

FREE



www.facebook.com/readmeae



www.twitter.com/readmeae



www.youtube.com/readmeae



www.readme.ae

DECEMBER 18-24, 2011 | Issue 27

Read



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



TWENTY-SOMETHING

The decade of class, opulence and glamour has once again got fashionistas everywhere in a flap

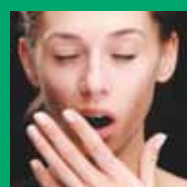


THE END OF THE RAINBOW



SHAKING IT UP

Why sticking to the same old fitness routine could be causing your lack of motivation



CONTAGIOUS EMPATHY

You may not realise it, but a simple yawn can trigger a series of copycat displays. We investigate how and why we can 'catch a yawn'

Hollywood's golden boy

Owen Wilson chats about movies, life and his film heroes

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

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

MOH approval No. 24712/27112



DONATE WITH LOVE
SAVE A LIFE

Sharjah Blood Transfusion & Research Center

Take a minute of your time & donate with love, Blood donation would decrease the possibility of having heart diseases and strokes. It also activates the bone marrow to produce new blood cells. Donate now at Mirdif City Centre, December 22nd to 24th.

Managed by



binsina
PHARMACY



ابن سينا
صيدلية

Our Partners



Contents

Metro Life 03
Community 08
Arts 12
Fitness 14
Tech 16
Health 18
Fashion 20
Review 22
You 24
Film 26
Listings 28
Motoring 30
Public transport 34
Take a break 36

Read. Poll

What is the best part about living in Dubai?

- World-class city
- Great lifestyle
- Ability to save money
- Good job opportunities

Cast your vote online at www.readme.ae

Last Read. Poll results (as on Dec. 15, 2011)

Do you keep in touch with your childhood friends?
 Yes **49%** No **11%** I have lost touch with them **15%**
 I wish I knew where they are **25%**

Letters

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

✉ Hi, I really loved your article on Fitness Ballet (Issue 24). I always wanted to learn ballet as a child but never had the opportunity. Fitness Ballet would be an ideal way to get fit and learn a few ballet moves. Could you please give me some information on where these classes are conducted in Dubai? Thanks,

Melissa Tavares Fonseca

ED: There is a long list of ballet studios in Dubai, all of which offer a range of different classes, all while keeping you fit. Check out ballet-centre.com, or the new Vertical Flex class on offer at cellodubai.com.

✉ Hi Read., This is my first festive season away from home and I have two young children that I fear are missing the joy of Christmas. The plus side is that they're not freezing, but the absence of seasonal songs and streets lined with lights makes it harder to build the excitement. How do expats normally deal with this, or is there anything you could suggest I do to bring the festive cheer back into my new home?

Emily Keyes

ED: It is a very different prospect over this holiday period in the UAE. One of the best ways to get a child excited, besides decorating your home in the finest of winter trimmings, is to give them a personalised video from Santa. You can make one at portablenorthpole.com.

tv and it's free. You could also take them to Ski Dubai to get that wintry feeling.

✉ Hey Team, I watched the videos on your Facebook page for the Bentley drive event in Abu Dhabi, and I must say, it really made me want to do the same. How do I get to experience the excitement of such high speeds on a race track? Thanks,

Shashikant Jogani

ED: The good news is you don't have to travel to the capital to feel the thrill of high speed. Dubai Autodrome offers a host of experiences from the Audi R8 to skid control. Visit dubaiautodrome.com to pick the experience that best suits your desires.

✉ Hi Read., I am always telling people of how great Dubai is and constantly asking them to come visit me so they can experience this great city. Now that friends have actually decided to take the flight, I'm struggling to decide what I should do with them when they arrive for a short visit. What is the best thing to do, in your opinion?

Nanette Lee

ED: The fact of the matter is, whatever you choose to do, it will be a memorable trip. That is the joy of Dubai. But we wouldn't overlook At The Top at the Burj Khalifa. It's not every day that you get the chance to peer over the Arabian Gulf from the world's tallest building, and now the sandstorms of the summer have gone, the view is nothing less than spectacular.



My Metro life

Tintu Jomy
 Pharmacist, Al Qusais



Ever since the Dubai Metro first became operational in 2009, I have been a great fan of the service, mainly for three reasons in particular that stand out the most to me.

Firstly, I don't think I will ever forget my first ever trip on the Metro with most of my family members and friends in the UAE, which we all enjoyed a lot by taking plenty of pictures and having fun on the journey.

It seemed as though each station was like a walk through a museum

as each symbolised cultural and historical moments from Dubai's history.

Secondly, when I was looking for a job, I could attend three interviews in a day thanks to the timing of the Metro trains.

Lastly, both my husband and I prefer the Metro as the choice of transport for our family (pictured) because of its safety, hygiene and timing. Our little daughter Minna Maria Jomy also enjoys each and every moment of the Metro journey by making cheerful sounds and clapping, and when we reach the station, she will get ready for the

snapshots we always take of her by posing with her cute smile.

I think the Metro is a wonderful mass transport system and there is a reason why its popularity increases day by day.

I would just like to finish by saying a big thank you very much and best wishes to the RTA and Dubai Government for the Dubai Metro and for all of their ongoing development and support.

Tell us about your experiences on Dubai Metro. Send your story to mymetrolife@readme.ae for a chance to appear in next week's Read.

QR codes



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



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



Please recycle this copy responsibly.

Metro pics

From a gorgeous sunset behind the Burj Al Arab to the bustle of Deira on a Friday night, there's plenty to see wherever you are in Dubai. If you catch sight of something special while you're out in town, snap it and email it to us at pics@readme.ae. 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



LOIDA GARCIA



RAUL A. LAUSA



SYED MUHAMMAD REHAN



WILFRED M. BUSTAMANTE



FERDZ INES



SURESH AWALE



RANDY LEGASPI



MOHAMED SALAH



JULIUS PENA



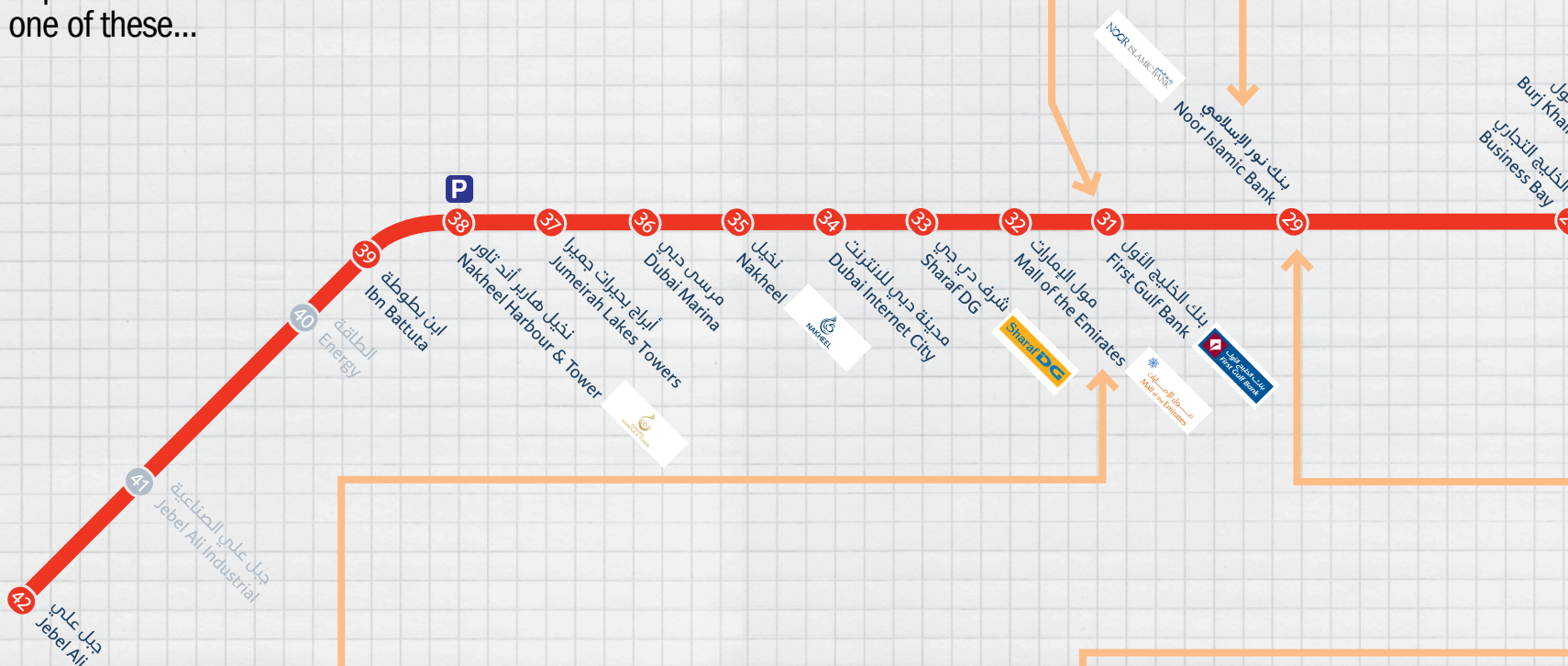
**Post your
pictures
and win!**

Post your pictures (any subject)
on the Facebook page of *Read*.
The pictures with the most number
of 'Likes' every Thursday will be selected
for publication and the most creative one
will also be awarded a Wafi Restaurants
voucher worth Dh200.

Post your pictures to www.facebook.com/readmeae

Station by station guide

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



Live close to city conveniences
Affordable living at a central location

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

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
Al Khail Gate
DUBAI PROPERTIES GROUP



Festive cheer

**DECEMBER 18-25
MALL OF THE EMIRATES**

Mall of the Emirates will create memorable moments for the family this festive season with a spectacular holiday display and events to celebrate this special time of the year. The centerpiece attraction will be a giant decorated festive tree and appearances by Santa Claus in the wintry comforts of Ski Dubai. Children can share their wish lists with Santa in person from December 18-24 between 5pm-10pm daily.

Art Emirati - Professionalism



**UNTIL JANUARY 15,
2012
ART COUTURE,
AL BADIA GOLF CLUB,
FESTIVAL CITY**

This new exhibition showcases the works of established Emirati artists Farid Mohammed Al Rais, Mattar Bin Lahej and Khalid Ali Al Jallaf, each of whom has their own unique and interesting approach to art. Call 04 601 0101 for more information.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



Desert Fusion

**DECEMBER 23, 7PM ONWARDS
CHI, THE LODGE, AL NASR
LEISURELAND, DUBAI**

Desert Fusion Unplugged is back once again featuring India's Kailash Kher with his uniquely soulful, raw voice. Also taking the stage is the pop rock band Strings (pictured) and the

Canadian singer Natalie Di Luccio (pictured). The show is set to take off with mixes of Hindi folk, pop rock and Bollywood covers, to exemplify the fusion concept. Desert Fusion is presented by Milestone Entertainment and Sonu Radio 1024 FM. Tickets Dh150 (regular) and Dh250 (VIP).

Marie Marie



**UNTIL FEBRUARY
16, 2012
LAWRIE SHABIBI,
AL SERKAL
AVENUE, AL QUOZ**

The latest exhibition at Lawrie Shabibi presents solo works from Lebanese painter Marwan Sahmarani. The exhibition

comments on the desire Sahmarani has as an artist to be more detached, in contrast to how he feels as a father that he desires more involvement. Call 04 346 9906 to find out more.



Live in a quiet environment
Your gated community in Mirdif

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

*Terms and conditions apply. Ghoroob Phase 1. Mirdif. 04 346 9906

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
GHOROOB
MIRDIF

DUBAI PROPERTIES GROUP

Live in a family environment
Convenient living in Mirdif

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

*Terms and conditions apply. Shorooq Phase 1. Mirdif. 04 346 9906

LEASING NOW, CALL
800DPG
www.dpg.ae

One month FREE rent
for a limited period!

A COMMUNITY BY
SHOROOQ
MIRDIF

DUBAI PROPERTIES GROUP

Hadutta Masriya



**UNTIL DECEMBER 30
MOJO GALLERY,
UNIT 33, AL SERKAL
AVENUE**

This group exhibition features the works of three Egyptian artists, who all have their own story to tell of their homeland both before and after the Arab Spring. Mohamed Abba, Guirguis Lotfi,

and Hany Rashed all have an intriguing tale to tell and the exhibition provides plenty of food for thought. Call 04 347 7388 for more information.

The Burning Question

Q A Sharjah Taxi driver recently found 200,000 Saudi Riyals (Dh200,000) in his cab and had it returned to the rightful owner. Would you have done the same?



Aliyeva Lyudmila
VISITOR, DUBAI MARINA

I once lost a lot of money myself, but it was in business, not on the street! I would always return anything I found to the owner if possible, especially something that seemed valuable.

Jovy Ibo

HOUSEWIFE, SATWA

Of course I would return the money. I think it is always better to be honest. I have lost a lot of valuable things before, such as once, when I was back home in the Philippines, I lost my passport.



Monica Rodriguez

ACCOUNTANT, KARAMA

I have never lost anything, but I would not like to lose my phone as this has all my information and contacts stored on it. I would definitely return the money if I found it; you should never keep someone else's belongings.



Luqman Shaukat

STUDENT, DEIRA

Luckily, I have never lost anything valuable. If I found that much money, I would return it. I would look for the owner as long as possible, but if I couldn't find them, then I guess I would have no choice but to keep it!



Reghard Hamman

COAL EXPORTER, JLT

Yes I hope that I would return that much money if I found it. I have lost many things before including my car keys, house keys, and even my debit card once. Luckily, my car keys were returned to me, although the other things had to be replaced.



Saba Lasheiei

FREELANCE ILLUSTRATOR, DEIRA

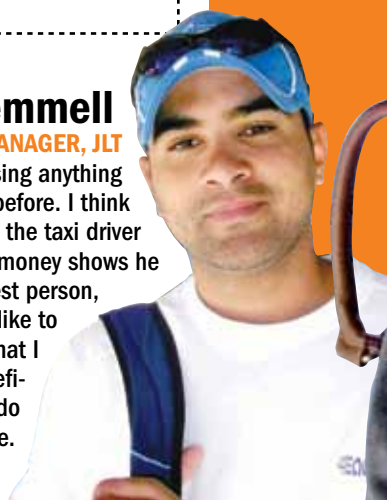
I would definitely return the money to its rightful owner, then I would hope for a reward! I have never lost anything valuable, but I would hate to lose either my phone or my purse the most.



Marcus Gemmell

SERVICE MANAGER, JLT

I don't recall losing anything valuable before. I think that the fact the taxi driver returned the money shows he is an honest person, and I like to believe that I would definitely do the same.



What's happening this week on **readme.ae?**

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

Coming up this week



TODAY

With the discovery of a "second Earth", Kepler-22B, about 600 light years away, we seem to have forgotten our own galaxy momentarily. But how much do you know about our solar system? Take the moon for instance; apart from landing on it, and using it as a potential future space colony, what else is it good for? Enjoy a science lesson today.



MONDAY

A few weeks ago, we brought you to Antarctica. Today we visit the Arctic for a somewhat similar, yet shockingly different experience by the North Pole. Discover the facts of the region.



TUESDAY

Last week, Luke Donald made golfing history by claiming number one spot on both sides of the Atlantic in the same season. But what other sports stars have stood above their competitors?



WEDNESDAY

Gold has been a valuable and highly sought-after precious metal for coinage, jewellery, and other arts since long before the beginning of recorded history. But why? We investigate.



