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JANUARY 8-14, 2012 | Issue 30

# Read

**DUBAI SHOPPING FESTIVAL**  
مهرجانات دبي للتسوق  
Jan 05 - Feb 05 2012 ٥ يناير - ٥ فبراير



## INVESTIGATE THIS

Clint Eastwood's biopic on the ex-head of the FBI, *J. Edgar*, fails to delve into the real workings of the man

## FULL OF WONDER



## WHITE TAKES BLACK

Designers are offering fashionistas a clean sheet with their all-white outfits for the spring/summer collections



## LITTLE-KNOWN GLAND

Everyone has heard of the thyroid gland, but what about its important role in the body and its effects when it goes wrong?

# Best of 2012

The seven most anticipated blockbusters of the year



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

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

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## Read. Poll

**What is your dream monthly salary?**

- Dh5,000
- Dh5,001-10,000
- Dh10,001-20,000
- Dh20,001-30,000+

Cast your vote online at [www.readme.ae](http://www.readme.ae)

### LAST READ. POLL RESULTS

**How many branded mobile phones have you ever owned?**

|       |     |
|-------|-----|
| 1-5   | 65% |
| 6-10  | 23% |
| 11-20 | 6%  |
| 21+   | 4%  |

# Letters

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

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

✉ Hi Read., I was interested to note your response to Lindi Darley about transferring her UK driving licence to a UAE licence. Would your advice also cover transferring a New Zealand driving licence to a UAE one?

**Ann McGlenn**

**ED:** Certain nationalities are able to obtain a Dubai driving licence simply by showing their home country's driving licence, and going through a bit of paperwork. New Zealand falls under the same category as the UK, so you're in luck.

✉ Dear Read., For the last 7 years

I have donated blood on the first day of every new year as well as when somebody needed blood in my home country. But, this year, I could not donate blood on the first day of the new year as I am new to Dubai and I don't know where to donate blood in the city. I now live near Deira City Center. I want to know where I can go to donate blood in Dubai. Please provide me with the relevant information as soon as possible.

**Fayaj Ahamed**

**ED:** Hi Fayaj. It's a great thing you do, because every drop goes to saving a life. You can donate at the Blood Donation Centre in Al Wasl Hospital, which you can find by taking Dubai Metro to Dubai Healthcare City Metro Station on the

Green Line. Before making the trip, be sure to check out the donor eligibility guidelines at [www.uaedonors.com/donationdetails](http://www.uaedonors.com/donationdetails).

✉ Hi Read., It really is the perfect weather at the moment to be outside and walking, so I love avoiding the feeder bus between the Burj Khalifa station, and the Dubai Mall, to just take in all the amazing sights. I just want to tell people to get out there in the fresh air and enjoy the walk while it's not too hot. You may unknowingly love the exercise.

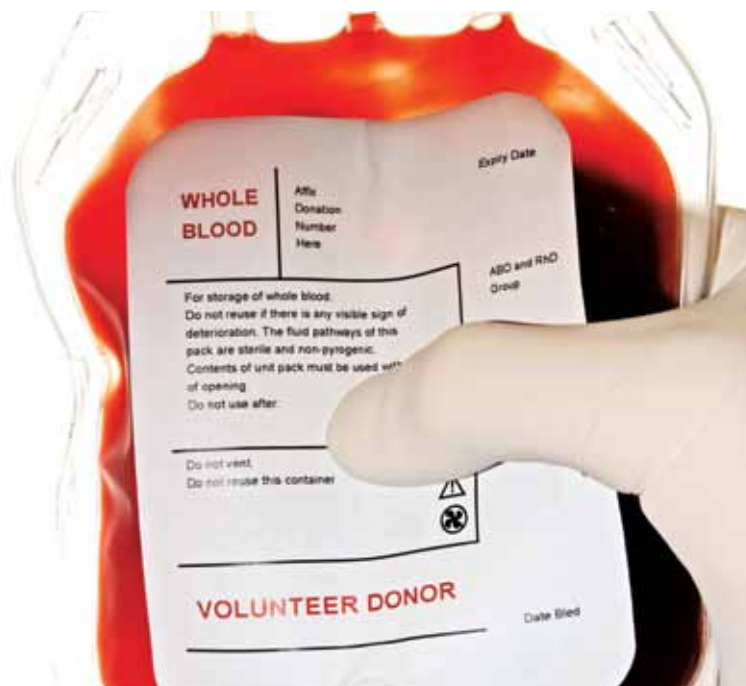
**Anne-marie Pearson**

**ED:** Thanks for your letter, Anne-marie. There's some good news for you, and whoever else enjoys that walk. Although it won't be opened until next year, an air conditioned pedestrian walkway, designed in glass so as not to obstruct those amazing views, will connect the Burj Khalifa Metro Station and the Dubai Mall. And at 820 metres long, it will be a perfect warm-up exercise before tackling the shops.

✉ Hey Read., I just wanted to let you know that your team does a great job. I've been a reader since issue one, and I think one of the best moves you made was to change the size of the magazine. Keep up the great work, and happy New Year.

**Si Duxbury**

**ED:** Thank you Si, we aim to please, and it's always great to get such good feedback. Thanks again for your message, and a very happy and prosperous New Year to you, too.



## My Metro life

**Shabeel Ummer**

Legal & Management Trainer, Dubai



My first Metro journey with my family was slightly anxious as it was on the first day of the Red Line being open to the public. Now though, I take the Metro between my office and home regularly. It takes a minimum of 20 minutes each way of the trip by car, but it takes 20 minutes maximum for the same route by the Metro, this fact signalled the beginning of my Metro life as I left the traffic life.

Being a management trainer, I have come across a lot of occasions where I was only able to make it on time by taking the Metro, even for a



time management session. Hence I place on record that Dubai Metro has given each and everyone the value of time and it has helped us to manage ourselves in a time-bound and agile world. The time frame within which they completed both the lines and the timely structured trips of the train rebuilds the lost value of punctuality.

So I consider the best part of

Dubai Metro is time management. Furthermore, I have nurtured a desire to do a time management training exercise with my trainees, maybe from one end of the Metro to the other to pay tribute to all the Dubai Metro team for their endless and continuous efforts.

The Metro has become an integral part of my life and even when my family joins me it will still continue as a part of our life. Yes!

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

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# Metro pics



Post your pictures (any subject) on the Facebook page of **Read**. The pictures with the most number of 'Likes' will be selected for publication and the most creative one will also be awarded a Digitally voucher worth Dh250. To be eligible, your pictures must be your own (taken by you). Post your pictures to [www.facebook.com/readmeae](http://www.facebook.com/readmeae)



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ZOYA MEHR



ALEX GTR



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VHI JAYE N. BICHARA



BERNABE MAGPANTAY

# Station by station guide

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

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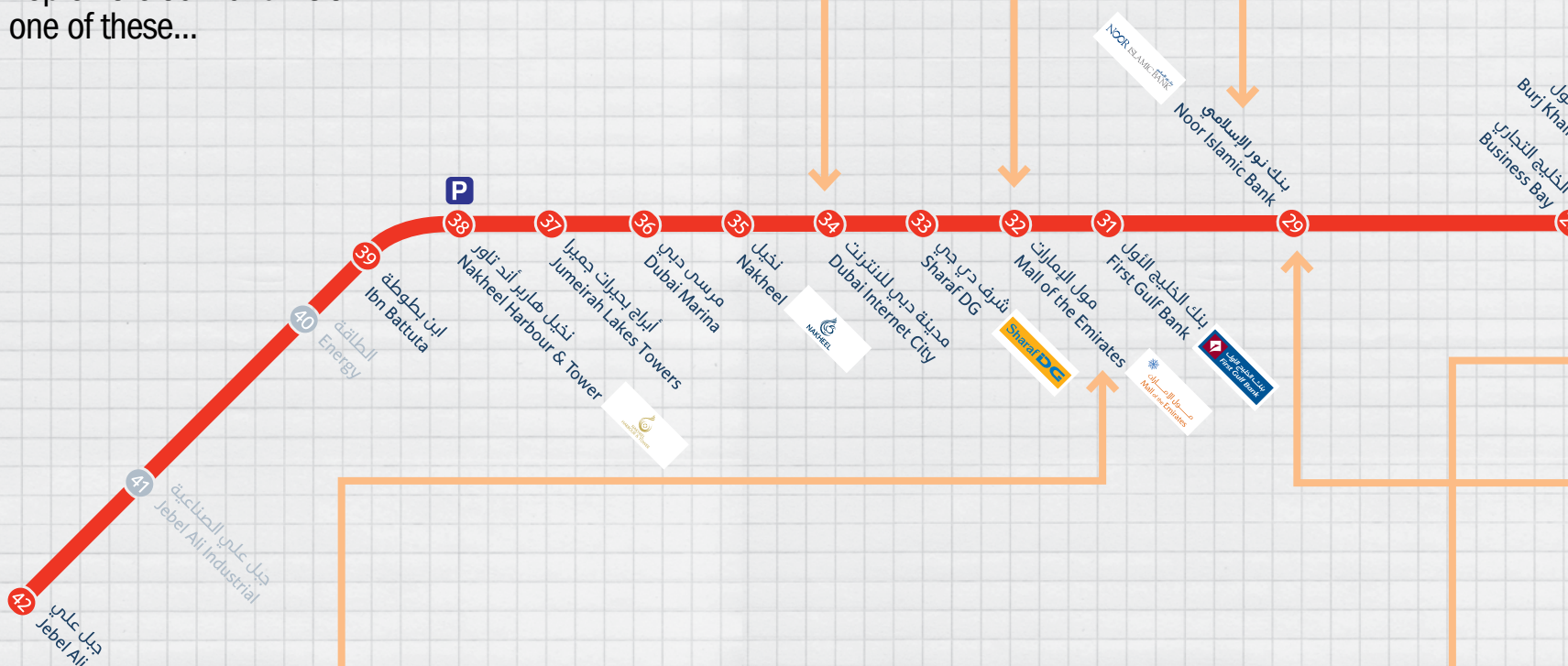
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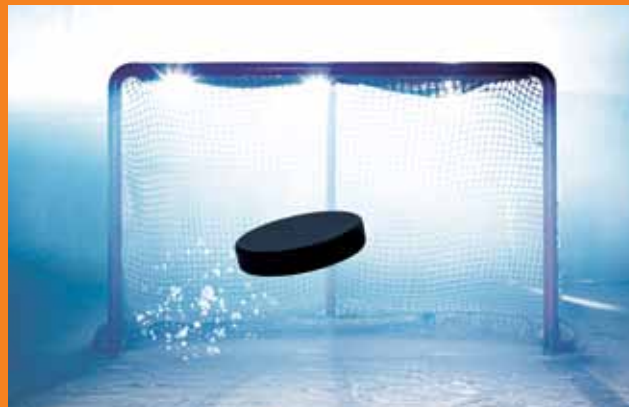
## Rocking All Over the World Opening Night

**JANUARY 11**

**FIRST GROUP THEATRE, MADINAT JUMEIRAH**

The popular musical is coming to Dubai, whisking audiences on a musical journey around the world from New York to Johannesburg, London to Sydney and Paris to Vancouver. The 11-man cast pays tribute to musical legends like Madonna, Bon Jovi and Michael Jackson.

## Emirates Hockey League Cup



**JANUARY 11**

**DUBAI ICE RINK, DUBAI MALL**

Watch pucks fly and sticks clash as the UAE's best ice hockey players battle it out for the coveted season cup at Dubai Ice Rink. The match begins at 8.15pm and free seating is available.

TO FEATURE YOUR EVENT,  
EMAIL [EDITORIAL@README.AE](mailto:EDITORIAL@README.AE)





## Backstage presents Hats and Dagger Shorts

JANUARY 13-14

DUCTAC, MALL OF THE EMIRATES

Backstage theatre group is teaming up with Emirati filmmaker Mustafa Abbas to adapt two of his scripts for the stage. Doors will open at 7pm on Thursday and Friday evening for performances of the two new plays.

## Kids Cooking Club

RUNS UNTIL JANUARY 28

LAYIA OAK HOTEL AND SUITES, AL BARSHA

This new kids' cooking club will teach youngsters how



to bake. A team of experienced chefs will show children aged three years and over how to prepare simple, tasty and healthy snacks on the Queen of Sheba terrace, with access to the Waves Pool and Children's Playground included in the ticket price of Dh45 per class.



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## Innerscapes opening reception



JANUARY 11  
GREEN ART GALLERY,  
AL QUOZ

The Green Art Gallery will kick off its 2012 program with a solo exhibition by acclaimed Turkish photographer Nazif Topcuoglu. The exhibition will run until March 5, 2012 but for a chance to meet the artist and discuss his works, head to the opening night on January 11 from 7-9pm.

# The Burning Question

**Q** Last week, Samoa lost a day by changing from one side of the International Date Line to the other. If you could write off any day of the year, which would it be?



**Jocelyn Cerrero**  
OFFICE WORKER, JBR

I enjoy every occasion throughout the year and every day. I think that the fact that most countries celebrate events such as New Year's Eve is important and fun.

**Sameer Khan**

RETAIL, DEIRA

I would get rid of Valentine's Day because my girlfriend is back in my home country and so I miss her on days like that. I feel very homesick and miss my loved ones on these occasions.



**Sann Karki**

RETAIL, DEIRA

I would choose to avoid Valentine's Day as my loved ones and family are back home and I am in Dubai.



**Katrina Bacay**

OFFICE WORKER, DEIRA

I would get rid of Halloween because I think it very boring and I don't enjoy myself on this occasion.



**Nathaniel Azares**

PRIVATE SERVICE, AL QUOZ

I would get rid of New Year's Eve as it is too busy and overcrowded everywhere you go. It is physically demanding at work on days like that due to the crowds.



**Ishak Mohammad**

SENIOR SALES ASSOCIATE, DEIRA

I would get rid of New Year's Day as it is the day that you have to make plans for the entire year and at work we go through these plans.



**Tanya Terrazas**

DUBAI MARINA

I love to celebrate and I think that every day is precious so I wouldn't get rid of any day in the year. Every single moment should be cherished. I feel that each day is an opportunity to spend time with your friends and family.



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## The Dubai Autism Centre's crusade to help autism sufferers.

**A**utism is one of those conditions that, unless you know someone who deals with it, be it their child or family friend, is a relatively hidden disorder. However, that doesn't change the fact that it is a lifelong developmental disability that affects how a person communicates with, and relates to, other people and the world around them, and it most certainly doesn't mean that it should be hidden behind closed doors.

