

FREE



www.facebook.com/readmeae



www.twitter.com/readmeae



www.youtube.com/readmeae



www.readme.ae

JANUARY 22-28, 2012 | Issue 32

Read

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

GOING AROUND THE BENZ

The Mercedes C350 coupé is almost identical to its four-door sibling, except when it comes to looks



WHERE THE WILD THINGS ARE



FESTIVAL FEVER

The Dubai Shopping Festival is as much about artists, shows and exhibitions as it is about great shopping deals



LEVEL HEADED

Tinker, Tailor, Solider, Spy does away with Hollywood's action-packed treatment of spy movies



Crystal clear

The meaning behind each month's gemstone



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

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

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Read.

THE WEEKLY

2012

CALENDAR

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Contents

Metro Life 03
Community 08
Tech 10
Travel 12
Fitness 14
You 16
Health 18
Fashion 20
Film 24
Arts 26
Motoring 28
Listings 30
Public transport 34
Take a break 36

Letters

Email: letters@readme.ae

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

✉ Hey *Read.*, I love it here in Dubai. It's absolutely brilliant. Each week I get to experience something new and am always eager to tell my friends back home about whatever I do. But in fairness, after I've told the story twice, even I get bored of it.

Sorcha Taylor

ED: Why don't you just set up a blog? That way, you only have to type it once, and only tell people your address. It's very easy and you can add good pictures too. Check out blogger.com

✉ Hi *Read.*, I've got guests coming over in the next month and I want to show them the kind of excitement I always enjoy in Dubai. It seems that every month there's a big event or concert. Can you give me some ideas as to what will be going on in February?

Nithin Nohria

ED: You're a little spoiled for choice next month. Besides the ever-

improving Dubai Jazz Festival with a whole host of international stars like Jools Holland, James Blunt or James Morrison, you also have the Dubai Duty Free Tennis Championships. So, whichever you choose, your guests will leave with memories that will last a lifetime.

✉ Hi *Read.*, I am a regular reader of *Read.*, but last week I missed the print version of the magazine. However, when I was walking towards my office I, painfully, saw a copy of *Read.* discarded. My sincere request to my fellow readers is, if you are finished reading the magazine, at least place it back in the stand—if you don't want to take it home—so that others can also use the same copy, rather than just read and discard.

Nidhesh

ED: We're sorry you missed the print version, but if that happens again, you can always view the magazine online (www.readme.ae). We would definitely like to reiterate your plea to have the copies placed back in the stands should readers not want to take them home. This will be good for the environment too.

Read. Poll

Do you sleep on your back, tummy or side?

- Back
- Tummy
- Side
- All of the above

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Why do you use Facebook?

To connect with friends	57%
To relax	11%
Because it's cool to do so	9%
For no real reason	23%

QR codes



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



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



Please recycle this copy responsibly.

Metro pics



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. The pictures must be your own and not copied from any source. Post your pictures to www.facebook.com/readmeae



MIGZ BRIOLA



REYNALDO JR ACOSTA GUILLERMO



SHADY MORIS MEGALLY



MOHAMMED NOUMAN



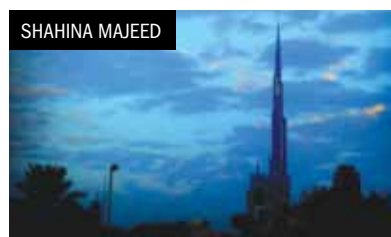
LONIX DIGITALWORKZ



AMBREEN SAEED



AYISHA IRFAN



SHAHINA MAJEED

Station by station guide

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

Live close to city conveniences
Affordable living at a central location

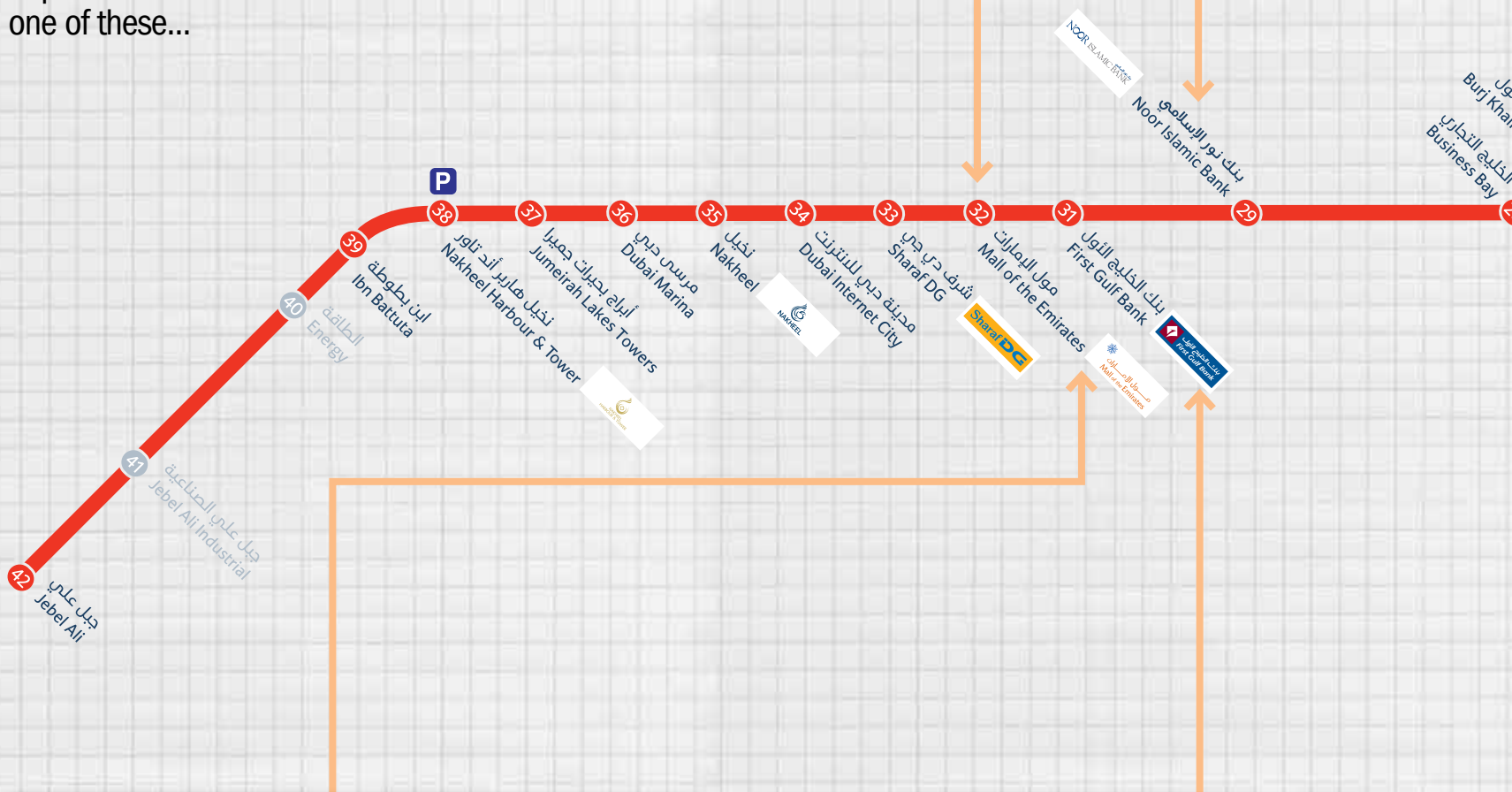
2 B/R apartments starting from
41,000 AED*

* Taxes and commission apply
2012 @ Number 410

LEASING NOW, CALL
800DPG
www.dpg.ae

Al Khail Gate

A COMMUNITY BY
DUBAI PROPERTIES GROUP



Gharana live

JANUARY 27, 6.30PM

DUCTAC

Renowned vocalists Pandit Ajoy Chakraborty and Kaushiki Chakraborty Desikan will perform this classic Indian recital at a special, one-off show right here, in the heart of Dubai. Not only is it the first time that the two prominent Indian artists have performed together, a record of sorts, but the unique show will also take place on Chakraborty's 60th birthday. Ticket prices range from Dh100 to Dh250.

Beat Antenna



JANUARY 23, 7.30PM

THE FRIDGE, AL QUOZ 4

Beat Antenna take to The Fridge stage to perform songs from their upcoming album, *Articles For The Blind*. The five-piece Brit-rock band have enjoyed international success and have supported popular bands such as Keane, The Happy Mondays and, more recently, Beady Eye in Abu Dhabi. Doors open at 7.30pm, entry is Dh50 per person, free for under 18s. Travel by bus or taxi to The Fridge from the Metro station.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



Dubai Municipality Museum



**OPEN DAILY (EXCEPT FRIDAYS) 9AM-5PM
SPICE SOUK, BANI YAS STREET, DEIRA**

This intriguing museum provides a glimpse into Dubai's past, before the Dubai of today had even begun to be built. Among the various exhibits within the museum, you can sit at the planning table of HH Sheikh Rashid bin Saeed Al Maktoum. The museum is located in the spice souk, Bani Yas Street, Deira. Call 04 225 3312 for more details.

Watch Art Grand Exhibition



JANUARY 24-27, 1PM-7PM (TUESDAY-THURSDAY) & 10AM-10PM (FRIDAY), MADINAT JUMEIRAH

Patek Philippe presents 'Watch Art Grand Exhibition' a rare chance to look inside the world of a revered family owned watch company. Visitors will be able to explore 400 exhibits, including timepieces from the Patek Philippe Museum in Geneva. This exhibition will take visitors on a voyage through Patek Philippe's collections that encompass a 172-year tradition of fine watchmaking innovation and craftsmanship. Free entry.



