celebrate. No Under 21s.

Muqtanayati



UNTIL JANUARY 1, 2012
THE JAMJAR,
AL QUOZ 3
The latest exhibition at The Jamjar is a unique, 100-piece collection entitled *Muqtanayati*, which consists of objects and art work submitted by Dubai residents. Each piece

describes the person's own thoughts on how they view their life and the journey they have taken while living here in the UAE.



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Dino Live



OPEN DAILY
10AM-10PM
TIMES
SQUARE
Dino Live is a fun, interactive exhibition suitable for all the family. Featuring over 30 animatronic

life-size dinosaurs, experience each one's might as they swish their tails and roar at passers-by. Entry is Dh50 for adults and children, plus an additional Dh20 for the cinema.

The Burning Question

QiPads are increasingly being used by children thanks to games and apps aimed towards a younger audience. Do you think computer games are a good thing for children?



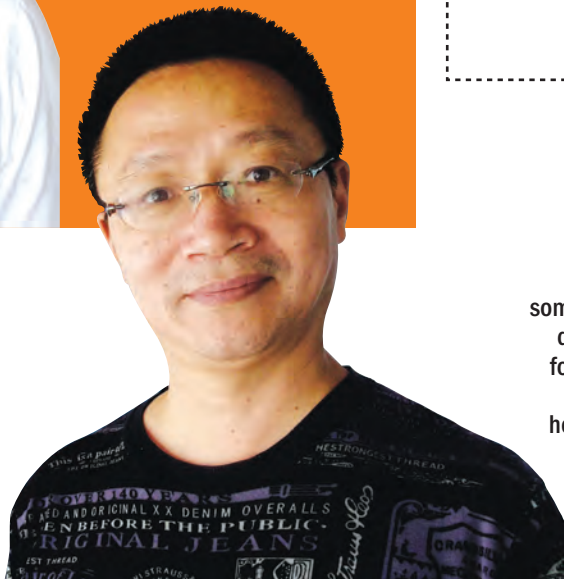
Teresa Rose Co
ACCOUNTANT, DISCOVERY GARDENS

I don't think it's totally bad; good things can come from computer games such as improved intelligence and learning how to react. If children focus too much on computer games, though, they can become couch potatoes. I think it's up to the parents to monitor how much time they spend on the computer.

William Chang

BUSINESSMAN, JLT

I think that some children play too many computer games. It is better for kids to play outside instead of sitting around too much, although I do agree that sometimes computers can be good for a child's learning development.



Noufal Panamuri

SALES EXECUTIVE, DEIRA

I think computer games can be good for children sometimes, but they have to concentrate on their studies. Computer games are enjoyable for most kids, but the parents need to watch how much the children are playing on the computer.



Pradeep Kumar

MARKETING MANAGER, DEIRA

Most children do play quite a lot of computer games nowadays, in some cases, it's too much. I would definitely say that it's better for children to play outside instead of sitting in the house all the time on the computer.



Theresa Quibrantar

HOSPITALITY, AL QUOZ

I think children play too many computer games these days. Certain games can sometimes be good for their education, but often children can be exposed to things that aren't suitable for their age group in computer games or on the internet.



Samir Lama

SERVICE, AL QUOZ

I personally believe it's okay for children to play computer games, as long as a limit is in place. If they play too many games and go above the limit, it could be bad for their brain's development.



Shaheer Alam

CARGO STAFF, DEIRA

Maybe too many computer games can be a problem for some children; for others, maybe it's not. After they have done all their studies, I don't see why they shouldn't be allowed to play on the computer or whatever they choose.



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



SUNDAY

Last week, *Read.* team member Ross was invited to put Bentley's Continental Flying Spur and new Continental GT, through their paces at the spectacular Yas Marina Grand Prix Circuit in Abu Dhabi. Reaching speeds in excess of 200kph, see if Ross managed to remain calm in the driver's seat with a choice of videos that even *Top Gear* would be proud of.



MONDAY

As suggested by our Facebook fans, today we bring you some more of the Earth's endangered species, but more specifically, those endangered in the Middle East, such as the Arabian Oryx.



TUESDAY

Winter sun is not something we lack in Dubai. To feel the true effects of winter, skiing is a must. But where are the best ski destinations? From Whistler to St. Anton, it's time to find out the top slopes.



WEDNESDAY

Astrologers look to the stars in an effort to predict your future with horoscopes, often determining the decisions people make. But where did it all begin? We look at the origins of star gazing.



THURSDAY

We are all aware of how special the Burj Al Arab is as a hotel and a symbol for Dubai. But some hotels are special for other reasons. Check out some of the most unusual hotels in the world.



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)

If we could contact another planet, what message would you send?

I want to know how far or sophisticated their technology is. . but we have to develop a technology that can move us in the speed of light.

—Lee Yan

Are you guys on facebook?

—Surendhiren Loganathan

We need no another EARTH to make our LIFE WORTH LIVING. We've got ONE lifetime to live so we might as well make the BEST out of it on this only EARTH we had, have and will ever have.

—Clen Nicolas

How much does the iPhone 4S cost there? :P

—Gayana Ekanayake

What do you mostly do on the internet?

Searching, talk with my friends who are in many countries, studying,



IS THERE ALIEN LIFE OUT THERE?

working and Fun :D

—Ranya Elgewily

As I am a frequent user of internet I use Google everyday searching for online exams and other study materials which I can gain knowledge and develop my career

—Azmat Lodhi

Most of the time I just answer online questions

—Joe Dickinson

Read news about new technology, about new coming stuffs and search for important data which I needed most

—Mitchie Flores Tagudin

What was your favourite part of the UAE National Day weekend?

The UAE 40th National Day activities were spectacular and full of fun.



NATIONAL DAY CELEBRATIONS

My favorite part was having a flag with me and walking proudly with it. The country has a tremendous success that most of the people are grateful for. Thank you UAE, Long Live

—Maria Yroll Lacaba Labelle

It was fun to see spirited people from all nations celebrating in various streets of Dubai. Cars all dressed up with UAE theme is awesome.

—Regina Gonzales



SAWSAN GHANEM (RIGHT) LAUNCHED HER BUSINESS IN 2003

The business of success

We profile one of Dubai's most prolific entrepreneurs.

The saying goes that behind every successful man there is a successful woman. It would also seem that this could be said when it comes to many of Dubai's successful companies. Women everywhere are setting up businesses which take their industries by storm and, more importantly, are being recognised for their achievements.

One such woman is Sawсан Ghanem, managing partner of Active PR. Not only has Ghanem built up a leading PR agency from scratch with her partner Louay Al-Samarrai, but she was recently crowned Arab Entrepreneur of the Year 2011, which, combined with her previous award of Admirable Woman Entrepreneur 2008, marks quite an achievement for someone who only made her first foray into the world of business ownership in 2003.

It is clear when speaking to

Ghanem why she has seen such a rapid rise to the top. She says, "I strongly believe, to succeed in the business world and to really stand out, you need to have an entrepreneurial spirit that's constantly alive and hungry for more. Setting up Active PR and working hard every day for the last nine years at providing our clients with the best in strategic PR and communications consultancy, expertise and know-how, whilst building a name and strong reputation in the local and regional marketplace has been a source of tremendous joy and a sense of achievement for me personally."

Ghanem was awarded the prestigious honour not only due to the work she does with her own company, but for various initiatives which extend a chance to young entrepreneurs to have their voices heard and their opinions listened to. One such initiative, named Loudspeaker, holds particular relevance with her own career.



GHANEM AT HER OFFICE



She explains, "As a result of a personal understanding and appreciation of the challenges, highs, lows and more that come hand in hand with setting up a business, I came up with Active PR's first Entrepreneur Loudspeaker Competition. An initiative aimed at reaching out to young entrepreneurs from across the region, calling for them to get creative in pitching their start-ups across a social media platform, with the winner getting three months of regional PR support worth an estimated US\$20,000 (Dh73,470).

In the cut-throat world of business, many young people these days may be put off by what can seem like, and usually is, a daunting task. More and more, successful businesspeople across the UAE are offering a helping hand where they can, in order that the next generation can shine.

She says, "I come across young Middle Eastern talent almost every day and get really excited about what they are doing, their creativity and, with this competition, I felt like we were reaching out there to them and giving them some support, no matter how small. I came up with the name Loudspeaker to illustrate that the ini-

20,000

The worth in US dollars of the PR support granted to the winners of the Loudspeaker competition.

tiative is all about getting their voices heard."

As a mum, however, Ghanem also regards motherhood as a top priority. She explains, "Since becoming a mum to Maya, I feel that she's given me inner peace and the final piece of the puzzle—I now feel complete. Juggling motherhood with running a business seems to have gone hand in hand naturally for me and I've taken them in my stride. I enjoy the new challenge and juggling the two, both give me a different sense of self-satisfaction and I have to say, I now have

a 'real' reason to pursue my business goals and dreams; my little girl—my inspiration to venture into new directions. I am delighted with winning the Arab Entrepreneur 2011 award and feel so proud of the recognition. It definitely inspires me to do more, pursue projects and plans that I had in the pipeline with renewed energy and determination.

To sum it up in a few words; I feel like I can conquer the world now." ●



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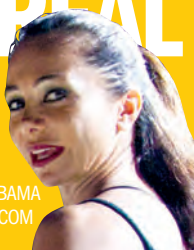
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At Capoeira Mestre Alabama, we are pleased to introduce our new teacher, Professor Mola Branca, who is famous for his acrobatics as well as his Capoeira. Now that we have one male and one female teacher, we are proud to be the only Capoeira school in the Middle East that can claim this, plus we are able to give each student the personal attention they need to develop.

There are no age limits to who can do Capoeira; you can start as early as four years old and continue to any age. There are many benefits to Capoeira both physically and socially, and on a

“Finally, the Capoeira community is renowned for its friendly and fun atmosphere, which you can be a part of.”

personal or professional level.

Personally, you can build confidence with each lesson, improve your dedication, balance the

mind and body, increase your musicality and rhythm, plus you get to enjoy being part of the beautiful Brazilian culture

Physically, it improves synapses and circulation, gives you a full-body workout, plus the increased agility decreases injuries. Capoeira can also affect your professional life by improving concentration and alertness, increasing circulation, providing a great release from daily stress, along with the fact that most high achievers are active people.

Finally, the Capoeira community is renowned for its friendly and fun atmosphere, which you can be a part of. After all, Brazilian culture means to enjoy life and our parties are second to none.

Fakefixes



Muscle-toning wonder-machines are all around, but do they work at all?

We all want that too-good-to-be-true fitness routine or piece of wonder-equipment to prove us wrong, and actually work. Will a vibrating plate jiggle away those unwanted kilos? Or will a series of electric shocks tone your abdominal muscles? Maybe it's time to second-guess what the inventors are saying on how to beat the bulge.

The idea behind a vibrating plate is far from new and ground-breaking. In 1857, a Swedish doctor developed a theory that a recurrent change of position through vibration will stimulate muscles to stretch.

This system works differently than conventional exercise, which relies on physical expansion and contraction to improve muscle tone. Instead, it is intended to activate a reflex action in every muscle in the body with one session. The uses of amplitude, frequency and timing, force all muscle fibres to contract in order to offset the stress imposed by the vibration.

But what about the downside, in spite of the lack of serious backing from physicians or experts? Well, there's no denying that low-impact exercise can avoid creating new joint pain, but there's also no way of shying away from a constant vibration leading to dizziness, nausea and headaches.

For a more focused and specific “work-out”, however, the promise of getting flat abs without doing a single crunch is so tempting that it's hard to resist. This is why electric abdominal belts are so popular.

Ab belts work with Electric Muscle Stimulation (EMS). They produce an electric pulse which runs through your muscle tissue and contracts it involuntarily. EMS is used by many physiotherapists to treat people after serious injuries who need to re-educate their muscles to function again.

This is where people get duped

into believing they work; ab belts are marketed as devices which can help strengthen the stomach muscles without you exercising and getting you flat abs without effort.

The fact of the matter is, though, most of these machines don't get health approval due to their false claims of inducing abdominal fat loss, and because some of them may not be safe when set to a high intensity electric pulse.