"Establishing Dubai Autism Centre was a challenge, as it tackled an issue that many tried to avoid. Thus was a pioneer in bridging and fulfilling a dire need in the United Arab Emirates to provide services for a special sector that was otherwise absent from the mind and sight, the children diagnosed with autism," stated Maryam Mohammed Khalfan Al Roumi, Minister of Social Affairs.

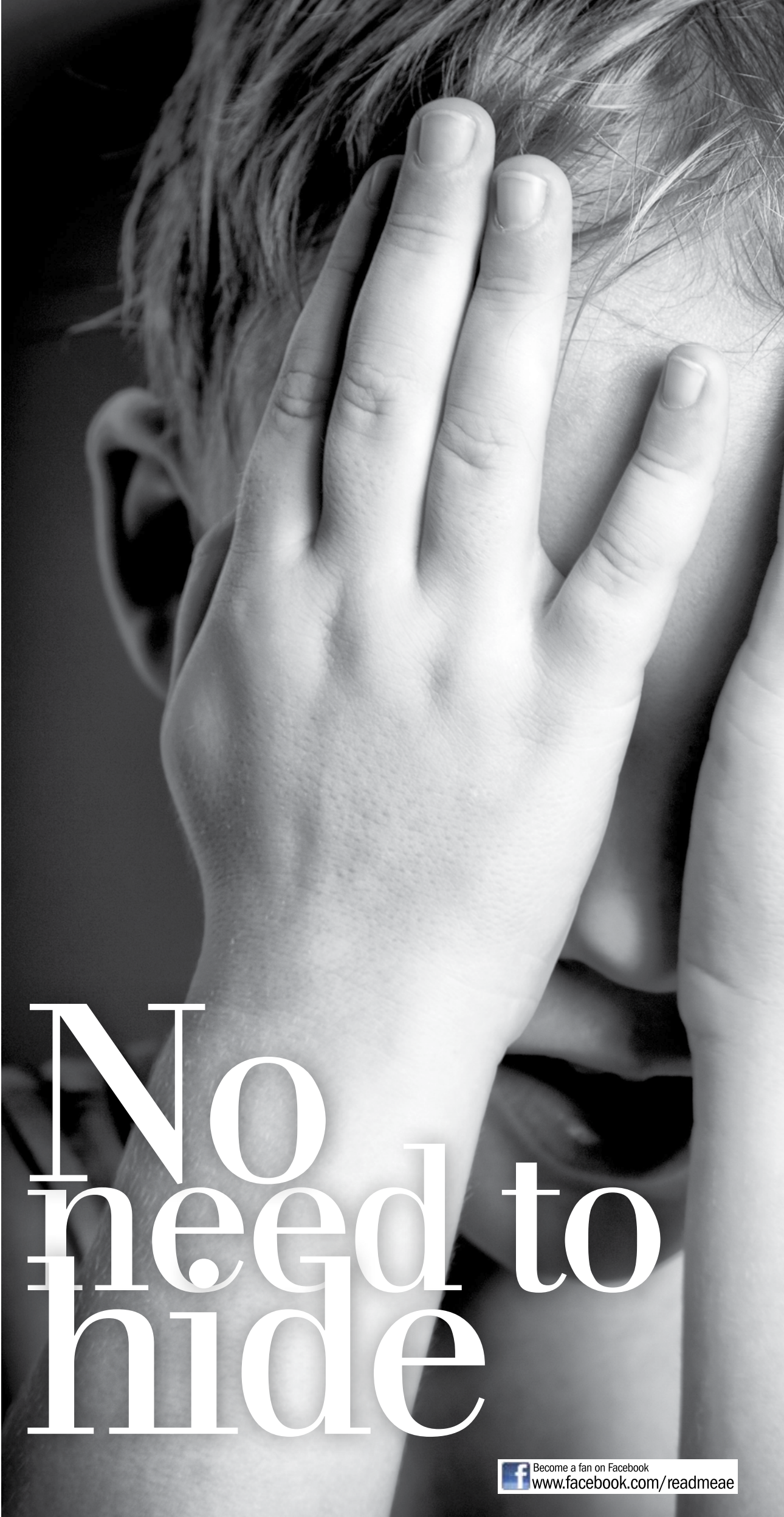
"Within a record time, the centre has been at the forefront of centres providing specialised services for autism and a model in the Gulf States," continued Al Roumi.

"Not only that, the centre has also become a knowledge source for specialists and researchers as well as a destination for experts from all around the world to exchange ideas and the latest studies on autism."

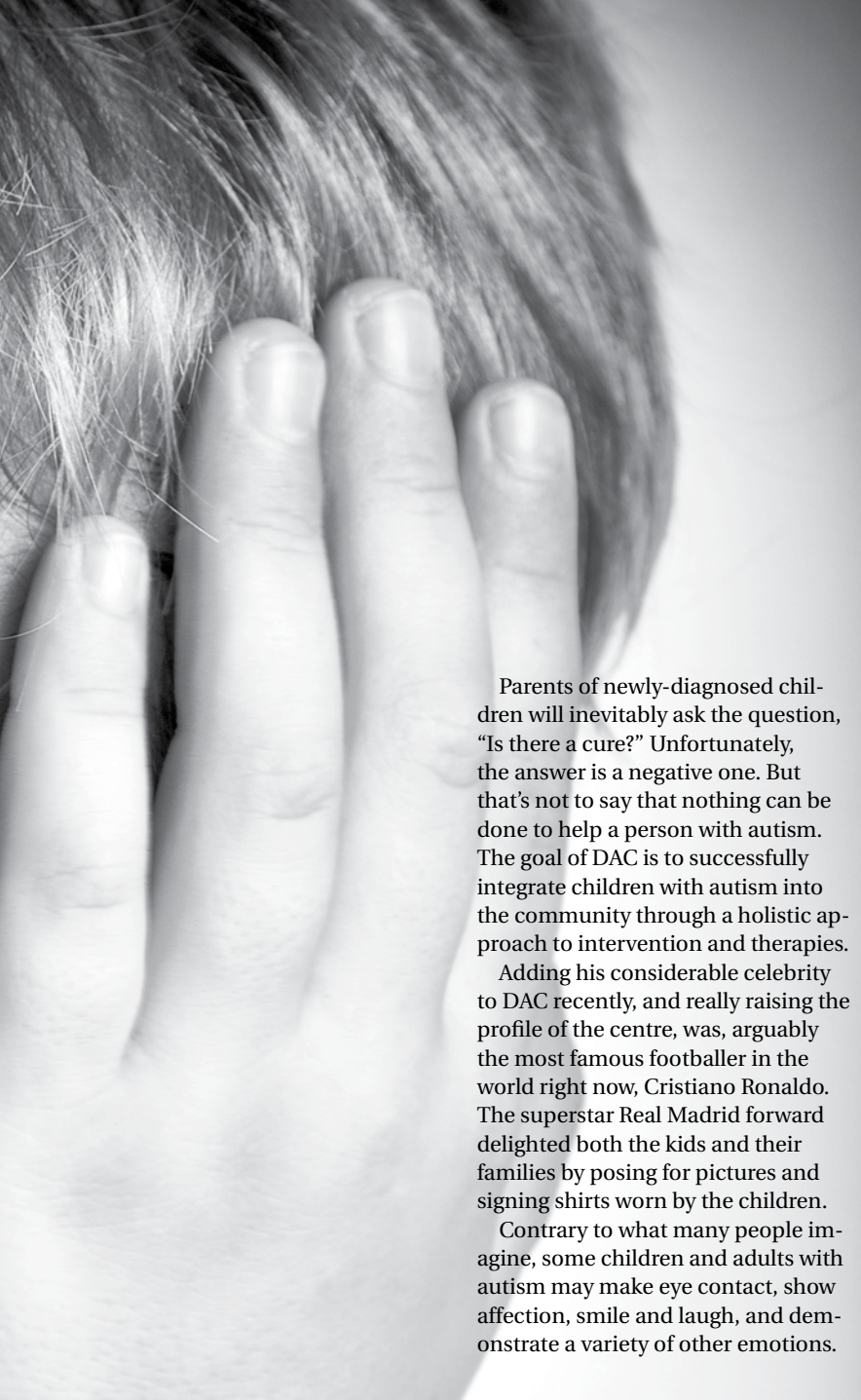
### Ideal careers for an autistic person

It's a common trait among autistic people; they see the parts instead of the whole. It's a problem in some settings, but a terrific attribute if you're looking for deep space anomalies (as an astronomer), unique cells (as a lab technician), differences among species (as a biological researcher), particular qualities of objects (as a gemologist, antiques appraiser, or art historian).

Autism affects as many as one in 110 people worldwide. Visit [dubaiautismcenter.ae](http://dubaiautismcenter.ae) for more information.



# No need to hide



Parents of newly-diagnosed children will inevitably ask the question, "Is there a cure?" Unfortunately, the answer is a negative one. But that's not to say that nothing can be done to help a person with autism. The goal of DAC is to successfully integrate children with autism into the community through a holistic approach to intervention and therapies.

Adding his considerable celebrity to DAC recently, and really raising the profile of the centre, was, arguably the most famous footballer in the world right now, Cristiano Ronaldo. The superstar Real Madrid forward delighted both the kids and their families by posing for pictures and signing shirts worn by the children.

Contrary to what many people imagine, some children and adults with autism may make eye contact, show affection, smile and laugh, and demonstrate a variety of other emotions.

Some go on to hold down responsible employment, have relationships with others, marry and raise children.

Many people with autism have an ability to focus on detail and may have good powers of concentration on a single activity provided it is of interest to them. This means they can often achieve a very high level of skill in a particular area.

Children with autism can be especially good at learning facts, skills and talents. People with autism tend to be very honest and, if communication skills develop, will report things very accurately and openly.

The symptoms and characteristics of autism can present themselves in a wide variety of combinations. Both children and adults can exhibit any

combination of autistic behaviours in varying degrees of severity. This means that two children, both with the same diagnosis, can act very differently from one another and have varying skills.

As the Chairman of Dubai Autism Centre, His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum says, "The source of our concern for special needs people is to give each individual in our society the attention and care they deserve."

So, just because someone is a little different doesn't mean we turn our back on them and stick our head in the sand.

It means we give them more attention and try to understand what it is they're going through. ●



CHRISTIANO RONALDO



# One million reasons to love shopping

Shoppers at Deira City Centre will have the chance to win Dh1 million in shopping sprees this DSF.

## DUBAI SHOPPING FESTIVAL

It's that time of year again—the super-sale season has hit Dubai. Providing shopaholics with a wealth of promotional offers and discounts, live international shows, attractive prizes, and raffles worth millions of dirhams, DSF 2012 is set to be the most talked about shopping festival yet.

Whether you love movies, dining, games or fashion-tastic offers, Deira City Centre is definitely this year's must-visit mall. In addition to housing an array of local and international fashion-forward brands, global cuisine and exhilarating experiences for the entire family, Dubai's much-loved mall is hosting international dance performances, a photography exhibition, and providing shoppers with a chance to win up to Dh1 million in shopping sprees when they spend

Dh300. Moreover, as an extra treat, shoppers who redeem their Dh300 receipts at the mall's newly-opened Metro Link counter will double their

e-coupons—meaning they double their chances of winning the grand prize shopping spree.

Throughout the day—up to January

20—parents and children are urged to visit the mall's Centre Stage, where kids can join a creative workshop, play dress-up and have their photo taken. Parents can then download photos as a keepsake from the Deira City Centre Facebook page, and get the chance to win a Dh500 Gift Card daily.

Show-stopping world dance performances from Bollywood, Asia and Europe are also taking place on the mall's Centre Stage—three times a night, up to and including January 20. Plus, for the art-loving shopper, Deira City Centre's new Metro Link features a lifestyle photography exhibition showcasing the 'Best Of' images from the nation's up-and-coming talent.

When you visit Deira City Centre this DSF, there's an immediate sense of festivity, and with so much happening under one roof, it's definitely every shopaholic's dream!



BOLLYWOOD DANCERS TAKE TO THE STAGE THIS DSF

There are few places in the world that offer as much mysticism and romance as Vietnam.

**W**hen it comes to finding a holiday destination that has a little bit of everything, Vietnam stands in a class of its own. Dramatic scenery and secluded islands, buzzing cities overflowing with culture and a well-established backpacking scene, punctuated by a growing number of luxury resorts—Vietnam really does have something for everyone.

The capital, Hanoi, is a bewildering rush of beeping motorbikes, clamouring market places and rickety hostels crammed together along wide side-streets. As you step outside in the morning, a rush of sounds, smells and colours fills your senses, reminding you that Vietnam is not a country to be quietly absorbed.

This is a land where the colours are more vivid, where the landscape is bolder, where the coastline is more dramatic, where the history is more compelling, where the tastes are more divine and where life is lived in the fast lane. Vietnam demands to be seen with eyes wide open and every sense alert to the hundreds of new sights, sounds and smells that it confronts you with at every turn.

Once you've had your fill of the noisy capital, head out to the northern provinces to explore some of the most remarkable scenery in South East Asia. Description simply cannot do justice to the beauty of Halong Bay, where echoing caves, dripping with stalactites and stalacmites lie hidden in a series of 3,000 or more mountainous islands.

Settle back in an easy chair on the top deck of a tour boat and take in the rugged beauty of this World Heritage site as you sail between craggy islets



HALONG BAY

## Dishes to try in Vietnam:

- Cao lau – a Hoi An dish made of specially 'burnt-flavoured' egg noodles topped with meats.
- Com tam – a popular Hue dish made from rice and clams.
- Banh beo – small pancakes topped with minced shrimp and other ingredients, including chives and shallots.

dotted with white beaches and mysterious grottoes. Stop at Cat Ba National Park to hike through the rocks and explore the caves, one of which formerly served as a secret, bomb-proof hospital during the Vietnam War.

Amazingly, all this is just a small portion of what Vietnam has to offer. Once you've had your fill of the north, prepare yourself for the lengthy bus ride south, taking in as many towns and cities as you have time for on the way.

A little further on lies the quaint and picturesque city of Hoi An, the centre of Vietnam's tailoring industry. Few tourists leave here without several new items of clothing, cut to their exact specifications and available in a bewildering array of patterns and fabrics. A lengthy and scenic bus ride will take you on to the comparatively modern city of Nha Trang, where the beaches are lined with sleepy tourists, regaining their strength before exploring the rest of Vietnam.

There are two sides to Nha Trang. One is Danang, a vibrant Vietnamese city and the other is a Western

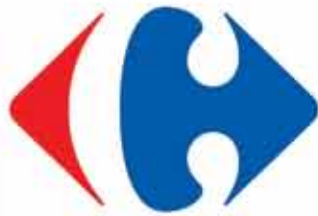
resort town, filled with tourist bars, shops and hotels. There's plenty here to entice you into pausing for a few days before venturing on to Ho Chi Minh City.