Live in a quiet environment
Your gated community in Mirdif

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

LEASING NOW, CALL
800DPG
www.dpg.ae

A COMMUNITY BY
CHOROOB MIRDIF

DUBAI PROPERTIES GROUP

Live in a family environment
Convenient living in Mirdif

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

LEASING NOW, CALL
800DPG
www.dpg.ae

One month FREE rent for a limited period!

A COMMUNITY BY
SHOROQ MIRDIF

DUBAI PROPERTIES GROUP

Dubai-Berlin Fashion Fusion



**JANUARY 23, 8PM
THE PAVILION, DOWNTOWN DUBAI**

The work of eight young designers from Dubai and Berlin will be presented at this fashion show,

organised by the Goethe-Institut German Language Centre Dubai. The event will showcase designs influenced by both cities, not only offering an insight into each designer's personal style but also mirroring both cities' style, traditions, values and visionary concepts. Free entry. To register for this event, email info@dubai.goethe.org

The Burning Question

Q Dubai performer S1 has joined forces with international pop star Sean Kingston to release a song. If you could team up with any celebrity, who would it be and what would you do together?



Alison Wellings

RETIRED HEADMISTRESS, VISITING

If I could join any famous person I would like to go back and be there, on the steps in Washington, behind Martin Luther King when he delivered his famous "I have a dream" speech.

David Wellings

RETIRED,
VISITING

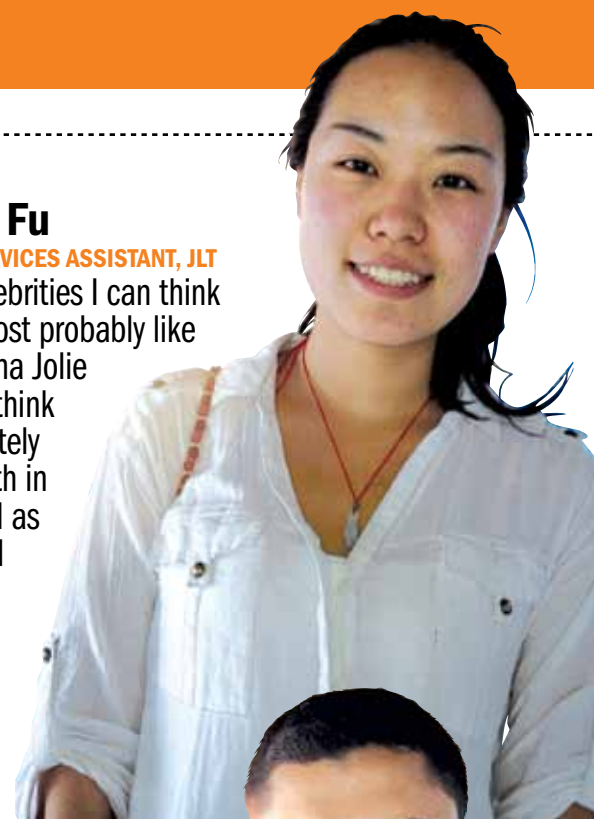
I would most probably like to team up with the cyclist, Lance Armstrong, on one of his cycling climbs as I am a keen cyclist myself.



Beatrice Fu

CUSTOMER SERVICES ASSISTANT, JLT

Of all the celebrities I can think of, I would most probably like to join Angelina Jolie in a movie. I think she is absolutely gorgeous, both in her looks and as a person, and she seems really kind.



Ahmed Areba

ACCOUNTANT, AL QUSAIS

I would like to join the Egyptian football team, Zamalek SC. In particular, I would like to meet their player, Hazem Emam. It would be good to join the team and become a football star.



Yousra Taj

MARKETER, VISITING

I think I would have to say the Bollywood actor Shah Rukh Khan. I think he is really cute and I would like to play the leading lady in one of his films.



Ejaz Ahmad

RELATIONSHIP OFFICER,
ABU DHABI

I would choose to team up with the pop singer, Enrique Iglesias. I wouldn't want to sing with him; just go to some Hollywood parties together and meet the stars.



Stewart Ambrose

SUPPLY CHAIN ENGINEER,
DUBAI MARINA

It would probably be the golfer, Rory McIlroy. I would like to go out and play a few rounds of golf with him so that hopefully I could pick up some of his expertise.



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

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

Coming up this week



TODAY

With its unique "ring of fire" lighting system, Sports City Cricket Stadium in Dubai has hosted a number of top-class international matches. Just this past weekend, Pakistan hosted the top-ranked Test playing nation in the world as England aimed to tighten their grasp on the number one spot. *Read.* went along to the cricket stadium for the first Test match between the sides in 2012.



MONDAY

Last week saw the prequel to the Oscars, the Golden Globes, bring all the glitz and glamour of Hollywood to the first red carpet of the season. But who were the big winners?



TUESDAY

We all love a history lesson now and again, and we often take pride in the antiquity of our own home town. If you're an explorer, you'll love these ancient cities, the oldest in the world.



WEDNESDAY

It seems common sense nowadays, because it has been around for millennia, but how did banking come into existence, eclipsing a bartering culture? Who were the first to offer loans and deposits?



THURSDAY

They say laughter is the best medicine, as well as being infectious. What is it that makes a little giggle so good for you? It's time to dissect the funny bone to reap the health rewards.



FRIDAY

Once again our Facebook page has been full of your opinions on our daily Burning Question. We find the best responses from our Facebook fans and bring you the answers that matter most to the people of Dubai.

Facebook chatter

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

(Responses only edited for length)

Do you support the Stop Online Piracy Act (SOPA)?

Although Piracy is tumorous evil, People with lesser resources and channels rely on these sites for very important reasons..... Banning this would mean making the internet kinda exclusive.

—Omer Chauhan

"Imagine a world without FREE knowledge." Wikipedia's banner and it says a lot and I echo their sentiments!

—Clen Nicolas

What initiatives would you like to see in education?

Learning should start at home. As the child progresses he/she will develop the ability to speak English and Arabic.

—Josephine Cake Dela Cruz

Tactile materials and actual outdoor experience of the subject matter helps kids learn fast. Schools should also recognize that each kid learns in different phase and class room



MANY ARE RALLYING AGAINST THE SOPA BILL

condition. Classroom environment should not be too conventional and stiff.

—Stella Lasketti

Dis is gud but if children learn technical and vocational training is better in my view....

—Yous Prince

Out of syllabus and practical activities also should be taken by the child. He should also learn and practice good behaviours.

—Ahmad Iftikhar

Would you want to know there's bacteria in your food before eating it, or do you like not knowing what your body is trying to digest?

Everyone would like to know what they are eating in their pizza, but frankly why should they care? The majority of people don't really care



BACTERIA-PACKED PIZZA?

whats in the food they eat; they may have increasing amounts of trans fats or something that leads to disease, but that doesn't stop us from eating them.

—Gavin Saldanha

No i dont want to know all this.

—Sam Bay

Arabian Centre

Fans of *Alvin and the Chipmunks* will find the cartoon characters up to their usual tricks at the Arabian Centre. The mischievous trio from the latest movie, *Alvin and the Chipmunks 3: Chipwrecked*, which is now showing in cinemas, will be at the mall on January 26 and February 1, 3 and 4 between 6.30pm and 8pm. Children will have the chance to meet the chipmunks and have their picture taken together. The Arabian Centre will also conduct children's arts and crafts sessions on February 2, 3 and 4 from 6pm to 9pm.

Dubai Marina Mall

The DSF Carnival has brought a host of entertainers to Dubai Marina Mall. Acrobats, jugglers, stilt-walkers, unicyclists, dancers and musicians from all over the world are keeping crowds entertained throughout the shopping festival. Especially popular with children are the fancy dress characters, who have donned bird and animal costumes for the festivities.



Mirdif City Centre

One of the most popular children's TV programmes has taken centre stage at Mirdif City Centre. The *Lazy Town* show will see children laughing and dancing along with the performers in the mall's central galleria from January 26 to February 4.



Festive fun

The Dubai Shopping Festival celebrations are in full swing. Alongside the discounts that make this the best time of the year to shop in Dubai, an array of competitions, performances and activities are taking place every day at more than 70 malls around the emirate. Take a look at some of our favourites.

Al Riqqa Street

Breathtaking stunts and awe-striking tricks have had crowds gasping with astonishment at Al Riqqa Street this DSF. The Monte Carlo Circus has created a special performance for the DSF celebrations with more than 15 acts, in addition to their ever-popular jungle shows featuring performing parrots, snakes and dogs. The show finale also features animals as four lions and a tiger exhibit their performing prowess in a series of jumping stunts.



Burjuman Mall



The Power Puff Girls took up residence at Burjuman to perform live, daily concerts. Children had the opportunity to meet the popular cartoon characters and pose for

pictures alongside their favourite Power Puff Girl after rocking out to the song-and-dance act. The mall also played host to Columbian painter Jose Luis Quiceno, who treated audiences to live performance art displays with art and gymnastics shows.

Reef Mall

The adventures of Charlie and the Chocolate Bean were brought to life at Reef Mall, where a series of activities based on the character and his travels through Russia, Africa and Thailand took place. Daily shows, featuring songs and characters from Charlie's quest to find the magic chocolate bean, were packed with excited children. The last show took place on January 21, but the mall will be running daily arts and crafts sessions until January 28.



ENTERTAINMENT AT ITS BEST

Dubai Shopping Festival is as much about entertainment as it is about shopping. Experience 32 days of endless festivities with something for everyone in the family.