So these quick fat-fixes remain a mystery. Instead of them, like many other fitness fads, perhaps it is time to just get back to the tried and tested—eat right, exercise regularly, and stop wasting time and money on unproven gadgets and gizmos. ●

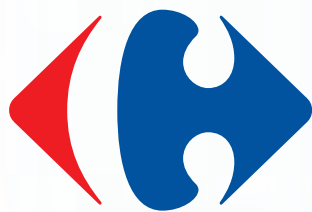


MANY MACHINES CLAIM TO TONE WITH LITTLE TO NO WORK

Plate picks

- The first testing of vibration exercise came at the World's Fair in the late 1800s.
- Luigi Galvani provided the first scientific evidence, in 1791, that currents can activate muscles.
- The halteres, a semi-circular chunk of rock of Greek origin 3,000 years ago, went on to inspire the dumbbell and the now-fashionable kettlebell.

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A rich culture and stunning natural beauty make **Uruguay** one of the world's top travel destinations.

In neighbouring Argentina, Uruguay is known simply as the provincia or Banda Oriental—the eastern province or strip. However, this comparatively small South American country deserves far more credit than this dismissive nickname implies. Turquoise waters, pristine beaches and atmospheric coastal towns are just part of the appeal of Uruguay, which is rapidly becoming the not-so-hidden gem of South America.

A major lure, particularly for meat-lovers, is the food. Traditional Uruguayan cuisine combines Mediterra-

nean influences with its more South America-style barbecues, known as asados. One place to get a taste of the best culinary delights Uruguay has to offer is at the lively Mercado del Puerto in Montevideo.

The port market is housed in an old train station with coloured glass and vaulted iron beams and now plays host to countless densely packed stalls offering enormous steaks and piles of steaming vegetables. It's noisy and busy but the smells that waft through the air are tantalising and the food is simple, tasty and incredibly cheap.

As the capital of Uruguay, Montevi-

deo is the country's commercial and political hub, but this is not immediately obvious. Unlike most capital cities, Montevideo rumbles along at its own steady pace, with little to disturb the laid-back vibe that permeates its antiquated streets. With more museums gesturing towards the past than modern skyscrapers reaching towards the future, the Uruguayan capital strikes the perfect balance between entertainment and relaxation.

Much of Uruguay's appeal lies in its old-school charm and nowhere is this more apparent than in the port of Colonia del Sacramento. Winding, cobbled streets and crumbling

Heading down south



“Turquoise waters, pristine beaches and atmospheric coastal towns are just part of the appeal.”

houses that have stood there for hundreds of years whisper stories of a colourful history as you wander past. There's a sense of mystery about the place, which no doubt stems from its origins as a smugglers port in the sixteenth century. Despite its quaintness, there is plenty in Colonia to keep you occupied for weeks on end, with numerous restaurants, shops and interesting sights to soak up the time.

For a really lively experience, most tourists head to the increasingly popular Punta del Este, which has

HOUSES ARE HUNDREDS OF YEARS OLD

Culinary specialities

Asado – Piles of meat cooked over a wood fire in a special oven called a parrillero.

Milanesa – A thin steak coated in egg and breadcrumbs.

Empanada – A small pie containing meat and cheese.

Garrapinada – A popular treat made with peanuts, cocoa, vanilla and sugar.

Alfajores – Longbread cookies sandwiched together with Dulce de Leche.



VIBRANT COLOURS FILL THE MARKETS

earned itself a reputation as the St Tropez of Uruguay for its luxurious hotels, glitzy nightlife and beautiful beaches. The whole place is geared towards holiday-makers and everything is on hand to provide a fun, care-free experience in picturesque surroundings.

Those who prefer a few less people and a little more culture can venture two kilometers outside of Punta del Este towards Isla de Gorriti, where the beaches are pristine and empty, and stately eighteenth century fortresses pepper the skyline. Here, surrounded by untouched nature and historical curiosities, it's hard to imagine that the outside world even exists.

Nearby is Piriapolis, which also offers a retreat from the glitz, glamour and crowds of Punta del Este. Built entirely by Italian craftsmen, this quiet, pretty resort contains a number of excellent hotels, among them the Hotel Argentino, a beautifully kept 1920s spa hotel. The town is particularly popular among hikers, who come to explore the surrounding hills, which offer panoramic views of the coastline for those who make it to the top.

Alternatively, head for Punta del Diablo, where miles of empty coastline and sandy beaches provide ample opportunity for peaceful walks and a quiet day in the sun. Basic, wooden cabins provide most of the tourist accommodation, offering an opportunity for visitors to sample the simple, rural lifestyle that may account for the beaming smiles that the locals here always seem to bear. ●

The baby of the Emirates is big on beaches

In the cooler winter months, **Ajman** has plenty to offer, from a marine-rich coastline to culinary delights.

LOCAL TRAVEL

The **smallest** of the seven emirates, Ajman, offers a tranquil getaway from the UAE's busier cities. It's the ideal place to come for a bit of peace and quiet, with few high rises, minimal traffic and little to do other than relax and unwind.

The main attraction here is the pretty, palm-lined beach. In the cooler months, locals spark up barbecues and picnic on the sand under the trees. Little white picnic tables with blue umbrellas are provided for the purpose, and after lunch, you can hire a boat and head out onto the water for a spot of dolphin-watching.

In the evening, many people head to the corniche for a quiet stroll, while others relax in the waterfront sheesha



PRETTY AND PEACEFUL

cafés. During the day, there is the city centre, with a few shopping malls, restaurants and the city museum. The latter takes the shape of an eighteenth century fort and was initially built as a palace for the ruling family.

Now, it houses an eclectic collection of historical artefacts and a reconstruction of traditional life in the emirate. From 1970 to 1978, it served as Ajman's main police station, evident from the exhibit featuring handcuffs and police uniforms. Outside in the fort yard, the souq offers a range of local handicrafts and souvenirs.

There is no shortage of decent eateries in Ajman. For a quick bite, the café by Lulu Hypermarket serves up tasty grub at reasonable prices, while India House is the Emirate's best spot for hearty, vegetarian curries.

The city's style

Speaking to one of Dubai's designers, it is clear that our art scene is thriving.

Leufert play a big part in my designs, especially on logos and typefaces," he says.

Behrens stresses the importance of visual communication and technology in modern society. "We have a new medium; iPads, interactive installations and motion graphics are very engaging for designers to play around with. The mixture of Western and Middle Eastern culture in Dubai is interesting because I like seeing prints and ads designed for both English and Arabic. Designers have the role of playing with the design's readability. In Western culture, messages read from left to right and in Arabic it reads the opposite way. This is still raw ground for designers to explore and take risks," says Behrens.

The South American native believes an artist's nationality will always define a style on his or her output as a professional. "It is up to you if you are engrossed by it or if you can open yourself to new techniques, new cultures and new mediums and

Culture reflects art and design, and as the late Apple founder Steve Jobs once said, "Design is the fundamental soul of human-made creation that ends up expressing itself in successive outer layers of the product or service."

Design is about communication and each type of the written word, whether printed, hand-written or electronic, displays a message.

Annual events such as Art Dubai and Tiger Translate have given local artists a chance to express their creativity and design skills in a public forum.

Many countries and cities can be crippled by their history yet Dubai is a city that defies this notion. Dubai-based artist Juan Behrens tells us how his cultural identity affects his creativity in digital design.

"I come from Venezuela, and South American art culture is very expressive and mixed. We have a huge mixture of designers and artists that come from other parts of the world and in my home city; there are a lot of logos surrounding me. This was a huge inspiration for me and now designers like Alvaro Sotillo, Erling Oløe, Carlos Cruz-Diez and Gerd

"It is up to you if you are engrossed by it or if you can open yourself to new techniques."

grow as a designer," he says.

The artist explains that you have layouts with Arabic and English copy and a designer must make the composition in two ways, one reading from each side.

"There are cool, fun ways in which an artist can play around with this dynamic on designs, even if there are rules to be followed. These guidelines help your output to be clear and obstruct any crazy ideas but at the end, you come out with a clear concept. I think if you just want to communicate a message through art, then you are an artist. If you can blend this with obeying the rules, then you can be an amazing designer," he says.

For those interested in having a look at Behrens' work, it can be found online at work.bre4k.com

ARTISTS AT TIGER TRANSLATE





YOU'LL LOVE OUR NEW METRO LINK

Next time you get off the Dubai Metro, take a look around and discover new convenient services and stores.

To celebrate, enjoy kids activities and exciting entertainment for the month of December. Also, spend AED 100, from December 8 to 17, at any of the new stores and get a chance to win a daily prize draw of AED 5,000. You'll now love your stop at Deira City Centre even more.



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Why we need computer scientists

Bright sparks could unlock the code to a successful career.

Over the past few months, technology giants such as Google and Microsoft have been pushing to give computer sciences bigger prominence in school curriculums. The thinking behind the push is simple; countries which invest in proper computer education could become global technological hubs, putting out everything from video games through special effects for films to web site design.

In the UAE, Abu Dhabi's Higher Colleges of Technology (HCT) has announced that it will set up a Microsoft Learning Centre, which will not only be a specialised learning centre, but will also be a laboratory for the testing and development of various types of Microsoft software. To have students learning the tricks of the trade in such a hands-on way benefits the individuals, the country they're studying in and the industry

as a whole, as they will have real experience in technological development, and could eventually go on to create something outstanding.

Google has also been keen to snap up bright students in the UAE. At the end of October, the company held an information session on the American University in Dubai campus. The presentation gave an insight into what working with Google was like, and gave the students a glimpse into various career opportunities at the Middle East offices. Of course, though, such opportunities would only be open to the best of the bunch.

The thing is, tech companies have to appeal to students if the pace of technological advancement is to be sustained. Universities around the world are seeing big drops in the number of computer science applications every year. In the UK, 16,500 students applied for these kinds of courses in 2003, but by 2007, that



number had dropped to just 10,600. Without a steady flow of bright young sparks, how will we satisfy our need for better technology, and, what's more, who'll service the technology we already run once those who know how to retire?

Experts believe that ICT classes in schools make up part of the problem. Critics suggest that the courses offered incorporate mostly administrative tasks, rather than getting to the bare bones of computing. Instead of having students service databases, they say, students should be writing their software, or writing code that can be put into a special effects engine for a piece of film. And again, the number of schoolchildren taking these courses is on the decline.

Technology firms aren't just appealing to students to take an interest in coding, either. In 2009, there was a call for designers to take up computing courses, to work in conjunction with what they already do.

According to SixRevisions.com's John Urban, "Designers have rightfully been accused of retreating into their cocoons of ignorance as soon as their work of creating a web design is finished, leaving the dirty and more hands-on work of putting it up on the

16,500

Students in the UK applied for computer science university courses in 2003.

EXPERTS SAY THAT HIGH SCHOOL COURSES ARE TOO ADMINISTRATIVE

web to developers. "This apathy is prevalent not only in the web-building industry, but also in software and game engineering."

If designers had a better knowledge of the computing that goes behind their work in practice, he says, the

industries they work for could be streamlined, freeing up time for developers to do what they do best; develop.

So what can be done to reverse the rather worrying trend of apathy towards computing? The answer is simple; anyone even slightly interested in the technological world should take a computer science course. Whether it's viewing tutorials on YouTube or heading back to university, those with undiscovered talents for the discipline will revel in the possibilities. And what's more, they'll be contributing to the technological world that's been created over the past 20 years, a world that is in danger of falling into decline. ●

BYTES & PIECES

JOE AKKAWI
TECH GURU
PAZ MARKETING



Cloud nine

One of the most widespread and growing innovations within today's virtual world is the cloud. The cloud is anything that involves services using the internet.

In simple terms, the cloud provides the option to do almost anything with simple internet access and a computer. For instance, people can now back up their computers to an online server, and not have to use their own hard drive space. While this comes at a price, it allows users to access their files anywhere, with any supported device where there

"Cloud technology is on its way to shaping the future of the internet and computing."

is Wi-Fi or other similar supported network access. Some companies have even started backing up their data on the cloud.

While cloud technology is on its way to shaping the future of the internet and computing, many online users are worried about the security of their information. Given that all data is stored on hosted servers throughout the internet, information in some cases can be prone to hacking. This has put cloud technology under the radar with controversy arising causing some companies to delay their transition to online platforms. Hopefully, with the ever-changing and evolving technology, security will be improved and impossible for anyone to break through.

With machines dedicated to using technology through the cloud, such as Google's Chromebook gaining ground, it will be interesting to see what new ideas and innovations are showered onto us over the next couple of years.