Finally, continue on to Ho Chi Minh City, formerly known as Saigon, and the perfect place to culminate your Vietnamese adventure. Gleaming skyscrapers and designer malls tower over ramshackle markets and ancient monuments in this mysterious city, which, in its diversity, life and colour, captures the true essence of this exotic land. ●



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# Not to be missed

We profile the top seven most anticipated films for 2012, ahead of what promises to be a great year for Hollywood.

## The Hunger Games

Slated for a March release, *The Hunger Games* is one of the most talked about films of the moment, it being based on the Suzanne Collins novel of the same name. The movie is set in a dystopian future in the nation of Panem, which lies atop the ruins of what was once North America. The regime randomly selects a boy and girl between the ages of 12 and 18 from each of the 12 districts, and pits them against each other in a ruthless kill-or-be-killed competition until only one is left standing. It should certainly offer as much drama as the harrowing novel does.



DANIEL CRAIG AND THE NEXT TWO BOND GIRLS

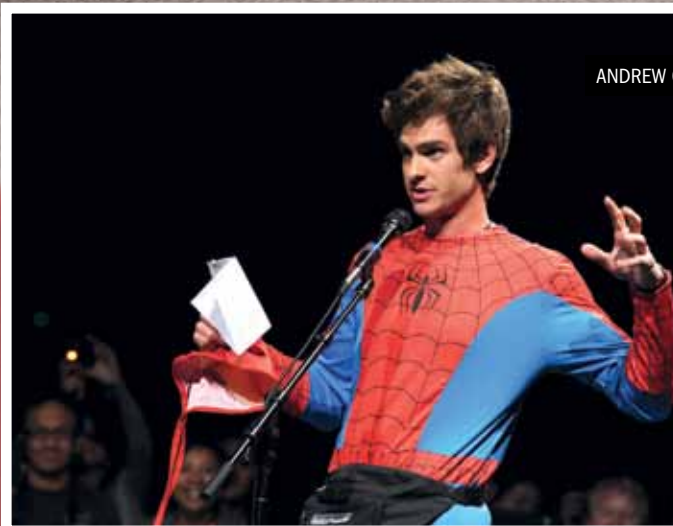
## Skyfall

The 23rd James Bond film is set for release this October, following its suspended production throughout 2010 due to film studio MGM's financial problems. Daniel Craig, who has won plenty of acclaim for his performance as the iconic agent, will reprise the role for this film, while Judi Dench is confirmed to take on the role of M once again. Craig has stated that the *Skyfall* plot will be unrelated to the previous two Bond films, and will instead see 007 question his loyalty to M after the ghosts of her past come back to wreak havoc in the present-day M16.

## The Dark Knight Rises

This is the number one most anticipated film on a number of lists on the web at the moment, and with good reason. With the last two Batman films, *Batman Begins* and *The Dark Knight*, being such big hits, and with the latter being left on such a cliffhanger, it's no wonder that fans are eager for the conclusion. This one is set eight years after the last. Batman has not surfaced since taking the blame for Harvey Dent's crimes, though he is forced to return after terrorist leader Bane arrives, overwhelming Gotham City and pushing the police force to its limits.





ANDREW GARFIELD, THE NEW PETER PARKER

## The Amazing Spider-Man

Despite the last Spider-Man film having only wrapped things up in 2007, Hollywood has seen fit to re-boot the franchise and start again, from the moment Peter Parker is bitten by a radioactive spider, with an entirely new cast and crew. In contrast to the lighter tone offered by the previous films, *The Amazing Spider-Man* promises to be darker in mood, with Peter Parker grappling with the traumas of his past and coming to terms with the responsibilities of possessing his amazing abilities.



## The Hobbit: An Unexpected Journey

Ever since Peter Jackson's epic *Lord of the Rings* trilogy ended in 2003, fans and critics have been crying out for a film version of the preceding story, *The Hobbit*. After much toing and froing, and another director agreeing to join the project and then dropping out, production began with Jackson at the helm last year. The story follows a younger Bilbo Baggins, played by Martin Freeman, as he joins Gandalf on a new adventure that will change him forever. Much of the production crew from *The Lord of the Rings* has returned for this film, meaning it should be every bit as enjoyable as the original trilogy was.



RIDLEY SCOTT ON SET

## Prometheus

The premise of Ridley Scott's latest science fiction epic was originally intended to be a prequel to 1979's *Alien*, though massive script changes resulted in this film taking a form of its own. Scott has said that the plot will share elements with the *Alien* universe, though it also has its own mythology to explore. The trailer is particularly sketchy in details, offering only the premise that the crew of the *Prometheus* are exploring what appears to be the ruins of an extraterrestrial race, uncovering a dark horror that threatens humanity. However the story pans out, though, it's almost certain that the film will be one of the summer's biggest blockbusters.

## The Avengers

Many of the recent Marvel Comics releases (*Captain America*, *Thor*, *Iron Man*) have been setting the scene for this, the movie that will bring these characters together as a super-human fighting force known as SHIELD. Robert Downey Jr. will reprise his role as Tony Stark, meaning that the film is almost guaranteed to have at least one good performance. Much is riding on this super-film, given that the last few Marvel releases have seen lacklustre reviews.





## The six core values of naturopathic philosophy

- 1** First, do no harm; provide the most effective healthcare available with the least risk to patients at all times.
- 2** Recognise, respect and promote the self-healing power of nature inherent in each individual human being.
- 3** Identify and remove the causes of illness, rather than eliminate or suppress symptoms.
- 4** Educate, inspire rational hope and encourage self-responsibility for health.
- 5** Treat each person by considering all individual health factors and influences.
- 6** Emphasise the condition of health to promote well-being and to prevent diseases for the individual, each community and our world.

**M**any of the health problems we experience today are the result of our environment, says Dr Parviz Rashvand, a leading practitioner of naturopathic medicine in Dubai. The aim of his brand of naturopathy is to restore the body to its natural state by identifying the imbalances that have unavoidably amassed over a lifetime of inhaling, eating and experiencing harmful, alien substances, and then removing them.

"Our lifestyles today don't compare to the way we used to live. For example, children now sit in front of computer screens instead of playing together outdoors, which affects physical and emotional development and, therefore, function levels. The air we breathe is polluted and damaging to our vital organs while the foods we eat are packed with artificial flavourings, preservatives and pesticides," he says.

Unlike conventional medicine, naturopathy focuses on root causes, like these, which may be at the core of a health problem. "In conventional medicine, the emphasis falls

heavily on diagnosis and cure of symptoms, whereas in naturopathy, doctors work with the patient to try and find the root of the problem. The aim in naturopathic treatment is for the patient to regain balance both in mind and body, restoring them to their true state of health," says naturopathic physician, Chris Burley N.D.

According to Dr Rashvand, naturopathic physicians prefer to use as few medicines as possible. "We want to avoid adding any more alien substances to the body than it already ingests on a daily basis. We want to restore the body to its natural state, not push it further away with too many strong medications that may temporarily alleviate one prob-

As its name suggests, naturopathy aims to return the body to its natural state.

# Naturopathy: Painless healing



lem, but probably cause or prolong another.”

To do this, Dr Rashvand combines a range of naturalistic medical fields with cutting-edge quantum technologies. He uses the Indigo Biofeedback system to conduct a detailed body scan, which alerts him to any areas of pain and weakness, both physical and emotional, in the body. The process is non-invasive and simply requires the patient to sit before

a computer for ten minutes, while it reads their system.

It works, Dr Rashvand explains, by reading the patient's basic electrical parameters and frequency, storing them, then bouncing them back along with other frequencies to read the individual functions of the body. “Every atom and every particle vibrates with a unique frequency. The machine reads the electrical aura this creates and breaks down its finding

to yield results for every individual thing in the body,” he says.

This, however, is just half of it. A simple click of the mouse is all that's then needed to rectify and change some of the problems. The machine can perform acupuncture without needles, boost hormone levels without ingesting any substances and alleviate pains with no touch. It can even perform cosmetic procedures such as anti-ageing, weight reduction and lip-plumping.

It can also identify food allergies and direct you towards the foods that work best with your body, all without a single prick of a needle or the ingestion of any medical substance. In this sense, it couldn't be more different from conventional medicine, where a trip to the doctor often involves something that pricks, embarrasses or hurts you in some way. But avoiding this is exactly what naturopathy is all about. As Dr Rashvand says, “Naturopathy is the art of improving quality of health, we do this by restoring the body, not invading it.” ●

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# BYTES & PIECES

JOE AKKAWI  
TECH GURU



## 2012: Changing landscape, high expectations

2011 has been one heck of a year. From Microsoft buying Skype, to Google preparing to acquire Motorola and Steve Jobs passing away, the tech roller coaster has been in constant motion. 2012 is going to have a hard time competing, but I'm definitely looking forward to another year of changes.

I'm looking forward to more debates on whether an Android or an iPhone is better. I'm looking forward to the next social media platform that will try to rival Facebook.

"Are we going to see Nokia compete again on the Smartphone market with Lumina?"

I'm looking forward to the Middle East seeing more entrepreneurs go online and build fantastic e-commerce solutions.

I'm looking forward to laptops getting ever smaller and tablets becoming better. I'm looking forward to shopping on my phone and not carrying five credit cards. Will Windows 8 be a step up from Windows 7, or will Microsoft release another Vista? Are we going to see Nokia compete again on the Smartphone market with its new Lumia line? And what about Apple? With Steve Jobs gone, are we still going to see the same level of products being released? Will we finally see the end of Adobe's Flash and HTML 5 dominating the Internet?

This is going to be another big year with a lot of exciting developments coming our way. All I have to do right now is to hope that, when I write my 2012 review in a year's time, the Mayans were wrong about the end of the world. Happy new year, everybody!



China's new alternative to GPS could very well change the sat-nav market forever

**B**arely two weeks ago, China's rival to America's widely used GPS system, Beidou, was switched on, providing navigation data, travelling time and location-based services to China and its surrounding countries. The system has been in development since 2000, and it's seen as a step forward in offering a massive competitor to the dominant navigation service.

There are other services available, yes, but none have been quite as successful as GPS. Russia's system, Glonass, has, until recently, only covered part of the Earth's surface. It was also only made available to the public in 2007, having previously been the preserve of the Russian Military. And though Russia says that recent satellite launches mean that Glonass'

# 35

The number of Beidou satellites China hopes is operational by 2020.

reach is now global, users outside of Russia have seen little reason to defect from the American system. What's more, Europe's alternative system, Galileo, will not enter service until 2019, according to the European Space Agency.

This means that China looks set to make a big impact on this still relatively young market. Currently, there are 10 Beidou satellites in orbit pro-

viding these services, though China hopes to send six more into space by 2012, and eventually have 35 operational by 2020. This would provide global coverage so that, even in the west, consumers will have a choice over which service they want to use.

China's system differs from the other three. The American, Russian and European systems all make use of medium Earth orbit (MEO) satellites, meaning that their orbit times vary according to how close to the Earth they are. The ones nearest the Earth can orbit in around two hours, while higher models will take up to 24 hours. The Beidou satellites, on the other hand, sit in geostationary orbit, above the MEO zone, which mean the satellites appear fixed in the sky, as they orbit at the same rate of the Earth's rotation.

Obviously, if the satellite remains



THE GPS SYSTEM REQUIRES A CONSTELLATION OF SATELLITES

above a fixed piece of Earth ground, its range will be limited. For example, a satellite hovering above China will not be able to provide services to a country on the other side of the world in, say, Africa. But the reach is still better than most of the satellites operated on the GPS system, which requires a large constellation of satellites for global reach. This means that the Beidou system should cope well with only 35 birds in the sky.

For the consumer, the positioning of the satellite makes little difference, as the service will be almost the same. The Chinese service will most likely be compatible with GPS or Glonass-enabled devices, though, so to lure users away, it could intend on offering a more stable service, greater network coverage or even add-on features.

Whatever its plans, though, Beidou is confident of success—the Chinese even pulled out of investing \$230 million (Dh845 million) into the Galileo project, and instead decided to go into competition with it, particularly over Asian markets. And that is where it is likely to attract the most interest,

especially if the Russians fail to step up their game.

Of course, though, the commercial aspect is one part of the Beidou scheme. Another huge aspect to launching this service is ensuring that China, and its citizens, can employ navigation services without depending on the USA. The two superpowers enjoy reasonably good relations, despite the odd public spat, but the Chinese would much rather they didn't have to rely on America for any of their technology. Beidou is an answer to the problem. It's the same reason why Russia has its own system.

But aside from the political undertones, it can only be a good thing for the everyday user that Beidou is aiming for a global reach. No doubt GPS devices will come out that can use both interchangeably, meaning good reception wherever the user is in the world. And the increase in competition coupled with the drive to attract more users should only push the technology further and further. This, then, is an altogether different kind of space race. ●

GPS DEVICES COULD ALSO END UP RECEIVING BEIDOU SIGNALS



## Tech beat



### GOOGLE+ PICKS UP SPEED

According to statistics recently put out by Experian Hitwise, the usage of Google+ surged in the United States by 55 per cent from November to December. While this may bode well for the social network, Facebook was still way on top with its number of users being well above 800 million, as opposed to Google+'s 65 million.

### RECORD DOWNLOAD WEEK

During the last week of December, more than one billion apps were downloaded in just seven days, according to a report by analytics firm Flurry, making it the best week for app downloads ever seen. The surge in downloads was put down to the fact that many people had been given new smartphones over the Christmas period as presents.



### MURDOCH JOINS TWITTER

Media mogul Rupert Murdoch last week joined millions of microbloggers by setting up his own official Twitter account. Within his first three days, @rupertmurdoch had amassed over 45,000 followers, though users' reactions were mixed, with some using last year's phone hacking controversy as ammunition.



### SONY ERICSSON LAUNCH

The first ever PlayStation certified smartphone with real console—the Xperia play—is the ultimate mobile gaming device, combining slick multi-key action, incredible graphics on the 4" screen and awesome sound. The Xperia play (Dh1,749) comes packed with a whole load of goodies including a 5MP camera, six pre-loaded games and four free downloads, so you can get behind the wheel of a race car or jump into a street fight!



# Row, row, row your boat...

Rowing is one of the best ways of achieving all-round fitness

## Did you know?

- Rowing is one of the original sports in the modern Olympic Games.
- Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long-distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.
- Physiologists claim that rowing a 2,000-metre race is equal to playing back-to-back basketball games.
- A moderate 30-minute work-out on a rowing machine will incinerate 238 calories, while rigorous rowing will burn up to 297 calories.
- The Winklevoss twins, portrayed in the 2010 Hollywood smash, *The Social Network*, did in fact row at the 2008 Beijing Olympics, finishing sixth.

them functioning. If you participate in rowing regularly, you will benefit aerobically by being able to stay active for longer periods of time. You can also burn fat and lose weight by rowing."