DSF DAILY FIREWORKS BY AL ZAROONI GROUP				6 Jan- 5 Feb	Al Seef Street	8:30 pm
FESTIVAL PROMENADE		Jan 5 – Feb 5	Catch A Star (Look-alike) • Solo Musicians • Fun Fair 5 pm - 10 pm (Sat - Wed), 5 pm - 12 am (Thu - Fri)			
HERITAGE & DIVING VILLAGE		Jan 5 – Feb 5	Traditional bands • Local handicrafts • Falconry show • Pearl search 4 pm - 10 pm (Sat - Wed), 4 pm - Midnight (Thu - Fri)			
AL RIQQA STREET BY AL GHURAIR CENTRE		Jan 5 – Feb 5	Night Souk - 6 pm - 2 am (Sat - Wed), 6 pm - 3 am (Thu - Fri) Monte Carlo Circus - 6 pm - 8:30 pm and 9 pm - 11:30 pm Ticket prices: AED 50, AED 75 and AED 100 Funfair • Skilled games • Roaming circus performers Timings: 6 pm - 2 am			
AL SEEF STREET		Jan 5 – Feb 5	Funfair • DSF bazaars • Handicraft and cultural activities • Floating restaurants 4 pm - midnight			
DSF DESERT CAMP		Jan 5 – Feb 5	Al Warqa 4	24 hours		
GLOBAL VILLAGE		Jan 5 - Mar 3	Dubai Land	4 pm – Midnight (Sat – Wed), 4 pm - 1 am (Thu - Fri)		



Based on the latest online shopping survey, 45 per cent of internet users in UAE don't feel safe using credit cards for online payments. And the UAE is considered the most internet-literate country in the region."

This statistic is cited by Samar Mushainesh, international marketing and sales manager at CashU, a web site that offers a way of making safe online transactions without having to give up any card details. And according to her, the region is in serious need of a safe and secure way of paying for things online.

With this system, then, the user simply has to create an account on the CashU web site, which can then be topped up in a number of ways. The most popular way of topping up, according to Mushainesh, is to purchase pre-paid scratch cards, which are available at outlets such as UAE Exchange.

"Basically, anyone can use CashU whether the user is a 12-year-old kid or a 40-year-old who doesn't wish to expose his bank and credit card details, in addition to the increased security when making a transaction," she says.

This is good idea for those without a bank account, or those who simply feel uneasy about revealing their card details online. But the region, and the UAE in particular, is becoming increasingly user-friendly when it comes to making online payments. Some UAE residents, like Wouter Kerklaan, have no problem with sharing their credit card details online.

"If I can buy something online, I will," he says. "It's so much easier than going to the shops; I don't have time for that. I just need to click a few buttons, and, sometime during the next week, my package arrives at my office. And shops over here are really starting to get on board with online services, so it's making my life even easier."

Despite the risks of phishing, identity theft or all-out scamming that are often associated with making online payments, Kerklaan feels safe and secure with it. He puts this down to being

45%

The percentage of UAE residents that feel unsafe using credit cards online

careful about the outlets he gives his card details to, stressing that he only deals with reputable companies that can be held accountable should anything go wrong.

"I suppose it's a matter of common sense," says Kerklaan. "I implicitly trust the really big online stores like Amazon or iTunes, for example. And I've got a Paypal account which is linked to my bank account, and I'm happy with that. But I am still pretty careful on eBay—there are still loads of scammers on those web sites, even with the administrators trying to get rid of them. If something's too good to be true, it probably is."

Kerklaan, however, enjoyed all of these services when he lived in Europe, and so carries the assumption that, since they are available in the UAE as well, they must be safe. And so far, he has not seen any problems. But he does concede that an alternative method to buying online is probably a good idea for the region.

"If I didn't have a bank account, I'd definitely use those pre-paid scratch cards," he says. "And I guess people here are still a bit wary about making online payments as it's still quite new. There's nothing wrong with being vigilant, so it's good that there are alternatives out there." ●



Cash on the cloud

While some UAE residents feel safe making online payments, others do not. Happily, there are a number of alternatives.

SONY
make.believe

Sony recommends Windows® 7.



Style was never so rewarding.
Buy a **SONY VAIO** win gold
worth AED 500,000.



With VAIO everyone is a winner this DSF!

This DSF, buy any Sony VAIO laptop with the 2nd generation Intel® Core™ processors and get a Scratch & Win* Coupon. Lucky winners will get Gift Vouchers from DAMAS worth upto AED 10,000 or Sony MicroVault (8 GB). Hurry! Don't miss out. Promotion from 5th January, 2012 to 5th February, 2012.

VPCSB36 13.3" LED Backlight - Intel® Core™ i5-2430M Processor 2.40 GHz with Turbo Boost up to 3.00 GHz - Genuine Windows® 7 Home Premium 64-bit (English Version) 4 GB DDR3 RAM / 500 GB HDD Storage - DVD Writer - AMD Radeon™ HD 6470M, 512 MB Dedicated Graphics - Battery Life up to 6 Hours of Use - Backlit Keyboard 1.7 kg AED 3,895/-	VPCCA35 14" LED Backlight - Intel® Core™ i5-2430M Processor 2.40 GHz with Turbo Boost up to 3.00 GHz - Genuine Windows® 7 Home Premium 64-bit 4 GB DDR3 RAM / 500 GB HDD Storage - DVD Writer - AMD Radeon™ HD 6630M, 1 GB Dedicated Graphics - Backlit Keyboard AED 3,595/-	VPCEH28 15.5" LED Backlight - Intel® Core™ i5-2430M Processor 2.40 GHz with Turbo Boost up to 3.00 GHz - Genuine Windows® 7 Home Premium 64-bit 4 GB DDR3 RAM / 500 GB HDD Storage - DVD Writer - NVIDIA™ GeForce™ 410M GPU, 512 MB Dedicated Graphics AED 2,995/-	VPCEG25 14" LED Backlight - Intel® Core™ i3-2330M Processor 2.20 GHz - Genuine Windows® 7 Home Basic 64-bit 4 GB DDR3 RAM / 320 GB HDD Storage - DVD Writer - Intel® HD Graphics 3000 AED 2,395/-
--	---	--	---

*Terms & Conditions apply. This offer is not valid on the VAIO YB series.

FOLLOW US ON Facebook.com/VAIOEMEA Twitter.com/VAIOEMEA

VAIO

Authorized VAIO Exclusive Shop, M-31, Al Ain Centre, Bur Dubai, 04-3522360

ABU DHABI – Jumbo Hamdan Street, 02-6327001 • E-Max Electronics, Hamdan, 02-6744937 • Jumbo, Al Falah Street, 02-6248255 • Plug-Ins, Marina Mall, 02-6810116 • Sharaf DG, Abu Dhabi Mall, 02-6503570 • Jumbo Electronics, Al Wahda, 02-4437143 • Sharaf DG, Mushrif Mall, 02 4179333 • E-Max Electronics, Delma Mall, 02-5575400 • Jumbo, Al-Ain Mall, 03-7514705 • Sharaf DG, Al Ain Mall, 03-7849264 • Jumbo Electronics, Bawadi Mall, 03-7840669 • Jackys Electronics, Bawadi Mall, 03-7840747 • **SHARJAH** – Jumbo King Faisal Street, 06-5534270 • EMAX Big Box, 06-5551112 • Jumbo Sahara Centre, 06-5300859 • Jumbo Sharjah City Center, 06-539705 • Jackys Electronics, Sharjah City Centre, 06-5332150 • Sharaf DG, Safer Mall, 06-5313600 1 • Jackys Electronics, Ajman City Centre, 06-7430094 **DUBAI** – (Bur Dubai/ Karama) Computronics, Al Ain Centre, 04-3517337 • Compumania, Al Ain Centre, 04-3595801 • Compuchoice 04-3510811 Al Ain Centre • Digital Future Solutions, Al Musalla (WiFi) Mall, 04-3978812 • Jumbo House, Bur Dubai, 04-3523555 • (Burjuman Center-New Extn) Jumbo, 04-3521323 • (Deira City Center) • Plug-Ins, DCC, 04-2367887 • Jackys, 04-2949480, Jumbo, 04-2953915, Sharaf's DG, 04-2948483, (Deira/ Garhoud) • Jackys Nasser Square, 04-2236344 • Jumbo Nasser Square, 04-2216673 • Plug-Ins, Al Gurair Centre, 04-2283657 (Mirdif City Center) • E-Max Electronics, 04-2843989, Jackys Electronics, 04-2843926, Jumbo Electronics, 04-2843470, Sharaf DG, 04-2840077, (Dubai Mall) • Sony Boutique, Dubai Mall, Jumbo Unwired, Dubai Mall, 04-3398296 • Plug-Ins, Dubai Mall, 04-4340800 • Jackys Electronics, Dubai Mall, 04-4340499 • Sharaf DG, Dubai Mall, 043398656 • Sharaf's DG, Times Square Centre, 04-3418060 • E-Max Electronics, Oasis Center, 04-5154444 • Plug-Ins, Dubai Festival City, 04-2066752 • Jumbo, Dubai Festival City, 04-2329367, (Mall of Emirates) Jackys Express, 04-3415117 • E-Max Electronics, 04-3996562 • Jumbo, 04-3410101 • (Jbn Battuta Mall) • Jumbo, 04-3685310 • Sharaf DG, 04-3685115 • Dubai Mall, 04-3253711



Only VAIO. Only Sony.
Only Where you see this seal.



UAE TOLL FREE
800 SONY 7669
www.sony-mea.com

Kenya is one of Africa's best destinations for catching a glimpse of the continent's stunning wildlife.