THURSDAY

With New Year's Eve just around the corner, Readme.ae finds some of the best ways to ring in the New Year in Dubai and gives you the low-down. Get your tickets today.



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)

Do you have any lucky charms?

Nah, for me i don't have a lucky charm nor i believe in them. but i respect those who have one, because that boosts their confidence and strengthen their sense of security...

—Gypsy Saldivia

My lucky charm is my lovely MOM. She always makes a perfection in my life always. I LOVE YOU MOMMY ♥

—Sana Ali

My chain,bcas it was present by my mom..

—Fayaj Ahamed

What do you think has been the greatest sporting achievement by an individual or team?



MANNY PACQUIAO HAS EARNED EIGHT TITLES

Who could ever forget the greatest UNDERDOG triumph of the miniscule Pacific island of Samoa being crowned champion of the 2009-2010 International Rugby Board Sevens World Series on 30th May at Murrayfield, Edinburgh? Amazingly greeted by the ENTIRE population and almost declared a NATIONAL holiday when the SMALLEST of nations found their place in the SPORTING world.

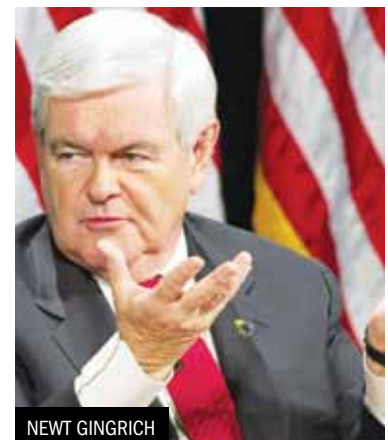
—Clen Nicolas

For me, the greatest sporting achievement in our time would be Manny Pacquiao's rise to the echelon of boxing when he won 8 titles in as many weight classes.

—Luc Khern

It was Tiger Woods who gave the most successful golfers in the world.

—Czar Johnlloyd Portugal



NEWT GINGRICH

Do you think that Newt Gingrich would be a good replacement for Obama?

Newt gingrich would be a better replacement to the U.S to impose the peace and stability in the MENA region than the competitor obama

—Raj Anugula

A noble cause



Across the world and right here in the UAE, the **Christina Noble Children's Foundation** is working hard to help those in need.



THE RECOGNISABLE ORANGE JERSEYS

Anyone that found themselves at the Dubai Rugby Sevens a few weeks back couldn't help but have their eyes drawn to the large orange cloud of jerseys that enveloped the Airbus stand. But this was no ordinary garish fashion statement. This was a proud show of solidarity and support for the Christina Noble Children's Foundation (CNCF).

Founder and director of the Foundation, Christina Noble, set up CNCF following a horrendous upbringing in Ireland, where she endured a painful separation from her siblings, a torrid time in an orphanage, and an escape to Dublin's Phoenix Park where she slept in a hole she dug for herself. It is this past, and her time in Vietnam, that has driven the Founda-

tion in to saving and nurturing the lives of hundreds of thousands of street, and destitute, children.

"There are many forgotten foundations out there that count on the kindness of individuals," said Gary Harris, a long time volunteer with the Foundation here in the UAE. "One of the ways we try to raise the profile of the Christina Noble Children's Foundation is through the veteran's team that play at the Sevens." And with former international players like Henry Paul and Trevor Leota adding their considerable weight and talent to the cause, CNCF has set a benchmark for raising awareness of the plight facing the children of Vietnam and Mongolia.

This year saw the CNCF Vet's team take the invitational tournament title, powering their way through the

“The future of our world is the future of our children—our beautiful children.”

opposition to the delight of the large crowd of CNCF supporters. But at the end of the day, it's not about the big names; it's about the children, and giving them the basic human right of a childhood.

The CNCF Child Sponsorship Programme was first established in 1996 in Vietnam, and, a year later, it was introduced in Mongolia to assist and encourage young street children to gain an education and continue in the mainstream schooling system.

Noble herself is an amazing example of human courage and heroism. This one woman has achieved so much due to her strong vision and consuming passion towards helping

the world's children. “The continued success of CNCF's ability to change the lives of children, throughout Vietnam and Mongolia, relies heavily on the goodwill of all people,” Harris added. “From donating a small amount, to sponsoring a child—everything helps. Companies or organisations can also get involved by sponsoring a CNCF project in Vietnam or Mongolia.” A couple of companies got behind the foundation this year by supporting the team on the pitch in their unmistakable orange jerseys, and by attending the private CNCF Gala Dinner in large numbers.

As Noble herself has said, “The future of our world is the future of our children—our beautiful children. For many of them, it is a matter of ‘giving them back their future’, giving them a life, giving them hope.” During the festive season, the thought of a child struggling without the things we take for granted is especially disturbing. There has never been a better time to change a child's life. ●



STREET CHILDREN ARE AT RISK



CHILDREN OF HO CHI MINH CITY

Charitable roots

The Foundation was formally established in Vietnam in 1991 for abandoned and malnourished children in Ho Chi Minh City. Since its inception, more than 600,000 children have been supported by initiatives set up by CNCF.

Visit www.cncf.org to learn how to donate or get involved.



وول ستريت
Wall Street
للصرافة Exchange

STREET of DEALS

Everybody has a fabulous chance to win

From Nov 1st to Dec 30th 2011



Terms & Conditions Apply

DED 109648

Join to win:  /WallStreetExchange 042269871

The Emerald Isle

For a real breath of fresh air, **Ireland** is as green as they come.

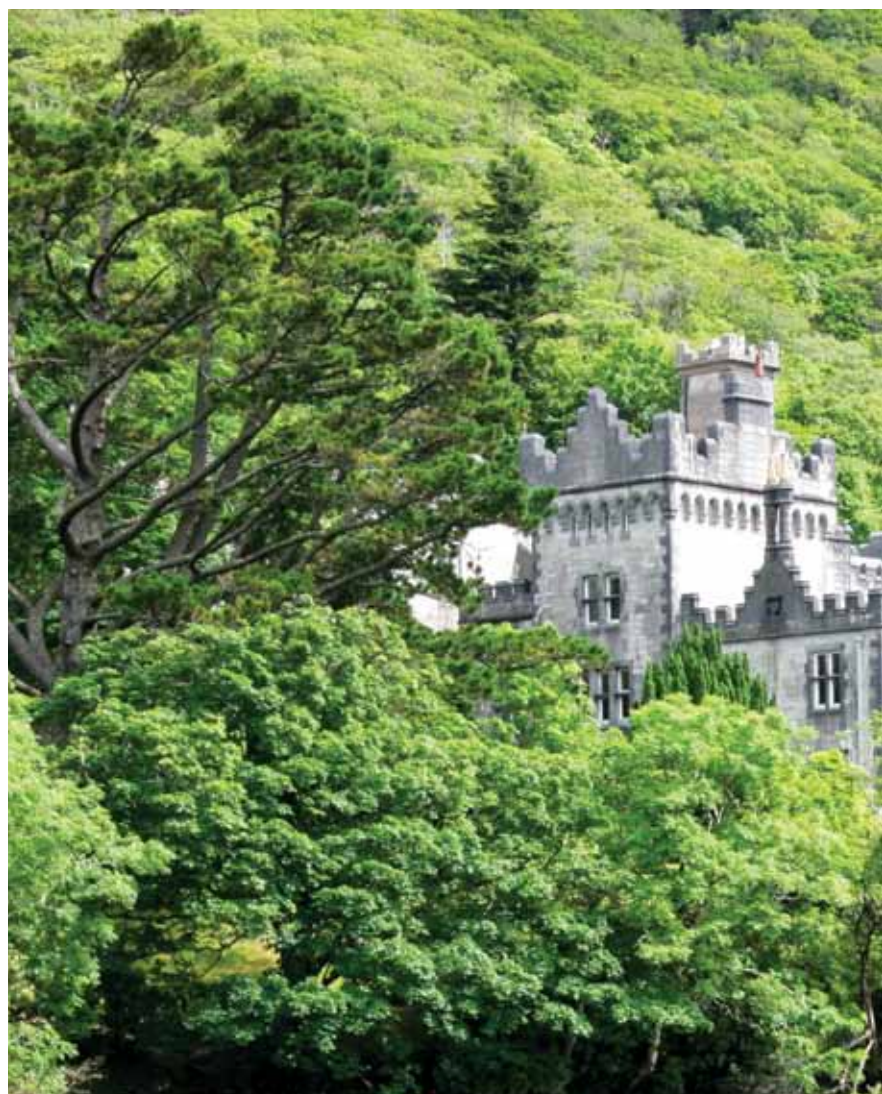
For a country whose biggest export is its people, Ireland has so much to offer those who visit this small island at the edge of Europe. There's hardly a street or trail in the world where you won't bump into an Irish person singing the praises of their country, seeped in tradition, folklore, and mythology, and with good reason, too.

Perhaps one reason why the Irish are welcomed with open arms into every country is because of their hospitality. As a people, they are inherently a happy race, which in turn makes every place you visit on the Emerald Isle a little gem in its own right.

As the capital of the small republic, Dublin is the heart of metropolitan Ireland. The political polestar, with

close to 40 per cent of the country's population, is rife with culture, theatre, museums—including the Leprechaun Museum—and an unrivalled history from centuries of invasion, rebellion, and the long-standing fighting pride of the Irish visible on every street corner. Just a simple walk through the grounds of Trinity College, a university built almost 420 years ago, to St Stephen's Green, the commercial hub of the city, affords an opportunity to experience the ancient and the new almost simultaneously.

But the country is called the Emerald Isle for a reason, and to get a sense of the "true Ireland", you need to venture west, where the language changes and the countryside becomes greener and more rugged. It's there, in Connemara, where Gaelic is spoken more widely, and the national



Facts about Ireland

- The island of Montserrat is sometimes called "The Emerald Isle of the Caribbean".
- Saint Brendan is said to have discovered America 1,000 years before Columbus.
- In 1800, the population of Ireland was almost twice as large as that of the United States. By 2000, America's population was about 60 times that of Ireland.
- The "Oscar" statuette handed out at the Academy Awards was designed by Cedric Gibbons, who was born in Dublin in 1823.
- The Newgrange passage tomb in County Meath was constructed around 3200 BC, making it more than 600 years older than the Giza Pyramids in Egypt, and 1,000 years older than Stonehenge.



THE CLIFFS OF MOHER

BUNRATTY CASTLE





sport of hurling is more a way of life than a pastime passed down through the mythology books. Centuries of the harsh Atlantic ocean lashing the coastline create not only some of the best surfing conditions in the world, but also spectacular views like those at the 702-foot-high Cliffs of Moher.

Venturing to the southwest, you enter the medieval stronghold and the oldest city in Ireland, Limerick. Settled during the Viking invasions, much of the Norman's influence is still felt. In fact, Bunratty Castle on the outskirts of the city puts on medieval evenings where singing wenches make you perform for your feast, and

lock you in the dungeon should you not impress those in the large dining hall.

Now considered home to the “spirit of sport” in Ireland, Limerick is a destination not to be missed. A mini metropolis and gateway to the midwest, the city has all the charm of rural Ireland, without the hoards of tourists you will find in the much more populous Dublin.

Ireland has managed to retain its natural unspoiled beauty due to strict building restrictions and the lack of large cities and motorways, leaving most of the rolling hills untouched. There's not a corner of Ireland where you won't be greeted with a *fáilte* and invited to join in on the *craic* at a local *ceili*, as the nation bounces back from the recession the only way they know how—with a great, big smile and a hundred thousand welcomes—*céad míle fáilte*. You may not find a leprechaun sitting on a pot of gold at the end of a rainbow, unfortunately, but you're sure to treasure the memories you make for a lifetime. ●



OLD GALWAY STREET

Seeking solitude in Sharqiya

If peaceful camping and open desert is what you crave, **Ash Sharqiya** in Oman provides the perfect retreat.

LOCAL TRAVEL

Copper-coloured sand dunes stretch as far as the eye can see in the Sharqiya region, with only the occasional tree and one or two Bedouin dwellings visible in the distance. There's an enduring sense of solitude out here where few signs of life are present to break up the landscape.

Situated between Muscat and Sur, these beautiful dunes, formerly known as Wahiba Sands, offer a glimpse into the traditional, Bedouin way of life, and a chance to experience the nomadic existence first hand.

During the day, visitors can occupy themselves by exploring the numerous camel farms, where the Bedouin breed camels for racing. These races,

which take place from mid-October to mid-April, provide a colourful spectacle for any visitor seeking to immerse themselves in the local way of life.

From here, continue on to nearby Sur, a rustic fishing village on the east coast of Oman, where the untouched beaches provide a nesting place for turtles. Quiet campers stand a good chance of seeing them come ashore to lay their eggs or watching as the little ones hatch and race towards the sea.

There are plenty of opportunities to sample a taste of local culture with several forts, a marine museum and old dhows in the harbour. Sur also has an excellent souk where you can buy trinkets and souvenirs and visit various unassuming local eateries, which offer simple, tasty Arabic fare.



HUMANITY IS LEFT FAR BEHIND IN SHARQIYA

**CENTRE
STAGE**

LUCY HUNTER-
JAMES
WWW.POPULAR
PRODUCTIONS.COM



The music lives on

When I found out *The Sound of Music* would be returning, I was not surprised as I was aware of the show's huge success back in April. I was excited to play Maria again, to work with the fabulous cast again and to perform to new audiences.

The new cast members from Dubai were absolutely brilliant. Each one of them was picked for not only having great talent but

"My personal highlight was the two royal visits—both from the Dubai and Abu Dhabi royal families."

also for their focus, dedication and energy. It's always hard coming into an already formed cast, but they

fitted in perfectly and we were all one big, happy family.

Luckily, there were no obstacles in the run up to the show apart from illnesses. There were lots of colds for the catching, so we dosed up on Vitamin C, ate and drank well and got as much rest as possible. My personal highlight was the two royal visits we had—both from the Dubai and Abu Dhabi royal families—and I was fortunate enough to meet them after the show. They all loved the production and we were over the moon that they came.

If you want to be on stage here in Dubai, why not audition for our next musical? If you sign up to our website's mailing list, you'll receive all the details—we're always looking for volunteers backstage as well. For now, though, we are producing the Stephen King thriller, *Misery*, which opens on February 1, 2012. It's going to be a brilliant piece of theatre, starring two high-profile UK actors and we are really looking forward to it.

In perfect harmony



For a change from the usual concerts, Dubai's **Sharq Orchestra** hits all the right notes.

Despite Dubai having seriously stepped up its game when it comes to high-quality musical performances over the past few years, it can still be difficult to find big, orchestral concerts playing classical music to a sophisticated audience. Sure, we get our Chris Browns and our James Blunts, but for the more discerning listener, it can be difficult to find any live music that isn't already routinely heard on the radio.

Luckily, though, seriously high-calibre orchestral musicians have been serving up concerts at Ductac, Mall of the Emirates, for the past three years, and 2012 will be no different. Orchestral music lovers in Dubai are in for a treat come the New Year, which will see renowned violinist Mo-

hamad Hamami and the Dubai-based Sharq Orchestra once again perform at the Centrepont Theatre on Friday, January 13, for what promises to be a truly special concert.

Hamami and the Sharq orchestra have already performed twice before at Ductac's main theatre, with last year's hugely successful show featuring special guest Marwan Khoury, the well-known Lebanese singer whose compositions have been performed by some of the leading Arab artists in the world. And in 2010, the *Essence of Arabia* show closed to impressively high acclaim.