While the aerobic benefits deal with how much oxygen your muscles get, the anaerobic benefits deal with how much resistance they are forced to deal with. In rowing, there is constant resistance going on.

"If you are actually rowing in a boat, the water provides resistance. If you are using a machine, it is designed to simulate the resistance you face in water," Chambers adds. "Either way, this resistance forces you to work your muscles harder. As a result, oxygen is actually robbed from your muscles and they are pushed harder than during aerobic conditions. This is what helps them to get stronger over time."

As with all exercising routines, proper technique is a necessity for staying injury free, with a focus on both mechanics and breathing, as correct rhythm, exhaling on the drive and inhaling on the recovery, is a stabilising force for the upper body.

Non-rowers commonly overemphasise the muscles of the upper body, while the correct technique uses the large muscle of the thighs to drive much of the stroke. Good technique requires that the angle of the upper body is never too far forward, nor too far back, both of which jeopardise the lower back and compression injuries on the knees and hip flexor muscles. "In addition to the high levels of fitness attained, rowing is an intense calorie-burning exercise. Although rowers with less ability and training will burn fewer calories, the ergometer, or indoor rower, is an excellent tool for use in a weight-loss and fitness programme," Chambers says.

Unlike some other exercises, rowing has both aerobic and anaerobic benefits. This means that when you sit down at a machine and row or actually get into a boat to perform rowing motions, you will not only be working out from a cardiovascular perspective, you will also be using different muscles in your body and strengthening them up over time. ●

ROWING WORKS THE MUSCLES AND THE HEART

**R**owing your boat gently down the stream set to a calming melody is a nice lullaby to sing your youngsters off to sleep, but apart from ensuring you have a pleasant night's sleep, actually climbing aboard a rowing machine can in fact be one of the most intensive calorie-burning exercises.

Before you understand the aerobic benefits of rowing, you need to understand exactly what aerobic benefits are. You work your body aerobically when you do any type of exercise that requires your body to use oxygen to help your

muscles function. These exercises are typically done with movements performed repetitively and, over time, your body is able to perform more of these movements as you get into better shape.

"Rowing is helpful aerobically because your body is forced to make repetitive rowing motions. When you do it, you are using your arms to row, moving your legs up and down to keep your momentum and, in general, you are active for a long period of time," states rowing and fitness expert Ian Chambers.

"This increases your heart rate and forces you to breathe more often. The oxygen that you take in is then rushed to your muscles to keep

*"The indoor rower is an excellent tool for use in a weight-loss and fitness programme."*

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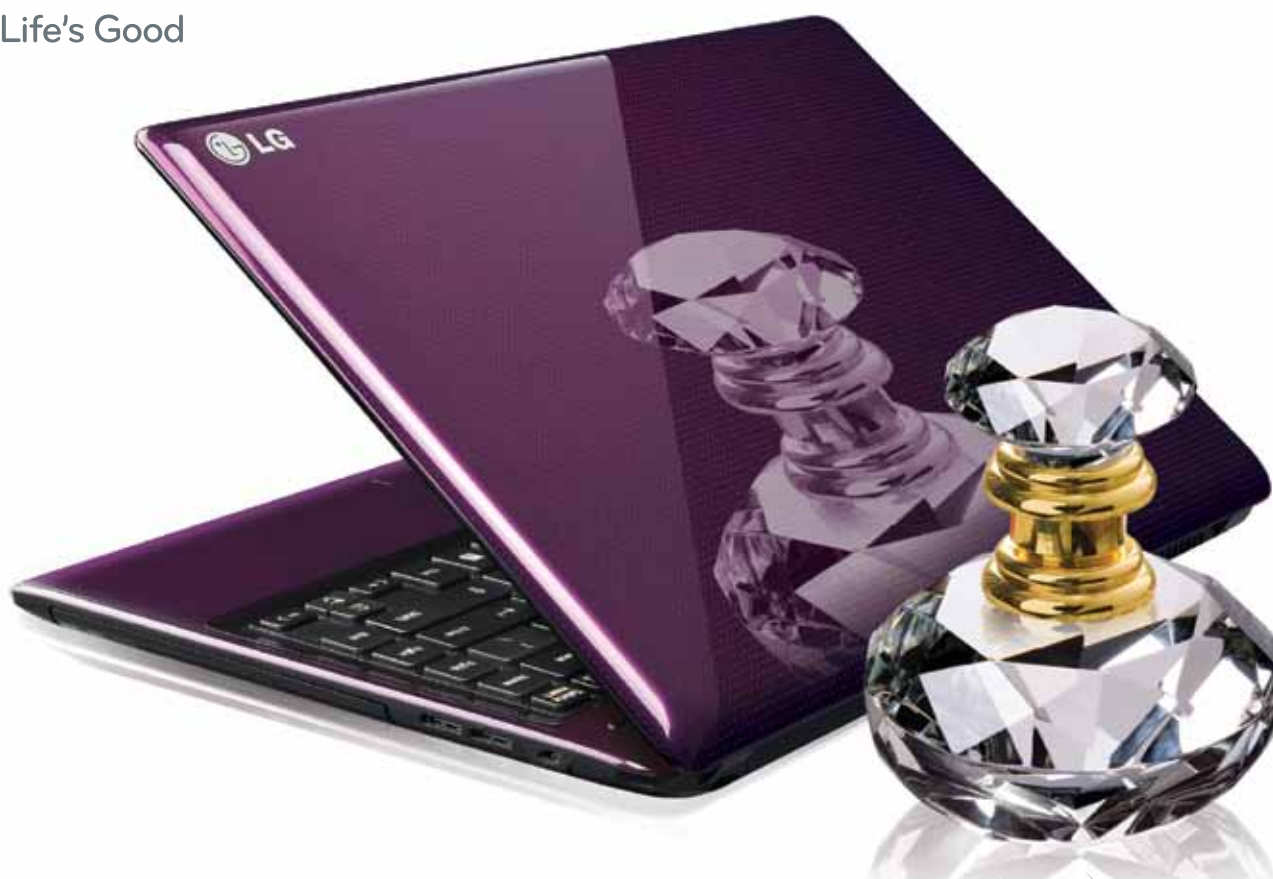
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DOROTHY PERKINS



ACCESSORIZE

# White wonderland

## How to Wear White

The rules are simple when it comes to donning the all-white look.

**Do** mix up different shades of white for a sophisticated look.

**Don't** pair an all-white outfit with white shoes and handbag. White looks best paired with neutrals like wood, nude or black and metallic shades. However, white stiletto heels are an exception, as they give the look a sharp, elegant touch.

## Key Elements

Don't be afraid to wear all white. This trend is made to be worn all-or-nothing to achieve a romantic, relaxed look. Opt for key pieces such as a crisp, white blouse. Having a couple of white shirts or blouses in your wardrobe can be a life saver. You can combine them with trousers, shorts, long skirts and pencil skirts.

White always pops up on the catwalk every summer, but this year it's front and centre stage, worn head to toe. Follow our top tips on how to wear this effortless chic trend and look wonderful in white.



MARKS &amp; SPENCER



RED HERRING

## Final Touches

For that extra touch, pair white with accessories that have a bright pop of colour like cobalt blue, red or yellow. But remember, keep it to a minimum.

And finally, do wear white with the right undergarments. Wear skin tone underwear, not white, which will show through.



PREEN



TOPSHOP



TOPSHOP

BEN DI LISI

## Her Statement White

White doesn't need any accessory. From precision tailoring to exquisitely simple evening gowns, spring/summer 2012's whites have a crisp, clinical elegance that is pure perfection. Pair a sharp, white shirt with fresh, white shorts. The clean lines and lack of fussy detail give these pieces a functional, utilitarian flavour.



DOLCE &amp; GABBANA

You don't have to latch on to every fashion trend that comes your way. If you don't think the all-white look suits you, don't wear it. However, if you'd still like to find a way to wear the white look, you can either wear shades or white with neutral accessories so you don't come off looking like Mr Clean, or you can add a pop of bright colour to your all-white outfit.

This way you won't look so washed out if you don't tan or are pale. Opting for a t-shirt with vibrant colours or with striped popping shades, work perfectly with white.



# Him

## Top Tips

Don't wear white trousers that you can see through or that reveal pocket lining.

Don't wear white pants that are too tight because they will be revealing.

## FASHION OPINION

CLAIRE STAPLEY

MUMSINHEELS.COM



### These boots are made for walking

It's a few degrees cooler outside in Dubai right now and what more of an excuse could you possibly need to give your boots a good airing?

Added to my love of clothes I have an even bigger love of shoes—yes, I know, who doesn't? But I'm not just talking about any shoes. I adore boots and I have an extensive collection—the hubby despairs because, as we all know, we don't exactly get the

"I have been wearing my knee-highs at every available opportunity since the weather dropped a few degrees."

opportunity to wear them often here in Dubai, but regardless of this fact, I still can't help myself.

Attempting to keep my finger on the pulse of fashion—and

attempt is exactly what it is—I found myself grinning from ear to ear quite recently when I read the following fashion news online:

"Knee boots step out of the fashion wilderness and into the limelight this season thanks to a plethora of catwalk appearances and celebrity endorsements"

I found myself grinning for a couple of reasons on hearing this. Firstly, I was delighted to hear the news that boots are big again, and secondly, I have been wearing my knee-highs at every available opportunity since the weather dropped even a few degrees, even though I was completely oblivious to the fact that knee-high boots were not in fashion at that exact time. See what I mean about "attempting" to keep my finger on the fashion pulse?

Note to self—try harder to keep up with fashion.

DOLCE & GABBANA



# 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

From January 9 to 18, Shaolin Monks will be performing free shows, displaying death-defying stunts, at Mirdif City Centre. The monks of China's Shaolin Monastery are known for their fighting prowess, particularly in their own Shaolin style of kung fu. But how and why did these peaceful people come to master their unique style of kung fu? Find out on readme.ae



## MONDAY

Everybody has heard the facts like the average human will eat eight spiders in a lifetime while asleep, or an ostrich's eye is bigger than its brain. But what amazing facts haven't you heard?



## TUESDAY

We're never short of great TV shows to sink our teeth into here in the UAE, as the biggest productions always find their way to our shores. We let you know which ones to keep an eye out for.



## WEDNESDAY

April 15 will mark 100 years since the unsinkable RMS Titanic, on her maiden voyage, became one of the deadliest peacetime maritime disasters in history. Find out what the movie doesn't tell you.



## THURSDAY

There have been many famous journeys charted throughout time, be they the fictional Phileas Fogg, or the fated Amelia Earhart. We plot the courses of the most famous on readme.ae 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.

## Witch & Wizard: The Fire

by James Patterson

### BOOKS

**Brother and** sister Whit and Wisty Allgood have sacrificed everything in order to fight against the totalitarian regime that governs their world. The supreme leader of the regime has banned everything they hold dear; books, music, art, and imagination. Even the siblings' magic hasn't been enough to stop the evil rampage, and now the leader has executed the only family they had left.

Wisty knows that the time is finally coming when she will be able to face the leader, however, with each battle,

the strength she gives out only fuels the leader's powers even more. How will she and her brother ever be able to defeat the evil one?

The imminent showdown forces Wisty and Whit to use everything to plan a way to finally reclaim their world from the leader's frightening grasp.

The stakes have never been higher, and their quest, win or lose, will change everything.



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

#### • *The Demon King* by Cinda Williams Chima

Han Alister will do anything to make a living for his family. The only thing he holds with any value are a pair of magical silver cuffs, but, unable to remove them, he heads out to find other means. When he meets Princess Raisa on his journey, however, the Seven Realms will tremble as two lives collide.

## Sweet & Sour. Hot Y Spicy

Artist Ely Guerra Label Higher Octave

★★★★☆

### ALBUM



**Ely Guerra** has enjoyed a decade-long career as a Mexican pop diva, though her music

has always had much more substance than the likes of Rihanna or Britney Spears. Instead, she's compared more with Joni Mitchell and Adele—very popular and very talented. And her latest effort, *Sweet & Sour. Hot Y Spicy*, is perhaps her best album to date.

While some of her Mexican contemporaries, such as Lila Downs, hark back to classic Mexican styles as well as modern dance influences, Guerra's style stays planted in the here and

now, taking the best of Latino and American music.

The first song on the album, *Te Amo, I Love You*, pays testament to this, being an all-American rock song sung in Spanish.

As the album progresses, Guerra offers more musical styles, each one perfectly suited to the mood she's attempting to convey.

We're treated to fun, electronic dance tunes as well as mournful love ballads, plus a lot in between, making the album as complex and wonderful as any human being.

And above it all there sits Guerra's magical voice, which has always been her unique selling point. She could be singing any old pop song and it would still be a joy to listen to. But the fact that she makes more meaningful music makes this album even more special.

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## NEW RELEASE

**J. Edgar**, the latest film from director Clint Eastwood, is a fascinating tale of the life of America's long-serving FBI director, J. Edgar Hoover. As one of the few conservative filmmakers in Hollywood, Eastwood is a great fit for the script, written by Dustin Lance Black.

We have been accustomed to witness him effortlessly depict his craft in top form in *Mystic River* and *Million Dollar Baby*, two films that could have easily mingled with cheap sappiness but instead were rescued by assured direction and consistently intelligent scripts. But, that said, the legendary director fails to capture the true essence of the life and times of Hoover.

Eastwood's direction seems to be incoherent, disconnected, and overly feverish, trying to condense all that Hoover achieved into a mere two and a half hours. Black's inability to confine himself to a select number of moments in Hoover's life leads to an unbalanced film that cannot provide intimacy when intimacy is needed.

Although the script appears to lack depth and focus at times, the same cannot be said for Leonardo DiCaprio's powerful performance. In *J. Edgar*, DiCaprio ages from his twenties to his seventies to play America's feared and loathed top cop.

The esteemed 37-year-old actor captures the inner frustration and fire of Hoover just as he did with Howard Hughes in *The Aviator*. We first see Hoover as an old man in the 1960s. And despite being buried in layers of prosthetic latex, DiCaprio is a roaring wonder in the role.

Until his death in 1972, J. Edgar Hoover ruled the Federal Bureau of

# Case closed

Despite a great actor and a good story, **J. Edgar** fails to compel.

## Did you know?



- At age 10, DiCaprio's agent advised him to change his name to Lenny Williams. DiCaprio chose to ignore the advice.
- DiCaprio and Kate Winslet have become close friends since starring together in the blockbuster *Titanic*. He bought Winslet an inscribed gold ring after they finished filming *Revolutionary Road* together.
- The actor purchased a 104-acre island off the coast of Belize in 2005 to build a resort with renewable energy sources. The purchase price for the island was \$1.75 million.