There's no doubting the fact that Kenya is a tourist destination. Its services sector, which makes up about 63 per cent of the country's GDP, is dominated by tourism, with visitors flocking to the beaches of the South East or the game reserves inland. This is hardly surprising; Kenya is home to almost all of the great African mammals one would hope to see on a safari trip, while the better hotels offer such good service that they could give the best in Dubai a run for their money.

But in the large cities, such as the capital, Nairobi, and the popular tourist destination, Mombasa, crime is rife. Armed car-jackings

are more prevalent in the densely populated areas, and some governments consider there to be a high threat of terrorism in the cities. These facts, along with the pull of seeing such exceptional animals, pushes most tourists toward the countryside, where safari resorts offer a glimpse into an entirely different world.

It's possible to take a four-hour drive—or a short flight—from the capital to Mount Kenya, the highest mountain in the country and the second-highest in Africa. Surrounding the beautiful, snow-capped peak is a national park, which became a Unesco world heritage site in 1997. There's plenty of wildlife to be seen here—from elephants to hyenas—though there'll be no lions, as they

prefer to inhabit areas at lower altitudes.

There are a number of shabby hotels in the surrounding towns and villages, though staying at these will make for hard work when it comes to trekking up to the national park. For the full package, it's better to shell out and stay at Fairmont's Mount Kenya Safari Club, which sits, quite literally, on the equator, 2,135 metres above sea level. Here, exceptional views are afforded of the mountain, particularly in the early morning, while the luxury hotel offers horse-back rides through the park with professional guides.

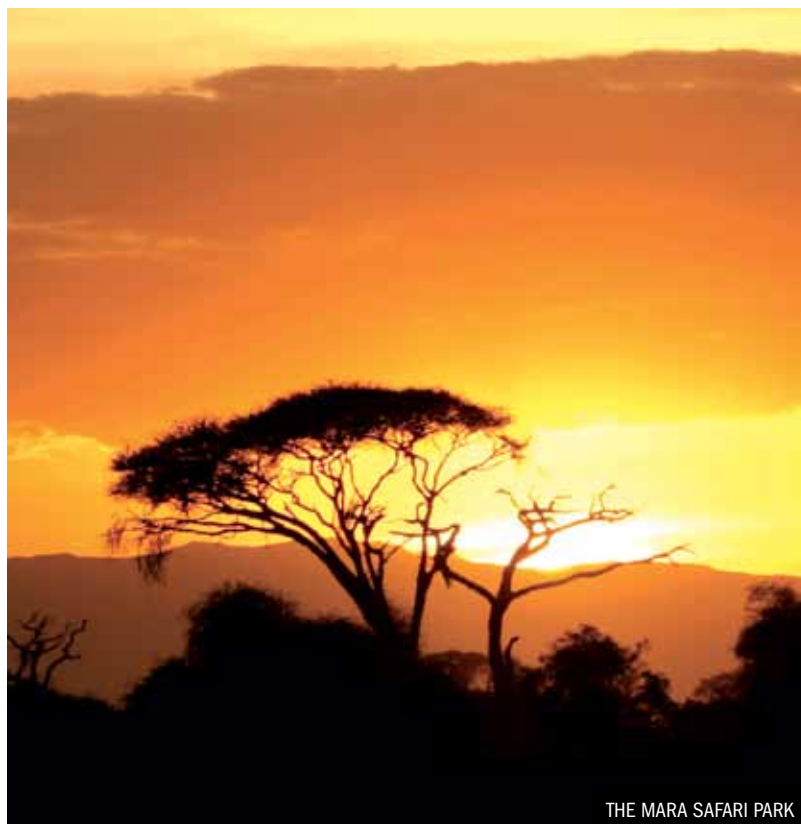
A week, or even two, spent here would make for a truly stunning holiday, but it's also possible to go

Into the wild





ELEPHANTS AT MOUNT KENYA



THE MARA SAFARI PARK

from here onto other national parks, thanks to the quirky air travel options offered by a number of operators. Flights are booked in advance, but the small, propeller-powered planes act more like buses, stopping off at a number of air strips on the way to your destination, making it possible to get to almost any of Kenya's other game reserves.

One of the best ones is the Mara Safari Park, which takes less than an hour by air from Nairobi, and has made a number of appearances on all manner of wildlife documentaries. There's a small landing strip, from which you'll be able to see elephants and giraffes grazing, and a few muddy paths leading up to the couple of hotels that nestle in the grounds.

Game drives are done very early in the morning—around 6am—or in the late afternoon. The hotels around the Mara River offer trips in rugged four-wheel-drives modified specifically to take on the wild terrain, as well as afford the best views for the passengers.

The cars have no windows and a large opening on their roofs, while the animals think nothing of the mechanical leviathans rumbling alongside them, so it's possible to get extremely close without disturbing them.

The Mara Safari Park sports, pretty much, every African animal it's possible to see. Lion prides laze around on the great plains, herds of elephants lumber along and scores of zebras spend their

time grazing the impossibly beautiful grasslands. There's also a rhino sanctuary housing the last two white rhinos in the area, due to the species suffering at the hands of poachers. And in the Mara River, crocodiles can be seen lazing next to great hippos, which chortle throughout the day as they prepare to emerge for nocturnal grazing. Seeing all of these animals in the wild makes for an exceptional experience, one that will remain etched in the mind for a lifetime. ●

The Big Five

- Lion
- African elephant
- Cape buffalo
- Leopard
- Rhinoceros



A small nation with big surprises

Bahrain might be a very small country, but it still has plenty to offer the discerning Middle Eastern traveller.

LOCAL TRAVEL

The **smallest** of the independent Gulf states, Bahrain, nevertheless has plenty to offer visitors. Much of this tiny Kingdom's appeal is located on its shores, where the warm, shallow waters create ideal conditions for lounging on the beach and taking dips in the sea.

For the more active tourist, there is plenty to do and see here. One of the most popular times to visit Bahrain is during the annual Grand Prix. The Kingdom was the first in the Middle East to hold a Formula 1 Grand Prix, and, every year, thousands of visitors descend on the circuit to witness the event.

History and culture abound here.

QAL'AT AL BAHRAIN (BAHRAIN FORT)



At the Bahrain National Museum, 6,000 years of the country's rich history await with three halls specifically dedicated to the civilisation of the Dilmun, with its legacy of burial chambers surrounding the island. There is also a heavy focus on the natural history of the island, with exhibitions of Bahrain's flora and fauna.

The best way to appreciate the latter, however, is to immerse yourself in the Al Areen Wildlife Park and Reserve, where the beauty of Bahrain's desert landscape is allowed to flourish with little interference. Here, more than 100,000 plants and trees bloom in an area covering more than eight square kilometres, home to hundreds of species of animals, some of them extremely rare.

FITNESS FOR REAL



PHILL ROBSON
SPORTS AND FITNESS
ACADEMY COACH
PHILLROBSON.COM

How to get ripped

Building muscle allows your body to burn calories and increase strength. Muscles also support the bones, giving the body a stronger, more resilient frame. Plus toned muscles always make your body look and feel better.

When you start your muscle building routine, the first thing is to establish an exercise and diet regime you can stick to. Remember, muscle building takes time and patience; you won't get results overnight.

There are many types of muscle work-outs to choose from. Machines use weighted plates combined with tension to work the desired muscle groups. Cable machines are the best in

"Cable machines are the best in my opinion, but I prefer free weights."

my opinion, but I prefer free weights as they can target certain muscle groups. Combine them with movement, such as dumb

bell push-ups with body rotation.

When figuring out how to get ripped, remember to factor your eating habits into your routine. Ideally, you'll want to incorporate complex carbs and protein into your diet and stay away from empty calories or foods with a high fat content. Avoid sugar-filled drinks and try to drink at least 64 ounces of water per day.

During a work-out, small tears are formed in the muscle fibre. Muscles get bigger and stronger as the body repairs these tears. Therefore, it's important to remember that muscles are technically "built" during your rest period, not your work-out.

Bringing fitness to the fore!

Forego the luxury of a golf cart, and a day out golfing can double as a good work-out.



The detractors will tell you it's a good walk wasted, while others bill golf as the lazy man's sport. In one sense, it's easy to see why. Due to the absence of throwing, catching, or running, as seen with most other sports, it's hard to envisage how a round of golf could have any benefits for your health, apart from escaping a noisy homestead at the weekend. But if you do need an excuse to hit the links, telling your spouse that you're just working on your fitness is something that can't be refuted.

As much fun as it is to ride around the course in a funky electric golf buggy, it's when you forego the transport and walk from hole to hole that you reap the rewards. Playing 18 holes of golf can actually involve traversing five to eight kilometres and, as any avid golfer knows, most courses have a varied topography, meaning you could be climbing uphill one minute and clambering downhill the next, working several muscles in the process.

"Walking is a low-impact cardiovascular activity that gets the heart pumping," says fitness expert and golf aficionado Darryl Kane. "Many doctors advise walking over jogging

because it isn't jarring on the knees and feet. Walking is also often an important part of a work-out routine and can promote weight loss and a healthier heart. For golfers who do not have a caddy and choose to opt out of adding the extra cost of a golf cart to their game, carrying a bag full of clubs adds some resistance while walking."