This year, with the show now having become an annual affair, Hamami and the Sharq Orchestra will be joined by special guest Charbel Rouhana. The group will perform their captivating interpretations of Arabic classics, as well as their own compositions,

On the oud

- The modern oud and the European lute both descend from a common ancestor, though the oud is easily distinguished by its lack of frets and a smaller neck.
- Ouds still sported frets back in 1100 AD, but they were gradually phased out so that, by 1300 AD, most were made without frets.
- The modern oud has 11 strings. Ten are paired together, while the eleventh remains single.
- The 19th-century writer, Muhammed Shihab al-Din said that the oud "places the temperament in equilibrium" and it "calms and revives hearts".

making for a roaring musical start to 2012.

Rouhana is regarded by many as one of Lebanon's finest oud players, and this will be his second appearance with the Sharq Orchestra. The combination of all of the talented musicians' masterful playing and the direction of Hamami should provide a mesmerising and compelling experience for all who attend.

The Sharq Orchestra was created in 2008 by Hamami. The concept behind forming the group was to bring together 45 musicians from 22 nations, making music (Arabic music, in particular) accessible to a wider audience.

Hamami leads, conducts and plays solo violin with his orchestra, and he

“Sharq's music is described as orchestral in shape, classical in technique and lively at heart.”

describes Sharq's music as “orchestral in shape, classical in technique and lively at heart”. Clearly, then, the shows he puts on with Sharq are for those who invest their emotions into the music they listen to.

And Rouhana seems like an ideal guest to perform with the orchestra, given his credentials as an artist and performer.

He was first drawn to the oud,

THE ORCHESTRA DELIGHTS ANOTHER AUDIENCE



which is the most popular string instrument in Middle Eastern music, because he believed the music he could create with it reflected the oriental ambience of his homeland.

Now, with a distinguished career behind him, he is the author of eight books which describe modern styles, techniques and methods of oud playing.

Rouhana also teaches at USEK (the Holy Spirit University) and at Lebanon's National Conservatory of Music. He won the Murex d'Or (musician of the year) award in 2000, and was awarded first prize in the 1990 Hirayama, Japan, competition for his composition, *Hymn of Peace*.

This New Year Concert is part of Ductac's 2011/12 season, an arts festival over several months, showcasing high-calibre artists and performers from around the world.

And the combination of Rouhana and Hamami should certainly be a highlight. What's more, it's almost guaranteed that nothing played on standard commercial radio will be heard at this event. For more information, contact 04 341 4777 or email box.office@ductac.org. ●

BOOK NOW PAY LATER

BEST DEALS
IN
DUBAI



REGISTER TODAY
& WIN AN IPAD 2



EVERY DAY, YOU WILL RECEIVE AN EXCITING OFFER IN YOUR INBOX. GET READY FOR UP TO 90% OFF ON DINING, FITNESS & SPA, ENTERTAINMENT, TRAVEL, ACTIVITIES AND MORE; ALL IN YOUR NEIGHBORHOOD.



www.moxdeals.com



Push past the plateau

Sticking to the same routine may be preventing you from getting the most out of exercise.

It's all too easy to get stuck in the same exercise regime. Two runs squeezed in after work, a set number of lengths in the pool each day, or half an hour working on the exercise bike three times a week—the routine becomes familiar. However, sticking to the same exercise regimen week in, week out, not only becomes dull but also ineffective.

"After a while, the body becomes accustomed to the routine and you hit a plateau. It is much like getting a virus. When you fall ill, the body develops the antibodies required to fight that par-

ticular virus and you develop an immunity to it. The same happens with exercise. The body learns to cope with the strain a lot better until your routine is no longer effective," says Rob Fairservice, the resident personal trainer at Media One Hotel's gym.

This is okay for people who simply wish to maintain a certain level of fitness, but those who want to build more muscle, lose more weight or increase their fitness, have to confront their body with new challenges, explains Fair-

Good sports for fitness

Any activity that uses all of the muscles in the body is excellent for improving your fitness levels. If your body is telling you it needs new challenges to progress, try adapting your regime to include one of the following:

- Climbing
- Swimming
- Wrestling
- Squash
- Football
- Hockey

service. "You want to keep your body on its toes, working at its optimal level and this can't be done by continuing with the same old routine."

According to Fairservice, your body will tell you when it has hit its plateau and your comfortable old routine is no longer allowing you to progress.

"Once you stop feeling the effects of exercise immediately afterwards, you know that your body has stopped responding. At this point, all your exercise is doing is maintaining a certain level of fitness, not improving it," he says. This is the sign that you need to introduce new challenges.

Everybody has a different likes and dislikes when it comes to exercise and, unfortunately, it is those forms of exercise we find the hardest (and consequently often like the least) that are best for challenging the body to achieve new levels of fitness, muscle development or weight loss, depending on our particular aims.

"The form of exercise a person finds difficult is often the kind they need to be doing if they want to push past that plateau.

"Obviously, this is only the case for people who are physically fit, not those who are suffering from an injury or a condition and haven't been given the go-ahead to exercise by a doctor," says Fairservice.

So, when you finish that run or bike session and find you've hardly broken into a sweat, don't stop to pat yourself on the back—instead head for the machine you find the hardest and give your body a work-out that it can't ignore. ●



NEW ACTIVITIES EQUAL NEW CHALLENGES

SONY
make.believe

www.sony-mea.com

BUNDLE OFFER

TRANSFORMERS



OWN THE STUNNING **TRANSFORMERS** MOVIES
WITH NEW SONY
BLU-RAY™ HOME THEATRE & BLU-RAY™ PLAYER

Get TRANSFORMERS-REVENGE OF THE FALLEN
& TRANSFORMERS-DARK OF THE MOON with
Sony Blu-ray™ Player BDP-S380



Get All TRANSFORMERS titles with
Sony Blu-ray™ Home Theatre BDV-E880



HASBRO and its logo, TRANSFORMERS and all related characters are trademarks of
Hasbro and are used with permission. © 2011 Hasbro. All Rights Reserved.
Copyright © 2011 PARAMOUNT PICTURES CORPORATION and DREAMWORKS LLC. All Rights Reserved.
TM & © 2011 PARAMOUNT PICTURES and DOW GLOBE LLC. All Rights Reserved.
© 2011 PARAMOUNT PICTURES. All Rights Reserved.

Offer valid until stocks last

Without Blu-ray your Full HD TV is just a waste.



JUMBO
ELECTRONICS

Contact us on Jumbo Electronics : 800 58626 (JUMBO), Sony Gulf FZE : 800 7669 (SONY)

For the children

Last week, the UAE-based daily deals web site, Cobone.com, smashed all kinds of regional records with one deal in particular. It was the highest-selling deal in the Middle East, by a large margin, and it was the fastest-selling deal in the Middle East, having racked up more than 10,000 sales after only one day.

The deal was a Dh5 "Cobone", 100 per cent of which will be donated to the United Nations' World Food Programme (WFP) when the deal ends this week. That Dh5 will allow a needy schoolchild to eat for a week, while buying four for Dh20 would enable a child to eat for a week.

"We honestly didn't know how well it'd actually do," admits Warrick Godfrey, co-founder of Cobone. "The office has just been buzzing, and it's the most excited I've ever seen the team. Everyone's just reloading the web page on their computers, watching the numbers go up."

As part of a company just over one year old, Cobone's employees have plenty to be excited about. The firm has set a new benchmark for e-commerce web sites in the region, and the fact that it has done this by rallying deal-seekers towards a worthy cause must make the feeling just that little bit sweeter.

But despite Cobone being relatively young, it has seen enormous growth over the past year, and it now employs almost 100 people across the Middle East. That

A web site has proven that it's possible to set new e-commerce benchmarks while also being charitable.

growth made up part of the decision to become involved in charitable endeavours, according to Godfrey.

"We're over a year old now, and we've grown so much that we thought that we definitely had to do something charitable," he says. "I've been wanting to for a while, and now we have the capabilities to do it properly, we thought it was high time we stepped up our corporate social responsibility and gave something back."

The brand certainly seems to be achieving that goal. At the time of writing, 11,523 children have been fed, though by the time the article is finished, that number will have gone up. Godfrey says that he won't be happy unless Cobone sells 20,000 of these deals before it closes on Tuesday, meaning 100,000 meals on tables.

Part of the success of the initiative comes down to how easy the site has made it to donate. On the page for the deal, there's a big button that can be pressed to "buy now", and the relatively small amount of Dh5 means that most people who visit will likely not hesitate to click on it.

"People often aren't given the ability to donate to charities," says Godfrey. "I mean, I couldn't tell you where else I could donate to the WFP. Maybe I'd go to the web site, but maybe there'd be a minimum donation. We've



ALL OF THE PROCEEDS GO TO THE WFP



11,523

The number of children that will be fed from Dh5 deals at the time of writing

deliberately made it easy so that it's like an impulse buy."

Cobone is not charging the WFP for hosting this deal on the web site, and every penny goes to the WFP once the deal has closed. And according to Godfrey, if large-scale web sites, such as Google or Facebook, followed the same example, then charities across the world could see huge amounts of donations.

"Obviously, a charity would have to pay for its own advertising space on Google or Facebook," he says. "But if that space was given away for free, and all users had to do was click on a button to donate, then it'd be amazing. People would really love them for that."

"But of course, that's up to the major networks themselves to decide if they really need it." ●



WARRICK GODFREY

BYTES & PIECES

REEM HAMEED
NEW MEDIA
SPECIALIST
BOOMTOWN
PRODUCTIONS



Twit-biz

Since its launch five years ago, Twitter users (and internet users in general) have shifted from demanding text-based interactions to seeking multimedia content.

This week, Twitter users will have noticed changes on the Twitter user interface. In my humble opinion, these changes are welcome, given that the previous interface was not as user-friendly as Google+ or the hegemonic Facebook. The platform did not previously have any pages that allowed consumers to directly interact with brands.

Thus, Twitter has made the leap into social commerce and its new brand interface gives entrepreneurs and small business owners an opportunity to put some more fuel into their

social media engines.

Here is a little run-down of Twitter's new brand-friendly options. Firstly, pages can now be customised with large header images. Your logo and tagline can now be displayed more prominently and your brand will no longer be covered by the timeline of tweets.

Second, the "tweet on top option" means you can now choose a tweet to stay on top and that tweet can expand to show a picture—without the user taking action. And finally, organised responses and mentions help to separate the brand's tweets so they are not diluted by all the others.

So if you are a small business owner or handling your own personal brand, you'll find that this interface allows a more direct, professional and organised interaction between you and your potential clients.

Tech beat



YOUTUBE FOR SCHOOLS

Video sharing service YouTube recently launched a school-friendly version of its site, on which educational videos will be posted without the distraction of "the latest music video or cute cat". According to Google, YouTube's owner, there will be playlists posted according to subject matter and age levels.

LG LAUNCHES SUPER SLIM AND LIGHTWEIGHT LAPTOPS IN UAE MARKET



LG Electronics (LG) has launched its second generation super slim and lightweight duo of laptops in the UAE. The LG P430 and P530 laptops each have super slim features that make them the lightest in their respective classes. They both have an LED LCD display that is 47% slimmer than competing laptops. Their bodies are 22% slimmer. All these factors add up to a P430 laptop that weighs only 1.94kg, while the P530 is only 2.24kg. The slim and light laptops feature a premium metallic design and come with a choice of brushed aluminum or diamond cut finishes.

SPOTLIGHT
ON...Sugar
addiction

Many people claim that they couldn't get through the day without a morning doughnut or their afternoon chocolate bar. Sugar addiction is something most of us don't consider, but could your simple, every-now-and-then, sugar fix have turned into an addiction to the sweet stuff? Sugar influences the same feel-good brain chemicals as many other addictive substances.

Whether you label it an addiction or not, there are signs to look out for which could signal an unhealthy dependence on

"Some sugar detoxes urge you to eliminate anything sugary, including fruit."

sugary foods. You may, in fact, suffer withdrawal symptoms when you skip your regular sugar high, which can present

symptoms such as anxiety, shakiness, the jitters, even a cold sweat. In laboratory studies, rats that binged on sugar showed brain changes similar to those seen in drug addicts. In humans, simply viewing pictures of milkshakes triggered similar brain activity.

Some sugar detoxes urge you to eliminate everything sugary, including fruit, dairy, and refined grains, in order to cleanse your system. However, nutritionists advise that diet changes this drastic are unlikely to work. Instead, try weaning yourself off sugar gradually—we can train our taste buds to enjoy things that aren't as sweet. Try eliminating one sugary food from your diet each week, and, over time, you will lose your dependence on those pesky granules, leading to a healthier, happier you.

In the right vein

Looking after your veins in later life can prevent them becoming an unsightly issue.



SPIDER VEINS CAN APPEAR ON OTHER BODY PARTS



VARICOSE VEINS

It is an unavoidable fact that as we grow older, there are certain aspects of our bodies which change. One such thing which many older people notice is the development of varicose (also known as spider) veins. Varicose veins can be caused by weak or damaged valves in the veins. If the valves that carry blood through the legs become weak, the blood can collect in the veins, which enlarges the veins and causes the bulging appearance.

Experts advise that, although varicose veins are usually linked with ageing, there are many factors which can increase a person's chances of developing the condition. If you have a family member with vein-related

problems, it could mean you are likely to suffer, as does being overweight, as this puts extra pressure on your veins. Unfortunately, varicose veins are a condition that affects more women than men. One possible reason for this could be hormonal changes which occur during the menopause, or the huge increase in the amount of blood in the body during pregnancy.

But why is it that sufferers will usually experience the condition on the legs? Experts say this is because, "The pressure of body weight, force of gravity, and task of carrying blood from the bottom of the body up to the heart means that most varicose and spider veins appear in the legs. Compared to veins in other parts of the body, the leg veins have the toughest job of carrying blood back to the heart and endure the most pressure. This pressure can be stronger than the one-way valves in the veins."

Spider veins are not restricted to the legs, however, and some people may experience them on the face; especially around the nose. Ac-

When should I see a doctor?

- If the vein is swollen, red, tender or warm to the touch
- If there are sores or a rash around the veins
- If the skin becomes thick and changes colour
- If one of the varicose veins begins to bleed
- When your symptoms interfere with daily activities
- When the appearance of the veins is causing you distress

cording to experts, "Too much sun exposure can cause spider veins on the cheeks or nose of a fair-skinned person. In a place like Dubai, it is important to wear sunscreen, not only to protect you from the other harmful effects of the sun, but to limit the chance of spider veins on the face."