Tech beat

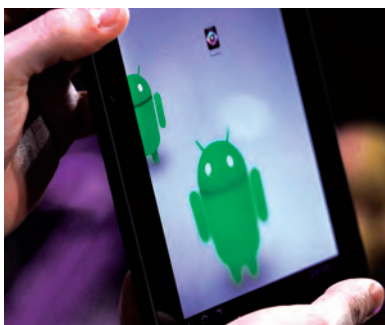
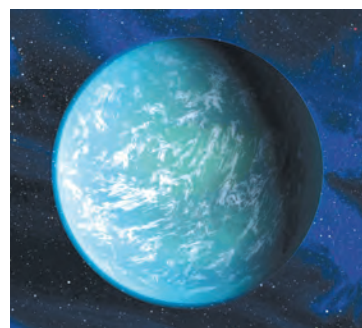


NO YAHOOOS HERE

Several unnamed Yahoo employees have allegedly gone on record as saying that morale within the company is on the decline, and that they are even looking at positions elsewhere. This revelation comes in the wake of Yahoo's board considering a number of acquisition bids, as the faltering internet giant stalls in growth.

ALIEN LIFE POSSIBLE

Astronomers using Nasa's Kepler space telescope have, for the first time, found an Earth-sized planet orbiting a sun-sized star that could potentially harbour life. Found in the "Goldilocks" zone, the planet is believed to support conditions that could allow for liquid water, allowing for similar life to that found on our own planet. Could this really be the first sign that we are not alone?



BOOMING MARKET

Tech giant Google last week announced that its Android Market has seen more than 10 billion downloads, and that it has cut the price of some of its top apps for the next 10 days to mark the occasion. However, industry analysts have approached these figures with caution, citing the poor quality of some of the apps available.

ASK THE EXPERT

DEVIKA SINGH
PSYCHOLOGIST
DUBAI HERBAL
& TREATMENT
CENTRE



Is your child a bully?

It can be frightening to hear your child's teacher say your child is a bully. Ask any parent and they will gladly take 'inattentive', 'talkative', or even 'naughty' instead of bully! Sometimes children bully as a way to compensate for an inadequacy and low self-worth. Often, a bully has been a victim of bullying, either at school or at home.

"Often, a bully has been a victim of bullying, either at school or at home."

They may also have learned through negative modelling from an adult, or may have observed bullying between other adults or children. While, on one hand, it is important to understand where bullying stems from, it may not always be clear. It is far more important to try to help a child re-learn healthy ways of interacting with others.

Do not blame a child when he or she bullies. Blaming causes defensiveness and can lead to feelings of isolation. Chances are, a bully is feeling these emotions anyway. Do not label a child as a bully; focus on the behaviours; not the person. The focus is on the specific behaviour; bullying. Praise your child for pro-social behavior whenever you see it—even if it seems trivial. For instance, "I noticed that you smiled at John when he passed by, I'm happy that you are friends now." Empower children to report all bullying. Getting away with it a few times is enough motivation to persist with negative behaviour. Provide a warm home environment free from constant criticism and contempt, not only towards your child but towards other family members as well.

What's YOUR number?

With heart disease being linked to cholesterol, keeping an eye on the numbers could add up.

CHOLESTEROL

One of the biggest killers in the UAE is heart disease, which can often be linked to a person's failure to control cholesterol levels. This lack of action affects millions of people worldwide. In the UAE alone, heart disease kills 22 per cent of the population, according to the Ministry of Health. Yet most of us pay little attention to our cholesterol levels and continue to consume fatty foods on a daily basis.

Cholesterol levels can be easily regulated as long as we make the correct diet and lifestyle choices, regardless of whether the condition is hereditary or self-inflicted. Nutritionists say that cholesterol plays a major role in the

development of atherosclerosis—the hardening and narrowing of the arteries, which in turn raises the risk of heart attacks and strokes.

There are two types of cholesterol, often known as the 'good type' and the 'bad type'. LDL makes up the majority of the cholesterol in your blood. The lower your LDL cholesterol number, the lower your risk of heart disease. We actually need to try and increase our levels of good cholesterol as this helps our body to reduce the levels of the bad cholesterol (LDL), which is responsible for clogging arteries and increasing the risk of heart disease. Walnuts are rich in good fats and have been clinically proven to lower bad cholesterol when eaten daily. Other sources of good cholesterol include nuts, seeds, avocados and oily fish. These should all be eaten regularly along with fibre-rich foods like whole grains, which also help rid the body of

excess artery-clogging cholesterol. The bad cholesterol is from animal foods like meat and cheese, especially processed and deli meats, so these certainly need to be reduced.

Cholesterol levels should be measured at least once every five years in everyone over the age of 20. The screening test that is usually performed is a blood test called a lipid pro-

file. You can have a lipid profile done at any clinic in Dubai and you should, as a matter of caution, especially if you have high blood pressure or diabetes. Simply making a few changes to your diet can have amazing results on your cholesterol and really get it down into the 'safe' zone, so don't be afraid if your lipid profile is deemed to be too high.

The results of your blood test will come in the form of easy-to-understand numbers. If you have heart disease, some experts recommend that you should try to get your LDL cholesterol below 70. For people with diabetes or other multiple risk factors for heart disease, the treatment goal is to reach an LDL of less than 100. ●

Doing the sums

LDL CHOLESTEROL

Less than 100: Optimal
100 - 129: Near/above optimal
130 - 159: Borderline high
160 - 189: High
190 and above: Very high

HDL CHOLESTEROL

60 and above: High, optimal; associated with lower risk
Less than 40 in men and less than 50 in women: Low; considered a risk factor for heart disease

TOTAL BLOOD CHOLESTEROL

(A measure of LDL, HDL and other lipid components)
Less than 200: Desirable
200 - 239: Mildly high
240 and above: High

CHANGES IN DIETARY HABITS CAN DO WONDERS FOR CHOLESTEROL





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

The new LG Bottom Freezer Refrigerator has much more than meets the eye. State-of-the-art technology, Hygienic Separation for different food types - vegetables, meat, dairy and cooked food and add to that signature premium styling.



Designed by **Mr. Mendini**

A. mendini



For health reasons it's better that different food categories of food don't mix. Eg: Meat and raw vegetables. That's why this refrigerator comes with separate drawers in the freezer that avoids mixing or contacts with other foods.



Experience 11 layers of luxurious metallic appearance with anti finger mark resistant coating.



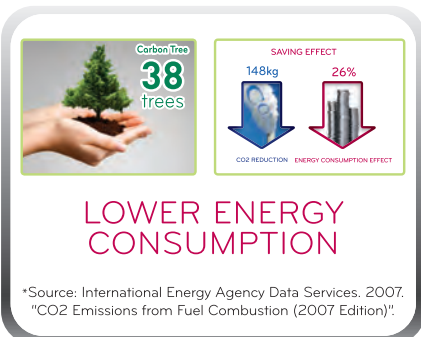
Going on holiday? Switch on to the Vacation mode. It reduces energy consumption to low levels so you don't have to worry about high electricity bills when you are away.



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Inverter Linear Compressor



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

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Service available from 4 am to midnight. Service is available in Dubai, Sharjah and Ajman and is not available on Fridays and Public Holidays.

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

Festive sparkle

Give the disco ball a run for its money this party season.



JENNIFER HUDSON



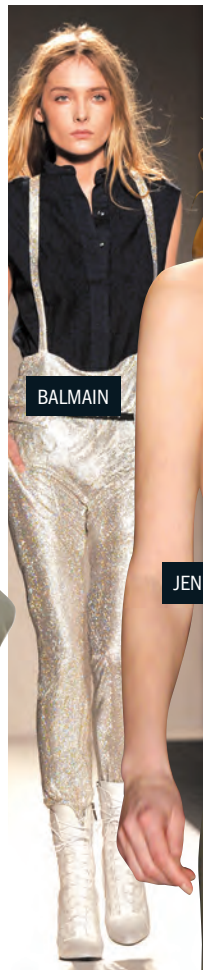
STELLA MCCARTNEY



BALMAIN



TOPSHOP



JENNY PACKHAM



JOELY RICHARDSON

METAL POWER

As we enter December, it seems that everyone, especially the fashion industry, gears up for the official party month, culminating in the universal birthday that is New Year's Eve. So thankfully, the shops are always packed with plenty of glittery and sparkly party pieces to get us in the festive spirit. But just as we like to think we've mastered the look, (sequins, sequins and more sequins), we've been shown that there is no such thing as a safe bet in fashion.

Just two years ago, no one would have predicted that a metallic colour-block leather T-shirt would be on everyone's wish list (look to Acne for the designer version and Topshop for the highstreet). But while not everyone can pull off leather pants, or should, a T-shirt is more forgiving. It shouldn't work, but it does and is a great alternative

to the LBD. Jenny Packham's dresses were liquid metal, channelling just the right amount of understated sheen, and Jennifer Hudson has already been spotted in a shorter version of the catwalk dress. Stella McCartney kept the silhouette of her sheer metallic dress soft, while Joely Richardson truly glistened in Mulberry.

The key is to keep things simple, tailoring and texture-wise, and to save the party punch for the shine and colour. Gold and silver can happily co-exist together, while other colours such as metallic blue or red can offer a welcome alternative, as seen by Balmain and Topshop. The catwalks generally saw one metallic piece paired with black or another neutral shade.

Her



TOPSHOP

VELVET UNDERGROUND

For men, the favourite party piece has got to be the velvet dinner jacket and the red versions, in particular, ooze festive spirit. Even though it has been a revived sartorial staple in men's wardrobes for quite a few seasons, its significant presence in a number of autumn/winter menswear collections indicates

that it is here to stay.

So not only is the jacket incredibly fashionable, it's a

piece worth investing in. Yes, a velvet jacket is not just for Christmas, it's for life.

Velvet has been seen in copious amounts on the catwalks of Alexander McQueen, Etro, Lanvin and Gucci, either as part of a suit (as in Canali or Dolce & Gabbana) or combined with casual or formal trousers. There are plenty of highstreet options available, look to Topman for a red version in particular. Pair it with a crisp white shirt and a dandy bow tie for the perfect look at your next party.

Him



DIANE VON FURSTENBURG



ETRO



TOPMAN



BOTTEGA VENETA



LANVIN



RYAN GOSLING



JOHNNY DEPP



LANVIN

"Not only is the jacket incredibly fashionable, it's a piece worth investing in."

A taste of Bali in the city

Read. takes a relaxing break at the **Mandara Spa**, where luscious and luminous are the order of the day.

SPA REVIEW

Spas are nothing new in Dubai. For those who frequent them on a weekly basis, they are somewhat ten-a-penny. However, for your average, stressed-out *Read.* writer, the chance to relax and unwind in what promises to be a sanctuary from the world outside is too good to miss.

The Mandara spa is situated at The Monarch hotel, directly on the edge of Dubai's busiest road. However, once through the doors, it is another world. A cloud of quiet calm hangs in the air and the staff float around so as not to disturb a second of your retreat. The whole place has been designed for the ultimate in comfort, privacy and relaxation. Even the air conditioning—a notable factor when you're lying on a massage table—was set just right.

Opting for the Luscious and Luminous package, therapist Lalu led the way into a darkened room, filled with



THE PEACEFUL SPA ENVIRONMENT

essential aromas and calming music. After enjoying the jacuzzi, sauna, and copious amounts of ginger tea, the treatment was to be the icing on the cake. Quite literally, as, after a foot bath and gentle body brushing, thick, sweet-smelling Frangipani was lathered on head-to-toe and the foil wrap closed to form a gooey cocoon. A mini facial and head massage were a welcome addition to what some, more claustrophobic, people may find a less enjoyable part of the treatment.

When the foil was peeled away and the Frangipani showered off, it was time for a Balinese massage. Originally hailing from Indonesia, it was as though Lalu had performed this ritual his whole life. Only a couple of enquiries regarding the pressure broke the silence. Other than that, it was just the music, the smells and the touch of an expert hand to round off what had been an indulgent two hours of pure, unadulterated pampering. Bliss.

Death Comes to Pemberley

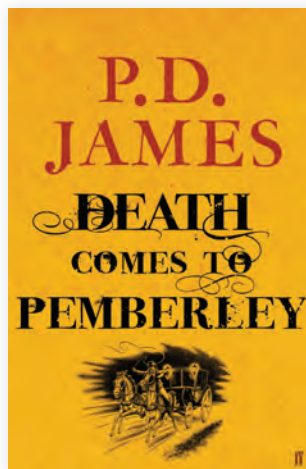
by P.D. James

BOOKS

One of the most admired female writers of our time, P. D. James, draws on a lifelong passion for the works of Jane Austen in her latest novel, in which the characters of Austen's *Pride and Prejudice* are thrown into a tale of murder and mayhem.

We join Elizabeth and Mr Darcy six years after they began married life together at Pemberley, Darcy's estate. Here, they live a peaceful existence with their two sons and are busily planning their annual autumn ball.