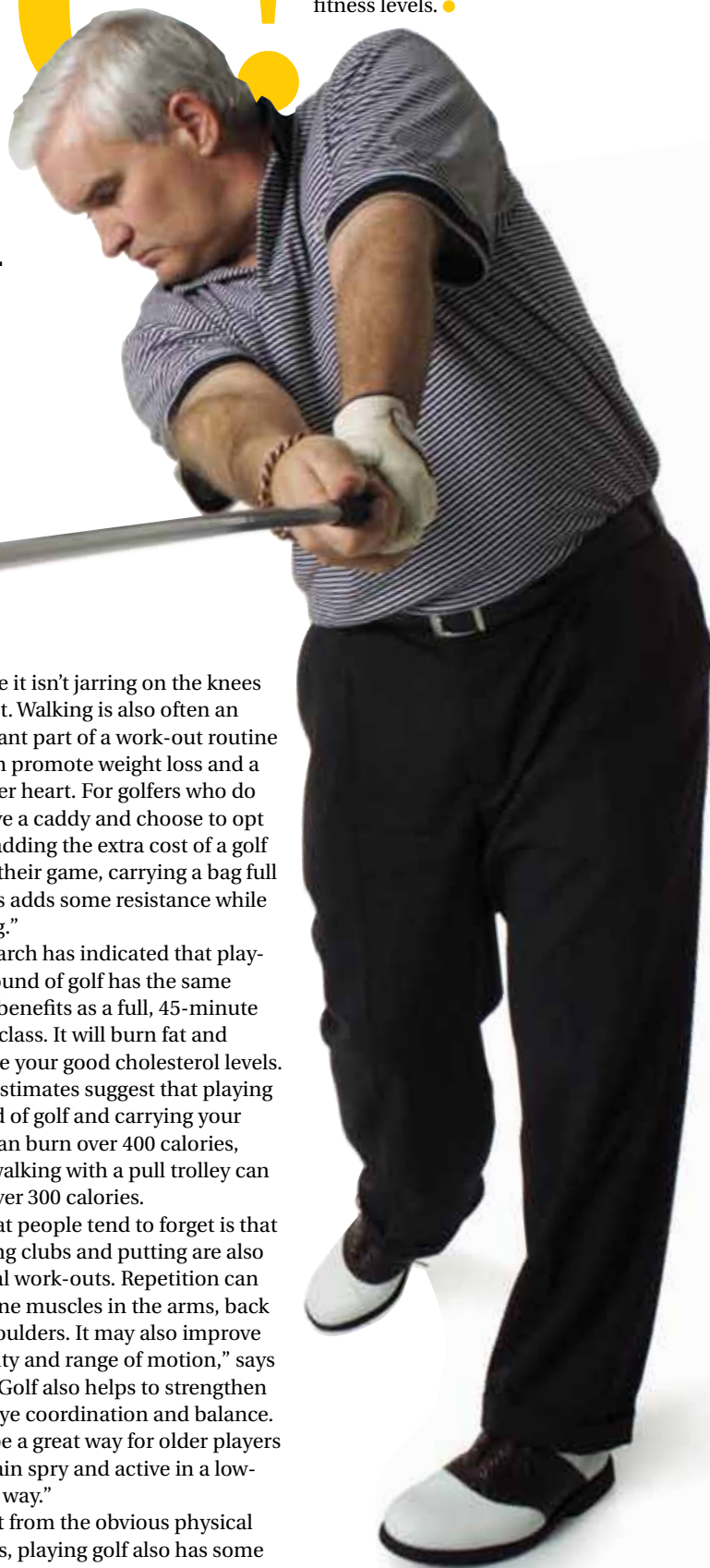
Research has indicated that playing a round of golf has the same health benefits as a full, 45-minute fitness class. It will burn fat and improve your good cholesterol levels. Some estimates suggest that playing a round of golf and carrying your clubs can burn over 400 calories, while walking with a pull trolley can burn over 300 calories.

"What people tend to forget is that swinging clubs and putting are also physical work-outs. Repetition can help tone muscles in the arms, back and shoulders. It may also improve flexibility and range of motion," says Kane. "Golf also helps to strengthen hand-eye coordination and balance. It can be a great way for older players to remain spry and active in a low-impact way."

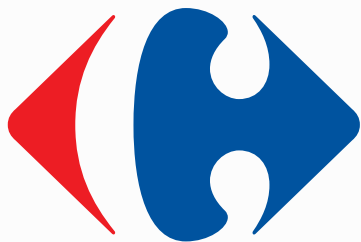
Apart from the obvious physical benefits, playing golf also has some mental health benefits, which can

make this unusual fitness routine even more worthwhile. Simply being outdoors on a beautiful day can boost a person's spirits. Provided you're not caught up with the competition aspect and gunning to win, golf can also be a relaxing endeavor that helps melt the stress of everyday life away.

Golf has many benefits, and despite not being as high-energy as cricket or football, for example, it still remains a sport that can prove to be a beneficial boost for your health and fitness levels. ●



كارفور



Carrefour

www.carrefouruae.com

BUY ANY NOTEBOOK/COMPUTER AND GET
NORTON INTERNET SECURITY 2012
+ HEADSET + MOUSE



BUY ANY NOTEBOOK COMPUTER ABOVE AED 2090
GET ADDITIONAL HP PRINTER + SPEAKER



BUY ANY NOTEBOOK COMPUTER ABOVE AED 2490
GET ADDITIONAL COBY TABLET PC



BUY ANY NOTEBOOK COMPUTER ABOVE AED 2990
GET ADDITIONAL MICROSOFT OFFICE 2010



Low prices and so much more!

From 15th Jan until 25th Jan 2012



i3-370 500GB
4GB RAM HDD
Windows 7 Basic

CARREFOUR COUPON
قسمة كارفور
100 DHS .00

1,799 DHS .00 Lenovo notebook
G560L



i5-2450 320GB
4GB RAM HDD
Windows 7 Basic

CARREFOUR COUPON
قسمة كارفور
100 DHS .00

2,099 DHS .00 Acer notebook
5749



i5-2430 750GB
6GB RAM HDD
1GB graphic card
Windows 7 Premium

CARREFOUR COUPON
قسمة كارفور
200 DHS .00

2,999 DHS .00 Toshiba notebook
SL735



i3 500GB
4GB RAM HDD
512MB graphic card
Windows 7 Premium

CARREFOUR COUPON
قسمة كارفور
100 DHS .00

2,399 DHS .00 Acer PC Aspire X3990
+ LED monitor
+ keyboard + mouse



CARREFOUR COUPON
قسمة كارفور
100 DHS .00

1,399 DHS .00 XBOX 360 4GB console
with Kinect sensor
+ 2 Kinect games



Print Scan
Copy WiFi

CARREFOUR COUPON
قسمة كارفور
50 DHS .00

279 DHS .00 HP wireless printer
DJ3050A

Get 4%
Cashback
The best value in town



Enjoy online shopping
متعة التسوق الإلكتروني
Carrefour كارفور
www.iC4uae.com

Carrefour
toll free number
اتصلو بنا على الرقم المجاني
800 7 32 32

Birthstone calendar

Each month of the year has its own birthstone, but what are the meanings behind these precious gems?

There's more to gemstones than the pretty, glittering rocks we see in jewellery stores. Many believe that the wearing of diamonds, rubies, sapphires and other precious and semi-precious stones has the power to heal, protect or help us in some way. According to spiritual jewellery expert, Anne Meplon, gemstones are, "Storehouses of empowerment, transmitted through contact with one's body."

Interpretations of the specific power of each gemstone vary, but many experts point to the significance of birthstones and the heightened powers of a gem worn during a certain month of the year. This belief stems from a tradition that experts have dated back to fifteenth century Poland, when people would have a collection of 12 gemstones, which they rotated monthly to gain the fullest effect throughout the year.

January: Garnet

This semi-transparent, deep-red gemstone signifies eternal friendship, trust and love.



February: Amethyst

A beautiful blend of violet and red undertones, amethysts can be clear purple or bluish violet quartz. They are a symbol of faithfulness and sincerity, and are also thought to calm the emotions and create clarity of thought.



April: Diamond

Often chosen as a gift for a loved one, diamonds are said to represent marital happiness, innocence and to protect the wearer from evil spirits.



March: Aquamarine

Coming in a transparent pale blue or greenish-blue, this watery stone is said to cool the temper and allow the wearer to remain calm and level-headed. In relationships, it is said to help in understanding difficult situations from a love-filled point of view.



May: Emerald

This transparent green stone is a symbol of domestic harmony and success in love. Emeralds are believed to bring healing to the physical and emotional body and represent rebirth.



July: Ruby

The red ruby symbolises love and contentment and is believed to open the heart and allow love and joy to enter. It is also a very durable gemstone and so is suitable for everyday wear.



September: Sapphire

It is said that the sapphire represents truth and faithfulness and will bring its wearer good health and fortune. Legend has it that sapphire will protect your loved ones from envy and harm. They range from very light to very dark blue, but can also be clear, pink, purple, green, orange and yellow, and like the ruby they are an extremely durable stone.



November: Yellow Topaz

Topaz represents fidelity and while it comes in a range of colours, the yellow topaz is usually associated with the November birthstone. The most prized colour of topaz is a magnificent orange colour with pinkish undertones.



A reflection of health and longevity, pearls are unique among gemstones since they are the only ones to come from a living sea creature, and require no faceting or polishing to reveal their natural beauty. Moonstones, meanwhile are considered sacred, particularly in India, where many believe that moonlight from a full moon gives this gemstone power to bring good fortune and to tell of the future.

June: Moonstone and Pearl



August: Peridot

Coming in bright green to yellowish green, Peridot symbolises a pure heart and mind along with innocence and faith.



October: Opal

Opals symbolise hope and help the wearer see possibilities and consider new perspectives. They are an iridescent mixture of colours with soft, milky white or vivid, fiery backgrounds.