Spider veins are rarely a serious health problem, but they can be uncomfortable. There are ways that they can be prevented, however. Laser treatment by an expert, compression stockings, injections and even surgery can treat existing veins, but small changes can reduce their appearance. The advice from the experts is simple; "Regular exercise will improve vein strength, as well as keep your weight at a healthy level. Avoid wearing high heels for long periods or sitting in the same position for too long, and a low-salt, high-fibre diet can be a big help in the battle against varicose veins." ●

HIGH HEELS CAN INCREASE THE RISK OF VARICOSE VEINS





Is it a Washing Machine?
or Something Better?
Experience Something Better

A Lifetime of Happiness

All LG Front Loading Washing Machines &
Dishwashers now come with the Direct Drive Motor



INVERTER
Direct Drive

LG, Health &
Green Provider



10 Year Warranty
Direct Drive Motor



Less
Noise



Less
Vibration



Energy
Saving

www.lg.com/ae

KEY RETAILERS:

DUBAI: Plug & Play, Deira: 04 228 6777, Jacky's: 04 4340222, 04 2845192, 04 223 8700, Digital Zone: 04 224 2111, E4U: 04 3399072, E City: 04 3245675, Emirates Trading: 04 334 4900, Lutfi Baniyas: 04 223 1063, Perfecta Electronics: 04 353 1786, Sharaf Digital: 04 3534978, Abdulah Mubabrak: 04 222 4232, ABU DHABI: Haleema Trading: 02 672 5299, Golden Age: 02 632 6752, Al Jabri Baniyaas: 02 582 2099, New City Mart: 02 6346333, Saleh Al Zubaidi: 02 583 3862, SHARJAH: Al Amain Centre 06 5635993, Hani Exhibition: 06 563 4222, Jacky's: 06 531 6061, Al Wardah Electronics: 06 568 6572, Iqbal Electronics: 06 568 8900, Max: 06 555 1112, FUJAIRAH: Al Quamiah Trading: 09 222 2396, Al Shaab Trading: 09 222 9696, KALBA: Hashim Furniture: 09 2778077, KHORFAKKAN: Sajida General Trading: 09 2386906, Murad Abdulla Murad: 09 2386100, DIBBA: Al Noor Traders: 09 2443957, Al Ghool Electronics: 09 2443747, RAS AL KHAIMAH: Al Rabeeah Trad. Est: 07 2332212, Al Wahabi Elect: 07 2333365, Al Jareh Elect: 07 2283566, Royal Exhibition: 07 2221409, AL AIN: Al Amin Electronic: 03 7641067, Falcon Electronics 03 7660731, Al Hashmi Electronic: 03 7662000.

AL YOUSUF
ELECTRONICS



اليوسف
للإلكترونيات

P.O. Box 25, Dubai, United Arab Emirates, email: lg@alyousuf.com, website: www.alyousuf-electronics.com
SHOWROOMS: ABU DHABI: 02 6344553, Fax: 02 631 2347, DUBAI: Dubai Mall: 04 339 9191, Fax: 04 339 8381, Ibn Battuta Mall: 04 368 5440, Fax: 04 368 5441, Bur Dubai: 04 359 2305, Fax: 04 359 2657, Mirdiff City Centre: 04 284 3335, Fax: 04 284 3337, FUJAIRAH: 09 224 4335, Fax: 09 224 4355, RAS AL KHAIMAH: 07 235 6700, Fax: 07 235 6500, SHARJAH: 06 568 3987, Fax: 06 568 6237. For Corporate / Institutional or Project inquiries contact Tel: 04 3392455 Fax: 04 3392466 email: lg@alyousuf.com



LG Call Center 800-54(LG)

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

DROP-WAIST DRESS, GUCCI SPRING 2012

'Twenties glamour

The traditional flapper dress can be either very short or very long, with either a square or straight neckline and is highly decorated with beads and embellishment. The key element to achieving this 'twenties-inspired look is to wear a dress that has a plunging neckline to give the impression of a flat chest.



GUCCI SPRING 2012



All that jazz!

The 1920s is the decade in which fashion entered the modern era. Think dramatic hemlines, plunging necklines and spaghetti straps and you are on your way to the roaring 'twenties.

Catwalk chic

Designers such as Chanel, Gucci and Lanvin featured the iconic flapper dress in their collections for Spring 2012. This is one hot trend that is sure to make you look like a catwalk queen. Opt for a dress with a drop-waist with either beading or fringing detail.

Roaring 'twenties

The fashion world is harking back to the era in which it became truly bold.



We have seen it time and time again; designers taking their inspiration from decades past to recreate a trend that is fashionable to the modern age. From the swinging 'sixties to the glamour of the 1970s, there is sure to be a trend that will reappear on the fashion scene each season.

Final touches

To complete the look, choose a cropped hat that is tightly fitted to the head or a feathered, jewelled fascinator for full on glamour. Wear the entire look with a pair of T-bar heels or pumps for the classic flapper look.

Her

TWENTIES INSPIRED PILLBOX HAT



Slim trousers

The 'twenties saw the birth of the trouser crease down the front of a pant leg. Opting for a pair of trousers with a crease will instantly make you look refined and striking.

Him

FITTED SILHOUETTE OUTFIT, CHANEL

ASOS, MEN'S GREY TROUSERS

Hats

Hats are the perfect addition to any outfit. They add instant elegance and they are timelessly trendy. Wear a bowler hat for an instant modern makeover.

Classic fabrics

A traditional tweed jacket or knitted jumper in creams or neutral colours looks both smart and can be worn as a casual or dressy look.

KNITTED SWEATER, SALVATORE FERRAGAMO

Shiny shoes

The 1920s fashion trends wouldn't be complete without these infamous shoes. Grab yourself a pair of black patent shiny shoes to look like an olden-time, classy gentleman.

BLACK PATENT SHOES, TOPMAN

LANVIN

SUIT, VERSACE

New GUCCI STYLE edition

Gucci has launched a new special edition of its interactive shopping magazine, GUCCI STYLE, for iPad and iPhone to coincide with the new festive season. GUCCI STYLE invites users to read, shop, and share through a series of fashion portfolios. The app is available for free from the iTunes App Store.

Mediterranean magic

For a taste of authentic Italy, the romantic setting and hearty menu at **Prego's** makes it numero uno.

RESTAURANTS

Walking into Prego's at the Media Rotana, it's immediately obvious why the Italian restaurant has won so many awards since it first opened in 2008. You're greeted by warm, cosy lighting, heavy, comfortable furniture and about as much romance as anywhere this side of Rome.

While this restaurant provides an excellent venue for both formal dinner meetings and casual dinner parties, its real forte is with the romantic one-on-one meal. The low mood lighting, the soft music and the attentive yet unintrusive staff all speak of the kind of venue that it'd be acceptable to pop the magic question in.

There are plenty of restaurants around Dubai that promise an authentic Italian dining experience, but few actually do. Prego's is one of those few, and it delivers this experience in spades. There's an authentic



wood fire oven on display behind the counters, and the menu is made up of dishes that have to be translated and explained for the Italian cuisine amateur. And while waiting for your food, a selection of Italian bread will keep your hunger at bay.

There's a range of freshly baked pizzas, home-made pastas, an immensely tasty veal dish and some of the best seafood in town. Every dish we tried was prepared with precision and pride—a trait that's also becoming increasingly rare among medium-range restaurants.

But to call Prego's medium-range would be unfair, apart from when referring to the price. Certainly, it's possible to rack up an impressive bill after a three-course meal, but it's nowhere near what you'd pay at some high-end restaurants. The thing is, you'd be hard-pressed to find better food than Prego's anywhere else, no matter how much you pay.

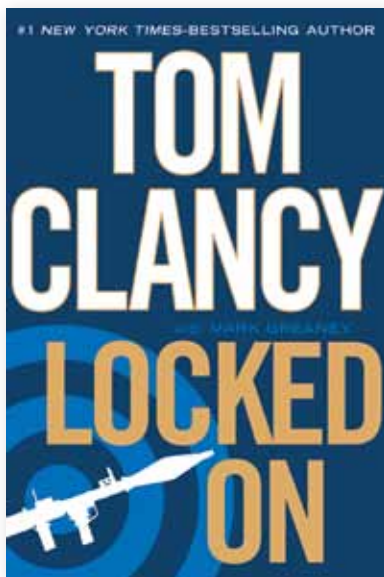
Locked On

by Tom Clancy

BOOKS

In the latest outing from Tom Clancy's all-star line up, Jack Ryan and the rest of the campus team look set to face their greatest challenge ever. Ryan has made a momentous decision in order to try and help his country rise from its darkest hour; he will be running for President.

He is prepared to leave the peaceful world of his retirement in order to step up to the plate, however he doesn't anticipate the treachery of his opponent who uses all the tricks he can to try and disrupt Ryan's campaign. It is up to the campus team to unravel who is behind it all, with the new mission taking them all the way across the world and into the deep, dark underworld of a shadowy organisation out to stop them.



A whole host of other questions and mysteries are unravelled along the way, the answers to which will ultimately lead the Campus team into a desperate struggle, with, quite literally, the fate of the entire world in their hands.

If you like this then you could try...

● *The Shadow Patrol* by Alex Berenson

In 2009, a senior CIA officer died in a suicide bombing in Kabul. More than two years on, however, the CIA are no closer to stopping the Taliban. The case is floundering and agents are still dying, which creates the suspicion that the unthinkable has happened; the Taliban has infiltrated the CIA.

Lioness: Hidden Treasures

★★★★★

Artist Amy Winehouse
Label Island Records

ALBUMS

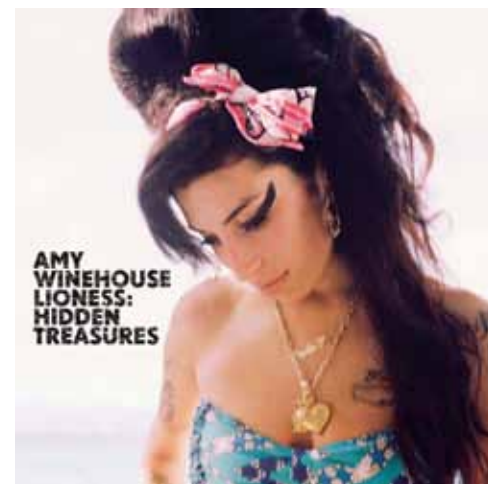
Highly celebrated soul singer Amy Winehouse may no longer be with us, but her music certainly is. And fans have just been treated to some more of it with the release of her first posthumous compilation, *Lioness: Hidden Treasures*, which consists of previously unreleased songs and demos picked by producers and friends Mark Ronson and Salaam Remi and Winehouse's family.

The album debuted at number one on the UK singles chart, selling more than 194,000 copies in its first week. Ironically, this number makes for the biggest first-week sales of the singer's glittering career.

Ronson and Remi have

done a spectacular job of recapturing Winehouse's voice and spirit with their productions. From the first single, *Body and Soul*, which features Tony Bennett, to the more amateur-sounding *Wake Up Alone*, the album feels as if it was created with Winehouse still singing loudly and proudly in the studio.

The proceeds for this album go towards the Amy Winehouse Foundation, so any buyers will be contributing to a charitable cause. But more than this, they will be treated to a brief insight into one of the most complicated women of the last decade. And, for a moment at least, it allows us to forget the tragic circumstances surrounding this stellar artist's death and just enjoy the music.



IT'S TIME TO CHANGE YOUR OLD WATCH



**Bring
any watch
any brand
any condition
&**

**GET A
FLAT 25% OFF***

on Westar watches

Valid upto 20th December 2011



WESTAR

Since 1985

www.westarwatches.com

*Terms & conditions apply
Offer valid in select stores

 **The Watch House**

AL-FUTTAIM WATCHES & JEWELLERY Dubai Deira City Centre Tel (04) 295 2906, Dubai Festival City (04) 206 6970

THE WATCH HOUSE Dubai Mall of the Emirates (04) 341 0354, Arabian Center (04) 284 5901, BurJuman Centre (04) 352 8699, Lamcy Plaza (04) 334 8073,
Oasis Centre (04) 346 7489 Abu Dhabi Marina Mall (02) 681 1665, Abu Dhabi Mall (02) 645 2001, Hamdan Centre (02) 632 9254, Foutouh Al Khair (02) 633 3850,
Al Wahda Mall (02) 443 7021, Mushrif Mall (02) 673 7560 Al Ain Al Jimi Mall (03) 763 3970, Bawadi Mall (03) 784 0854

E-mail: afwatches.jewellery@alfuttaim.ae www.al-futtaim.ae

An Al-Futtaim group company

www.watches.ae

Whether you're tired or not, a good yawn does wonders for everyone in the room with you.

Ever noticed how one yawn can set off everyone else in a group? Recent research by scientists at the University of Pisa in Italy has shown that catching somebody else's yawn may be a sign of empathy rather than mutual fatigue.

"Contagious yawning is very interesting behaviour. You don't need a visual cue, you don't even need an auditory cue—you just read about it or think about it and it gets you going," says psychology lecturer, Dr Catriona Morrison.

Now, evidence suggests that the infectious nature of yawning could be linked to our relationships. "We believe that contagious yawning indicates empathy. It shows an appreciation of other people's behavioural and physiological state," explains Dr Morrison.

According to the Pisa study, the closer our relation to a person, the more likely we are to catch their yawns. Researchers there observed 109 men and women from a vari-



CONTAGIOUS YAWNING SHOWS EMPATHY



The yawn factor

ety of nationalities in their daily activities and recorded numerous instances of contagious yawning.

They found that it was most likely between directly related family members, a little less likely between friends and less likely again between strangers. In addition, the delay between the yawn and the response was longer between strangers.

"We wanted to try to understand what are the most important factors affecting yawn contagion in humans so we had the idea to collect data for one year in different countries in the world. We found that the most important factor

is not nationality, the colour of skin, different cultural habits, sex or age of the people involved, but the type of relationship that linked the two people," said Professor Elisabetta Palagi, who co-authored the study.

Dubai-based psychologist, Linda Sakr agrees that contagious yawning is a sign that we are trying to relate to the person we are copying. "It's certainly more common among people who are closely related than among strangers.

We do not yawn to take in more oxygen

Scientists have disproved the popular theory that the reason humans and animals yawn is in response to a high level of carbon dioxide in the atmosphere or a shortage of oxygen in the blood. One of the studies that helped prove this was carried out by Professor Robert Provine from the University of Maryland. During the experiment, volunteers breathed levels of carbon dioxide a hundred times greater than the concentration of air and did not yawn any more frequently than those breathing normal air.

“Contagious yawning is a sign that we are trying to relate to the person we are copying.”

"By mimicking the yawn we become better able to understand how tired or perhaps bored the other person is. You don't need to see someone yawn to involuntarily yawn yourself; hearing about someone yawn or even reading about yawning can cause the same reaction," she explains.

Even some animals are apparently subject to contagious yawning.

Similar behaviour has been noticed in a type of baboon, where contagious yawning is more common between close allies in a troupe. It also appears that dogs can catch yawns off humans.

In 2008, psychologists at the University of London recruited 29 pet owners and their dogs, including labradors, border collies, Yorkshire terriers and dobermans. Of these, 21 dogs caught yawns when scientists simulated a loud, vocal yawn.



ARE YOU YAWNING YET?

From a human perspective, the Pisa study could constitute a minor leap in chasmology (the technical term for the study of yawning). Scientists have long been perplexed as to why we yawn in the first place and particularly why we copy others doing it.

Studies have proved that people yawn more when bored, but also in situations of excitement and anxiety. Research has shown that paratroopers frequently yawn before their first parachute jump, Olympic athletes before they compete and classical musicians before they go on stage. ●

Make your own: Personalised photo cube

HOBBYCRAFT

The festive season is upon us and it's time to start thinking about gathering gifts for family and friends. Contrary to popular belief, this needn't be an expensive time of year. Instead of trawling the malls and stretching your credit card to the limit in the quest to find the perfect present for each person on your list, why not get creative and make them a gift?

A photo cube is easy and quick to make with the added advantage of giving your gift the personal touch.

Step 1: Gather together thin card, glue, scissors, a pencil, a ruler, double-sided tape and six photos. You might want to consider a theme, like a particular holiday you went on with the recipient or an occasion you know is special to them.