However, on the eve of the ball, the peace is shattered when a coach arrives carrying Lydia, Elizabeth's



disgraced sister, who has been banned from Pemberley along with her husband Wickham. Hysterical, she announces that Wickham has been murdered, plunging Pemberley into an all-too-close-to-home mystery.

The world of *Pride and Prejudice* has been expertly re-crafted for this new adventure, with a blend of excitement and suspense that only a writer such as P.D. James could create.

The Singles Collection: 2001-2011

Artist Gorillaz
Label Virgin Records

★★★★★

ALBUM

If any band from this decade deserves a best-of album, it's Gorillaz. Ever since 2001, when Blur's Damon Albarn decided to create a "virtual" hip-hop band, they've been top of the charts with almost every new release, and always play live to sell-out shows.

This two-disc album will provide a comprehensive education for first-time listeners, showing them just why the cartoon character band has been so celebrated. And for those who are already fans, it will simply provide a reminder of all the best songs from the last 10 years, reaffirming the

notion that Gorillaz really have been one of the most innovative groups of the century so far.

The bonus DVD that comes with the deluxe edition is a particularly nice touch, too. It contains a good remix of *19-2000*, plus a number of music videos and a couple of live performances. This is perhaps aimed at the more seasoned fan, who simply can't get enough Gorillaz, though newbies should appreciate it just as much.

Of course, releasing a best-of album just before the festive season is a marketing ploy, but with a band of this calibre, it's justifiable, because this collection of tracks would easily sell by the millions at any time of the year. It's just that good.



If you like this then you could try...

● *Believing the Lie* by Elizabeth George

Inspector Thomas Lynley is sent undercover to investigate the death of Ian Cresswell at the request of Cresswell's uncle, the wealthy and influential Bernard Fairclough. The death has been ruled as an accident, but Lynley soon uncovers an intricate web of secrets, lies, and ulterior motives.

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Carbohydrates are an essential part of a healthy diet, but brown or white can make all the difference.

Carbohydrates have had a lot of bad press in recent years. Popular celebrity diets—like the Atkins one—which promote weight loss by banning carbs, have seen the food group stigmatised by slimming enthusiasts. However, cutting carbs entirely can be extremely detrimental to your health, says Dubai nutritionist Laura Holland.

"It is ridiculous that carbohydrates have become stigmatised. There is no need to cut out a major food group from your diet; it's madness," she says. It does, however, depend on what kind of carbs you eat and the majority of us consume more of the wrong kind than the right, Holland adds.

The wrong ones are the more popular white carbs. They come from the same source as the infinitely healthier brown, or wholegrain carbs, but have been processed to make them more palatable, better to cook with and easier to mass-produce.

"The reason they are white is because, during the processing, a lot

of the natural grain is stripped away and what you are left with is a far more concentrated version of what is essentially sugar," Holland explains.

As a result, white, processed carbs, cause a spike in our blood sugar levels. "When it comes to health and weight, it's your blood sugar level that is the most important. Sugar will do more harm than fat in this sense.

"If you eat something that's really high in sugar, it raises your blood

WHITE RICE CAN BE HIGH IN SUGAR



CARBOHYDRATES ARE ESSENTIAL



The grains of truth



sugar levels really fast, which gives you a surge of energy. If you don't use this energy, your body will store it as fat, generally around the organs, and this is when it can become dangerous," she says.

According to Holland, white rice is particularly notorious among nutrition experts for the dramatic effect it has on blood sugar levels. "The quantity in which we eat white rice can be quite damaging, but white to brown is an easy switch to make."

While white carbs cause dramatic highs and lows in energy levels, wholegrain, brown carbs, known as complex carbs, provide you with more energy for longer periods of time. Complex carbs take much longer to turn into sugar and so not only provide a steady stream of energy,



WHOLEGRAIN CONTAINS COMPLEX CARBS

but also keep you feeling fuller for longer,

Wholegrain carbs are complex because all the protein elements, vitamins and minerals are intact, ready for you to absorb when you digest them, explains Holland. "The wholegrain hasn't been stripped away or processed—you still have all the goodness of the carbohydrate."

"Wholegrains are essential to our body. They keep us young and healthy in countless different ways. Many white carbs, on the other hand, have little or nothing that's beneficial to

offer us. White bread, for example, contains no nutritional content and is equivalent to putting a sponge in your stomach," she says.

Despite this, many of us continue to choose white carbs, partly because they are more readily available, particularly in restaurants, which rarely serve brown pasta or rice. However, the majority of supermarkets in Dubai now have brown carb alternatives to the usual processed, white carbs, and while the selection may not be so extensive, the benefits to your body from making the switch to brown will be enormous. ●

Carb advice from Dr Jeni Warden

- Eat high-fibre wholegrain cereals for breakfast, and use wholemeal bread for your toast.
- Cut down on the amount of refined white flour products in your diet, such as white bread, pizza and white pasta and rice.
- Base each of your meals on a complex carbohydrate, such as potato, wholemeal bread or brown rice, and include vegetables. Finish the meal with fruit, and this should ensure you get a balance of complex and simple carbohydrates.
- Starchy foods, such as wholegrain bread and pasta are rich in fibre, which is essential for digestive health and helps control the appetite so you don't feel hungry too often.

Procrastination; it's a waiting game

MOTIVATION

Everyone procrastinates to some degree. Whether it's doodling on a notepad, watching cat videos on YouTube or clicking through friends' facebook pictures, the list of ways to waste time, even when confined to a desk at work, is endless.

Recently, the *New York Times* ran an article discussing how much time people waste at work. The author cites a study by Microsoft, which reveals that people work an average of 45 hours per week, but of those, 16 hours are unproductive, i.e. facebook or coffee breaks, or just staring in to space.

It's easy to let the minutes slip into hours and realise all too late that the work you've pushed to one side is flashing red and there's not enough time to complete it. However, guilty as it may make us feel to while away the day in a haze of time-wasting strategies, we aren't wholly to blame, says procrastination expert, Piers Steel.

In his new book, *The Procrastina-*



WE ARE ALL GUILTY OF PUTTING THINGS OFF

tion Equation: How to Stop Putting Things Off and Start Getting Stuff Done, Steel combs through the causes of time-wasting and points out that, in the age of TV, internet and video games, it is harder than ever for us to filter out diversions and focus on the task at hand.

"Don't feel guilty about procrastinating. It is part of our human nature and we all do it to one extent or another. However, you should still try to do something about it as it is your health, wealth and well-being that are likely to suffer at the end of the day," he says.

The major step, according to Steel, is to get rid of all those temptations to distraction. Procrastination, he explains, is largely an impulse control issue and stems from a lack of self-confidence in our ability to complete the task, boredom with the task and impulsiveness. Whatever the reason, squandering work time and turning a blind eye to deadlines never did anyone any good.

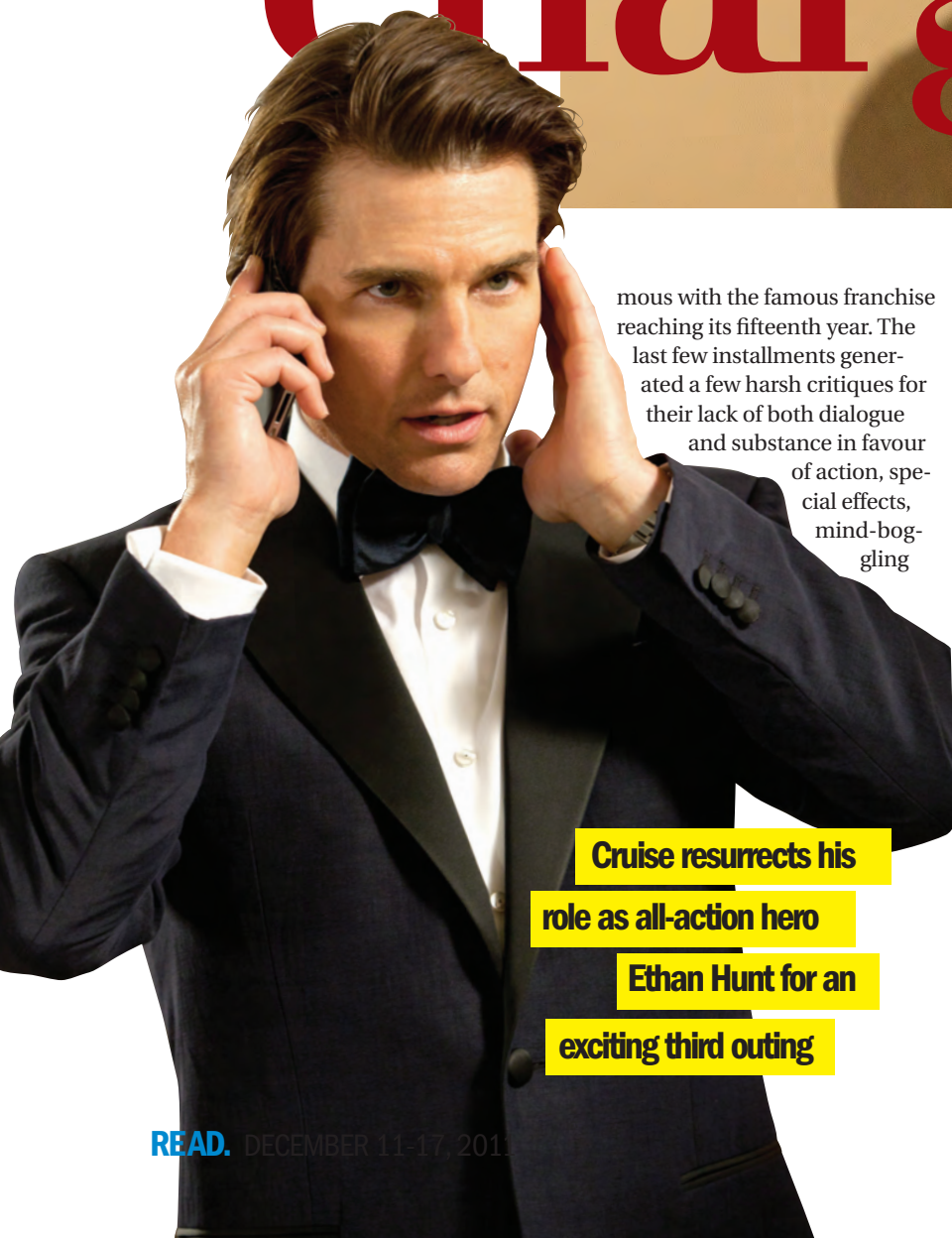
NEW RELEASE

The fourth installment of the *Mission: Impossible* franchise has been generating buzz around Dubai ever since Satwa Sally first caught a glimpse of Tom Cruise swinging from the Burj Khalifa and uploaded it straight onto YouTube last year. And in reward for our patience and for providing the unparalleled backdrop of the tallest building in the world, Dubai residents were first in line to catch *Mission: Impossible Ghost Protocol*, which premiered in Dubai last week.

From the few previews that have been made available to a select few and judging from the heart-palpitating trailer, complete with an Eminem interlude, it's clear that the film is set to follow the same format synony-

The futuristic Dubai skyline sets an impressive background for **Mission: Impossible Ghost Protocol**.

Impossibly charged



Cruise resurrects his role as all-action hero Ethan Hunt for an exciting third outing

mous with the famous franchise reaching its fifteenth year. The last few installments generated a few harsh critiques for their lack of both dialogue and substance in favour of action, special effects, mind-boggling

stunts and quite frankly, rather ridiculous chase scenes; but isn't that what *Mission: Impossible* is all about? It's a popcorn guzzling, eye-popping action franchise and *Ghost Protocol* looks to push us even closer to the edge of our seat.

Tom Cruise returns as Ethan Hunt, a member of The Impossible Mission Force (the IMF). But when a terrorist bombing destroys the Kremlin while Hunt is carrying out an undercover operation in Moscow, the Russian government categorises the attack as 'an undeclared act of war', prompting the United States government to initiate a black operation known as 'ghost protocol'. The entire IMF is disavowed, and Hunt and his four-person team are allowed to escape from the government's custody as part of a plan to enable them to operate outside of their agency's command structure. The team are forced to go on the run, and proving the innocence of their organisation as well as prevent the break-out of World War III.

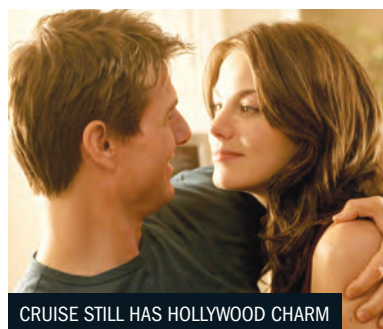
Did you know?