December: Turquoise and Tanzanite

One of the philosopher's stones, turquoise denotes wisdom and higher truth, while Tanzanite is said to uplift and open the heart as well as represent prosperity. It is a violet-blue coloured gemstone discovered in Tanzania in 1967.



ASK THE EXPERT

RITA PUSKAS
HEALTH CLUB
SUPERVISOR
SHERATON DUBAI
CREEK



Food for thought

Eating habits can be changed slowly without feeling like it is a real sacrifice, simply by adjusting your taste. For example, try to put less sugar into your coffee and tea. Four to five cups of coffee or tea with sugar can add up to a lot of calories. Habits are hard to break and I hear the comment, "I need to finish my meal with something sweet" very often, which means dessert after each meal, and, of course, it becomes normal after some time which consequently adds a lot of extra calories into the diet. An easy tip: once finished with a meal,

"Instead of 'live to eat', everyone can 'eat to live' for a healthy and happy life."

quickly brush the teeth with mint flavoured toothpaste, as this normally takes away the cravings.

In general try not to mix too many

things in one dish. It takes too many different enzymes to digest all different kinds of protein and carbohydrates in one go. Keep it simple and alternate food every day. Once a week, try a non-meat day, as this can also be beneficial for your health. Nobody needs to starve themselves, however we do not need to eat meat three times a day; cold cuts in the morning, beef steak for lunch and some grilled chicken for dinner. Meat once a day is already enough and, if mixed with salad instead of carbohydrates like rice, pasta or potatoes, it is easier to digest and contains less calories.

Habits are hard to break. Food gives comfort or even a feeling of security. But food should not become an obsession, as often this can become a real problem. Food is essential, but instead of 'live to eat', everyone can 'eat to live' for a healthy and happy life.

Forget me not

Alzheimer's disease can affect entire families, so make sure you know the signs.

Alzheimer's disease is the most common cause of dementia, affecting around 35.6 million people worldwide. The term 'dementia' is used to describe the symptoms that occur when the brain is affected by specific diseases and conditions.

The risk of developing Alzheimer's disease increases with age, with its prevalence rising from approximately one per cent in people under 65 years old, to more than 25 per cent for those over 80 years of age.

Alzheimer's is a progressive disease, which means that, over time, more parts of the brain are damaged. During the course of the disease, 'plaques' and 'tangles' develop in the brain, leading to the death of brain cells. These proteins gradually damage and destroy the nerve cells, which can make it increasingly difficult to remember, reason and use language. Memory loss may be one of the first difficulties noticed. The person may also become disorientated, be at a loss for words when speaking and have difficulty with daily tasks such as using the phone or handling money.

Awareness of Alzheimer's disease remains low, but our region is as likely

as any to face Alzheimer's, perhaps sooner than expected. "As a relatively young population, there is low awareness of Alzheimer's disease in the Middle East and so helping families understand the disease in a family member is the priority when dealing with patients. It is a devastating disease and the region will eventually have to face the increasing burden of Alzheimer's as the population naturally ages," says Dr Stefan Diez, Consultant Neurologist at the American Hospital in Dubai.

So far, no single factor has been identified as a cause for Alzheimer's. It is likely that a combination of age, genetic inheritance, environmental factors, diet and overall health, are responsible.

There is currently no cure, but treatments are available to help slow down the progression of the disease.

Caring for someone with Alzheimer's

Dementia affects people's thinking, reasoning and memory, but their feelings remain intact. A person with Alzheimer's will be upset at times. In the earlier stages, they may want to talk about their anxieties, therefore it is important that you try to understand how the person feels and try to make time to offer them support, rather than ignoring them.

Don't brush their worries aside, however painful they may be, or however insignificant they may seem. Listen and show you are there for them. The Alzheimer's sufferer needs to feel respected and valued for who they are now, as well as for who they were in the past. ●

How to help

- Try to be flexible and tolerant.
- Make time to listen, chat and enjoy being with the person.
- Show affection in a way you both feel comfortable with.
- Find things to do together, like creating a life history book.



ULTIMATE VALUE IN PREMIUM PACKAGE WITH CRYSTALLINE FINISH

LG recommends Windows® 7.



The S430 showcases a premium look with a unique bevelled design. It's encased in a premium Crystalline Finish that comes in 2 shades of Aurora Purple and Aurora Blue. Open the top to find an ergonomic pebble keyboard optimized for accuracy. Moreover it is armed with a 2nd Generation Intel® Core™ i5 Processor with 52% faster processing speed and 2 time better graphics compared to the previous generation.

Crystalline by *Aurora*



LG S430/S530

2nd Generation intel® Core™ i5 Processor
www.lg.com/ae



Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries.

FOLLOW US ON ►  /LGGulfFanClub  /LGGulf

 800•54(LG)

for more details log on to www.lg.com/ae

MARKS & SPENCER

MISS SELFRIDGE

Tailored

Opt for a thicker fabric in tailored shorts to enhance your figure and create the impression of curves. For most pear-shaped women, finding the right pair of shorts can be tricky, as they don't often compliment the bottom half of the figure. Find a pair in a darker colour, or pinstripes, to help balance your overall silhouette.

RIVER ISLAND

Short and

Whether they're high-waisted or low slung, short shorts are gracing catwalks across the globe—so make like Rihanna and get those pins out. Chill out in the Dubai heat with a super, chic pair of sporty shorts or dress up a high-waisted pair with a blazer for the office. For a glamorous evening look, pair leather or striped hot pants with a t-shirt or blouse.

Her

BALMAIN

DOLCE & GABBANA

NEXT

ENRICO COVERI

Cocktail Shorts

Looking for an alternative to the little black dress for a fresh summer look? Make like the celebs and don a pair of cocktail shorts instead. Cocktail shorts are smart, well-cut and often come in finer fabrics such as silk or leather, as well as summer-friendly cottons and linens.

High-waisted Shorts

You can pair these shorts with a cropped top or blazer along with pumps, wedges or rounded-toe, ankle-strap flats. This trend can be worn to the office or out on the town.

TOPSHOP

WAREHOUSE

After a few seasons off, shorts are back in business. From bright bursts to patterned punches, everything's coming up a little short this season—in the best way possible.



NEXT

Get Creative

If you are a fashion-forward guy, then you might like River Island's striped shorts. These trendy shorts, paired with a pair of boat shoes, are the perfect combo for a casual lunch. Try Marks & Spencer's beach shorts or Next's checked shorts for a stroll along JBR.



RIVER ISLAND

FASHION OPINION



SHAMIM KASSIBAWI
VIDEO BLOGGER
SHAMIMSCENE.COM

sweet



NEW LOOK



PHILIP PLEIN HOMME

How to wear shorts

Do wear nice, flat-front khaki shorts. Don't like khaki? Then opt for a nice olive, stone or navy colour. You will look smart but feel relaxed and comfy. Any length from mid-thigh down to mid-knee is acceptable. A flat-front short looks great with a short-sleeve button-down shirt as well as a t-shirt.



TOPMAN

The kids are alright

As a blogger, I am constantly on the look-out for exciting new events, products and opportunities which I can report back to followers of shamimscene.com. And if these things just happen to come hand-in-hand with fashion, then even better. After all, our city is home to some of the most fashionable people in the world.

It's not just the adults who know a thing or two about fashion, however. Many of the younger people living in Dubai have some pretty serious style going on, so it is with this in mind that

the latest opportunity being offered to youngsters by Rexona Teens makes perfect sense. Stylish youngsters across Dubai are being given the unique opportunity to create their own fashion designs, with the winner receiving a once-in-a-lifetime opportunity to see their winning design produced, displayed and sold at Splash stores all the way throughout the GCC.

The teenagers of Dubai are brimming with ideas about what looks good; simply walking around one of the malls in the evening can be like attending a fashion show. It is not often, however, that these youngsters have the opportunity to see their designs come to life and be sold at a major store.

So, if you are a trendy teen, why not log onto the Rexona Arabia Facebook page and start getting creative? You never know, it could be your designs flying off the shelves soon.

Him

Stylish street-side dining

Arz Lebanon may no longer be the new kid on the block, but it still makes for a very pleasant evening out.

RESTAURANTS

Arz Lebanon may have been around for quite a few years now, but its charm has nonetheless failed to wane, particularly on a pleasant winter evening. At first glance, the seats on the pavement of Jumeirah Road seem a little close to the cars going by for comfort, but once at the table, there's plenty of space between you and any fast-moving traffic.

Arz Lebanon has impressively managed to hold its own in the face of the ever-popular Reem Al Bawadi, located just opposite. Reem Al Bawadi's walls are graced with photos of celebrities coming to visit, whereas Arz Lebanon flaunts no such glitz and glamour, instead retaining a more reserved sense of class about it. It gives the impression of a small, family-run restaurant, frequented by connoisseurs who visit simply for a good ambiance and some of the best Arabic food in town.



THE RESTAURANT ENJOYS INHABITING A GREAT LOCATION

A particularly tasty dish is the kilogram-of-meat meal, which is meant for sharing between three or four people. Indeed, four of us shared it, and we still had a hard time polishing it all off. The grilled lamb and chicken was succulent and tasty, and the side dishes of Arabic bread, hummous and French fries weren't bad, either. What's more, even though we ordered the mother of all spreads, the bill came to just over Dh60 per person, making it pretty good value.

The location has got to be one of the main selling points, though. Arz Lebanon is Dubai's equivalent of a street café in London or Paris. Sure, we don't have small back-alleys over here, but Jumeirah Road is one of the more pleasant ones to sit on the side of. And, for the car-lover, Arz Lebanon affords the opportunity to glance at all of the expensive super-cars cruising past while you sip on an after-meal coffee.