Step 2: Draw a cube net onto a piece of thin card, using a ruler and carefully

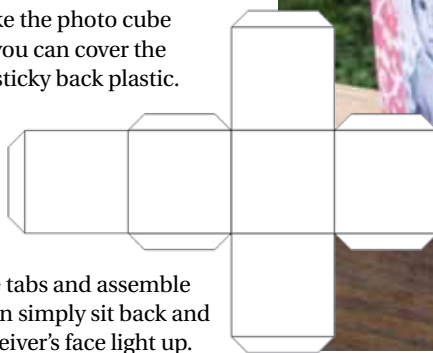
cut it out with a craft knife or scissors.

Step 3: Cut the photos to the same measurements as each net face, or decorate each net face differently, according to personal preference.

Step 4: Glue the photos to the sides of the net that don't have the black lines. Spray mount works best as it provides a smoother finish, but if you don't have any to hand then double-sided tape or a glue stick is fine.

Step 5: To make the photo cube more sturdy you can cover the whole net in sticky back plastic. This step is optional.

Step 6: Add strips of double-sided tape to the tabs and assemble the cube. Then simply sit back and watch the receiver's face light up.



ADD THE PERSONAL TOUCH TO GIFTS THIS YEAR

Not only is Owen Wilson one of the funniest actors in Tinseltown but he is also one of the most talented, scooping Variety's International Star of the Year award at this year's Dubai International Film Festival. *The Wedding Crashers* star has appeared in four films this year and has worked alongside some of the finest names in the business, including Robert De Niro, Ben Stiller, Bruce Willis and Jackie Chan.

On his recent trip to Dubai, the American actor admitted to being nervous at the prospect of working with director Woody Allen on his latest film, *Midnight in Paris*. Speaking in a live interview at the Madinat Jumeirah, Wilson revealed that the

Read. caught up with one of Tinseltown's hottest stars, **Owen Wilson**, at the Dubai International Film Festival.

Texas Funny Guy

weather helped him bond with the legendary director. "Woody would always be on his iPhone during takes, checking the weather around the world," he said. "So I asked him, 'Where is the hottest place right now?' and it was actually Dubai." Wilson explained that he received a letter from Woody asking him to take on the lead role in the film. "He sent me a really nice letter and he described the character as a bit more intellectual than I would normally play," he says.

The Hollywood actor captured our hearts in films, *Marley and Me* and made us laugh in box office hits, *Zoolander* and *Hall*



OWEN WILSON WITH HIS BIG-NAME CO-STARS

Did you know?

- Owen Wilson was the voice of Lightning McQueen in Disney's *Cars*.
- He is part of the comedy 'frat pack', which includes his brother, Luke Wilson, Will Ferrell, Jack Black, Vince Vaughan and Ben Stiller.
- A self-proclaimed troublemaker, Wilson was expelled from school in the tenth grade and later headed to military school in New Mexico.
- The actor is known for his distinctive nose which he broke several times playing football at high school.
- Wilson became a first-time dad on January 14, 2011, to son, Robert Ford Wilson.



Pass. The Texan native said he never dreamt that he would become an actor, despite both his parents working in a creative industry.

"I was living in Dallas, so it seemed so far-fetched to just go off to Hollywood," said Wilson. "I thought I would just be a writer but Wes pushed us to act in *Bottle Rocket*. It's funny how things work out."

Wilson started his career as a writer and is behind the critically acclaimed film, *The Royal Tenenbaums*, which he wrote with director Wes Anderson. The film was nominated for an Academy Award in 2001 for Best Original Screenplay.

The 43-year-old made his acting debut in 1996 in the comedy, *Bottle Rocket*, which he co-wrote with Wes Anderson. Soon after, Wilson auditioned to be in the *Cable Guy*, a film directed by Ben Stiller and

starring Jim Carrey, and got the role. "Ben really loved *Bottle Rocket* and said he was excited to find stuff that we could work on together," he said. Wilson and Stiller have worked on over 10 movies together and have built a strong friendship. *Zoolander*, *Starksy and Hutch* and *Meet The Parents* were all a smashing success at the box office.

"You develop a level of comfort

"I turn around to see Robert De Niro standing there looking at me and I just froze; I completely forgot all of my lines"

with a person, which seems to be a natural thing. I have worked with Ben a lot because I like his sense of humour and he's an incredibly hard worker. I don't have to worry too much that he'll be sweating the details" he said.

Despite being considered one of Hollywood's finest comedy actors, and starring in hit after hit, Wilson admits that even he still gets starstruck when working with the actors that he most admires.

He recalled, "I remember being on the set of *Meet The Parents* and I turn around to see Robert De Niro standing there looking at me and I just froze; I completely forgot all of my lines. It was extremely embarrassing and of course Ben was there laughing because he knew that I was nervous."

It's this humble manner that has seen Wilson become an audience favourite, and it doesn't look set to change any time soon. ●



MIDNIGHT IN PARIS



'FRAT-PACK' BUDDY VINCE VAUGHAN

Bollywood news

Second injury for Hrithik

Hrithik Roshan has injured himself while shooting for *Krrish 3* at the Filmistan Studios. A member from the unit revealed that, "Hrithik tried to use the first-aid kit to nurse his hand, but then realised that the injury required professional attention. Everyone on set was very concerned, but he did not let it affect the shoot."

Hrithik injured his back in October while shooting an action sequence for the *Agneepath* remake.



Audiences vs Ricky Bahl

The new Ranveer Singh and Anushka Sharma flick, *Ladies vs Ricky Bahl*, made an average start at the box office. The romantic comedy got mixed reviews and earned less than expected.

The film sees Ranveer fooling three girls before finding his match with Anushka. While some say the film has opened well, others feel the Anushka-Ranveer jodi has failed this time.



Shilpa Shetty is expecting!

Shilpa Shetty has confirmed that she is expecting her first child with her businessman husband, Raj Kundra. The stunning actress made the announcement on Twitter. The 36-year-old actress-turned-businesswoman, who became a popular face in Bollywood with films like *Main Khiladi Tu Anari*, *Baazigar* and *Dhadkan*, married Kundra in 2009.

SILVER SCREEN



Lucky number eight

The eighth Dubai International Film Festival rolled out of town as quickly as it arrived last week, leaving many attendees raving about how this was possibly the best year yet.

One of the main highlights was the arrival of Tom Cruise and his co-stars for the *Mission: Impossible Ghost Protocol* world premiere. When a movie this big chooses not only to film in Dubai, but to host its world premiere here, it reiterates how our city is becoming the location of choice for blockbusters.

Other films also debuted at the festival, including the much-anticipated *My Week with Marilyn*,

"It was the lesser-known filmmakers who put in a good effort to steal the show."

which received rave reviews from most who attended the screening. While Cruise was the main draw for

many, among the other well-known stars at this year's DIFF we saw Owen Wilson, Simon Pegg, Shah Rukh Khan and Helena Christensen, all adding a touch of sparkle to the event.

However, it was the lesser-known filmmakers who put in a good effort to steal the show. Many of Dubai's up-and-coming directors and producers used the opportunity to develop projects, mingle with those in the know, and some lucky participants even got to show off their work to industry professionals and film fans alike. So hats off to the organisers and those who took part, and roll on next year.

Reviews in brief

A quick look at the week's biggest films.

New Year's Eve ★★☆☆

(2011) Robert De Niro, Halle Berry, Jon Bon Jovi



This film tells the story of several people in New York, whose lives intertwine over the course of New Year's Eve. With more award winners than extras, you'd be forgiven for thinking this movie packs the kind of

punch not seen since *Rocky*. But those who have seen *Valentine's Day* will know exactly what to expect. Nothing more than a Christmas bonus pay-packet for the stars.



The Muppets ★★★★★

(2011) Jason Segal, Amy Adams, Zach Galifianakis

When three Muppet fans learn that Tex Richman wants to drill under the Muppet theatre for oil, they set out to find the Muppets, who have been split up for years. A depressed Kermit lives in his own mansion, Gonzo is a high-class plumber at Gonzo's Royal Flush and Miss Piggy is the plus-size fashion editor at *Vogue* Paris. The result is a nostalgia-filled new classic that will bridge generations.



Don 2 (Hindi) ★★★★★

(2011) Shah Rukh Khan, Priyanka Chopra, Om Puri

Having conquered the Asian underworld, Don now has his sights set on European domination. In his way are the bosses of the underworld and law enforcement agencies. Don must avoid assassination or arrest, whichever comes first, in order to succeed. The film marks Farhan Akhtar's return to direction after nearly five years, and Khan's return to playing villainous characters, so expect big things.

Listings



ALVIN AND THE CHIPMUNKS: CHIPWRECKED

MOVIE GUIDE

GRAND CINEPLEX - WAFI

The Adventures of Tintin - 10:00, 12:10, 14:20, 16:30

Alvin and the Chipmunks 3 - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30

Black Gold - 23:40

Cat in Boots - 11:00, 13:00, 15:00, 17:00

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

Dirty Picture - 18:00, 20:50, 23:40

Happy Feet 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00

Jack And Jill - 19:00, 21:15, 23:30

Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30

Mission: Impossible 4 - 10:40, 11:40, 12:20, 13:20, 14:20, 15:00, 16:00, 17:00, 17:40, 18:40, 19:40, 20:20, 21:20, 22:20, 23:00, 00:00, 01:00

The Muppets - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15

Pappu Can't Dance - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

Passion Play - 20:00, 22:00, 00:00

Tall Dark Stranger - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

The Thing - 23:30

Twilight: Breaking Dawn - 19:00, 21:25, 23:30

GRAND MEGAPLEX - IBN BATTUTA

Alvin and the Chipmunks 3 - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30

Black Gold - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

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

Dirty Picture - 10:30, 13:30, 16:30, 19:30, 22:30

The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

Happy Feet 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Immortals - 10:30, 12:45, 15:00, 17:15, 21:30, 21:45, 23:55

Intruders - 21:30, 23:30

Jack And Jill - 10:30, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Johnny English Reborn - 11:00,

13:30, 16:00, 18:30, 21:00, 23:30

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

Mission: Impossible 4 - 10:10, 11:30, 12:05, 12:20, 12:50, 14:00, 14:40, 15:00, 15:30, 16:30, 17:20, 17:40, 18:10, 19:00, 20:00, 20:20, 20:50, 21:30, 22:40, 23:00, 23:30, 23:59, 01:10

Money Ball - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

The Muppets - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45

Pappu Can't Dance - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

Tall Dark Stranger - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Twilight: Breaking Dawn - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

GRAND CINEMAS - FESTIVAL CITY

Alvin and the Chipmunks 3 - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30

Black Gold - 23:40

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

The Double - 20:00, 22:00, 00:00

Happy Feet 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00

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

Mission: Impossible 4 - 10:10, 10:40, 11:40, 12:20, 12:50, 13:20, 14:20, 15:00, 15:30, 16:00, 17:00, 17:40, 18:10, 18:40, 19:40, 20:20, 20:50, 21:20, 22:20, 23:00, 23:30, 00:00, 01:00

The Muppets - 10:00, 12:15, 14:30,

16:45, 19:00, 21:15

Tall Dark Stranger - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

The Thing - 23:30

Twilight: Breaking Dawn - 11:30, 14:00, 16:30, 19:30, 22:30

GRAND CINECITY - AL GHURAIR

Alvin and the Chipmunks 3 - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30

Dirty Picture - 10:00, 13:00, 16:00, 19:00, 22:00

The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

EUC - 22:00, 00:00

Ladies vs Ricky Bahl - 10:30, 13:30, 16:30, 19:30, 22:30

Mission: Impossible 4 - 10:40, 12:20, 13:20, 15:00, 16:00, 17:40, 18:40, 20:40, 21:40, 23:00, 00:00

The Muppets - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00

Pappu Can't Dance - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

Twilight: Breaking Dawn - 23:40

GRAND METROPLEX - METROPOLITAN

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

The Double - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

EUC - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30

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

Mission: Impossible 4 - 10:40, 12:20, 13:20, 15:00, 16:00, 17:40, 18:40, 20:40, 21:40, 23:00, 00:00

GRAND MERCATO

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00

The Double - 23:50

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

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

Happy Feet 2 (3D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40
Jack And Jill - 22:00, 00:00
Ladies vs Ricky Bahl - 10:00, 12:50, 15:40, 18:30
Mission: Impossible 4 - 10:40, 12:20, 13:20, 15:00, 16:00, 17:40, 18:40, 20:40, 21:40, 23:00, 00:00
The Muppets - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50
Tall Dark Stranger - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Thing - 00:00
Twilight: Breaking Dawn - 21:30, 23:45

VOX CINEMAS - DEIRA CITY CENTRE

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Cat in Boots - 11:15, 13:15, 15:15
Dirty Picture - 17:15, 20:15, 23:15
Happy Feet 2 (3D) - 10:30, 12:45, 15:00, 17:15
Jack And Jill - 10:15, 14:45, 19:15, 23:45
Ladies vs Ricky Bahl - 11:30, 14:30, 17:30, 20:30, 23:30
Mission: Impossible 4 - 10:45, 12:00, 12:30, 13:30, 14:45, 15:15, 16:15, 17:30, 18:00, 19:00, 19:30, 20:15, 20:45, 21:45, 22:15, 23:00, 23:30, 00:30, 01:00
The Muppets - 11:30, 13:45, 16:15, 18:30, 20:45, 23:00
Pappu Can't Dance - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Twilight: Breaking Dawn - 12:15, 16:45, 21:15

VOX CINEMAS - MOE

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Black Gold - 10:00, 12:45, 15:30, 18:30, 21:15, 00:00
Cat in Boots (3D) - 11:30, 13:30,



JACK AND JILL

15:30, 17:30
The Double - 09:45, 14:30, 19:15, 00:00
Happy Feet 2 (3D) - 10:15, 12:15, 14:45, 17:00, 19:15
Jack And Jill - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Mission: Impossible 4 - 10:45, 11:30, 12:00, 13:30, 14:15, 14:45, 16:15, 17:00, 17:30, 19:00, 19:30, 19:45, 20:15, 21:30, 21:45, 22:15, 22:30, 23:00, 00:15, 00:30, 01:00
The Muppets - 11:30, 13:45, 16:15, 18:30, 20:45, 23:00
Tall Dark Stranger - 11:45, 14:00, 16:15, 18:30, 23:15
Twilight: Breaking Dawn - 12:00, 16:45, 21:30
Where Do We Go Now - 20:45

VOX CINEMAS - MIRDIF CITY CENTRE

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Black Gold - 13:30, 18:30, 23:30
Cat in Boots (3D) - 11:30, 13:30,

15:30, 17:30
The Double - 10:30, 14:45, 19:00, 23:15
Happy Feet 2 (3D) - 10:15, 12:15, 14:45, 17:00, 19:15
Jack And Jill - 12:45, 17:00, 21:15
Mission: Impossible 4 - 11:15, 12:00, 14:00, 14:45, 16:45, 17:30, 19:30, 20:15, 21:30, 22:15, 23:00, 00:15, 01:00
The Muppets - 11:30, 13:45, 16:15, 18:30, 20:45, 23:00
Tall Dark Stranger - 11:15, 16:15, 21:15

REEL CINEMAS - DUBAI MALL

Alvin and the Chipmunks 3 - 11:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:05
Black Gold - 15:00, 18:00, 21:00, 00:30
Cat in Boots - 14:00, 16:00, 18:00, 20:00, 22:00, 00:05
The Double - 13:20, 15:30, 17:40, 19:50, 22:10, 00:20
El Watar - 14:30, 17:00, 19:30,