- This movie is Brad Bird's live-action directorial debut.
- Jeremy Renner's character, Brandt, was specifically created as the eventual replacement for Tom Cruise's character Ethan Hunt for when Cruise decides to step away from the franchise.
- Anthony Mackie, Christopher Egan, Chris Pine, Tom Hardy and Kevin Zegers were considered to play Brandt.
- As seen in the final shot of the second theatrical trailer, a big missile flies over San Francisco and apparently heads towards the Emeryville area - the location of Pixar headquarters.
- Tom Cruise performed the sequence where Ethan Hunt scales the outside of the Burj Khalifa.

While the *Mission: Impossible* films have always had Tom Cruise as their poster boy, they have also been distinguished by continuing to bring in a new director each time. For *Ghost Protocol*, Brad Bird, a man usually more adept to animations, such as *The Simpsons* as well as 2004's *The Incredibles*, is set to take the reins, in his live action debut. *Ghost Protocol* is also the first in the series to be filmed using special IMAX cameras, which Bird promises to push the visual action even further, stating that 'you actually saw the glass warp slightly because of the pressure of his hand. You would never see that in 35mm.' Cruise himself has also been pushed further than ever before; he possibly regretted offering to perform all his own stunts as he clambered around the outside of the Burj Khalifa in a harness!

With such a fast-paced trailer and

just two scenes being made available to a select few, it's hard to get a grasp of the main narrative for *Ghost Protocol*, but one thing is sure, the film will offer plenty of action that is genuinely rather exciting. And with not too many big action films this year, this one looks intent on ending the year with a bang! But, if nothing else, it is pretty fun to see Tom Cruise dangling above the roof of your house, isn't it? ●



CRUISE STILL HAS HOLLYWOOD CHARM

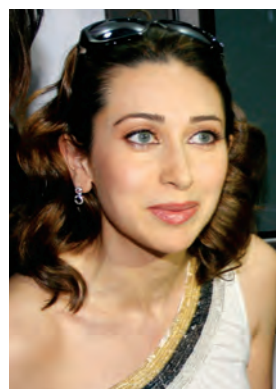


THE IMF LAND IN THE THICK OF IT AGAIN

Bollywood news

Next film for Vidya Balan: Kahaani

Vidya Balan plays the role of a pregnant woman in search for her missing husband in director Sujoy Ghosh's upcoming film *Kahaani*. Balan Sujoy Ghosh reportedly wrote the script with Vidya in mind. Balan has already achieved box office success this year with *Dirty Picture*, which was released recently. *Kahaani* is set to be released on March 9, 2012.



Kapoors and Bachchans bury the hatchet

At a recent event, where Karisma Kapoor was crowned style icon of the year, the actress was spotted hugging Jaya Bachchan, prompting speculation that the two families have made up after the engagement between Karisma and Abhishek Bachchan was called off. Apparently Lolo congratulated Jaya on the arrival of her granddaughter and in return, Jaya enquired after her two children.



Kareena Kapoor is Number One

On the news that she is currently the highest paid Indian actress, Kareena Kapoor modestly replied to questioning, "It's not for me to tell whether I am number one or not; I cannot say it. I feel I just have been lucky enough to get some good films, good directors, good scripts and good co-stars."

SILVER SCREEN



MO RIDA
PRODUCER
48 HOUR
FILM PROJECT

48 hours to create a masterpiece

The inaugural debut of the 48 hour Film project in Dubai was met with an overwhelming response from the local film making community. Filmmakers and hobbyists from all different walks of life, ages, and experience levels were on hand to take a crack at testing their creative abilities in hope of making a film in 48 hours, to win prizes and the chance to get to the Cannes short film corner.

The winner was *Solus*, a horror directed by Kalyan Chakravarthy. It was one of two horror films

"Everyone was a pleasure to work with; I had nothing but positive vibes"

received really well by the audience, but this one was unique, well written and, technically,

very well implemented. In total, 40 teams took part. Hundreds of filmmakers racing to create the best film. On November 12, 37 films were completed, one was excluded for questionable content, but only 21 were on time. We also had the youngest director in the project's history; an 11-year-old named Charlie Cracknell; watch out for him.

My personal highlight was the overall response. Everyone was a pleasure to work with. I had nothing but positive vibes from all involved, and it was amazing to meet so many new, talented individuals. It was so nice to see all the smiles during the awards ceremony, and being thanked by many after the screenings.

There is talk of adding Abu Dhabi to the Middle East cities associated with the 48HFP, which already includes Beirut, Dubai, Cairo, and Doha, and if all goes well we should be back in Dubai for the second edition next year.

Reviews in brief

A quick look at the week's biggest films.

Happy Feet Two ★★★★★

(2011) Elijah Wood, Robin Williams, Pink



Mumble's son, Erik, is struggling to realise his talents in the Emperor penguin world. Meanwhile, Mumble and his family and friends discover a new threat to their home, one that will take everyone working together to save it. Although it probably won't manage a nomination for Best Animated Feature, *Happy Feet Two* is entertaining enough for both children and adults.

ing together to save it. Although it probably won't manage a nomination for Best Animated Feature, *Happy Feet Two* is entertaining enough for both children and adults.



Anonymous ★★★★★

(2011) Rhys Ifans, Vanessa Redgrave, David Thewlis

You may or may not agree with the idea that Shakespeare was not the prolific and talented author he claimed to be, but this movie provides one possible alternative, with no real scientific proof or actual documentation. Rhys Ifans and Jamie Campbell Bower both portray Edward De Vere as the older and younger version respectively. Both actors do well to capture his passion for writing and frustration at being unable to live the life for which he was born.



Ladies vs Ricky Bahl (Hindi) ★★★★★

(2011) Ranveer Singh, Parineeta Chopra, Anushka Sharma

Inspired by Hollywood hit *John Tucker Must Die*, Ricky Bahl has got the looks and the charm; he could have his pick of the ladies. But love isn't Ricky's priority; money is. A chance encounter unites a trio of Bahl's ladies, who discover the truth and hatch a plan to get their money back. Unsuspecting Ricky is about to meet his match.

Listings



MOVIE GUIDE

GRAND CINEPLEX - WAFI

The Adventures of Tintin - 10:00, 14:10, 14:20, 16:30
Black Gold - 11:00, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Cat in Boots - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Desi Boyz - 18:30, 21:00, 23:30
Dirty Picture - 11:00, 14:00, 17:00, 20:00, 23:00
The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
EUC - 18:30, 20:30, 22:30, 00:30
The Hairy Tooth Fairy 2 - 10:30, 12:30, 14:30, 16:30
Happy Feet 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Jack And Jill - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:45
Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30
Passion Play - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Thing - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Twilight: Breaking Dawn - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50

GRAND MEGAPLEX - IBN BATTUTA

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, 20:00, 22:00, 00:00
Dirty Picture - 10:30, 13:30, 16:30, 19:30, 22:30
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The Hairy Tooth Fairy 2 - 10:15, 12:15, 14:15, 16:15, 18:15
Happy Feet 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Immortals - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:55

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
Johnny English Reborn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30
Machine Gun Preacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:50
Money Ball - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Passion Play - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Seeking Justice - 20:00, 22:00, 00:00
Swapna Sanchari - 11:30, 14:30, 17:30, 20:30, 23:30
The Thing - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Tower Heist - 10:30, 13:00, 15:30, 18:00
Twilight: Breaking Dawn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 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 - 16:30, 19:00, 21:30, 00:00
Cat in Boots - 10:00, 12:00, 14:00, 16:00, 18:00
Cat in Boots (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30
The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
EUC - 20:00, 22:00, 00:00
The Hairy Tooth Fairy 2 - 10:15, 12:15, 14:15
Happy Feet 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Jack And Jill - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:45
Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30

Money Ball - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Passion Play - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
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Twilight: Breaking Dawn - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

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Cat in Boots - 10:30, 12:30, 14:30
Dirty Picture - 11:00, 14:00, 17:00, 20:00, 23:00
The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
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Swapna Sanchari - 11:00, 13:30, 16:00
The Thing - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Twilight: Breaking Dawn - 16:30, 19:00, 21:25, 23:50

GRAND METROPLEX - METROPOLITAN

Black Gold - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cat in Boots - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Dirty Picture - 11:00, 14:00, 17:00, 20:00, 23:00
EUC - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Intruders - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Jack And Jill - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:45
Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30
Passion Play - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

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

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

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Black Gold - 10:30, 13:00, 15:30, 18:00
Cat in Boots - 10:30, 12:30, 14:30, 16:30
Dirty Picture - 11:00, 14:00, 17:00
The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
EUC - 18:30, 20:30, 22:30, 00:30
Happy Feet 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Jack And Jill - 20:00, 22:00, 00:00
Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30
The Thing - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Twilight: Breaking Dawn - 20:30, 23:00

VOX CINEMAS - DEIRA CITY CENTRE

Black Gold - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Cat in Boots (3D) - 11:45, 13:45, 15:45, 17:45, 19:45
Dirty Picture - 11:15, 14:15, 17:15, 20:15, 23:15
The Double - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Happy Feet 2 - 10:45, 13:00, 15:15, 17:30, 19:45
Happy Feet 2 (3D) - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Immortals (3D) - 21:45, 00:15
Jack And Jill - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Ladies vs Ricky Bahl - 10:00, 14:00, 18:00, 22:00, 01:00
Passion Play - 22:00, 00:00
The Thing - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Twilight: Breaking Dawn - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

VOX CINEMAS - MOE

The Adventures of Tintin (3D) - 10:15, 12:45



DIRTY PICTURE

Black Gold - 10:00, 11:45
Cat in Boots (3D) - 10:00, 11:00
The Double - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Hairy Tooth Fairy 2 - 10:45
Happy Feet 2 (3D) - 10:00, 10:30, 12:45, 15:00, 17:15, 19:30
Immortals (3D) - 00:15
Intruders - 23:45
Jack And Jill - 11:15, 23:15
Johnny English Reborn - 09:45, 23:15
Seeking Justice - 23:30
Tower Heist - 10:00, 23:30
Twilight: Breaking Dawn - 11:15, 23:45
Where Do We Go Now - 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) - 10:30, 12:30, 14:30, 16:30, 18:30
The Double - 10:30, 12:45, 15:00,

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Jack And Jill - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Ladies vs Ricky Bahl - 11:15, 14:15, 17:15, 20:15, 23:15
Money Ball - 10:00, 12:45, 15:30, 18:15, 23:15
The Thing - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Twilight: Breaking Dawn - 20:30, 23:00
Where Do We Go Now - 21:00

REEL CINEMAS - DUBAI MALL

The Adventures of Tintin - 11:50, 14:10, 16:30, 18:50, 21:10, 23:30
Black Gold - 11:30, 14:10, 16:50, 19:30, 22:10, 00:50
Cat in Boots - 11:55, 14:00, 16:00, 18:00, 20:00, 22:00, 00:05
Cat in Boots (3D) - 15:00, 17:00, 19:00, 21:00, 23:00

The Double - 11:10, 13:20, 15:30, 17:40, 19:50, 22:10, 00:20
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Happy Feet 2 (3D) - 13:30, 15:40, 17:50, 20:00, 22:10, 00:20
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Passion Play - 13:45, 15:50, 17:55, 20:00, 22:05, 00:10
Seeking Justice - 11:05, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
The Thing - 11:30, 14:00, 16:40, 19:20, 22:00, 00:40
Twilight: Breaking Dawn - 13:40, 16:10, 18:40, 21:10, 23:40

REEL CINEMAS - MARINA MALL

Black Gold - 11:20, 14:00, 16:40, 22:05, 00:45
Happy Feet 2 - 12:10, 14:20, 16:30, 18:40, 20:50, 23:00
Happy Feet 2 (3D) - 11:10, 13:20, 15:30, 17:40, 19:50, 22:05, 00:10
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Money Ball - 12:40, 15:40, 18:25, 21:10, 23:55
The Thing - 11:00, 13:10, 15:25, 17:40, 19:55, 22:10, 00:25

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

Your chance to share your views on the latest cinema releases

Preeti Jain
MBA Finance
International City



What do you choose if you want to start your weekend with a hair raising movie filled with romantic moments and action drama? It was by chance I ended up watching *Twilight: Breaking Dawn*, when I did not get the tickets for the movie I wanted to see. I loved the exotic locations of the movie and superb direction. The birth scene is one of the best shots of the movie. It is a package of emotion, drama, thrill and excitement. This movie is about love and faith. The turning point of the movie was the end where the director wins the audience's hearts and thereby inviting the audience to come again and watch the second part when it is released; not to forget the heart throb that is Robert Pattinson. If you like thrill and romance, this movie will definitely provide a jumbo packet of it.