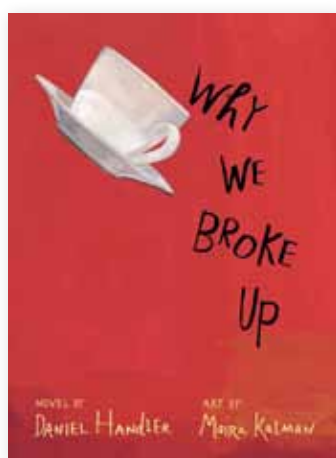
Why We Broke Up

by Daniel Handler

BOOKS

This heart-wrenching novel by the author of *A Series of Unfortunate Events* (writing under his own name, this time) chronicles the factors behind the break-up of two teenagers who were seemingly in love. Min Green, obsessed with good coffee and classic cinema, leaves Ed Slaterton, a popular jock with a love for maths, a note on his door, explaining that she is breaking up with him, along with a box full of items that explain why.

The story takes the reader through each item, piece by piece, uncovering the secrets of what has been a highly intimate yet heartbreaking relationship. We go through bottle



caps, movie ticket stubs, books, a toy truck and a comb from a motel room, among others, with each item telling its own story.

The book is made more poignant by the beautiful illustrations by Maira Kalman, adding depth to what could have been an emotionally vacant attempt at re-visiting first love. But as it is, this provides a unique angle on telling the story of a young romance.

Fallen Empires

Artist Snow Patrol Label Island Records

★★★★☆

ALBUM

Snow Patrol's massive 2006 hit, *Chasing Cars*, was hardly a bundle of fun, but compared to the tracks on the band's latest album, *Fallen Empires*, it's a riot. Whether or not Snow Patrol intended on making what could possibly turn out to be the most depressing record of the year, there's no doubting that it will turn even the brightest spark black with melancholy.

The album opens up with images of a burning house, before going through all manner of heartbreak, lost love and an altogether unhappy existence. Track five, *The Garden Rules*, is wet through with nostalgic feelings about better times, and then the new single, *New York*, vaguely provides a light in the gloom before the record descends into an abyss of misery.

There are a few notable cameos on *Fallen Empires*, including Troy Van Leeuwen from Queens of the Stone



Age, who plays guitar on the lead single, *Call Out in the Dark*. But these attempts of uplifting such heavy emotional baggage, personified by the stunning orchestral arrangements, do little to detract from the fact that you have to be in the right frame of mind to listen to this album.

For Pete's sake, do not listen to this album when recovering from heartbreak, because it might just send you over the edge. It's best to save it for periods of well-meaning, self-confident reflection.

If you like this then you could try...

● *How to Save a Life* by Sara Zarr

This story follows two young women, Jill MacSweeney and Mandy Kalinowski. Jill has remained in self-imposed isolation since the death of her father, but snaps when her mother decides to adopt a new child. Meanwhile, Mandy, the child of an unwilling mother, wonders how she will cope after falling pregnant.



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. With so much to WIN, it's no wonder this is where you love to shop.



*Terms and conditions apply.

Contact us at +9714-2951010 or infodesk.dcc@maf.ae | You can also visit us at deiracitycentre.com



Join us on [facebook.com/DeiraCityCentre](https://www.facebook.com/DeiraCityCentre)



Follow at [@DeiraCityCtr](https://twitter.com/DeiraCityCtr)

NEW RELEASE

In a world where Bourne, Bond and Ethan Hunt would have us believe that spy games all involve shaky-camera-martial-arts fights, 100-mile-an-hour car chases and a constant sequence of explosions, then *Tinker Tailor Soldier Spy* would disagree.

It's a pleasure and a relief to say that the film succeeds in its own right. It is a superior whodunnit thriller and a very grown-up one, devoted not to guns, girls, gadgets and glamour, but to the brain power behind it. It's 1970. It's the Cold War espionage. And it's based on John Le Carre's 1974 novel. That's not all—there are more reasons to watch this one.

First, it's a gripping, high-profile hunt for a double agent working for the Soviets, now very much a part of MI6. Yes, like any spy movie, a few shots are fired, but there's no full-on action scene to be found. However with the power of the story and how brilliantly it's executed by the cast, your heart will be beating just as fast as it would in an action film as the drama unfolds.

There's a spy buried in the ranks of the upper echelons of British Intelligence, or The Circus, as it was commonly called in the 1970s. Control (John Hurt, convinced of a mole's presence and it is only after his forced retirement and subsequent death that Smiley (Gary Oldman), his former number two, is tasked with uncovering the Russian plant. There are only four men under suspicion—five, if you include Smiley himself—who, at one point, have indeed been suspects. The list includes the Tinker (Toby Jones), Tailor (Colin Firth), Soldier (Ciaran Hinds) and the Poor Man (David Denick).

Evidently, Control grasps Smiley's two weaknesses; his love for faithless wife Ann, and his fascination with Soviet counterpart Karla. It's a great decision that we never see the faces of Ann or Karla, shadowy



Spy games

Complex characters, teasing mind games and a well-rounded cast make **Tinker, Tailor, Soldier, Spy** a must-see 2012 movie.



OLDMAN'S CHARACTER IS THE MOST INTRIGUING



THOUGHT PROCESSES ARE NARRATED BEAUTIFULLY

figures that loom large in Smiley's capacious memory. The film sports a fine screenplay by Peter Straughan and the late Bridget O'Connor. Most changes to the book are subtle, sensible and a tad humorous.

Though all the characters are well-acted by their various English thespians, Oldman's Smiley is the most curious. He's slow-moving and slow-speaking and allows the audience to project themselves onto him in order to solve the mystery from his perspective. The winding plotline of Le Carré's original novel is faithfully recreated here, and the result is an exceptionally complex, yet understandable storyline. Oldman's performance is most eloquent and expressive in his fluent command of body language. The set of his shoulders and his posture, and the occasional adjustment of his

spectacles, tell you precisely what's going on in Smiley's mind. There is a moment near the end when we only see him from the back but feel an electric thrill, knowing with certainty by his stance that his heart has leapt at what he has seen.

Director Alfredson is startlingly adept at envisioning how Smiley's mind works; you can almost see the wheels turning as the pieces of the puzzle click together, and a clever piece of sound editing filters conversations through Smiley's thought process until he homes in on a phrase that is the key to everything. And then there is his face in his final shot; we recognise the sweet taste of game over, game well-played in his mouth. All in all, *Tinker, Tailor, Soldier, Spy* is utterly absorbing, extremely smart and it is quite beautifully executed. ●



Did you know?

- Author of the novel, *Tinker, Tailor, Soldier, Spy*, John Le Carré's real name is David Cornwell and the seedbed for his early work came from his time in British intelligence in Hamburg and Bonn.
- Never a prolific interviewee, Le Carré has now officially called time on all interviews. He gave his last ever interview to CBS, claiming, "I'm going into my 80s. I want to write. I don't want to be doing personal publicity anymore."

SILVER SCREEN

So long, Lucas



Ask anyone to name a selection of famous filmmakers and among the Spielbergs and Scorseses, they will also, more than likely, include the name George Lucas.

Famous for many blockbusters, including the *Indiana Jones* series and the obvious forerunner, *Star Wars*, Lucas is one of the most established names in the world of Hollywood hits. However, the 67-year-old director has announced that he is "retiring" from the business of making blockbusters to focus his time and efforts on more personal filmmaking.

The news has shocked many *Star Wars* fans, to whom Lucas is as much a part of the saga as Luke Skywalker or Princess Leia's plaits, but it has also been met with appreciation by those who feel that Lucas has had a major role in the way in which some film directors nowadays will drag out a film, sequel after sequel, until it no longer holds any relevance to the original story.

So, what kind of films can we expect to see coming from Lucas headquarters in the future? According to a recent interview with the director, it definitely won't be the epic adventure movies we have come to know so well. Lucas said, "I can't make that [kind of] movie. I'm going to have to make this kind of 'entertainment' movie, so I'm retiring. I'm moving away from the business, from the company, from all this kind of stuff."

Bollywood news



Khan named Best Actor

Shahrukh Khan won the favourite actor award at the eighteenth Lions Gold Awards ceremony, while Priyanka Chopra was named favourite actress. In the music department, the Lions Awards, which recognises and felicitates outstanding contributions of stars, honoured both singer Sonu Niigaam and his four-year-old son, Neevan.

Lifetime Award for Bhosle

Legendary singer Asha Bhosle has been honoured with a lifetime achievement award at the eighteenth Annual Colour Screen Awards in Mumbai. The singer was honoured for her contribution towards the development of Indian music. The award is for her contribution made towards the film industry and a motivation to continue to entertain the audiences.