LEONARDO DICAPRIO GIVES A STELLAR PERFORMANCE IN J. EDGAR

Investigation. A man with the keenest instincts for manipulating the levers of government, he headed the FBI for 48 years. That includes eight presidents, Martin Luther King Jr. and even Marilyn Monroe. For half a century, Hoover nosed into private lives to control his enemies.

Told mainly in flashbacks, a much older "J" recounts his life story to an

endless array of young, attractive men (including *Gossip Girl*'s Ed Westwick). As he dictates, the film jumps back in time to chart certain occurrences. The film focuses on those closest to J. Edgar; his autocratic mother, Annie Hoover (a splendid Judi Dench); his protective secretary, Helen Gandy (Naomi Watts); and FBI associate director Clyde Tolson (*The Social*

**“The film’s highlight has J and his G-Men setting out to find the Lindberg baby.”**

*Network*'s Armie Hammer), the lawyer who became J. Edgar's best friend.

Of course, Hoover's greatest obsession was America and his need to protect it from communists and radicals. The film's highlight has J and his G-Men setting out to find the Lindberg baby. Hoover was one of the first to see the value in fingerprints and in not contaminating a crime scene, and witnessing the ways the Bureau changed how criminals were captured is compelling.

But while there's a lot that should feel urgent and relevant, the film just moves from event to event without any real examination of the politics. *J. Edgar* crams together too many of Hoover's noteworthy moments. DiCaprio, though, does detach himself from the sleepy script as he conveys to the viewers how delicate this rigid man's life truly was. DiCaprio's performance ultimately leads to the heart of the film—a man who created the FBI but who was unable to perceive his own faults and issues.

Eastwood's direction is confident but removed. Even with a strong performance from DiCaprio, much of the story's impact feels lessened. Hoover's life was filled with drama, but too often it feels like Eastwood is pulling back when he should be delving deeper. ●

## SILVER SCREEN

MATHEW HAMILTON GREEN  
FILMMAKER



### Change is good

So, the New Year is well under way and we are all (hopefully) sticking to our resolutions. Whether this can be said for the film industry is another thing. I personally believe there are many resolutions that the film industry could make for 2012. One of the main things would be to stop cashing in through multiple sequels.

Take *Saw*, for example. Fans will no doubt agree that the first film was original, frightening and shocking. It unveiled a new type of horror film which took

audiences by the nerves and shook them until they had to look away. However, after what seems like 50 sequels, the *Saw* saga has turned into something of a joke and contains none of the punch.”

Now.

Secondly, I hope the film industry continues developing new technology. There has been talk of where to go from 3D and the obvious progression, it would seem, would be to develop films whereby all the senses are involved. Sights, smells and feelings incorporated into the cinema experience to provide a truly 4D way of watching movies.

And finally, I hope the film industry resolves to make this a year of truly original films. Towards the end of 2011, films such as *Tree of Life* and *Another Earth* proved that there are still unique and exciting ways to tell a story, entertain, look beautiful and make audiences think. After all, this is what movies are about.

## Bollywood news



### Shahrukh Khan hurt

Midnight soccer with daughter Suhana proved to be a painful game for superstar Shahrukh Khan as he hurt his ribs while playing. The actor, who was holidaying in Dubai with his wife, Gauri, and children, Suhana and Aryan, wrote on his Facebook page, “Have hurt ribs. Holiday soccer career nipped in the bud..bah! Now to indulge in reading and videogames.”



### Shahid to pay tribute

Bollywood star Shahid Kapoor, known for his dancing skills, will pay tribute to legendary actors Dev Anand and Shammi Kapoor, who passed away this year, at the Zee Cine Awards 2012, to be held in Macau on January 21. This year's Zee Cine Awards will be hosted by Shah Rukh Khan and Priyanka Chopra.

### Balan scoops award

Ekta Kapoor's, *The Dirty Picture* has been named best picture, while Vidya Balan has been awarded best actress for the same film at the 18th National Media Network Film and TV awards in India. The awards, instituted by the National Media Network will be given on January 21. TV czarina Ekta will also be honoured as a producer.



# Reviews in brief

A quick look at the week's biggest films.



## Sherlock Holmes 2 ★★★★★

(2011) Robert Downey Jr., Jude Law, Jared Harris

Intrepid detective Sherlock Holmes (Robert Downey Jr.) and his associate, the incomparable Doctor Watson (Jude Law), set out on an exciting and perilous adventure to take on their arch-nemesis, Professor Moriarty (Jared Harris). Expect the same excitement and action as the first *Sherlock Holmes* film, along with a delightful appearance by the esteemed English gentleman that is Stephen Fry.

## Elephant White ★★★★★

Djimon Hounsou, Kevin Bacon, Jirantanin Pitakorntrakul



Assassin Curtie Church (Djimon Hounsou) is hired by a businessman to kill six men in Bangkok. However, when the employer proposes another, more personal,

hitman contract to Curtie, a war between gangs is provoked and things become dangerous for all involved. A few interesting twists and some intense action scenes mean this, somewhat lacklustre, movie becomes quite enthralling.



## Players (Hindi) ★★★★★

Abhishek Bachchan, Bobby Deol, Sonam Kapoor

Bollywood does grand-scale heist in this latest blockbuster from the people who brought you *Race* and *Naqaab*, the Burmawalla brothers. Based on the 2003 Hollywood hit, *The Italian Job*, *Players* is a typical example of how the Burmawalla brothers take a well-known, western film and add their own special touch of glamour, some catchy tunes and a touch of Bollywood sparkle.

# Listings



## MOVIE GUIDE

### GRAND CINEPLEX - WAFI

**Don 2** - 11:30, 14:30, 17:30, 20:30, 23:30

**Elephant White** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Mission: Impossible 4** - 10:15, 12:00, 13:00, 15:00, 15:45, 17:40, 18:25, 20:20, 21:10, 23:00, 23:50

**Our Idiot Brother** - 11:00, 13:15, 15:20, 17:25, 19:30, 21:35, 23:40

**Players** - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00

**Salvation Boulevard** - 10:50, 13:00, 15:00, 17:10, 19:20, 21:40, 23:50

**Sherlock Holmes 2** - 10:30, 11:30, 13:10, 14:10, 15:50, 16:40, 18:30, 17:20, 21:20, 22:10, 23:55, 00:40

**Trespass** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

### GRAND MEGAPLEX - IBN BATTUTA

**Alvin and the Chipmunks 3** - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

**Arthur Christmas** - 10:00, 12:00, 14:00, 16:00

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

**Don 2** - 11:30, 14:30, 17:30, 20:30, 23:30

**Elephant White** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Johnny English Reborn** - 18:00, 20:00, 22:00, 00:00

**Mission: Impossible 4** - 10:15, 11:00, 13:00, 13:40, 15:45, 16:20, 18:25, 21:10, 21:40, 23:50, 00:15

**The Muppets** - 10:15, 12:30, 14:45,

**New Year's Eve** - 10:00, 11:45, 12:20, 14:00, 14:40, 16:15, 17:00,

18:30, 19:00, 20:40, 21:40, 23:00, 00:00

**Our Idiot Brother** - 11:00, 13:15, 15:20, 17:25, 19:30, 21:35, 23:40

**Players** - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00

**Salvation Boulevard** - 10:50, 13:00, 15:00, 17:10, 19:20, 21:40, 23:50

**Sherlock Holmes 2** - 10:30, 11:30, 13:10, 14:10, 15:50, 16:40, 18:30, 17:20, 21:20, 22:10, 23:55, 00:40

**Trespass** - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

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

**Warrior** - 11:30, 14:00, 16:40, 19:00, 21:30, 00:00

**Won't Last A Day Without You** - 11:30, 19:30, 21:30, 23:30

### GRAND CINEMAS - FESTIVAL CITY

**Alvin and the Chipmunks 3** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

**Don 2** - 10:00, 13:00, 16:00, 19:00

**Elephant White** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Mission: Impossible 4** - 10:15, 12:00, 13:00, 15:00, 15:45, 17:40, 18:25, 20:20, 21:10, 23:00, 23:50

**Our Idiot Brother** - 11:00, 13:15, 15:20, 17:25, 19:30, 21:35, 23:40

**Players** - 10:30, 13:30, 16:30, 19:30, 22:30

**Salvation Boulevard** - 10:50, 13:00, 15:00, 17:10, 19:20, 21:40, 23:50

**Sherlock Holmes 2** - 10:30, 11:30, 13:10, 14:10, 15:50, 16:40, 18:30, 17:20, 21:20, 22:10, 23:55, 00:40

**Trespass** - 22:00, 00:00

### GRAND CINECITY - AL GHURAIR

**Don 2** - 11:00, 14:00, 17:00, 20:00, 23:00

**Elephant White** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Mission: Impossible 4** - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50

**Our Idiot Brother** - 11:00, 13:15, 15:20, 17:25, 19:30, 21:35, 23:40

**Players** - 10:30, 13:30, 16:30, 19:30, 22:30

**Salvation Boulevard** - 10:50, 13:00, 15:00, 17:10, 19:20, 21:40, 23:50

**Sherlock Holmes 2** - 10:30, 13:10, 15:50, 18:30, 21:20, 23:55

### GRAND METROPLEX - METROPOLITAN

**Alvin and the Chipmunks 3** - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

**Don 2** - 11:30, 14:30, 17:30, 20:30, 23:30

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Mission: Impossible 4** - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50

**Players** - 10:30, 13:30, 16:30, 19:30, 22:30

**Sherlock Holmes 2** - 11:30, 14:10, 16:40, 19:10, 22:10, 00:40

**Trespass** - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15

**Warrior** - 11:30, 14:00, 16:40, 19:00, 21:30, 00:00

### GRAND MERCATO

**Elephant White** - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

**Hugo** - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

**Mission: Impossible 4** - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50

**Our Idiot Brother** - 11:00, 13:15, 15:20, 17:25, 19:30, 21:35, 23:40

**Players** - 10:30, 13:30, 16:30, 19:30, 22:30

**Salvation Boulevard** - 10:50, 13:00, 15:00, 17:10, 19:20, 21:40, 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

**Sherlock Holmes 2** - 10:30, 13:10, 15:50, 18:30, 21:20, 23:55

### VOX CINEMAS - DEIRA CITY CENTRE

**Alvin and the Chipmunks 3** - 11:00, 13:00, 15:00, 17:00

**Don 2 (3D)** - 13:30, 16:30, 19:30, 22:30

**Elephant White** - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

**Mission: Impossible 4** - 12:00, 14:45, 17:30, 20:15, 23:00

**Our Idiot Brother** - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

**Players** - 12:00, 16:00, 20:00, 00:00

**Salvation Boulevard** - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

**Sherlock Holmes 2** - 10:00, 12:45, 15:30, 18:15, 19:00, 21:00, 21:45, 23:45, 00:30

**The Wiggles Big Birthday** - 10:30, 12:00

**X Large** - 10:00, 12:45, 15:45, 18:30, 21:15, 00:00

### VOX CINEMAS - MOE

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

**Don 2** - 20:00, 23:00

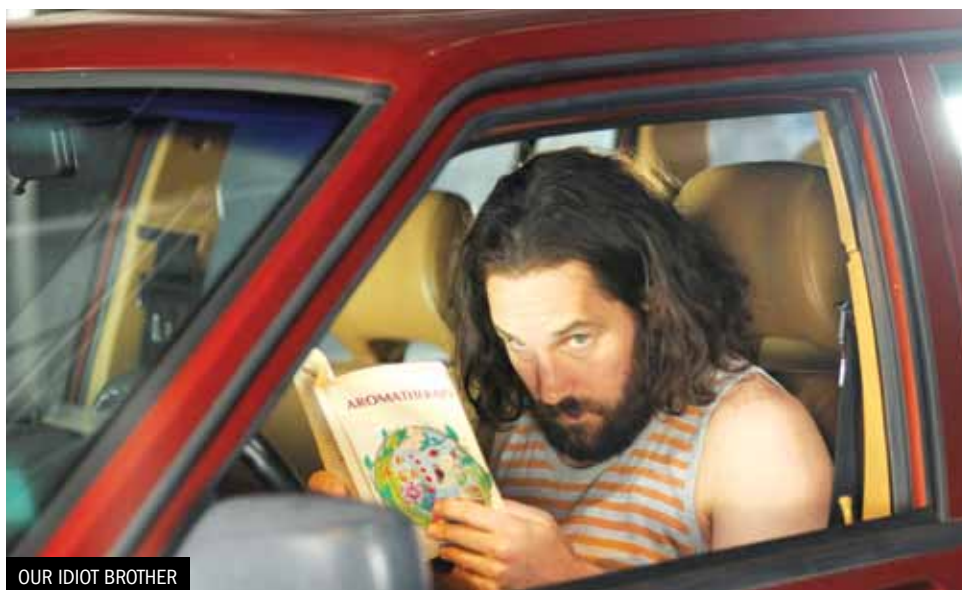
**Elephant White** - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