9/10

Want to be in Read.?

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



THE DOUBLE


SPECS

(as tested)
 Engine: 3.0 litre V6 Twin Turbo
 Power: 306@5,800 rpm
 Torque: 400Nm@1,200-5,500 rpm
 0-100km/h: 5.7 seconds
 Top speed: 245 km/h
 Price: Dh210,000



From a distance, the two cars are hard to separate, but as you get closer, the smaller size of the X3 becomes apparent. As such, the X3 becomes an excellent starting point for aspirants keen to eventually get themselves in the larger X5. Perhaps more importantly, the X3 is a good choice in its own right. It has that proper BMW, well-made feel that was lacking from the last model.

It feels upscale and solid, which is what buyers moving up from a lower priced American or Asian small SUV want.

The interior is excellent and very well finished, although we're not keen on the slightly over-the-top wood veneers. The seats are very well designed and the seating position gives you that same commanding view as its bigger sister. On the dash, the BMW ConnectedDrive system includes a full colour head-up display with night vision. Yes, that's right, night

Rising from the ashes

★★★★★ The new BMW X3 is a far cry from its last iteration, which is a very good thing.

If we're completely honest, we really weren't looking forward to driving BMW's new X3. We drove the first version, which was covered in cheap plastic. It seemed BMW had churned out a rushed response to the dearth of small soft roaders hitting the market at that time.

But sometimes having low hopes can turn out an unexpected high, and luckily that was exactly what we got. The new BMW X3 is thankfully poles apart from the old model and actually a pretty smart bit of kit. In the same vein as Audi's Q5 and Q7, BMW has simply imitated the X5 in the new design, which is a smart move.



THE STYLING IMITATES THE LARGER X5



THE INTERIOR IS UP TO BMW STANDARDS

400Nm

The amount of torque produced by the new, twin-turbo six-cylinder engine in the X3.

vision. The technology, which is a first in the automotive world, can detect individual pedestrians in the dark. BlackBerry users will also be happy, as they can use the system to access e-mails, contact lists, messages and their calendar, all via bluetooth. The system will also connect audio players or other mobile phones without the need for any cables.

Around the back, you get a power boot, which is still missing on a number of far higher-end SUVs, plus LED lights and full parking sensors. This is all great, but what's it like on the road? Many smaller SUVs feel a bit tinny and weak on the roads, especially the highways, but the X3 does all this well. It cruises easily, rides rougher surfaces well and, interestingly, it's actually

pretty quick. Stick your foot down and the X3 takes off like a rocket. We were genuinely surprised by just how quick it accelerates off the line.

The reason for the swiftness of the X3 is hidden under the bulging hood. The version we tested used the new six-cylinder engine, with twin-turbos and an eight-speed automatic transmission. The engine has 306bhp on tap, giving it a 0 to 100km/h time of just 5.7 seconds, which is pretty fast for a car of this size. What we didn't like, however, was the harsh stop/start system. The engine dies far too abruptly as you pull up to the traffic lights. When it restarts, it bursts into life with far too much gusto. Other stop/start systems we've driven are hardly noticeable, so we think the X3 might need some fine-tuning to give it the same smoothness as the rest of the car.

In all, the new X3 is a really good car and cannot be compared to the old model in any way, shape or form. This is a fast, comfortable, well-built and loaded small SUV. You just have to ask yourself if you really need that huge SUV on the driveway. If you're not sure, BMW might just have the perfect solution. ●

Car briefs

New Dodge on the way

SEDANS Dodge has announced a new four-door sedan based on the award-winning Alfa Romeo Guileto, the Dodge Dart, which will go on sale in 2013. The stylish photos sent out with the announcement were certainly teasing, though journalists will have to wait a while until the new car surfaces in the metal.



Emirates NBD in Mercedes-Benz tie-up



PROMOTIONS Emirates NBD has tied up with Gargash Enterprises, the authorised distributor of Mercedes-Benz in Dubai, to offer customers a flat rate of 3.25 per cent (around 6 per cent reducing rate), on purchases of select models of Mercedes Benz vehicles. The promotion runs across Emirates NBD branches and Mercedes Benz showrooms until December 30, 2011.

Big sales recorded at DIMS

MOTOR SHOWS The organisers of last month's Dubai International Motor Show recently announced that Shelby Supercars (SSC) managed to shift 10 examples of its latest supercar, the Tuatara, racking up around Dh48 million. The striking car is alleged to be the fastest car in the world, being even faster than the Bugatti Veyron SS.



Award for Nissan Leaf



ELECTRIC CARS Nissan's 100-per cent electric vehicle, the Leaf, was given its first award at the recent Tokyo Motor Show, picking up the accolade of Japanese Car of the Year for 2011 to 2012. This is the first time in the award's 32-year history that an electric car has been granted the top honour. The Japanese car also picked up a number of European awards earlier this year.

Roaring success at the IWAS World Games 2011

Physically impaired athletes battle it out in Sharjah for a shot at entering the 2012 Paralympic games.

IWAS WORLD GAMES

Under the patronage of HH Sheikh Dr Sultan bin Mohammed Al Qasimi, Supreme Council Member and Ruler of Sharjah, the sixth edition of the biennial International Wheelchair and Amputee Sport (IWAS) World Games took place in Sharjah over the past fortnight, concluding spectacularly on December 10, with over 900 participants from a total of 49 countries taking part.

The opening ceremony for the games brought close to 3,000 spectators to the purpose-built grandstand, fully equipped with a number of display screens, including a 50-metre by six-metre screen opposite the Crystal Plaza on Khalid Lagoon.

The IWAS World Games were being held in the Middle East for the first time this year, and attracted a great deal of interest, with athletes very aware that this tournament served as a qualifier for the 2012 Paralympics.

Al Theqa Club hosted four of the seven disciplines, which included athletics, power lifting, amputee football and Cerebral Palsy International Sports and Recreation (CPISRA) race running, while the American University in Sharjah showcased the best swimmers and table tennis players in the games. The final discipline, shooting, took place at the Sharjah Ladies Club.

Speaking ahead of the event, Tareq Sultan bin Khadem, Deputy Chair-



CLOSE TO 3,000 SPECTATORS TURNED UP AT THE TRACK

man of the Organising Committee and Chairman of the Executive Committee, said, "The IWAS World Games are of particular interest in international sporting circles, noting that they represent an extraordinary event not only because of their global representativeness, but also because support of the disabled in



all areas is one of the top priorities of HH Sheikh Dr Sultan bin Mohammed Al Qasimi.

"The organisers of the 2011 IWAS World Games were particularly keen to organise an event that would live up to His Highness' aspirations and the emirate's overall achievements," he added.

The IWAS World Games encapsulates the motto of "Unity, friendship and sportsmanship", and demonstrates the values long held by the International Wheelchair and Amputee Sports Federation to educate, train and provide competitive opportunities to sportsmen and women with physical disabilities worldwide.

Following the success of the IWAS World Games 2011—sponsored by Etisalat, Al Hamriya Free Zone, Bank of Sharjah, Sharjah Islamic Bank and Al Buhaira National Insurance Company—we may be forgiven for hoping that the games will return to the Middle East in the near future. ●



POWER LIFTING WAS A FEATURED EVENT

The history of the games

Although the IWAS World Games have only been held on five previous occasions—New Zealand in 1999 and 2003, Brazil in 2005, Taiwan in 2007 and India in 2009—they were originally held in 1948 by Sir Ludwig Guttman, who organised a sporting competition involving World War II veterans with spinal cord injuries.

Post-it

JOBS AVAILABLE

Freelancer graphic designer and web developer required for a full-time job. Call 0508864342/email hanifnoor@gmail.com.

Cleaners required. For Filipinas only. Should be on tourist visa. Email wanted.maids@gmail.com/call 0557042979/042511882.

UAE experienced sales and marketing executive required. Should be specialised in marketing of undergarments by MNC in South Korea.

Relationship officer and marketing manager required for a full-time job in a media company. Send CV cv@malayalee-businessmen.com.

Sales executive male/female (Keralite only) required for part/full time job in the insurance division of a bank in Dubai. Call 0558418262/email CV ngi.nbd@gmail.com.

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.

Accountant seeks a job, M.com, B.Ed, 4 yrs experience in UAE. Good knowledge of Tally 9, MS Office. Able to do Finalization of Accounts, Bank Reconciliation, Accounts Receivables, Accounts Payables, WPS. Have valid UAE Driving Licence. Contact email: giluklsy@gmail.com/Call 0558031860.

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, B.Tech MBA seeks full/part time job. Have experience in sales, operations and marketing. Call 0559518436.

Engineer seeks job as project engineer. Have experience in structured cabling estimation. 4 yrs experience. Call 0554350374.

Male 29 (M.B.S) seeks job in any accounting department. 5 yrs experience in accounting. Call 0557974708/email wwwtipuuk@live.com.

Indian male, 38, seeks job. Trainer in English communication. Experienced trainer in the USA, UK and India. On visit visa. Email: airlandsmail@gmail.com.

Male with a diploma in hotel management seeks job. Knowledgeable and ambitious. Call 0551106147.

Indian male accountant seeks job in free zone. 3+yrs UAE experience. Knowledgeable in Tally, Peachtree & LC. Email anu2gs@yahoo.co.in/Call 0559269920.

Male seeks part-time job in accounting. Well experienced. Expert in Tally. Call 0553295012.

Indian safety officer seeks job. 5 yrs experience in the same field. Owns valid driving license. Email c_haspulikodan@yahoo.com /call 0502976173.

Keralite male seeks job as an electrician. 10 yrs experience in Dubai. Knowledgeable in all types of plumbing work. Call 0505987967.

Male ACCA qualified accountant seeks job. Knowledgeable in Tally, Peachtree. Call 0501187829.

Indian male, 30, seeks job. Have experience in contract documentation, letter drafting in English, office admin & IT assistance. Holds driving licence. Call 0501495792.

Female 27, Fresh Degree holder of BS (Internet Science and Technology) seeks suitable job. Email: ayesb86@hotmail.com/call 055 738 6334

Male B.Com seeks job. 4+ yrs experience as an accountant /sales executive. Knowledgeable in MS Office/Peachtree/Tally/. Communication skills. Email mrhaider1613@gmail.com /call 0553849407.

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 04221 1906/0501734885.

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 Quasis. Good with children. Call 0559829075.

Babysitting and tutoring services available for all classes from KG1 to Grade 7. In Karama near Pizza Inn. Call 0558012027/email nancy2570@hotmail.com.

Video and photography services available. For any type of event, advertisement, web casts, weddings, birthdays, etc. Call 0561220363/email ISHAN-TELEMEDIA@GMAIL.COM .

Baby sitting services available in Al Qusais ind. no 4. Call 0566408715.

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

Household items available for sale. In excellent condition. Rashidiya. Call 0508146074.

Brand new and used laptops available for sale. From Acer, Apple, Dell, Sony to Toshiba. All with good rates. Call 0509815607.

Gas Range-4 Burners, refrigerator, washing machine, TV stand, dresser with mirror. Slightly used. All in good condition. All for 2000AED. Call 0506559207/0555450764.

Acer T'mate 5730G, Core 2Duo P8400, 2.26 4 GB Ram, 320GB Hard Disk DVD+RW 15.4WXGA with built in cam and biological sensor for sale. Call 0503453786/065652371.

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 available for rent. Kabayan only. Near Karama metro station. For 400AED including DEWA. Free internet. Call 0509147509.

Single room available for rent. Filipino couple only. For 1750AED/free DEWA & Internet. In Al Muteena, Deira. Call 0502177591.

Furnished bed space available for rent. In Bur Dubai near Oasis Court Hotel and Khalid Bin Walid metro/bus station. Internet accessible. For 750AED. Call 0504532874.

Single room available for rent. In Al Khail Gate, Phase 2, Al Quoz. For Filipinos only. Call 0554070226.

Bed space available for rent. Opposite Union metro station. For male/female. Rent 450AED/. Free DEWA/TFC. Sharing WI-FI. Call 0552457706/0504967615.

Shared accommodation available for rent. Keralite bachelors only. In a BRH

flat, behind Maktoum Hospital. All facilities included. Rent 560AED. Call 0506746715/055 5744028.

Single room available for rent. In Al Quoz. Spacious room with hallway. DEWA shared with Indian family. Rent 2000AED/ DEWA. Call 0503458256.