22:00, 00:30
Happy Feet 2 - 11:05, 15:30, 19:00, 21:30, 23:45
Happy Feet 2 (3D) - 13:15, 15:30, 17:45
Jack And Jill - 11:25, 13:30, 15:40, 17:50, 20:00, 22:10, 00:20
Ladies vs Ricky Bahl - 15:50, 18:40, 21:30, 00:20
Mission: Impossible 4 - 11:00, 11:45, 12:30, 13:00, 14:00, 14:30, 15:30, 16:00, 17:00, 17:30, 17:45, 18:30, 19:00, 20:00, 20:30, 20:45, 21:30, 22:00, 23:00, 23:30, 23:45, 00:30, 01:00
Money Ball - 13:30, 16:15, 19:00, 21:45, 00:30
The Muppets - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Seeking Justice - 13:30, 15:45, 18:00, 20:15, 22:30, 00:45
Tall Dark Stranger - 14:00, 15:20, 16:30, 17:50, 19:00, 20:20, 21:30, 22:50, 00:05, 01:10
The Thing - 11:45, 14:00, 16:40, 19:20, 22:00, 00:40

REEL CINEMAS - MARINA MALL

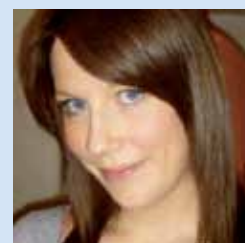
Alvin and the Chipmunks 3 - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:45
Happy Feet 2 - 11:30, 14:00, 19:00
Happy Feet 2 (3D) - 12:25, 14:45, 17:00
Mission: Impossible 4 - 11:00, 12:30, 14:00, 15:30, 17:00, 18:30, 19:15, 20:00, 21:30, 22:15, 23:00, 00:30, 00:55
The Muppets - 11:10, 13:20, 15:30, 17:40, 19:50
Money Ball - 16:15, 21:10, 23:55
The Thing - 22:00, 00:20

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

YOU REVIEW

Your chance to share your views on the latest cinema releases

Hollie Chavez
Housewife
The Greens



This week I went to watch *Jack and Jill*, and even though it has been getting some bad reviews, I must say that I really enjoyed it. I have always liked most of Adam Sandler's movies, but I found that his last few films became a bit repetitive and not very funny. This one was really quite hilarious, though. He plays both the characters so well and I was actually quite convinced by him as the character of Jill. A few of the outfits he squeezed into for the part looked pretty good for a man! Some of the jokes were pretty easy to see coming I guess, but the story was quite touching overall and it ended up being a really feel-good film. I'm not sure that this will be winning him any Best Actor nominations, but for a fun couple of hours of entertainment, it definitely ticks all the right boxes.

7/10

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.



MISSION: IMPOSSIBLE GHOST PROTOCOL

An evening with Bentley



★★★★★

A member of the *Read.* team jumps at the chance to race two **Bentleys** around Yas Marina Circuit.

SPECS

(as tested)
 Engine: 6.0-litre W12
 Power: 567 bhp
 Torque: 516 lb-ft
 Top speed: 320 km/h
 Price: n/a

When you think of Bentley, you think of high-class luxury, opulent interiors, smooth-running engines,

sleek designs, and an exceptionally rich older gentleman driver sitting behind the wheel. So being afforded the opportunity to put two of the car manufacturer's latest creations through their paces at a Formula One track was a rare and exciting prospect.

The evening began, as you'd expect from Bentley, in the finest of fashion, with a briefing in none other than F1 magnate Bernie Ecclestone's private villa at Yas Marina Circuit. To be sitting in the same seats where the elite and upper-crust of F1's hierarchy were only two weeks previously was in itself an honour, and even that was a low-light in comparison to the rest of the evening.

From there, our team made the short trip to the pit lane where a pair of Flying Spur speedsters awaited.



THE INTERIOR PROVIDES LUXURY AND COMFORT

Returning a range of headline performance figures, including a 0-100 km/h sprint time of 4.8 seconds and a top speed of 322 km/h, my 200 km/h seemed somewhat paltry in spite of adrenaline inducing acceleration.

Following a couple of laps around the circuit, it was time to move on to the new Continental GT convertible, fresh from the Dubai Motor Show where it made its Middle East debut. The GT rockets from 0-100 in 4.5 seconds thanks to a hand-built 567hp powerplant. It also boasts 516 lb-ft of torque and a quick-shift transmission that improves acceleration response times and cuts shift times to an incredible 200 milliseconds. The GT's chassis provides a firm foundation for suspension control, minimising scuttle shake and contributing to the GT's refined handling.

Pushing the GT up to about 220 km/h, I was still over 100 km/h shy of the top speed. Never once was there an impression that the machine

couldn't be worked even harder and, despite its weight, it took the harsh hairpin turns of the F1 track with an ease and comfort you'd only expect from a much lighter car with a much lower centre of gravity.

567

The horsepower produced by the Continental GT's astounding W12 engine

The true privilege of the Bentley drive event came by way of a shipping misunderstanding from China. Instead of a Bentley Blower being sent to the UAE, the oldest Bentley in existence, the EXP2, which travels no more than 20 kilometres per year from the heritage garage to the MOT centre in England, was offered for a once-in-a-lifetime passenger ride. Topping out at about 110 km/h on the F1 track, it was a case of old versus new watching the 2011 models race past as I sat wearing a leather helmet and vintage goggles.

On the off chance that I didn't quite see the Bentleys in all their grandeur and glory from every possible angle at sea level—between in car

camera recording, hot laps around the circuit with a professional driver, and, of course, my own efforts to test the limits of the cars—Bentley took us to the skies. A helicopter ride over Yas Marina Circuit supplied a bird's eye view of the machines tackling the track at exceptionally high speeds for a grandstand finish.

All in all, the event taught me one thing; Bentley is not just a brand for the older, distinguished automobile enthusiast. These iconic machines are the kind that will suit anyone that appreciates style, comfort, precision and speed. There is a reason why Bentley is considered among the best in the world, and the marque shows no signs of slowing down any time soon. ●



A CASE OF OLD VERSUS NEW

Money troubles plague NBA season

BASKETBALL

Money makes the world go around, but it's also what spins a basketball through the ring on an NBA court, as the 2011 NBA lockout became the fourth work stoppage of its kind in the history of the organisation.

In July of this year, the NBA laid off around 114 league employees—about 11 per cent of all the league's office workforce—in an effort to save money, following the claim by the league that it was losing \$300 million a year with 22 out of 30 teams losing money last season.

The main issues that have divided the owners and the players are revenue sharing and the structure of the salary cap. The league proposed a reduction of players' salaries by a shocking 40 per cent, which would amount to \$800 million.

The lockout was officially started by the owners on

THE PRE-SEASON WAS COMPLETELY CANCELLED

Game on

- The new season tips off on Christmas Day for a shorter, 66-game season.
- A previous lockout in the '98-'99 season shortened the season to 50 games.
- Before endorsements, Kobe Bryant of the LA Lakers gets paid in excess of \$25 million per year.



July 1, 2011, and negotiations resumed at an August 1 bargaining session, but it fell apart after three hours. With everyone keen to get back out on court, the owners and the National Basketball Players' Association met many more times with players' union president and LA Lakers point guard Derek Fisher,

rightly pointing out that "everyone loses if we don't reach an agreement; that's something that I think has always been understood."

By mid-September, things looked to be back on track as Fisher sent out an email to the league's players stating recent meetings had been effective. However, one week later, the NBA canceled training camp, which was to begin on October 3, and the first week of pre-season games, which were to run October 9 through 15. On October 4, the organisation cancelled the remainder of the pre-season for a loss of around \$200 million.

It has been estimated that each month the season remained unplayed, the average player lost a staggering \$220,000. They may have been compensated by the NBA, but some of the knock-on effects are detrimental to those who don't get paid to throw a ball through a hoop. As of October, an estimated 400 NBA jobs were lost due to lay-offs since the lockout.



What Can Akhtaboot do for You as a Job Seeker?

Words by Akhtaboot

There are many job recruiting websites out there; some big, some small, but for the most part all the same. Akhtaboot (www.akhtaboot.com) went beyond the basic functionality of allowing users to search for and apply to relevant jobs to provide job seekers with a true “career network” to help link job seekers from across the MENA region with their dream jobs.

“
**the fastest
signup process
in the industry**”

THE FASTEST SIGN UP PROCESS IN THE INDUSTRY

Akhtaboot takes one more step towards

having the fastest signup process in the industry with a cutting-edge feature that allows job seekers to import their LinkedIn profiles into Akhtaboot to fill out over 70% of the required fields on their account. Unlike other job recruitment websites, Akhtaboot also allows job seekers to actually upload their CV in a matter of seconds.

AKHTABOOT IS BUILT UPON 25 JOB COMMUNITIES

Communities are sections within Akhtaboot grouped according to job function, and users have the option to join up to 3 communities. Joining communities that reflect your fields of interest allows you to receive relevant job recommendations from Akhtaboot.

USER FRIENDLY INTERFACE

Let's say you are looking for a senior, full time job in Dubai in the Marketing and Communications community. Using Akhtaboot's filters to search for jobs will list your jobs on the spot without you having to wait for the page to refresh.

“
**Using
Akhtaboot's
filters to search
for jobs will list
your jobs on the
spot**”

THE MYERS-BRIGGS® TYPE INDICATOR (MBTI)

Recognizing the importance of placing the right person in the right job, Akhtaboot is the only career site in the Middle East that is qualified as a Myers-Briggs® (MBTI) provider, a global leader in personality tests with over 70 years of extensive research. The MBTI provides a reliable and valid analysis of a job seeker's strengths and areas for development in a career context.

- 1 Go to www.akhtaboot.com and click **Sign up**
- 2 **Upload or Build** your CV
- 3 **Create** your Profile
- 4 **Apply** to hundreds of jobs with just one click

www.akhtaboot.com

Post-it

JOBS AVAILABLE

Product distributors are required for a full-time/ part-time job. Send CV to psbgdistributor@yahoo.com or call 0507050325.

Female housemaid, preferably Filipina, required for a local couple. Applicant must have knowledge in proper house-keeping. Salary is negotiable. Send CV to aj.humanresource@gmail.com.

Cook/Chef required for a full-time job. Employer is local couple. Applicant must have proper training and experience in multi-cuisine specialties. Salary is negotiable. Send CV to aj.humanresource@gmail.com.

PRO with reading, writing Arabic skills required for a local company. Must have driving licence. Should also have experience. Salary is negotiable. Send CV to aj.humanresource@gmail.com.

Nail Technicians/Beauty Therapists/Hairstylists required for a full-time job at the Grooming Company. Walk-in interviews from Dec. 12 to 19, 2011. Call 043394801/email arlene@thegrooming-company.ae.

Light duty vehicle driver required for real estate company. Will provide accommodation, salary, visa, overtime. Fax CV to 044475312.

Admin assistant required for a real estate company in Dubai. Must have administrative experience. Send CV to careers@chiirichtown.com.

Web designer is required for a full-time job at a real estate company. Must have portfolio. Send CV to webcrt@dubai@gmail.com.

Part-time interviewers are required for a health care research company. Must hold medical degree. If interested email CV to martvest@gmail.com.

Filipina cleaners required. Tourist visa preferred. Email wanted.maids@gmail.com/call 0507536242.

JOBS WANTED

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

P/T accountant seeks job. 15+ yrs experience. Skilled in accounting software. Trained by bank for WPS salary system. Call 0506840836.

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.

Sewerage pipe line foreman seeks job. 19 yrs experience in UAE. Call 0557032450.

Indian male seeks job as a project supervisor in interior fitout works. 4 yrs experience in UAE. Own driving licence. Call 0507369172/email jomon1971@gmail.com.

Filipino male 27 seeks job in accounts/finance. 6 yrs working experience. Email jsbalbuena18@gmail.com.

Oriented candidate MNC, MBA seeks job. 4 yrs experience. With excellent communication and interpersonal skills. Call 0558554507.

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

Female, M.Com, MBA (Finance) seeks job as an account assistant. 4 yrs experience in India. Skilled in Tally, Peachtree, MS Office. Call 0556372751/email shejina78@gmail.com.

Bus driver seeks jobs. 6+ yrs experience in UAE. Call 0502512113.

Male, B.Com seeks job. 2 yrs experience. Knowledgeable in Tally 9, MS Office. Holds a free zone visa. Call 0554741782.

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

Keralite seeks job. 5+ yrs experience in UAE. Skilled in electrical and plumbing work. Call 0559604177.

Graduate seeks part-time job in Deira Baniyas Square area between 1:30pm to 3:30pm. 12 yrs experience. Holds driving licence. Call 0504605575.

Indian male 26, B.E-CSE seeks job in IT. 2 yrs experience in ASP.NET, C sharp, SQL Server 2005 and hardware (assembling & troubleshooting). Call 0554193236/ friendly_hussain@yahoo.co.in.

Indian male, B.Com seeks job in ac-

counting. 4 yrs experience in the Gulf. Skilled in Tally, Excel & SAP (FICO) UAE DL. Call 0501674869/sarfraz_khan23@hotmail.com.

Sri Lankan male, diploma holder, seeks job as a graphic designer. 6 yrs experience. Visa expires on (07/01/2011). Call 0556255824/email saleethmohamed@gmail.com.

Male 29, B.Com/MBS seeks job. 5 yrs experience in accounting. Call 0557974708.

Female, Nurse B.Sc seeks job. 3 yrs experience in MICU / Medical Surgical ward and DOH License. Call 050558601387,050509224341.

Male with diploma seeks job. 1 yr experience in construction. Email siyad-khanpm@gmail.com. Call 0555612456.

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

Home tutoring lessons available in Arabic. For all students of all ages and adults. Experienced Indian teacher. Call 0509610865.

Interiors, painting, murals, tiling, designing services available. At reasonable rates and great results. Call 055 6547786.

Car lift services available. Starting from Al Rashidiya metro station to DIP2. Call 0501454969.

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

Baby sitting and home tutoring services available for Indian students. From KG1 to GR 7. In Albaraha near Jesco supermarket. Affordable fees. Call 0501217983.

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 ISHANTELE-MEDIA@GMAIL.COM .

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

PERSONAL

Freelance female writer. Available at any time. For more information please call: 0505250476.

ITEMS

Michael Kors monogram tote bag available for sale. Brand new. Blue colour. For 700AED. Call 0502834604.

New Nokia E71 available for sale. Comes with accessories/bill. For 840AED only. Call 0507892882.

HP Touch Pad Tablet 32GB available for sale. Includes WiFi, 3G and Adobe Player. Used for only one month. For 2000AED. Call 0559973192.

ACCOMMODATION

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

Bed space available for rent. For Filipinos only. Near United Hyper Market/ Abu Baker Siddique metro station. For 600AED/ including DEWA. Free Internet. Call 0502834604.

Rooms /spaces available for rent in a flat for immediate possession. Near City Restaurant. Call 0557791085/0559560692.

Single bed space available for rent. For Tamil Muslim Indians only. Near Al Nahda/ NMC medical hospital. Internet, swimming pool, gym accessible. For 500AED + DEWA. Call 0503448414/0502250695.

Bed space available for rent. South Indians only. Near Union metro station/ Al Ghurair Centre. For 550/- inclusive

of internet, DEWA, Kitchen facility. Call 0559071202.

Shared accommodation available for rent in a 2 B/R apt. Executive North Indian bachelors only. In Al Rolla Street, Bur Dubai. Non smokers preferred. Free Internet. Call 043252291/0551566070.

Bed space available for rent. Indian working ladies only. Near Abu Hail metro station in Hor Al Anz. Call 0554715868/0553600923.

Three bed spaces available for rent in a luxury flat. In Kashmir Palace Hotel opposite to G Mart, Karama. Call 0558521614.