**Hugo (3D)** - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

**Mission: Impossible 4** - 10:15, 13:00, 15:45, 17:00, 18:30, 19:45, 21:15, 22:30, 00:00

**The Muppets** - 11:15, 13:30

**New Year's Eve** - 11:00, 13:30,



OUR IDIOT BROTHER

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

**Our Idiot Brother** - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

**Players** - 10:30, 13:45, 17:00, 20:15, 23:30

**Salvation Boulevard** - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

**Sherlock Holmes 2** - 10:45, 13:30, 15:15, 19:00, 21:45, 00:30

**The Wiggles Big Birthday** - 11:00, 12:30, 14:00, 15:30

**X Large** - 15:45, 18:30, 21:15, 00:00

### VOX CINEMAS - MIRDIF CITY CENTRE

**Alvin and the Chipmunks 3** - 10:45, 12:45, 14:45, 16:45

**Don 2 (3D)** - 20:30, 23:30

**Elephant White** - 09:45, 11:45,

13:45, 15:45, 17:45, 19:45, 21:45, 23:45

**Hugo (3D)** - 10:30, 13:00, 15:30, 18:00

**Mission: Impossible 4** - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

**Our Idiot Brother** - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

**Salvation Boulevard** - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

**Sherlock Holmes 2** - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45

**The Wiggles Big Birthday** - 10:30, 12:00

**X Large** - 18:45, 21:30, 00:15

### REEL CINEMAS - DUBAI MALL

**Alvin and the Chipmunks 3** - 14:00,

16:10, 18:20, 20:30, 22:10, 00:50

**Arthur Christmas** - 14:15, 16:55,

19:35, 22:15, 00:50

**Elephant White** - 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

**Hugo** - 12:30, 15:10

**Hugo (3D)** - 18:30, 21:30, 00:30

**Mission: Impossible 4** - 12:10, 14:40, 15:10, 17:40, 18:10, 20:40, 21:10, 23:40, 00:10

**New Year's Eve** - 11:40, 14:10, 16:40, 19:10, 21:40, 00:10

**Our Idiot Brother** - 11:50, 13:50, 15:50, 17:50, 21:50, 23:50

**Players** - 13:10, 16:20, 17:50, 19:40, 21:10, 23:00, 00:40

**Salvation Boulevard** - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:30

**Sherlock Holmes 2** - 11:05, 12:00, 13:00, 13:45, 14:40, 15:40, 16:35,

17:20, 18:20, 19:25, 20:00, 21:00, 22:05, 22:40, 23:40, 00:45, 01:20

**Trespass** - 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

**Warrior** - 14:35, 17:35, 20:35, 23:45

**The Way** - 14:20, 16:50, 19:00,

21:40, 00:20

**X Large** - 14:05, 16:45, 10:25,

22:05, 00:45

### REEL CINEMAS - MARINA MALL

**Arthur Christmas (3D)** - 11:00, 13:10, 15:20

**Hugo** - 11:10, 13:40, 13:40, 16:20

**Hugo (3D)** - 17:20, 19:50, 22:30, 01:00

**Mission: Impossible 4** - 11:40, 14:45, 17:45, 19:00, 20:45, 22:00, 00:00, 00:50

**New Year's Eve** - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15

**Sherlock Holmes 2** - 11:20, 12:20, 14:00, 15:20, 16:40, 17:20, 18:20, 19:20, 19:50, 21:20, 22:00, 22:30, 00:00, 00:40, 01:00

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## YOU REVIEW

Your chance to share your views on the latest cinema releases

**Kayla McCaffrey**  
Dental technician  
Palm Jumeirah



I thought I would embrace my sentimental side this week so I dragged my husband along to watch *New Year's Eve*. I knew what it would be like, although I must say I was expecting worse! I thought it would be a bad *Love Actually*, but the actors were all really good—I can't believe how many big names were involved—and some of the individual storylines were touching and really well written. **8/10**

My favourite character was Michelle Pfeiffer as Ingrid. She is such a star and is perfect in the role. The film had some funny parts, some sweet parts, but mostly, for me, it had some really emotional parts. You can expect to get a lump in your throat more than once watching this movie! I must also say I particularly liked Jon Bon Jovi, I've never seen him act before but he was quite impressive, if not a little bit cheesy!

### 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.

SALVATION BOULEVARD



# An active issue

The small but powerful thyroid gland affects our bodies more than we realise.



**T**he word thyroid is one that most adults are familiar with, yet many people still may not quite understand what the thyroid actually is. The thyroid is a butterfly-shaped gland in your neck, which sets the rate at which your body produces energy by releasing thyroid hormones. Essentially, it controls our metabolism.

However, the thyroid can sometimes produce either too much or too little of this hormone, which is when issues can arise. If a person is producing too much thyroid hormone, the gland may become overactive (known as hyperthyroidism), or if it produces too little, the gland is underactive (hypothyroidism).

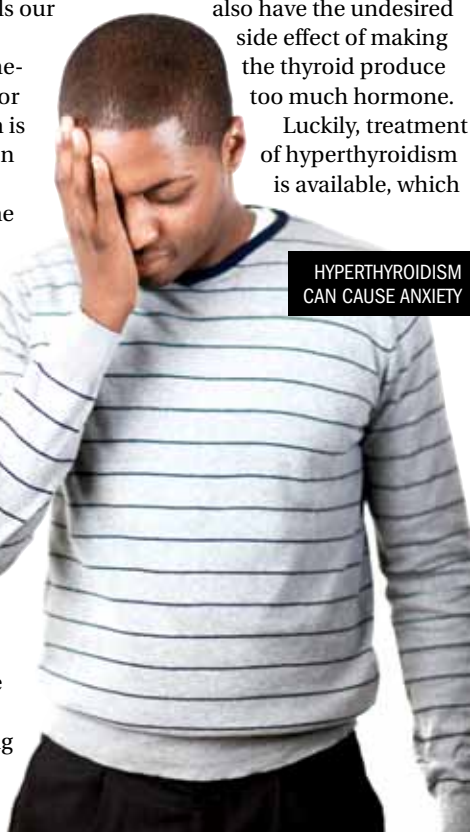
Hyperthyroidism can affect up to one in 50 people and can occur at any age, though it is most common in those between 20 and 50 years old. Symptoms of the condition can include weight loss, rapid heartbeat, excessive sweating, tremors, muscle weakness and anxiety. There are many causes of an overactive thyroid, the most common being when the body's defence falsely recognises its own tissue as a threat and begins to attack it.

This is called autoimmune disease and can stimulate the thyroid to produce more hormones than usual, causing hyperthyroidism.

A growth or nodule can also occur on the thyroid gland, which can overstimulate it and, in turn, produce too much thyroid hormone. This is also one of the more common causes of the condition. Certain medicines can

also have the undesired side effect of making the thyroid produce too much hormone.

Luckily, treatment of hyperthyroidism is available, which



**HYPERTHYROIDISM CAN CAUSE ANXIETY**



## Useful minerals

**Copper:** Found in turnip greens, shitake mushrooms and nuts  
**Iodine:** Found in sea vegetables, broccoli and oats  
**Iron:** Found in lentils, beans, apricots and nuts  
**Zinc:** Found in tofu, whole grains, basil and thyme  
**Manganese:** Found in cloves, pineapple and strawberries  
**Omega-3:** Found in oily fish

can include viral infections, surgery to remove the thyroid gland and radiation therapy for cancer.

Doctors will usually prescribe thyroid hormone pills to treat the symptoms of hypothyroidism and encourage the gland to produce more hormones. The symptoms will probably alleviate within a few months but sufferers will more than likely need to take medication for the rest of their lives.

Whether a person has an underactive or overactive thyroid, the first step is to seek help from a doctor, who can provide answers after a simple blood test. So don't ignore any changes in your body that may signal an issue with your thyroid gland, after all, this small but mighty gland can have a big impact on your health. ●

could include a range of options such as medication to reduce the level of thyroid hormone produced, radioactive iodine therapy or, in severe cases, a thyroidectomy (removal of part of the thyroid gland).

Hypothyroidism is ten times more common in women than in men and usually occurs over the age of 40. Due to the fact that the condition stems from limited production of thyroid hormone, it can often present itself through weight gain, and, if left untreated, can lead to high cholesterol levels and an increased risk of heart disease. Autoimmune disease can again be a trigger, but other causes



## START THE YEAR WITH DAZZLING SHOWS AND FUN-FILLED ENTERTAINMENT FOR THE WHOLE FAMILY.



### **The Return of the Shaolin Monks**

January 9 to January 18  
6:30pm, 8:30pm &  
9:30pm  
Central Galleria

They came, they saw, they conquered new fans. And now they're back, with more death-defying feats and a set of stunning performances that reflect the loud and colourful celebrations of the Chinese New Year.



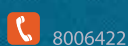
### **Lazy Town**

January 26 to February 4  
6:30pm, 8:30pm &  
9:30pm  
Central Galleria  
Except January 30th

One of the most popular children's programmes on TV, Lazy Town brings catchy tunes and kid-friendly comedy for all to enjoy. Let the kids join the fun as the show teaches them how to make the world a brighter, healthier place.



VISIT US FOR A CHANCE TO WIN  
UP TO AED 1 MILLION!





# On the Edge

★★★★☆ There was much to like about the original Ford Edge, and with the 2012 version, there's even more.

**T**he Ford Edge has been with us since 2006, and is now a familiar sight on the roads of Dubai. It's popular because, for one thing, it offers pretty good value for money, and, for another, it's a soft-roader that still manages to stay cool. This makes it perfect for both mum, who wants a large-ish car with a high driving position, and her 18-year-old kid, who simply wants to show up to class in a good-looking ride.

The 2012 Edge, which offers the car's first facelift since it went into production, looks, at first glance, almost the same. However, look more closely and more distinguishing features begin to appear. The fenders are more pronounced, while the headlights and taillights have been smoothed over, creating a crisper appearance.

What's more, the front grille sits deeper in and offers more bling. All of these little changes do well to up the cool factor of the car. It's the same trick that Ford pulled with the facelift of its Mustang. The company has simply improved on what was already a good design, making neat the

bits that can be made neat, creating something more elegant. And just for the record, the new Edge Limited model looks particularly menacing in black, with its chrome rims and blacked-out windows.

The interior was updated last year, and not much has changed since then. The plastic materials inside are much better than on the original, and everything seems nicer to touch. It's a more minimal design, with less blocky shapes and more air. What's more, the centre console has been cleaned up a treat to incorporate an LCD screen, which varies in size depending on which model you opt for, though even the standard model comes with a 4.2-inch colour screen.

## 285

The horsepower produced by the Edge's standard 3.5-litre V6.

On the Limited version, there are plenty more toys to play with, including leather-trimmed seats, a very swanky audio system that offers 12 speakers, an optional eight-inch screen, two USB ports, a SD card reader and video input jacks, which can all be used to play media through the Ford Sync facility, which is one of the best entertainment packages around at the moment. Best of all, it's all really easy to use, as you'd expect from a Ford. On the base model, the driver's seat gets all-electric controls, while the passenger has to make

do with only an electric





THE STYLING IS SLEEKER THAN BEFORE



FORD SYNC IS EASY TO USE



THERE ARE MORE TOYS TO PLAY WITH

base for sliding backwards and forwards. With the higher levels of trim, there are 10-way adjustable seats all round.

The engine that we'll see most over here is the 3.5-litre V6, which is good for 285 bhp—20 more than the 2010 version of this engine had. It sounds like a decent amount of power, but the front-wheel drive version weighs more than 1,800 kilograms, so it's clearly no speed demon. But it's not a slug either, particularly when considering that the new model is lighter than the outgoing one, which felt reasonably nippy to drive. This one will haul about its weight perfectly well, and should take to Sheikh Zayed Road like a fish to water.

In terms of practicality, the Edge, like its competitors, has no third row

of seats. For that, you'll have to look to the bigger Explorer. Even so, there's plenty of room in the back for three adults, let alone children. Ford says that it offers best-in-class second-row leg room, while the head room is more than enough for all but the tallest of beings. The back seat also folds flat to offer bags of cargo room, meaning it should cope well with any impromptu trips to Ikea.

The new Ford Edge, then, is a seriously competitive car in what's become a very competitive market over recent years. Even the base model offers pretty much everything that a regular family will need, while the more expensive versions offer almost everything you'd realistically want from a mid-sized SUV. It was a good car before, and now it's even better. ●

## Facebook chatter

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

(Responses only edited for length)

**What would convince you to slow down and drive safely?**

Posting visually GORY ads of accidents that have resulted because of over-speeding on either side of the road randomly just to remind the drivers of the RISK.

—Clen Nicholas

How about suspending their driving license?! I think it would be fair enough and also to make sure that the number of overspeeding will be reduce...let them take again their driving lesson! I guess that will be enough....?

—Christian Royce Costuna

**What did you do on New Year's Eve?**

I was at the Foot of Worlds Tallest Bldg Burj Khalifa and saw her shine in fireworks. Downtown Dubai was in an awesome Festive Mood. As always I was with my roommates Hari Venkatesh and Sejo Jos... Afterwards I walked from Dubai Mall to Satwa



NEW YEAR FIREWORKS

to see the crowd and traffic. It was awesome. Was happy to get stuck in Emirates Tower Metro station crowd to just cross the footbridge... Happy New Year!!!!

—Jeshin Hussain

I was in my Global Village with my friends Feroz Khan, Yousuf Ali, Iman Asan & some others. we saw the functions & fireworks. all are fantastic and shops, tasty food stalls. nice new year eve

—Risve Omarkathab

i was at Dubai mall since afternoon...really enjoyed since i often goes to Dubai mall for me it was easy to be there with friends and our favorite place is soukh al bahar.. nice view to watch fountain and Fireworks from der ..I loved it..HAPPY NEW YEAR 2012...

—Ishtyakh Shaikh



DRIVING SAFELY IS A MUST

Me and family were watching the spectacular show from our bur dubai apartment's terrace one side creek fireworks and the other part BK..this could be the best show of 2012 birth celebrations around globe.....

—Mohammed Zaheer Oliyath Vazhayil

i was sleeping all day, just went out in the evening to sit on the beach.

—Sara Ameer



# Getting along in the workplace

It's impossible to get along with some people, but Akhtaboot's advice should help you at least work with them.

## ADVICE

**Interpersonal skills** are just as vital as technical know-how. After all, your coworkers—ranging from an administrative assistant to the CEO—represent a broad spectrum of personality traits that you will eventually have to deal with in order to survive and shine in the work place. We bet that you can come up with at least three work colleagues with whom you really find difficulty interacting with. Since it is impossible to change these people, you must learn to accept them.

Akhtaboot highlights four types of difficult people that you will meet at work along with some advice on how to handle each one.

### THE KNOW-IT-ALL

We all know someone who always has an answer

to every single question ever asked! The know-it-all is typically someone who's opinionated and would never hesitate to turn every single mistake you have ever made into a never-ending soap opera. The most effective way to discourage a know-it-all is

to ignore him, because responding or feeding his ego encourages him to continue his abuse.

### THE BIG MOUTH

The big mouth is someone who can't keep their mouth shut. No matter what happens at work,

no matter what you say, the next thing you know, everyone knows about it. You can hear them talking to people as soon as something happens. You

need to be careful around this kind of person so you don't become the topic of their next juicy gossip session. Don't bet on them keeping any secrets. If they try to gossip to you, just let them know in a polite way that you are not interested.

### THE WHINER

There is nothing worse than working with someone who whines all day long about every little thing and never does anything about it. Whiners usually focus on the problem itself without bothering to find a solution for it; they are insecure about their own abilities and are often afraid to take risks. As harmless as they might appear to be, whiners create a general atmosphere of negativity that affects everyone around them. The most important thing to keep in mind is that you should never allow a whiner to drag you down to his or her level.

### THE DELEGATOR

We are not talking about those who have a legitimate right to delegate a certain task to a subordinate. We are actually talking about those who either don't know how to do their work or don't want to do it because they are too lazy or incompetent. If you work in a team environment and you feel like you have the time to help those who are in need, then you should. However, if supervisors are the only ones who have the right to delegate and you already have your own thing going on, then you have to rebuff the request. Apologise politely and tell the delegator that you have your hands full with your own work.