Shared Accommodation available for rent. Indian male Muslim bachelors only. Behind Crowne Plaza facing Emirates Tower, SZR. 600AED + DEWA. Call 0507082328/0555226306.

Bed space accommodation available for rent. South Indian bachelors only. Pyramid building, Karama. 550AED/- including DEWA. Call 0555858603.

Top deck bed space available for rent. Male Filipinos only. Near Salahuddin metro station and Reef mall. For 400AED/DEWA excluded. Call 0508709748/0561315896.

Semi-furnished room available for rent. In Rolla street, opposite Baquer Mohebi supermarket, Bur Dubai. For 2500AED including DEWA/WI-FI/gym. Call 0506144726.

Bed space available for rent. Near Salahudin metro station opposite to Muraqabat police station. For 500 AED including internet. Call 0556845464.

Bed space available for rent. Keralite Ex Bachelors only. Near Al Rigga/Salah Al Din metro station. Internet obtainable. For 520AED + DEWA. Call 0557017625.

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

MISCELLANEOUS

GET a Quick LOAN. Credit card and Personal Loan at a salary of 4500+Co. Accommodation, Auto Loans at 3000-Driving Licence not required. Call 0552638481/0551691806.

Trendy accessories from all around the world available for sale in Rashidiya. Price on request. Call 0508146074.

Lost black wallet in Karama near Park Regis Hotel. Since December 2, between 3:00 to 3:30 am. Call 0507050273.

Lost Nokia C7 mobile. Black in colour. Has important notes and numbers. Near Sharjah Central Souk. Call 0552881267.

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

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

United for National Day

Cabbies come together to form giant works of art in celebration of the federation's 40th National Day.

CELEBRATIONS

The Dubai Taxi Corporation (DTC) took part in the 40th UAE National Day festivities in a formal event held on December 2, when impressive drawings portraying the state flag, Spirit of the Union logo and the late Sheikh Zayed bin Sultan Al Nahyan were made through participating DTC cab drivers and taxi cabs. The event was intended to epitomise the spirit of the union, and the true interpretation of the joy and pride of our prized country and its achievements at local and international levels, as well as paying tribute to and glorifying the late founders of the federation.

The event was attended by Yousef Al Ali, acting CEO of the DTC, and Ahmed Bahrozian, CEO of the Licensing Agency, in addition to several directors, managers and employees of the DTC along with their families and representatives of sponsors. The event kicked off by recitation of verses from



the Holy Quran before the national anthem was played, after which 900 cabbies formed artistic portraits.

The DTC celebrations also included forming the number 40 through 238 taxi cabs, and the event was interceded by several spots such as folklore, dances, give-aways, a helicopter entering the exhibition ground to lift VIPs

and a number of visitors to see the artistic formations from high altitudes.

"The DTC celebrations are a gesture of thanks and respect to the founders of the federation, remembrance of their deeds, and a pledge to our leaders to continue the drive and achievements at all levels. This innovative event is composed of 900 cabbies who



have performed artistic and human formation under the supervision of an integrated work team charged with the staging of this event," said Al Ali.

Al Ali thanked all those who contributed to the success of this event, adding, "The participation of the DTC could not have come to light without the support and cooperation of our sponsors, namely the Dubai Civil Defence, General HQ of Dubai Police, Al Rostamani Group, Arabian Automobiles, Al Futtaim Motors, Kassab Media, Al Ain Mineral Water Company, Alpina Chocolate Company, Healy Dubai, Gulf Arena Company and Real Image Co."

RTA hands out UAE flags across Dubai

NATIONAL DAY

The call made by HH Sheikh Abdullah bin Zayed Al Nahyan, Minister of Foreign Affairs, on the social network Twitter to raise the UAE flags on every house, received a huge response from citizens who placed the UAE flags of various sizes on the roofs of their homes, shot footage, and transmitted it to Sheikh Abdullah, who in turn forwarded it to all his followers listed on his Twitter account. The move reflected a sense of interaction between Emiratis and everyone who loves this nation. Many contributions were made by tweeters from GCC countries, such as Bahrain and Qatar, who hoisted the UAE flag at their homes in response to this call and in expression of their fondness of the UAE.

In response to the call of Sheikh Abdullah, and to further boost its participation in the Spirit of the Union events as part of the 40th UAE National Day celebrations, the RTA distributed the state flags throughout several districts in Dubai.

Dr Aysha Al Busmait, Director of

Marketing and Corporate Communication and Head of the National Identity Team at the RTA, stated that RTA work teams distributed 280 flags through seven districts of Dubai, including Nad Al Hammar, Al Wasl, Jumeirah, Al Rashidiya, Al Tawar, Mirdif and Al Barsha, where 40 flags were distributed in each area, corresponding with the number of years that the UAE has been an independent state.



DR AYSHA AL BUSMAIT



RTA is now a 'Superbrand'

AWARDS

In recognition of the RTA's expeditious efforts to promote its corporate identity to match the scope and quality of services delivered to public transport users in Dubai, the Superbrands Organisation has awarded the RTA Superbrand status to credit its efforts and achievements, and to bolster its standing in the public transport industry.

The CEO of the RTA's Corporate Administrative Support Services Sector, Yousef Al Rida, was excited to see the RTA bag the coveted Superbrand title, considering it a forward step involving full commitment to the UAE populace.

"The power of Superbrand is not only attributable to the quality products, services and solutions figured out by any organisation, but also to the commitment of that organisation to the values, noble principles, and work ethics as well as the continuous interaction with other organisations, events and social activities. It also signals

the unremitting readiness of the organisation to lend immeasurable support in the context of shouldering its corporate social responsibility," he said.

"Maintaining close associations with various spectrums of the



YUSEF AL RIDA

"The RTA has been keen on appearing as a trusted brand."

community by reputed public and private organisations is a key criteria of cementing the prominent status and reliable name.

"Mostly, famous brands are known to the public, even if they are not familiar with their products or services, but the diversity and super-quality of the RTA's services rendered to the public at world-class standards were, and still are, benchmarks in defining and shaping its corporate identity as a trusted name in the public transport sector, not only nationwide, but across the entire region, thanks to the competence it has demon-

strated in undertaking mega and vital projects, and launching strategic initiatives resulting in first-rate, flexible, and caring services," added Al Rida.

Since it was established in 2005, the RTA has attached the utmost attention to branding its corporate identity across the UAE community in general, and Dubai in particular, spanning all spectrums including citizens, residents, tourists, and visitors hailing from all corners of the globe.

The RTA has therefore been keen on appearing as a trusted brand underlying all successful projects and strategic initiatives rolled out in Dubai, capable of offering optimal mobility options in Dubai. This has very much been the case as the UAE, particularly Dubai, has seen phenomenal urban growth in a record time coupled with a demographic influx triggered by the massive economic growth, spanning business, finance, tourism, real estate and service sectors, among a number of others.

RTA shares best practices



DELEGATIONS

The Development and Corporate Performance Department at the Strategy and Corporate Governance Sector of the RTA briefed a visiting delegation from the Ministry of Finance in Dubai on the best practices applied by the department in the field of development and excellence through the adoption of best-in-class programmes.

The meeting was held at the RTA's Head Office in the presence of Dr Khalid Al Zahid, Director of the RTA's Development and Corporate Performance, Sheikha Bin Zaal, Director of Corporate Excellence in the Ministry of Finance, and Ramadan Abdullah, Director of the RTA's Rail Operations, in addition to other distinguished officials from both sides.

"Such meetings play a key role in

achieving the single objective of upgrading the performance to the highest levels by sharing expertise between various UAE government entities, and keeping abreast of the best practices of development and achievement. The RTA's continued success over the past six years made it the centre of attention in all community segments, coveting its experiences and advanced programmes, which have qualified it to win prominent awards not only at the local level but also globally," said Al Zahid.

The delegation reiterated the benefits gained from the meeting which enabled them to acquire development expertise, and particularly cited the visual presentations to have enriched their perception of the corporate excellence to have a positive bearing on their business performance.

RTA stresses importance of knowledge at school

INITIATIVES

The RTA has called for strengthening student-book bonds in order to build the intellectual and cultural know-how that assists the enrichment of general knowledge and the exchange of expertise through communicating with others, which will step up the progression of young individuals.

A statement to this effect was made during a visit recently made by the team of the Read More initiative at the RTA Marketing and Corporate Communication Department to Al Mizhar Primary School for Girls in Dubai on November 29, coinciding with the celebrations of the 40th UAE National Day.

The team was headed by Abdullah Al Madani, CEO of the RTA Corporate Technical Support Services Sector, and comprised a number of RTA officials and staff.

Al Madani said, "The Read More initiative

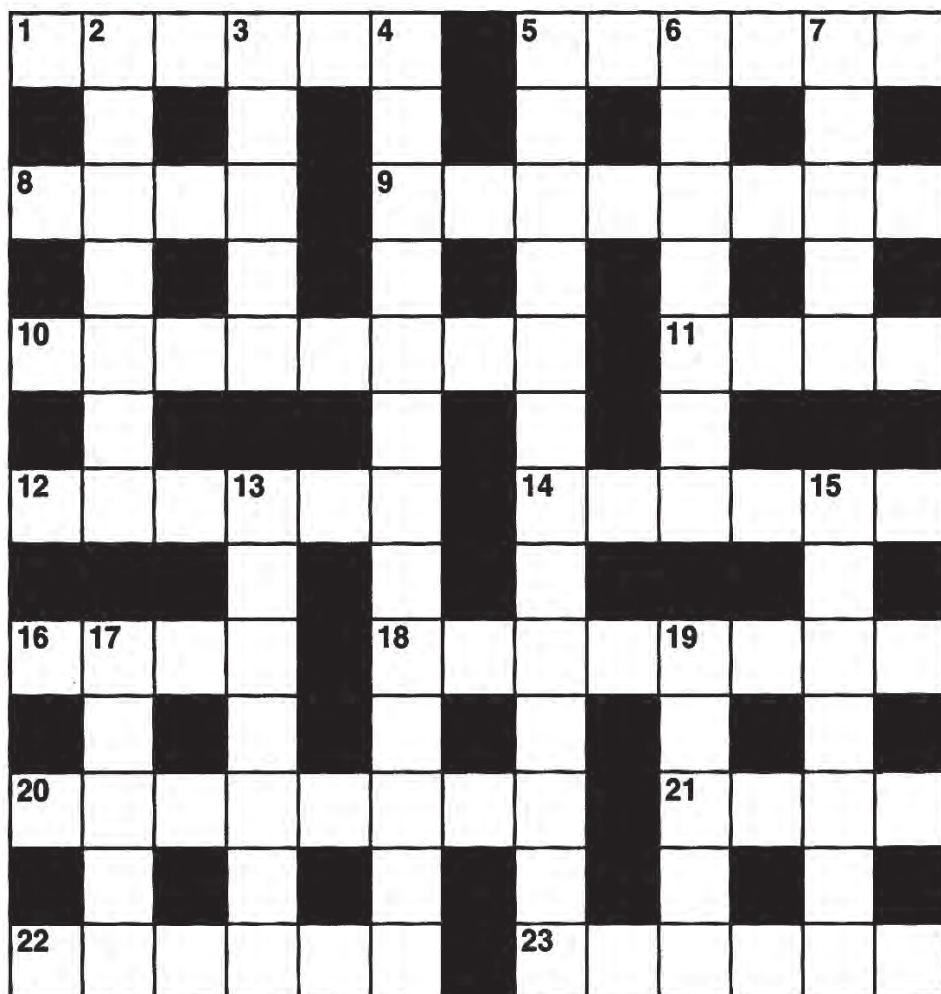
is one of the community-oriented initiatives launched by the RTA that carries a noble mission of urging community members to read more and enhance their general knowledge. The initiative prompts us to join hands to nurture and diffuse this noble aim among all community segments, particularly students starting from the elementary stage up to universities.

"It is imperative to broaden the scope of this initiative to include secondary school and university students since the majority of these students are not in the habit of reading."