Shared accommodation available for rent. Females only. Near Dubai Grand Hotel/ New Sun Rise Supermarket. For 750AED including DEWA. Free Internet. Call 0555274523/042945172.

Bed space available for rent. Kabayans only. Near Karama metro station. For 400AED including DEWA. Free internet. Call 0509147409.

Semi -furnished shared room available for rent. With separate bathroom. Keralite couples only. Near Al Khalil Gate. Call 0505254313.

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

Single furnished room available for rent. With attached balcony, bathroom and gym facilities. For couples only. DEWA/ Internet accessible. Only for 2,500AED. Call 050-6882950.

Semi -furnished room available for rent. Filipinos only. For 3000AED/free DEWA & Internet. In Bur Dubai. Near Al Fahidi metro station. Call 0509256188.

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.

Safari vacation to Tanzania, visiting Ngorongoro/Tarangire/Manyara for 3-4 days. 2050AED per person only. Email tanzaniasafari@hotmail.com.

Technical services licence for sale. At 20,000AED. Valid till 23/10/12 and SPR paid. Call 0508700729 or email meerdxb@gmail.com.

To place your ad
please email advertising@readme.ae

Adaa system now online

Al Tayer inaugurates new electronic system built to aid the following up of strategic plan implementation.

TECHNOLOGY

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, recently inaugurated a new electronic system for following up the implementation of the strategic plan, departments performance indicators and projects implementation plans (Adaa).

During the inauguration ceremony of the system, which was attended by several CEOs and directors, Al Tayer said, "This system has been developed in the context of the RTA's keenness on automating various programmes with the aim of offering easy access to information, extracting reports and performance indicators, and providing an integrated database for all sorts of RTA performance indicators and implementation plans, the number of which exceeds 370 indicators and 470 implementation plans.

"The new system enables users



to follow up the implementation of the strategic plan, and manage performance indicators, and compile reports at RTA sector and department levels, besides contributing to promoting the governance and transparency level at the RTA through circulating the strategic plan and its results to all concerned parties of the

RTA. It offers decision-makers permanent access to the results of agencies and sectors such that they can make appropriate directives thereon, and provides them with a historical database encompassing all combined results and analysis needed for reviewing and updating the strategic plan. The system also saves the time

"The system also saves the time required for issuing periodic reports."

required for issuing periodic reports of measuring corporate performance and reduces the paper cycle within the concerned communication channels in a decentralised manner. The system adopts the RADAR system, which is endorsed by the Dubai Government Excellence Programme."

In the conclusion of the ceremony, the RTA Chairman of the Board and Executive Director honoured the work team overseeing the implementation of the e-system, the implementation of which kicked off in September, 2010, after holding a series of meetings in order to come up with this project as required.

Street named in one day

ACHIEVEMENTS

Pursuant to the orders of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, to rename Al Dhiyafa Street in Bur Dubai as 2nd of December Street, marking the UAE celebrations of the 40th National Day, the RTA embarked on implementing the order once issued.

Nazim Faisal, Director of Roads Maintenance stated that the Agency embarked on replacing the signage on the 2nd of December Street immediately after the order was issued by His Highness Sheikh Mohammed bin Rashid Al Maktoum, where 12 old directional signs had been replaced by new ones bearing the name of the new street in one day.

Faisal stated that the union anniversary is very dear to the hearts of Emiratis and warranted to be celebrated and memorised in the conscience of all residents of the UAE. The decision of HH endorses the importance of December 2, 1971, in the history of the UAE as a day marking the unleashing of the greatest development drive.



NAZIM FAISAL

The 2nd of December Street is linked with an important historical landmark in Dubai; the Union House where the UAE creation covenant was signed, and nearby the house stands the longest flag mast in the UAE. The street stretches for about 2,500 metres from the Union House at Jumeirah Street up to the Dubai World Trade Centre Roundabout via the Al Satwa Roundabout.

Monitors to display bus times at Metro stations

DUBAI METRO

The Public Transport Agency at the RTA recently completed the installation of 89 video monitors on the Red and Green Line stations of the Dubai Metro to display real-time passenger information—a move that echoes the implementation of the latest technology in this line of industry with the aim of enabling the Metro riders to check bus movements, particularly the Metro feeder service.

Adel Shakiri, Director of Transportation Systems at the Public Transport Agency said that the work teams of the agency had completed the installation of these smart monitors aimed at displaying bus timetables as well as actual arrival times at stations. Information is displayed in Arabic and English.

"These clear and easy-to-read monitors are installed in response

to passengers' demands, which are considerably on the rise. Such information is crucial for identifying the most efficient routes in terms of transit time and the number of stops between the departure point and final destination. This technology definitely brings about a huge addition to the evolution of the culture of using public transport means among a large chunk of the public in Dubai. The step also illustrates the continuous attention of the RTA to adopting modern technologies and means capable of facilitating the use of various mass transit systems," said Shakiri.



Traffic safety in schools

RTA announces competition aimed at promoting travel safety to school children and young people.

INITIATIVES

The RTA recently started campaigning an awareness contest launched at the intermediate and high school-level nationwide, in collaboration with the Ministry of Education (MoE), entitled, *Traffic Safety*.

Commenting on the event, engineer Maitha bint Adai, CEO of the RTA Traffic and Roads Agency, said, "The Traffic Safety contest serves as a complement to several awareness programmes targeting students at schools and universities. The contest aims to diffuse a traffic culture that cares for reducing traffic accident fatalities, developing new concepts in support of traffic awareness efforts that reflect the educational environment along with its traffic concerns, and engaging students in identifying and updating top priorities of the Traffic Department as regards to awareness activities out of the conception that students



MAITHA BINT ADAI

come in the forefront of community segments targeted by traffic awareness programmes.

"The Agency has budgeted cash rewards amounting to Dh23,000 to

be distributed to six winners from primary and secondary schools. The main idea of the contest is centered on motivating students to take traffic awareness topics as part and parcel of their school routines, and migrating from stereotyped lectures to issues capable of capturing students' attention and arousing their interest through encouraging them to carry out relevant researches and to contribute new inputs for which they will receive cash rewards. Students are mainly required to develop a traffic-related concept, project, campaign or awareness programme, with specific measurable objectives, together with clear-cut and easy-to-implement procedures, provided that such innovations are new and unprecedented.

"The RTA, in collaboration with the MoE, prepared this contest and managed to have it added to the General Competitions Guide for Educational Activities for the aca-

demical year 2011/2012 issued by the Ministry of Education, and distributed it to educational zones all over the Emirates.

"Last November, the Traffic and Roads Agency launched an awareness campaign at intermediate and high schools with the aim of publicising the contest, and encouraging students to participate, while ensuring that coordination is in full swing with the MoE throughout the stages of the contest," she continued.

Maitha bint Adai explained that the Traffic and Roads Agency discussed with Unicef areas of potential cooperation for the success of this contest, and it was agreed that a participant from Unicef would take part on the judges panel of the contest.

"Participation in the contest is open to students as individuals or teams, provided that each team should comprise no more than three students," she said.

RTA holds open meeting with partners

PARTNERSHIPS

The Human Resources and Development Department at the RTA recently convened an "open house for strategic partners", with the aim of boosting mutual relations towards improving the work process and delivering top-quality services capable of winning the highest satisfaction ratings.

Kawther Kazim, Director of RTA Human Resources and Development, stated that such a gathering stemmed from the keenness of the department to maintain excellent links and cooperative relations with partners for the mutual benefits of both parties, particularly noting that partners represented diverse technological and service sectors in the community. Such open gatherings would contribute to identifying and focusing on issues of common concern, exchanging corporate knowledge and advancing corporate cultural compatibility with partners, besides offering an opportunity to improve the operational performance and upgrade services

to achieve customer satisfaction, explained Kazim.

"We, in the RTA, are always keen on furthering partnerships with external entities, and identifying joint projects to carry out with the aim of improving the calibre of the services offered. We are fully ready to accept the observations and views of our partners as we firmly believe in the vitality of their inputs towards improving the work progress. The Human Resources and Development

Department is keen on honouring its commitments towards partners hailing from all sectors as per the agreed timetables," added Kazim.

The Director of Human Resources and Development praised the efforts of the strategic partners who played an immense role in realising a host of initiatives and strategic projects of the department in line with the top-quality standards to keep pace with the remarkable progress seen by the RTA. The Human Resources

and Development Department could only be able to achieve its set objectives through the concerted external efforts of partners and working together with them towards shaping the future of Dubai, she confirmed.

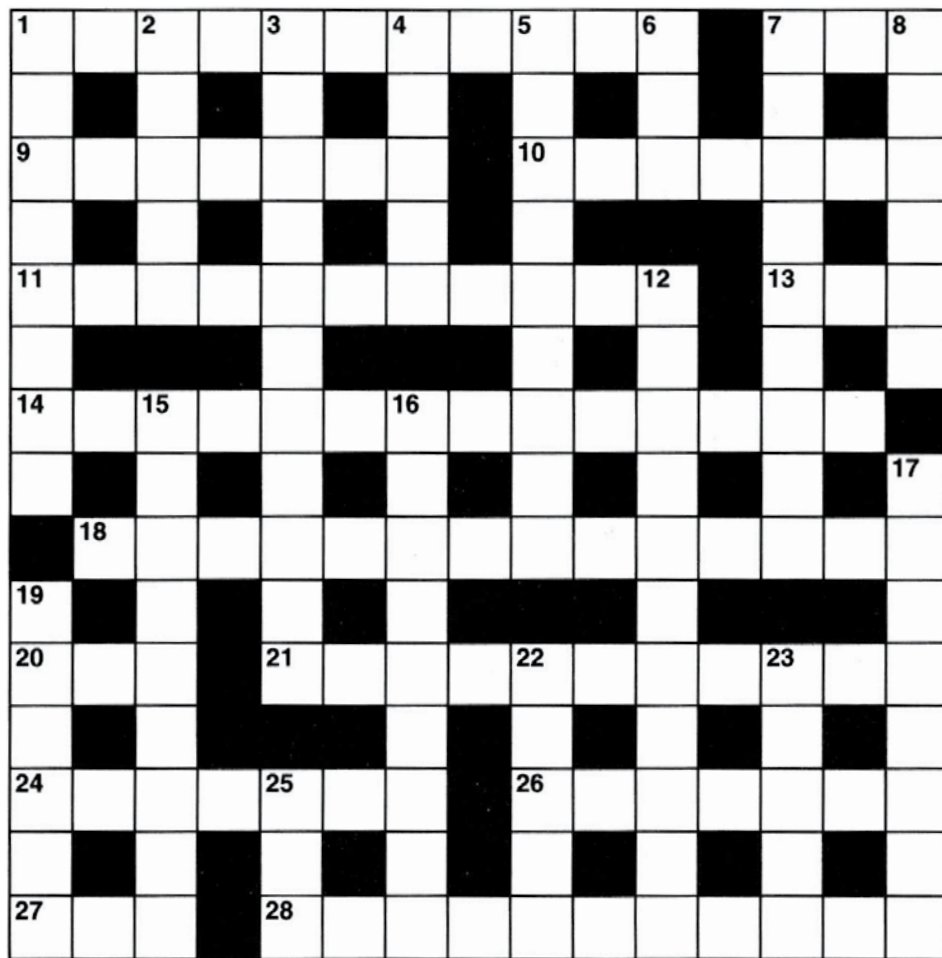
At the end of the gathering, Kazim praised the strategic partners who were keen on taking part in the open day, contributing and sharing excellent views and aspirations. She called on stakeholders to continue communicating and providing input towards sorting out the joint issues in order to achieve excellence.

Representatives of the RTA strategic partners in the open house expressed the importance of these gatherings as they contribute to standardising the administrative approaches in a smooth and constructive manner. They stressed that the sharing of knowledge would result in improved strategic relationships—a key focal area stressed by senior leaders who always call for effective communication as a means of enhancing the services offered for the community and individuals.



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 Altered pace (7,4) 7 Cricketers' refreshment break (3) 9 ___ Richardson, *Blackadder* actress (7) 10 Perfect (7) 11 Violating rules (3-8) 13 ___ Hutton, knighted cricketer (3) 14 Plasticised adhesive strip (10,4) 18 Television as a medium (3,5,6) 20 One's self-esteem (3) 21 Person who wanders around with closed eyes (11) 24 Secondary earth layer (7) 26 Shepherded (7) 27 Animal of the genus *Canis* (3) 28 Bric-a-brac (4,3,4)

Down

1 Protest (8) 2 Bow and ___, weapon (5) 3 Makes sweeping statements (11) 4 Capital city of Bangladesh (5) 5 Touching (9) 6 Balderdash (3) 7 Photographic technique for speeding up action (4-5) 8 Pointing (6) 12 Entered uninvited (11) 15 Satchel (6,3) 16 Journeyed (9) 17 Trespasses (8) 19 Flexed (a muscle) (6) 22 ___ Radcliffe, runner (5) 23 ___ Millen, fashion chain store (5) 25 Familiar gravy cube (3)

ANSWERS



Recipe

Homemade Hummus

A classic Arabic treat. But there's no need to buy it ready-made when it's so simple to make yourself.

Ingredients

200g canned chickpeas
2 tbsp lemon juice or more
2 crushed garlic cloves
1 tsp ground cumin
100ml tahini (optional)
4 tbsp water
2 tbsp extra virgin olive oil
1 tsp paprika
Salt
4 rounds of pitta bread

Method

Drain the chickpeas and rinse under cold water in a sieve. Keep a few whole chick peas to one side for

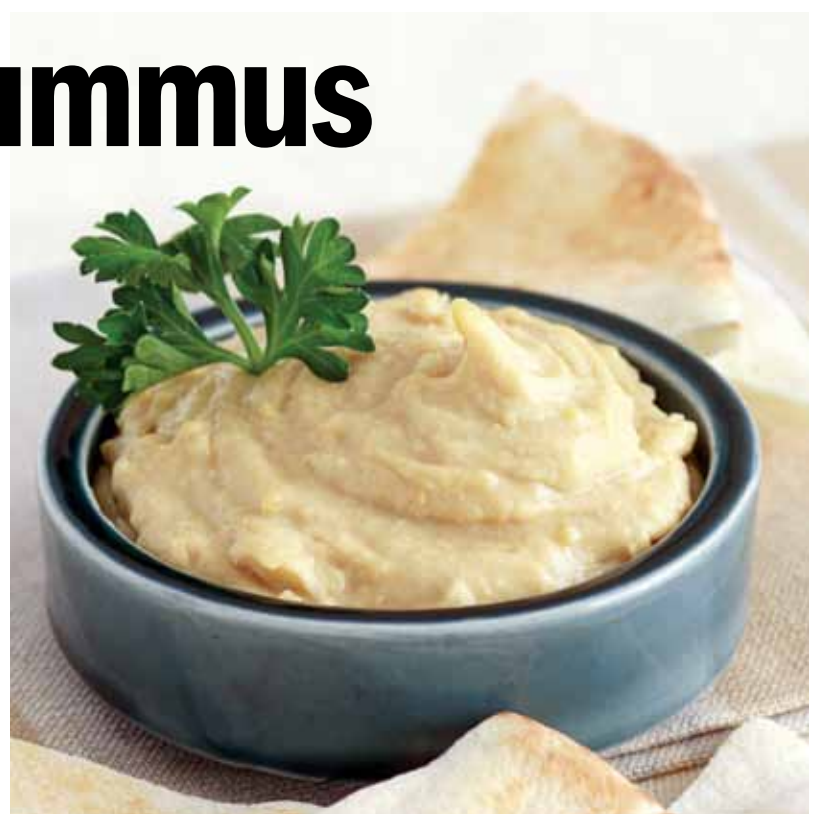
Serves
3

serving. Mix the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend well until you have a thick, creamy purée.