There is no doubt that the environment you choose to work in can have a tremendous impact on your ability to do your work. Unfortunately, the only way to really know what a certain work environment is like is to work there. Remember that the workplace is an environment that mixes a large variety of personalities. Stay true to yourself; be a professional and always try to be the bigger person in any situation that comes your way. ●



*“If they try to gossip to you, just let them know that you are not interested.”*

# Post-it

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## JOBS AVAILABLE

**COOK / CHEF**  
A leading provider in fleet management services is now recruiting for AFGHANISTAN

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Interested applicants should upload their CVs to AMS Careers ([www.a-m-s.ae](http://www.a-m-s.ae)) or mail it to [recruitment@a-m-s.ae](mailto:recruitment@a-m-s.ae)

**Filipina cleaners** are required for a full-time job. Should be on tourist visa. Email [wanted.maid@gmail.com](mailto:wanted.maid@gmail.com) or call 042511882/0507536242.

**Cook required** for a full-time job at a restaurant in Ras Al Khor, Dubai. Should be Indian male (Kerala). Call 0508581314.

**Car cleaners** urgently wanted for a full-time job. Call 0557823533.

**Female Filipina cleaners** required for a cleaning company. Should be on visit/tourist visa. Employment visa will be provided. Details: [envirodubai@gmail.com](mailto:envirodubai@gmail.com).

**Product distributors** are required for a full-time/ part-time job. Send CV to [psbgdistributor@yahoo.com](mailto: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](mailto:aj.humanresource@gmail.com).

## JOBS WANTED

**Indian male**, MSc graduate seeks job as storekeeper. 3 yrs experience. Knowledgeable in Oracle inventory Erpi and MS Office. Email [newfakurudeen@yahoo.co.in](mailto:newfakurudeen@yahoo.co.in) /0553927191.

**Female, English teacher**/translator seeks job. 12 yrs experience in teaching English in schools/companies in Dubai. Call 0554293238.

**Male, Filipino** seeks job as a customer

service officer/document controller. 7 yrs experience in customer service. Call 0509968948/cougar00015@yahoo.com.

**Driver of heavy vehicle** seeks job. Experienced. Have valid driver's licence. Fluent in Arabic. Call 0501147738/0555828275.

**North Indian male** seeks job as an Urdu teacher. Can tutor to all ages. Teach grammar and literature in Urdu. Qualified and experienced. Call 0553924709/ email [zzohairahmad@yahoo.com](mailto:zzohairahmad@yahoo.com).

**Project Engineer** (B.Tech) seeks job. 4 yrs experience in EPCM Projects. Skilled in tracking & follow-ups, managing teams. Call 0508194565/aby@edufive.com.

**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](mailto:giluklsy@gmail.com)/Call 0558031860.**

**Keralite, MBA professional** seeks job. UAE experience. Holds driving licence. Call 0502566498.

**Female 27, Fresh Degree holder of BS (Internet Science and Technology) seeks suitable job. Email: [ayesh86@hotmail.com](mailto:ayesh86@hotmail.com)/call 0557386334**

**Female 28, masters in finance**, seeks job. 5 yrs experience in credit and risk management. Email [mahsoon\\_asif@hotmail.com](mailto:mahsoon_asif@hotmail.com) /call 0557529288.

**Driver seeks job**. 15 yrs experience in Dubai and Abu Dhabi. Holds residence visa. Call 0507511319.

**Male, 25, teacher** seeks job. Teaches chemistry, biology. Call 0555684693.

**Electronics Engineer** seeks job. 9 yrs experience. Knowledgeable in Oracle. Call 0506870576/email [gurukadri@rediffmail.com](mailto:gurukadri@rediffmail.com).

**Laboratory Technician** with DHA Licence seeks job. 3 yrs experience as a receptionist, multi-lingual. Email [barskc@gmail.com](mailto:barskc@gmail.com).

**Arab male**, BA English, seeks job. Have experience in MS Office, translation and office work. Call 0553742270.

**Male, 26**, seeks job in teaching. Teaches English, Chemistry and Biology. Call 0555684693.

**Indian female**, MSc computer science, seeks job in the administrative/ data entry operating/IT in the IT field. On husband's visa. 5 yrs experience. Call 0504982199, 0555713137/email [sajnaraaf@gmail.com](mailto:sajnaraaf@gmail.com).

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

## AUTO

**Mercedes SLK350**, 2005 model. "Designo" Sports coupe, 60,000km. No accidents, well maintained. AED89,000. Call 0566038557.

**KIA Optima**, 2007 model. Black colour. 92,000km, midrange (#2). For 26,000AED. Call 0508485149/0502530276.

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

## SERVICES

**Car lift services** available from Deira to Rashidiya in Dubai. Call 0502126963.

**Car lift services** available from 7.30pm beginning at Financial Center and ending at Al Nahda in Dubai. Call 0503420603.

**Cleaning services** available. Caters homes, offices, villas and apartments. Professional and trustworthy Filipinas. Call 0557042979.

**Home tutoring lessons** available for Science, English, Maths, Computers and many other subjects in Rashidiya. Call 0555060817.

**Computer training services** available anywhere in the UAE. Computer experts in all technical problems. Call 0556496804.

**Tutoring lessons** available. For all subjects from KG to 10th grade in Arabic/Hindi. Also available Chemistry classes for beginners; 11, 12, & Graduate level only. In Al Qusais 4, Damascus street. Call 0566408715/jomyjohn422@gmail.com.

**Complete website** with domain available. Hosts one email and 3 static pages for 375/- only. Call 0505676471/Email

[mansoor@alhadgrafx.com](mailto:mansoor@alhadgrafx.com) / [www.alhadgrafx.com](http://www.alhadgrafx.com).

## PERSONAL

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

## ITEMS

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

**iPhone and iPad** available for sale. Many paid Apps paid. In good condition. Call 0509815607.

**Brand new watch** (Bernhard H Mayer) for available for sale. At a good price. [rajeshpnair25@gmail.com](mailto:rajeshpnair25@gmail.com).

**Wanted sewing machine**. Should be in good condition. It can be used or brand new. Call 0556408715.

**Household Items** available for sale. 225 litres fridge, 5kgs washing machine, 21" TV, trolley stand for TV/DVD, gas stove including gas cylinder. All in good condition. Call 0506564487/0553796287.

## ACCOMMODATION

**Bed space** available for rent. Nepali executive bachelors only. Next to Al Rigga metro station. Call 0557644248.

**Partition room** available for rent. Near green line metro station Salah Al Din, opposite Reef Mall Deira. For 900AED, DEWA excluded. Internet access, central AC, Orbit. Call 0508709748, 0561315896.

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

**Shared accommodation** available for rent. Indians only. Balcony, bathroom & kitchen accessible. Near Al Rigga metro station. Call 0505643795.

**Shared bed space** available for rent. Executive Indian Muslim bachelors only. Behind Crowne Plaza, facing Emirates

Tower, SZR. For 600AED/ + DEWA. Call 0507082328/0508787695.

**Shared accommodation** available for rent. Working couple/ ladies only. Bathroom attached. Near Al Ghubaiba metro station. Call 0502262556/0508735136.

**One bedroom flat** available for rent. Near green line metro/bus station. Starting in January 2012. Rent 20K. Could be extra for furniture. Call 0503447074.

**Bed spaces** available in a luxury flat. In Karama opposite to G Mart, above Kashmir Palace Hotel. Call 0558521614.

**Bedroom flat** available for rent. In Sheikh Rashid Colony, Qusais, near DIFZ metro station. Starting 1st of Jan. Annual rent AED20K, furnishings negotiable. Call 0553139579.

**Bed space** available for rent. For Indian executive bachelors only. Near Bur Dubai green line metro station Al Ghubaiba. Rent 550AED including DEWA. Starting January 1st. Call 0555366740, 0505253121.

**Executive room** available for rent. In the O.P.C. area, Bur Dubai. Indian executives only. Starting from 1st Jan. 2012. Call 0557356988.

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

**Bedroom flat** available for rent. Starting from the 1st of Jan. At Sheikh Rashid Colony, Qusais, near DIFZ metro station. Rent 20KAED. Call 0553139579.

**Room space** available for rent. At Al Khail Gate, Phase 2, Al Quoz. Filipinos only. Call 0505097432/0554070226.

**SBed space** available for rent. Tamil Muslim bachelors only. In Al Baraha near Eidkha Dubai. Rent for 350AED/- including DEWA. Internet is accessible. Call 0503766036.

**One room** available for rent. Ladies only. Rent 400AED. Attached bathroom. In Deira, Al Murraqabat St., behind Hamarain Center. Call 0508791227/0505286270.

**Shared accommodation** available. At Al Qusais next to Dubai Grand Hotel & Dubai airport free zone metro station. Working ladies only. Rent 650AED/free internet. Call 0507941195/042945172.

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# Taxi training centre opens

New training centre for taxi drivers to train cabbies while also offering courses and qualifications.

## INITIATIVES

The **Dubai Taxi Corporation (DTC)** at the RTA has officially opened the **Taxi Drivers Training and Qualification Centre** at its head office, in Muhaisnah 4, to train and qualify cabbies through various courses and lectures as well as practical and theoretical sessions in order to furnish them with the latest information to empower them to cope with the challenges and difficulties encountered while performing their duties.

The opening ceremony was attended by the CEO of the Licensing Agency and the Head of the DTC Supervisory Committee, Ahmed Bahrozian, Acting CEO of DTC Yousef Al Ali, and DTC Advisor Abdul Aziz Malik in addition to several directors and managers of the DTC, Public Transport Agency and RTA together with representatives of the DTC's franchise companies and stakeholders.

"It is a great honour to officially open the Taxi Drivers Training



*"It is a great honour to officially open the Taxi Drivers Training and Qualification Centre."*

and Qualification Centre affiliated with the DTC's Fleet Drivers Affairs Department. This Centre was established in September, 2007, and fitted with various equipment and programmes that merited it to receive a plethora of recognition certificates and awards from various bodies, including the membership of the Royal Society for the Preven-

tion of Accidents (RoSPA) in Britain, which is a non-profit society aiming to promote safety," said Bahrozian.

"The Taxi Drivers Training and Qualification Centre has also had the honour of being registered as the first training organisation of public transport services in the UAE. The Centre has been assessed by the RoSPA and the Knowledge and Human Development Authority, and, accordingly, all the requisite training materials have been identified in line with international standards. The activity of the Centre will focus on offering training about serving the transport sector, building personal competencies, and providing new training vehicles."

"Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, has recently endorsed the policy of training and qualifying cab drivers to be undertaken by both the Franchising and Enforcement Department at the Public Transport Agency and Fleet Drivers Affairs at the Dubai Taxi Corporation," he added.

# Al Rowaya wins Best Bus Depot

## AWARDS

The **Public Transport Agency** at the RTA recently honoured Al Rowaya Bus Depot as the **Best Bus Depot** in Dubai, in recognition of its excellent performance, which has satisfied a host of corporate standards set out by the Development and Corporate Performance Department at the Strategy and Corporate Governance Sector.

The Award was presented by Ahmed Mohammed Al Hammadi, Acting CEO of the Public Transport Agency and Director of Buses, in the presence of a considerable number of directors and staff from the agency, as well as officials of the station.

"This award manifests the attention of the RTA to disseminate the culture of corporate excellence amongst all organisational units, and reflects the implementation of the standards of the Dubai Government Excellence Programme in encourag-

ing bus drivers to avoid accidents, and prompting bus depot managers to pay site visits to their stations as it will undoubtedly improve the services rendered to all spectrums of the community.

"The standards set for the award comprise the implementation of main and subsidiary standards at the station. Main standards include security, safety, occupational health, environment, operation rooms, buses, drivers and station managers as well as performance indicators and results.

"Subsidiary standards include security measures, safety procedures, fuel stations, bus parking yards, car washing bays and toilets. These subsidiary standards—which come under the main standards of security, safety, occupational health and environment—explain the minimum requirements that have to be in place at depots to elevate the business conduct to excellent levels," said Al

Hammadi. Speaking about other subsidiary standards listed under the performance indicators and results, Al Hammadi said, "The station's commitment to the budgeted funds is as high as 95 per cent, which



AHMED MOHAMMED AL HAMMADI

includes the approved expenditure and budget, and cost amortisation rate for each individual station based on revenues and costs. Bus fleet operation rates reported by the station clocked 85 per cent and the station is targeting to push up bus-on-time departures to 99 per cent, and is endeavouring to ensure that road accidents will not exceed one accident per each 100,000 kilometres done.

"Other subsidiary standards include the rates of stand-by buses, the availability of stand-by drivers, the rate of drivers to operated buses, the rate of operational employees to the bus fleet in operation, the rate of late drivers arriving, the rate of emergency leaves to the number of drivers, the maintenance crew occupancy rate, the rate of maintenance section employees deployed per bus, and the rate of bus maintenance crew distribution per maintenance technicians," said Al Hammadi in a final remark.

I'll keep annoying dad until he stops texting.



# I WON'T LET IT HAPPEN

انتبه  
takecare

If you're in a car with a person who is **texting while driving**, stop him or her in the best possible way. Or if your spouse refuses to buckle up, don't get into the car. Or if a friend is speeding, sing off key until he or she slows down. Don't let an accident happen. A safer road is everyone's responsibility.