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

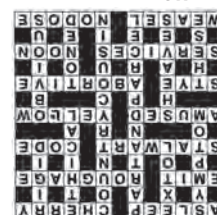
Across

1 Dormant (6) 5 Small purplish-red fruit (6) 8 Discharge (4) 9 Indigestible food (8) 10 Loyal, reliable (8) 11 Hidden message (4) 12 Happily occupied (6) 14 Colour of a New York taxi (6) 16 Eyelid infection (4) 18 Unsuccessful (8) 20 Intangible commodity (in economics) (8) 21 12:00hrs (4) 22 *Pop Goes the* ___, nursery rhyme (6) 23 Having numerous protuberances (6)

Down

2 Indication of disease (7) 3 Adulate (5) 4 Essential element (of) (4,3,6) 5 Relative unused to the big city (7,6) 6 Morally correct (7) 7 Firm, inflexible (5) 13 Thanksgiving hymn (7) 15 Unconcealed (7) 17 ___ *Foolish Things*, song (5) 19 Firmer and more muscular (5)

ANSWERS



Recipe

Red lentil soup

Healthy and delicious, this soup will go down well with all the family.

Ingredients

55g unsalted butter
1½ tbsp grated fresh ginger
¼ tsp each ground allspice, ground cumin, and chilli powder
½ tsp each curry powder and ground coriander
2 finely chopped onions
1 chopped parsnip

1kg carrots, sliced
85g split red lentils, rinsed
25g long-grain rice
1.7 litres vegetable stock
400ml coconut milk
2 tbsp fresh lime juice
3 tbsp chopped coriander

Serves
6

Method

Melt the butter in a pan over a low heat then add the ginger and all the spices.

Heat over a low heat for three minutes, then add the chopped vegetables and cook for a further eight minutes. Add the lentils and rice then the vegetable stock.

Bring to a boil and simmer for 30 minutes or until the vegetables are tender and the lentils start to break down.

Remove the soup from the heat and blend in a food processor until smooth. Return to a low heat and add the coconut milk, lime juice and coriander. Heat through but do not let it boil. Serve with crusty bread for a tasty and filling meal.



Dennis the menace



"MARGARET TELLS ON ME BEFORE I EVEN HAVE A CHANCE TO DO ANYTHING."

Henry



Ollie and Quentin



Spiderman



Here to help

At Read, we are happy to help with any advice you might need to live your life to the full. If you have a problem we can help with, email us at letters@readme.ae

Q I have been getting quite a few spots on my chin recently and can't stop picking them. I don't know how to get rid of them without squeezing them, please help.

Read: First of all, stop picking! Picking spots with dirty fingers will only spread bacteria and cause more spots. Wash your face with a mild soap twice a day, gently pat it dry with a clean towel and use a light, non-greasy moisturiser. A little dab of tea tree oil on a spot before going to bed will help to dry it out, but try not to squeeze any of your spots as this really won't help the situation.

Q Most people say they are addicted to coffee, but I'm starting to think I am addicted to tea. I drink about 10-15 cups a day and I feel strange if I drink less than that.

Read: Tea has a surprisingly high

caffeine content compared to what most people think, so it is quite easy to become dependant on tea as a way of getting you through the day. Try to substitute your normal teabags for caffeine-free tea, which tastes no different and is available to buy in most supermarkets, or even better, try to replace a few cups with glasses of water instead.

Q I am 27 years old and am really embarrassed about this, but I seem to have a really wobbly tooth. I lost all my baby teeth when I was a kid, so why is this happening now?

Read: Get yourself to your dentist as soon as possible. A wobbly tooth would suggest there is an underlying problem such as an infection or cavity which can only be dealt with by a dental professional. If a tooth needs to be removed during your adult years, a dentist can do this the correct way, but will obviously try to fix the problem for you first before resorting to removal.

Who's this?

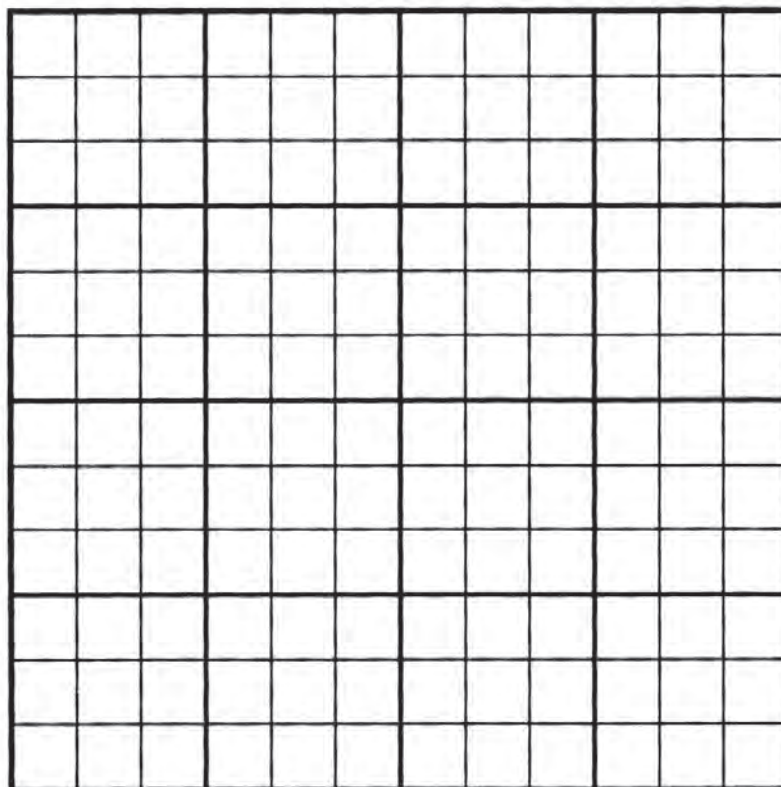
ANSWER ON PAGE 38



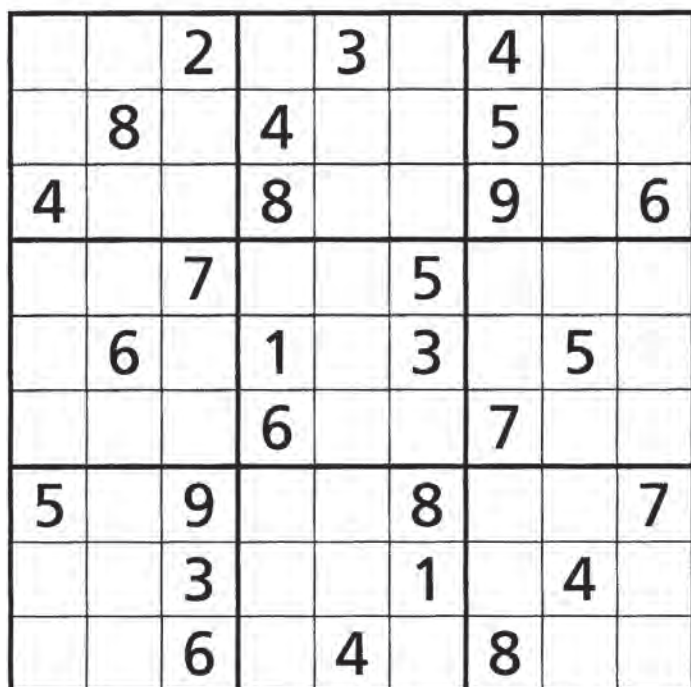
Puzzles

Bricklayer

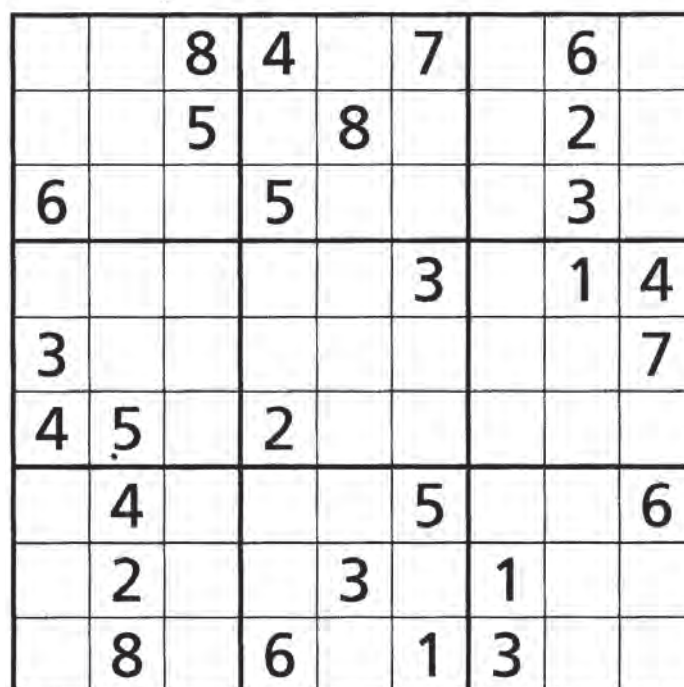
Re-arrange the 3x3 blocks into the blank grid to create a crossword type grid



Sudoku 1

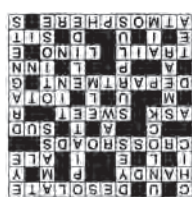


Sudoku 2

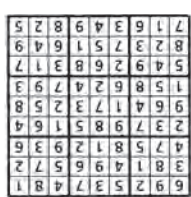


ANSWERS

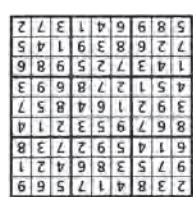
BRICKLAYER



SUDOKU 1



SUDOKU 2



WHO'S THIS? ANSWER - BEYONCE KNOWLES

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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)

An agreement you made a while ago could be coming around, which you have not been looking forward to. Acting as though you never wanted to agree to it in the first place, however, could see an old, valued friendship start to suffer for it.



TAURUS

(APR 21 - MAY 21)

An issue with property or personal finance could drag on much longer than originally planned, which can make you feel frustrated and ignored. You could learn a lot by speaking to a relative who has been through a similar situation.



GEMINI

(MAY 22 - JUN 21)

You may feel easily exasperated by certain individuals at the moment, especially close family members. Children, in particular, could take you right up to boiling point, so don't be worried about asking a relative for help every now and then.



CANCER

(JUN 22 - JUL 23)

The finer details have always been important to you, but a new friendship could mean you start to loosen up and just go with the flow. Your social life looks to be on the up, so don't turn down a party invitation; it could prove to be great fun.



LEO

(JUL 24 - AUG 23)

The next few weeks look set to be a very busy time for you. It's easy to get caught up in the stress of having lots to do, but if you can avoid putting pressure on yourself to live up to others' expectations, you can remain calm and enjoy the hustle and bustle.



VIRGO

(AUG 24 - SEP 23)

You may have found yourself getting more impatient, particularly with one individual at work. If you can approach the issues at hand in a fair and concise manner, your input could, in fact, be greatly appreciated by this person.



LIBRA

(SEP 24 - OCT 23)

Some unexpected information could be revealed accidentally to you, which may seem like malicious gossip. If you can avoid getting caught up in other people's whispering, it would be advised; the situation is not one you want to have on your shoulders.



SCORPIO

(OCT 24 - NOV 22)

You may want to splash the cash, especially when it comes to gifts for loved ones. Try to keep one eye on your spending, as it's all too easy to lose track. A friend could disappoint you when it comes to a prior arrangement, but don't hold it against him or her.



SAGITTARIUS

(NOV 23 - DEC 21)

You may face a few obstacles at work, which seem to be put in place by one colleague in particular. As much as you might want to break through these obstacles, finding an agreeable way to work around them will work out better in the long run.



CAPRICORN

(DEC 22 - JAN 20)

Lately, you may have been feeling more inhibited than usual. Things have gone a little crazy in your personal life and this has caused you to feel isolated. Be sure, however, that people will come around to your way of thinking and it will all soon be on the up again.



AQUARIUS

(JAN 21 - FEB 19)

You have always been a great communicator and now is the time to put your negotiation skills to the test. An opportunity could arise at work which requires a strong, clear person to take the helm and there's no reason why this couldn't be you.



PISCES

(FEB 20 - MAR 20)

You could find yourself with an urge to go beyond your comfort zone, in order to reap the biggest rewards. However, mixed messages of support could leave you unsure of how to progress, so make sure you follow what you think is the right path.



This week's local weather

SUN



11th

SUNNY
HIGH 25C
LOW 20C
HUMIDITY 47%

MON



12th

SUNNY
HIGH 26C
LOW 17C
HUMIDITY 49%

TUE



13th

SUNNY
HIGH 26C
LOW 21C
HUMIDITY 44%

WED



14th

PARTLY CLOUDY
HIGH 25C
LOW 22C
HUMIDITY 42%

THU



15th

MOSTLY SUNNY
HIGH 24C
LOW 21C
HUMIDITY 42%

FRI



16th

SUNNY
HIGH 25C
LOW 20C
HUMIDITY 40%

SAT



17th

SUNNY
HIGH 26C
LOW 22C
HUMIDITY 41%

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