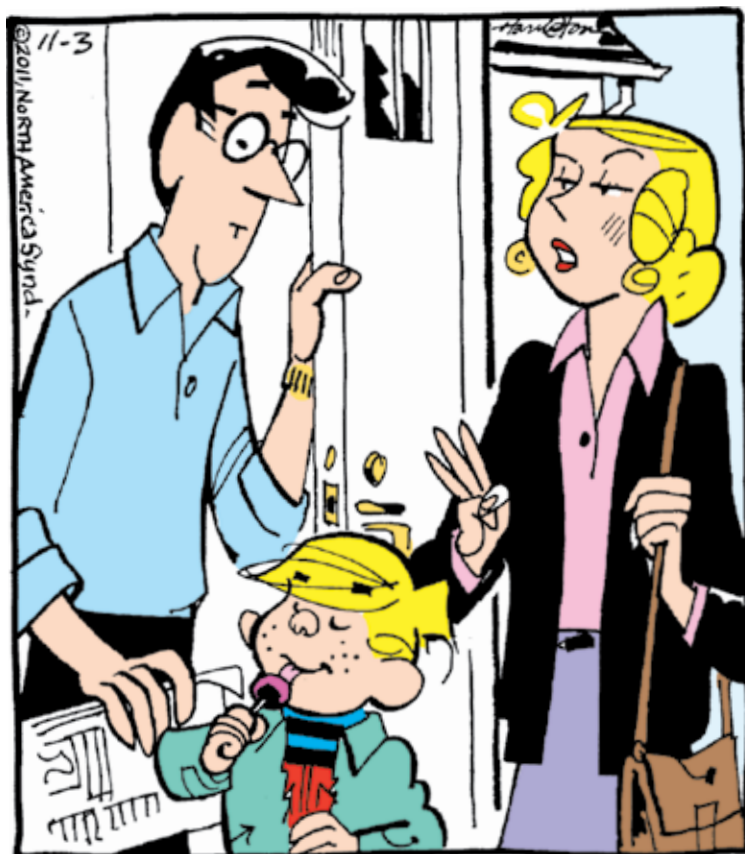
Add a splash more lemon juice, a pinch more garlic and cumin or salt to taste.

Spoon the mixture onto a dinner plate, and make it smooth by pressing with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the whole chickpeas.

Sprinkle with paprika and serve with pitta bread, warmed in the oven for three minutes and cut into quarters.

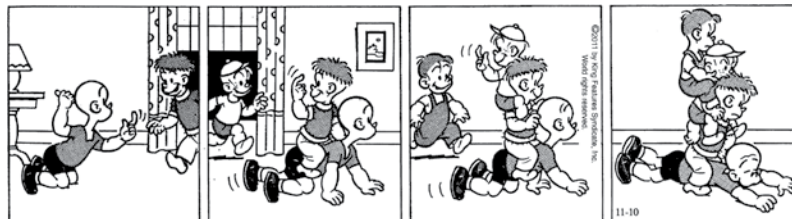


Dennis the menace



"THREE OUT OF FOUR DOCTORS PREFER DENNIS GOING TO SOMEONE ELSE."

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 put on a lot of weight over summer and am struggling to lose it. I just don't like going to the gym, what else can I try?

Read: Now the weather is cooler, why not get outside and exercise? Try running in one of Dubai's parks, join in with an outdoor boot camp or even go for a long walk on the beach. There are plenty of ways to be active without going to the gym; even just taking the stairs in your building or at work can get your heart beating and kick-start your fitness again.

Q My shoulders are so tense all the time. I think it's a mixture of stress and hunching over my computer all day. What can I do?

Read: A massage should help to loosen you up and there are plenty of qualified therapists in Dubai who can help you. To prevent the

problem in future, though, it is important to look at the ergonomics of your work environment. It may be necessary to get a new chair or some wrist supports to improve your posture, or perhaps your computer position needs adjusting.

Q I have a mole on my arm which has started to get really itchy. It doesn't seem to have grown or got darker, but I am quite bad at wearing sunscreen so I'm a bit worried about it.

Read: Get yourself along to see your doctor as soon as possible. If anything starts to look or feel different about a mole, it is important to get it looked at by a professional to rule out the possibility of skin cancer. In a country like ours, where the sun is strong all year-round, you should make sure you are wearing sunscreen on a daily basis. Even being out in the sun on your lunch break or when walking to the Metro is enough to warrant skin protection.

Who's this?

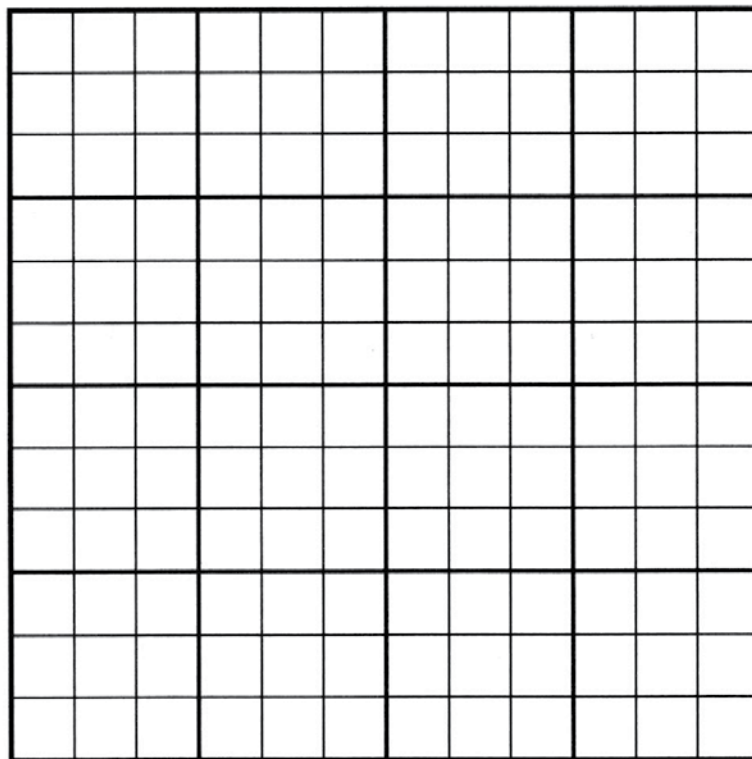
ANSWER ON PAGE 38



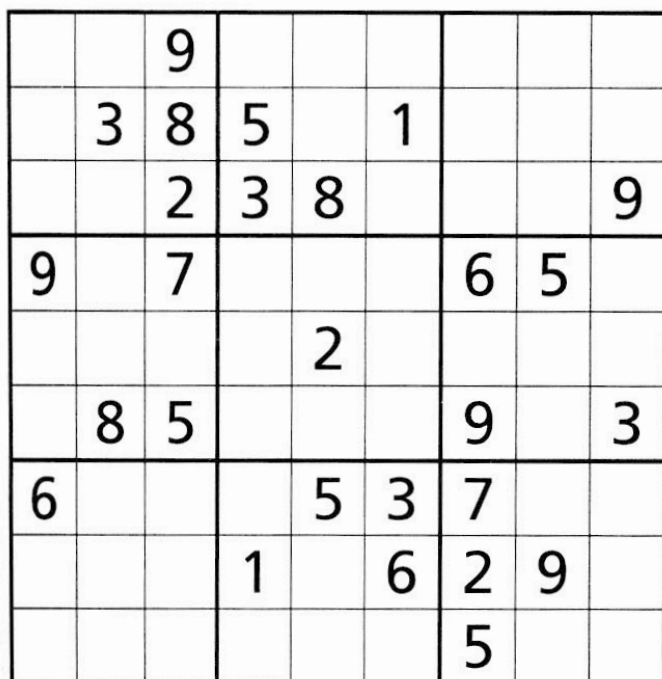
Puzzles

Bricklayer

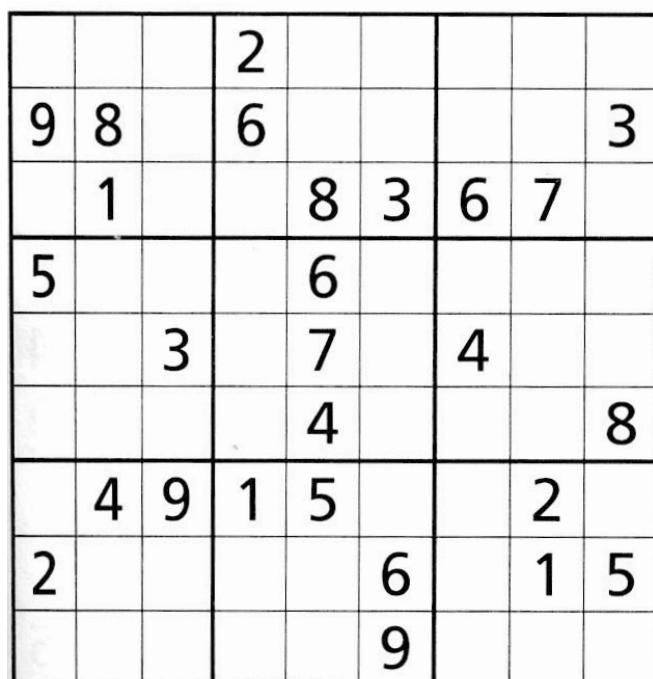
Re-arrange the 3x3 blocks into the blank grid to create a crossword type grid



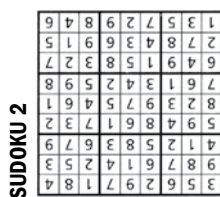
Sudoku 1



Sudoku 2



ANSWERS



WHO'S THIS? ANSWER - CHRISTIAN BALE

The Read. Team

EDITORIAL

Arnold Pinto
Managing editor

Richard Whitehead
Editor

Tom Paye
Features editor

Jonathan Castle
Home & Garden editor

Lucy Torchia
Feature writer

Alexa Soar
Feature writer

Ross Guinane
Web editor

Hassan Fawad
Web developer

DESIGN

Angela Ravi
Art editor

Sunil Kumar
Senior designer

ADVERTISING

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

CONTACT US

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



Continental Multimedia FZ LLC

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

BRANCHES

ABU DHABI:

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

KSA (JEDDAH):

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

BAHRAIN:

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

OMAN:

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

EGYPT:

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

JORDAN:

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

Registered at Dubai Technology and
Media Free Zone Authority
Printed by Masar Printing & Publishing LLC
Images supplied by Getty Images and Thinkstock unless
otherwise stated

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Any travel plans that may have stalled for some reason, could start to come together again. You feel as though you need a break, so don't hesitate when discussions are reopened. Also, a new, spiritual friend may become a much bigger part of your life.



TAURUS

(APR 21 - MAY 21)

Your lively imagination can be balanced well with practicality and this can be great for coming up with some original gift ideas for a loved one. Something may have been making you cautious at work, but this will start to ease away with the New Year.



GEMINI

(MAY 22 - JUN 21)

You may find that a surprise reunion with an old friend sparks up a connection again. While it is fun to have them back in your life, it may be best to leave money or property out of the equation; this will only cause the boundaries to become unclear.



CANCER

(JUN 22 - JUL 23)

You could be in line to receive an exciting surprise, which may bring a long-forgotten job opportunity back into focus. Someone close to you may be finding their life pretty tough at the moment; perhaps they could use your common-sense advice.



LEO

(JUL 24 - AUG 23)

This can be a tense time of year, especially if you are trying to pack too much in. By putting too much emphasis on everything being just right, you could find yourself too stressed to enjoy all your hard work, so don't panic if something isn't perfect.



VIRGO

(AUG 24 - SEP 23)

You may have had a nagging doubt about someone's intentions, and your sixth sense could prove to be right. Don't ignore the suspicions that concern you most, but at the same time, don't allow them to take over your life.



LIBRA

(SEP 24 - OCT 23)

You may feel the urge to make some last-minute home changes ready for Christmas—especially if you're expecting guests. Something may not go exactly to plan, however, but your natural diplomacy will help to overcome any glitches.



SCORPIO

(OCT 24 - NOV 22)

Someone may have charmed their way into your life in a big way, but make sure their intentions are honest before pursuing the relationship further. You may also find out some surprisingly good news from a close friend or family member.



SAGITTARIUS

(NOV 23 - DEC 21)

The stress has been piling up recently, which may have seen you start comfort eating. Be sure this doesn't become a habit or you could start the New Year feeling down about yourself. Now is also a good time to extend the olive branch to an old friend.



CAPRICORN

(DEC 22 - JAN 20)

Any feelings of uncertainty or isolation will start to lift, thanks to an exciting career prospect. People who used to be central to your plans no longer seem so important, which acts as a catalyst to start focusing on what you really want.



AQUARIUS

(JAN 21 - FEB 19)

You may have recently parted ways with a loved one, but going over it all in your mind time and time again will not help the healing process. By concentrating on yourself, a clearer picture will emerge which will give you optimism again.



PISCES

(FEB 20 - MAR 20)

Tensions could start to arise within a friendship, and it could all be down to the different way in which you both think about things. By agreeing to disagree on an issue, you can get back on track, although the tension will take a while to clear.



This week's local weather

SUN



WARM
HIGH 24C
LOW 18C
HUMIDITY 47%

MON



PARTLY CLOUDY
HIGH 24C
LOW 19C
HUMIDITY 43%

TUE



PARTLY CLOUDY
HIGH 26C
LOW 17C
HUMIDITY 38%

WED



WARM
HIGH 25C
LOW 21C
HUMIDITY 40%

THU



WARM
HIGH 25C
LOW 21C
HUMIDITY 42%

FRI



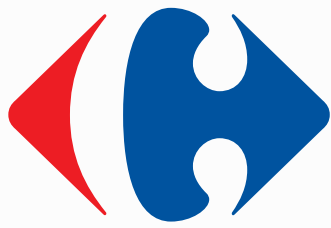
WARM
HIGH 25C
LOW 20C
HUMIDITY 43%

SAT



WARM
HIGH 24C
LOW 20C
HUMIDITY 46%

كارفور



Carrefour

www.carrefouruae.com

FESTIVE FEASTS AT LOW, LOW PRICES!

أشهى المأكولات بأفضل الأسعار

Low prices and so much more!

From 15th Dec until 24th Dec 2011



2
PART

29 Dhs

ديك حبيش طازج، فرنسي
متوفر أيضاً مشوي بـ 22.50 درهم للكيلو
Fresh Turkey, France
Also available
roasted Dhs 32.50 per kg



25 Dhs

جبنة، لكحات متنوعة
Cheese assorted

19 Dhs

زيتون، لكحات متنوعة
Olive assorted



39 Dhs

طبق جبنة فرنسي
Cheese platter, France



155 Dhs

كبدة (ريغ حلال)، فرنسا
Reghhalal liver, France



1 Dhs

خبز باغيت تقليدي
Baguette tradition



72 Dhs

محار نورماندي 12 قطع
+ سكين، فرنسا
Oyster Normandy N3 x12pcs
+ knife, France



22 Dhs

سلطعون أزرق، محلي
Blue Crab, UAE



22 Dhs

مكعبات لحم بقري أستراليا
Beef cubes, Australia

Get 4%
Cashback
The best value in town



Add more to your life!

Enjoy online shopping

www.iC4uae.com

Carrefour
toll free number
800 7 32 32