Join the community. Take the pledge at [www.facebook.com/rtatakecare](https://www.facebook.com/rtatakecare)

معاً نبني مستقبل دبي  
TOGETHER WE BUILD THE FUTURE OF DUBAI

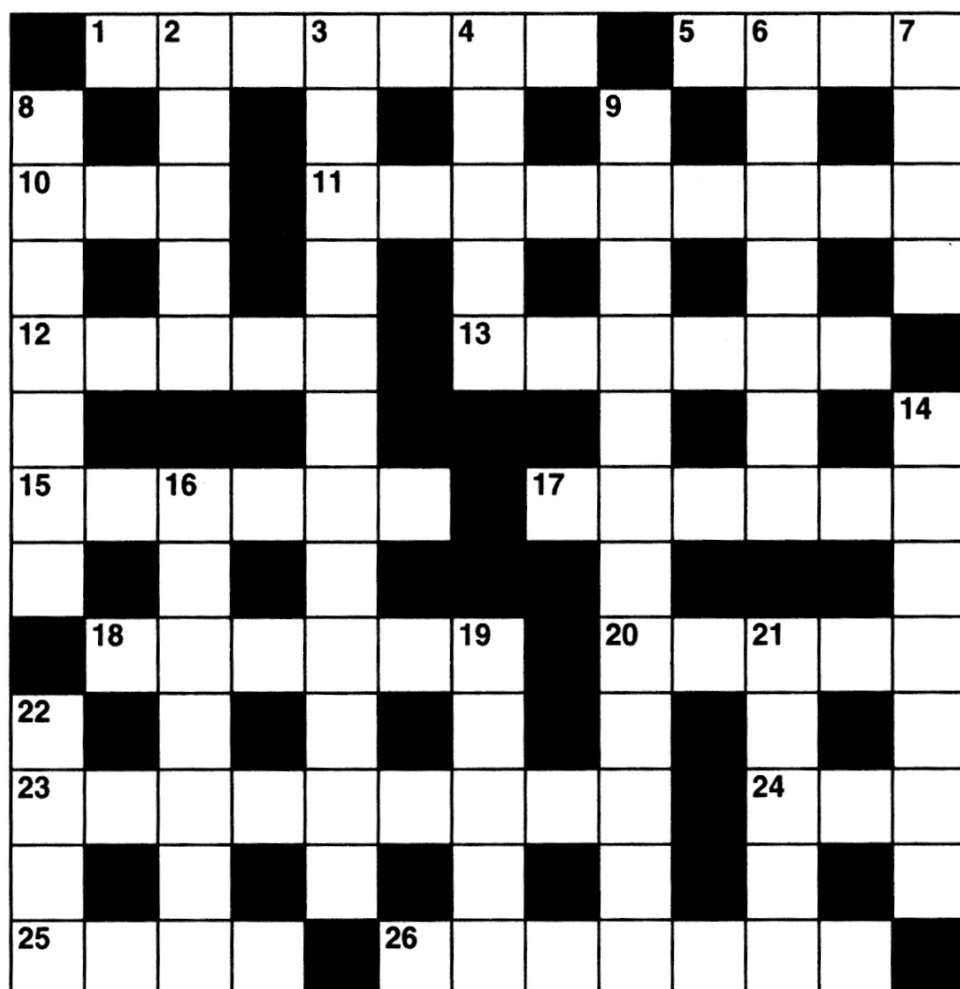
Facebook: [www.facebook.com/rtadubai](https://www.facebook.com/rtadubai) Call center 800 90 90  
Youtube: [www.youtube.com/rtadubai](https://www.youtube.com/rtadubai) ask@rta.ae www.rta.ae



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# Taking your time

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



## Crossword

### Across

1 US singer of *Vogue* (7) 5 Flows out (tide) (4) 10 Help, relief (3) 11 Presented in detail (9) 12 Major Indian language (5) 13 Medicated liquid (6) 15 Senior years (3,3) 17 Perplexes (6) 18 Kate Bush album (6) 20 Get stuck in (3,2) 23 \_\_\_ western, European cowboy film (9) 24 \_\_\_ Baba, *Arabian Nights* character (3) 25 Stone resembling marble (4) 26 Cats (7)

### Down

2 *As You Like It* forest (5) 3 Premiere (7,5) 4 Location of Mount Everest (5) 6 Lack of etiquette (3,4) 7 Subsidiary (issue) (4) 8 Prevailing custom (7) 9 Doing many different things at once (12) 14 Small country north of Latvia (7) 16 Concerning calorie intake (7) 19 Abandon inhibition (3,2) 21 Vestige (5) 22 Petrol company (4)

### ANSWERS



## Recipe

# Chicken Parmesan

If you love chicken, this simple, fast recipe is the perfect yummy meal to tantalise your taste buds.

### Ingredients

2 medium chicken breasts  
1 tbsp olive oil  
4 tbsp marinara sauce  
1/4 cup shredded mozzarella  
1/8 cup grated Parmesan  
Salt and pepper to taste

Serves  
**2**

### Method

1. Flatten the chicken breasts into 1/4-inch thickness.
2. Heat 1 tbsp of olive oil in a non-stick pan over a medium-high heat.
3. Add the chicken to the pan and cook until golden on the first side for about three to four minutes. Turn the chicken breast and fry on the other

side for the same amount of time, or until it is golden.

4. Reduce the heat to medium and top the chicken on one side with 2 tbsp of marinara sauce and the grated Parmesan.

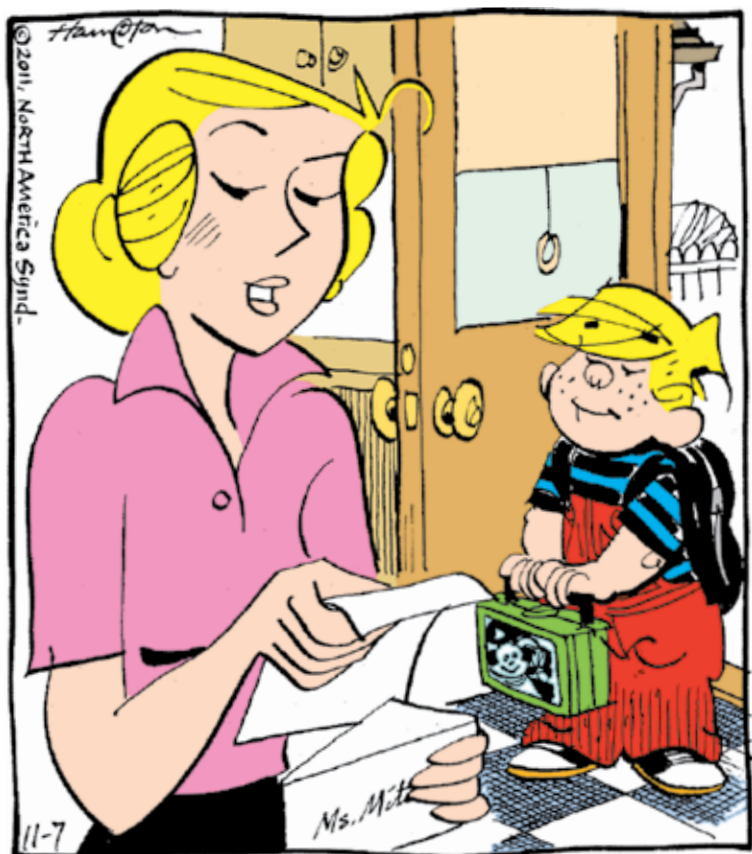
5. Sprinkle with 1/4 cup shredded mozzarella, then cook until the cheese is melted and the chicken is cooked through, for another three to four minutes.

6. Remove from the pan and allow to cool slightly before serving.

7. For the best (and tastiest) result, serve the dish on a bed of freshly cooked tagliatelle pasta or with a side salad or mixed vegetables for a lighter, healthier option.

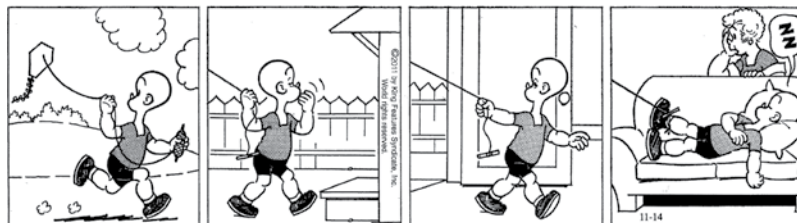


## Dennis the menace



"IT SAYS, 'MS. MITCHELL, DENNIS WAS A GOOD BOY TODAY. THOUGHT YOU'D ENJOY THE SURPRISE.'"

## Henry



## Ollie and Quentin



## Spiderman



## Here to help

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

**Q** I have been back at work now for a few weeks and my job is just as bad as I remember it. I made a promise to myself that I would find a new job in 2012, but I can feel my determination fading away with every hour that passes of the New Year. How can I continue to motivate myself to get a more fulfilling job when my current one is boring but steady and easy?

**Read:** The trouble with being in a cushy job means you will neither sink nor swim. Ask yourself if you can spend the next ten years with the same employer, and if not, why? If you need a better job, for money or personal reasons, then you need to simply tell yourself to start the process. Get your CV sorted and go from there.

**Q** I have just moved to Dubai and I am finding it hard to meet people

and make friends. I know joining clubs is important but how can I get to know people better?

**Read:** It can take time to settle into a new city but stick at it. If you have already joined a club or a class then try and interact with the people there outside of the allotted time. Teach yourself to take an interest in others; ask them questions and listen to what they say.

**Q** I am 22 and I seem to have put on weight over the festive period. I have been staying with my family and they would never say anything—in fact my mum keeps feeding me up. I don't think I look that much bigger in the mirror. Where can I go to get an unbiased opinion?

**Read:** Losing weight can be difficult, especially when you are not in control of the meals served. Try talking to your GP or nurse to get advice on how to follow a healthy eating plan and perhaps you could take up a fun and enjoyable exercise class such as Zumba to help you shed the extra pounds.

## Who's this?

ANSWER ON PAGE 38



# Puzzles

## Arrowword

|                    |                              |                            |                       |                             |                          |                     |
|--------------------|------------------------------|----------------------------|-----------------------|-----------------------------|--------------------------|---------------------|
| Torsos             | 1812<br>Napoleonic<br>battle | Fasten firmly<br>or repair | Separately            | Bird of<br>the night        | High<br>temperature      | Much-loved<br>actor |
|                    |                              |                            | Makes<br>use of       |                             |                          |                     |
| In what<br>way?    | Bundle (of<br>notes)         | Badly,<br>wrongly          |                       | Given a<br>money<br>penalty | Narrow<br>shelf          | Colloquialism       |
|                    | Tailed<br>amphibian          | Family<br>vehicles         | Daintily<br>tastes    | Moorland<br>hills           |                          |                     |
| Waltzes<br>or jigs |                              |                            |                       | Wrath, rage                 |                          | And not             |
| Theory             |                              |                            | — McEwan,<br>novelist |                             | Heredity<br>code (inits) |                     |
| Jars,<br>lurches   | Bundle up                    |                            |                       | Urge (3,2)                  |                          |                     |
|                    |                              | Turf                       |                       |                             | Unit of<br>work          |                     |

### Sudoku 1

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

### Sudoku 2

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

**ANSWERS**

**SUDOKU 1**

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

**SUDOKU 2**

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

**WHO'S THIS? ANSWER - HELENA BONHAM CARTER**


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# What's in your stars?

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

## ARIES

(MAR 21 - APR 20)

Get your financial ducks in a row early this week. File banking documents, organise your bill payment system, and bring in an accountant or bookkeeper if you feel like you're in over your head with paperwork. Socialising can benefit your professional life.



## TAURUS

(APR 21 - MAY 21)

Figuring out the balance between health and career is important now. Pinpoint slots in your schedule for weekly exercise classes or trips to the gym. Having set times carved out allows you to plan your other appointments so they don't interfere.



## GEMINI

(MAY 22 - JUN 21)

You have a knack for dreaming up eccentric ideas and turning them into tangible realities, and this talent is in high demand. Say or do the unexpected, as long as you inject a dose of humor, you won't lose any allies. In fact, you might just find you gain some.



## CANCER

(JUN 22 - JUL 23)

While you're eager to speak your mind, it's not quite time to reveal your hand. Instead, be the intrepid observer. You only get one chance to make a first impression, and you want every word to count, so pay attention to other people's cues and clues.



## LEO

(JUL 24 - AUG 23)

Honest talks about a relationship can be illuminating this week. An aspect of your union needs rebalancing, as the scorecard between you has become uneven. You're a giver, but perhaps your generosity hasn't been reciprocated in the manner you'd hoped.



## VIRGO

(AUG 24 - SEP 23)

Have you set your 2012 healthy living resolutions yet? While you're in a supportive groove, don't take on the responsibility for getting friends involved. Trying to organise your gym schedule around them will be endlessly frustrating, and this is more of a personal quest.



## LIBRA

(SEP 24 - OCT 23)

Early in the week, someone comes out of the woodwork who is willing to share their resources and trade secrets with you. This could provide the ideal opportunity to discuss, and perhaps realise, a joint venture which opens doors for both of you.



## SCORPIO

(OCT 24 - NOV 22)

Pay attention to the people vying for a piece of your time. Whether for business, romance, or another important purpose, you'll have to act quickly on your instincts in order to nab the opportunity. A close, female friend will also play a big role this week.



## SAGITTARIUS

(NOV 23 - DEC 21)

No more excuses! You've had a thousand and one reasons for why you've been unable to exercise or take care of your body, but enough is enough. Yes, your life is busy, but a new sense of motivation means you can find a routine that works with your limited time.



## CAPRICORN

(DEC 22 - JAN 20)

A work project is shaping up, and you could start to see the promise of greater earnings as a result of your hard work. Don't be afraid to bring up new ideas. Showing initiative will impress the powers that be, and changes might even be implemented sooner than you think.



## AQUARIUS

(JAN 21 - FEB 19)

You might expand your reach beyond city limits in the days ahead. Nowadays, popularity doesn't have to be limited by geography. You may feel the pull to travel or live nomadically to achieve your desired aspirations, but you can also reach people with your words.



## PISCES

(FEB 20 - MAR 20)

The flurry of emails that have come in could sit on your conscience like a boulder. Answer requests with a clear "yes" or "no," but be thoughtful about these choices. You don't want to write off a prospective collaborator just because you're feeling overwhelmed.



## This week's local weather

**SUN**



8<sup>th</sup>

**SUNNY**  
HIGH 24C  
LOW 14C  
HUMIDITY 50%

**MON**



9<sup>th</sup>

**SUNNY**  
HIGH 25C  
LOW 13C  
HUMIDITY 48%

**TUE**



10<sup>th</sup>

**MOSTLY SUNNY**  
HIGH 26C  
LOW 17C  
HUMIDITY 49%

**WED**



11<sup>th</sup>

**MOSTLY SUNNY**  
HIGH 23C  
LOW 20C  
HUMIDITY 53%

**THU**



12<sup>th</sup>

**SUNNY**  
HIGH 23C  
LOW 19C  
HUMIDITY 56%

**FRI**



13<sup>th</sup>

**SUNNY**  
HIGH 23C  
LOW 19C  
HUMIDITY 51%

**SAT**



14<sup>th</sup>

**SUNNY**  
HIGH 23C  
LOW 19C  
HUMIDITY 48%



I ♥ Movies



I ♥ Music



I ♥ Cosmetics



I ♥ Games



I ♥ Offers



I ♥ Dining



I ♥ Accessories



I ♥ Fashion



I ♥ Winning

# ONE MILLION REASONS TO LOVE SHOPPING

This DSF at Deira City Centre, get a chance to win up to **AED 1,000,000\*** in shopping sprees when you spend AED 300. Also shop at Mirdif City Centre and Mall of the Emirates to enter. Be part of the excitement with tons of fun activities for the whole family on Centre Stage from January 5-20. With so much to WIN, it's no wonder this is where you love to shop.



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