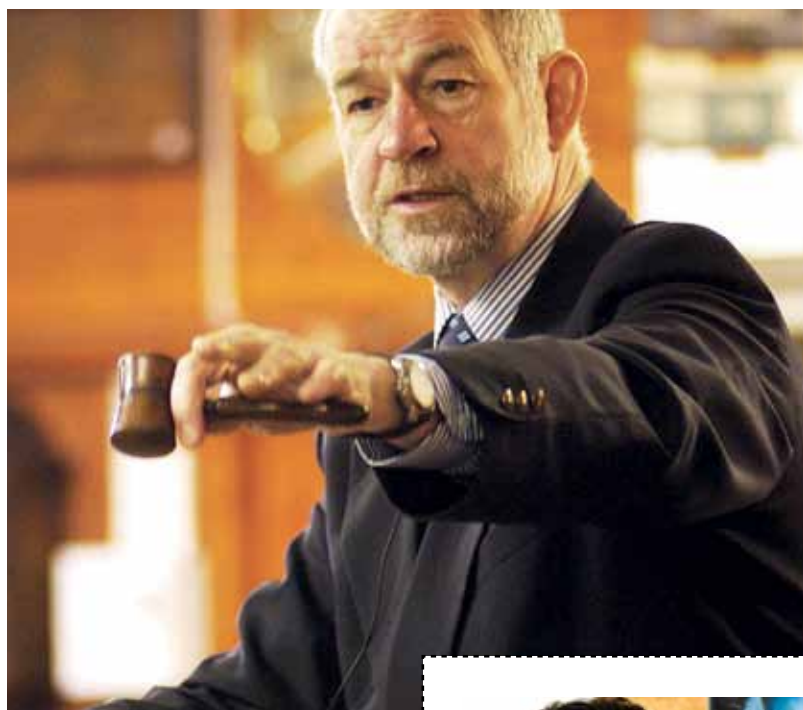


Roshan in 90s remake

Hrithik Roshan is working on a remake for the first time, but the Bollywood heart-throb is determined not to continue with the genre, post-*Agneepath*. Karan Johar decided to give a makeover to Yash Johar's 1990 production venture, *Agneepath*. Karan roped in Hrithik to play the protagonist in the movie which is released on January 26.

History for the future

How purchasing a few, easily available, everyday items could turn out to be a very worthwhile investment.



ANTIQUES

It would seem as though many of us, unless we happen to be blessed with a particularly large house—and bank balance—regard antique pieces as something well out of our reach.

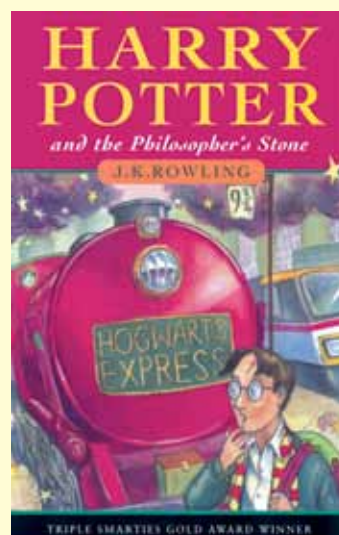
However, a new trend is emerging among keen amateur investors for affordable, everyday items, which have the potential to become valuable collectibles is the future. And this doesn't necessarily mean furniture.

Read on to find out what you should be buying now, or may perhaps already have lying in a box, which might mean serious dirhams a few years down the line.

Beanie Babies



When Beanie Babies were released in 1993, there were only nine designs in existence. As the collecting craze rose, so did the amount of designs, with the early ones being resigned. After the company behind Beanie Babies, Ty, announced it would be making no more of the cuddly critters in 1999, collectors rushed to snap up the remaining designs. Original Beanie Baby 'Princess' toys now sell for around Dh1,200—a slight profit on the Dh100 purchase price.



Books

If you hear of a book signing taking place near you, any potential antiques collectors would be mad not to head along and have their copy signed by the author. If you can get your hands on a first edition as well then even better. A signed, first edition of *Harry Potter and the Philosopher's Stone*, would fetch around Dh56,000 at auction today. Now that's magic!



Indian Art

Modern Indian art, glassware and tapestries are being touted by many antiques experts as a potential successor to the current craze for Chinese art. While nothing more than 100 years old may be taken out of the country (India), original paintings and objects by Indian artists, even Indian textiles such as Kashmiri wraps, could turn out to be hot property with future art collectors.



Clothing

With many designers now offering high street collections, investing in a few new togs could turn out to be a wise choice. High street labels such as Biba were accessible to all in the 1960s, with original garments fetching thousands now. Alternatively, seek out local, up-and-coming fashion designers. If you can get your hands on an original creation by the next Elie Saab or Stella McCartney, it could become a highly-desired, valuable, vintage piece in a few decades.

iPod

The original iPod seems as though it was released decades ago, however, it was only in 2001 that the world woke up to "one thousand songs in your pocket". Those of us who purchased a first generation iPod, used it and enjoyed it, are unlikely to have little more than the memories in the future. However, savvy buyers who purchased one with the intention of leaving it in the casing, unused, could be in for a healthy return one day.



THE BIGGEST ELECTRONICS EXPERIENCE

INSTANT REWARDS
SHARAF DG GIFT VOUCHERS CAN BE REDEEMED IMMEDIATELY.

**SHOP FOR AED 500
GET AED 100 BACK**

IN FORM OF VOUCHERS:

FOREVER 21

Sawrio

COTTON ON

WOOLWORTHS

DELL

SAVE AED 499

15R INSO235 LAPTOP

- Intel® Core i5
- 2.4 GHz
- 6 GB RAM
- 640 GB HDD
- 15.6" Screen
- Windows 7 Home Premium

+ NIKON CAMERA S3100 WORTH AED 499

AED 2999

BlackBerry

SAVE AED 310

BlackBerry® Bold™ 9790 smartphone

- Touch and Type
- Enhanced Social Feeds and Voice Activated Universal Search
- Augmented Reality & NFC Technology
- New BlackBerry® 7
- 3G, Wi-Fi®, GPS, 5 MP Camera

+ du SIM CARD WITH 377* MINUTES OF TALK TIME + BlackBerry® BLUETOOTH VM 605 CAR KIT WORTH AED 275

AED 1899

LG

SAVE AED 600

32LV3710 32" HD READY LED TV

- 1366 X 768 Pixels
- Smart LED

OLD AED 1999

AED 1799

hp

SAVE AED 399

DV66820BLK LAPTOP

- Intel® Core i5
- 2.4 GHz, 6 GB RAM
- 750 GB HDD
- 15.6" Screen
- Windows 7 Home Premium

+ SHARAF DG GIFT VOUCHER WORTH AED 200 + HP PRINTER + HEADSET + MOUSE + ANTIVIRUS WORTH AED 199

AED 2999

NOKIA

EXCLUSIVE OFFER

SAVE AED 833

N9

- 8 Megapixel Camera
- 1 GHz Cortex A8 CPU, PowerVR
- SMS (Threaded View), MMS, Email
- Wi-Fi 802.11 a/b/g/n, Wi-Fi Hotspot
- 16 GB Storage, 1 GB RAM
- MeeGo OS, v1.2 Harmattan

+ du SIM CARD WITH 377* MINUTES OF TALK TIME + 7.5" PORTABLE DVD PLAYER WORTH AED 349 + GPS WORTH AED 449

AED 2349

TOSHIBA

EXCLUSIVE OFFER

SAVE AED 500

40PS1 40" FULL HD LED TV

- 1080P
- 10-bit Video Processing
- 2 HDMI

OLD AED 1899

AED 1399

FUJIFILM

SAVE AED 200

T200 DIGITAL STILL CAMERA

- 14 Megapixel
- 10X Optical Zoom
- 2.7" LCD
- Lithium Battery

+ 4 GB CARD + CASE WORTH AED 100

OLD AED 599

AED 499

Canon

SAVE AED 1299

EOS600D DIGITAL SLR 18-55MM + 55-250 MM

- 18 Megapixel
- ISO6400, 3.7 FPS
- 1/4000 Shutter Speed
- 3" LCD

+ 32" TCL LCD WORTH AED 899 + TRIPOD + SMART CASE + 16 GB CARD WORTH AED 400

AED 4599

Haier

SAVE AED 250

HMS800TVE FRONT LOAD WASHER

- 5 Kg
- 800 RPM
- Quick Wash

OLD AED 949

AED 699

XBOX 360

EXCLUSIVE OFFER

XBOX 360 250 GB KINECT CONSOLE + GEARS OF WAR 3 + KINECT SPORTS 2 + KINECT ADVENTURES + 2 CONTROLLERS

OLD AED 1799

AED 1799

*Terms & conditions apply. Offer valid till stocks last. Product visuals shown are for illustrative purposes only. Prices are subject to change. Economic Department Permit Nos.: 116229; 7229; AP-0732272; 0732327.



Sharaf DG
Yes, Your Electronics Destination!



WIDEST CHOICE • BEST VALUE • TRUSTED SERVICE

Sharaf DG Times Square Center, Sheikh Zayed Road (Ample basement parking available) • Dubai Mall, Level 2, Electronics Zone • Ibn Battuta Mall, China Court • Deira City Centre, Level 2, West Court • Union Coop, Al Wasl, behind Shangri-La Hotel • Safear Mall, Dubai • Sharjah Highway, Sharjah • Abu Dhabi Mall, Level 2, Abu Dhabi • Mushrif Mall, Level 2, Abu Dhabi • Al Ain Mall, Level 1, Stars Court

Sharaf DG 4u Mankhool Street, Al Rafa • Dubai Marina Mall, Level 1 • Meena Bazaar, Al Fahidi Street, Bur Dubai • Baniyas Street, Deira • Arabian Centre • Mirdif City Centre, Level 1 • Ibn Battuta Mall, Egypt Court • Union Coop, Muhaisnah

DG ** The Audio/Video Specialists ** Times Square Center, Sheikh Zayed Road

DC HELP Authorised Service Center | **SONY VAIO**

FOR SERVICE AND ENQUIRIES, CALL TOLL FREE: 800 344357

Click2Shop at www.sharafdg.com

Find us on [facebook](#) [twitter](#)

★★★★☆ The C350 coupé from Mercedes owes much to its body shape.

The coupé has come a long way over the last couple of decades. Initially, the motor industry used the term sparingly for exotic sports cars, usually built for crossing continents in the blink of an eye. But all that has changed, with all sorts of cars being labelled under this exclusive badge.

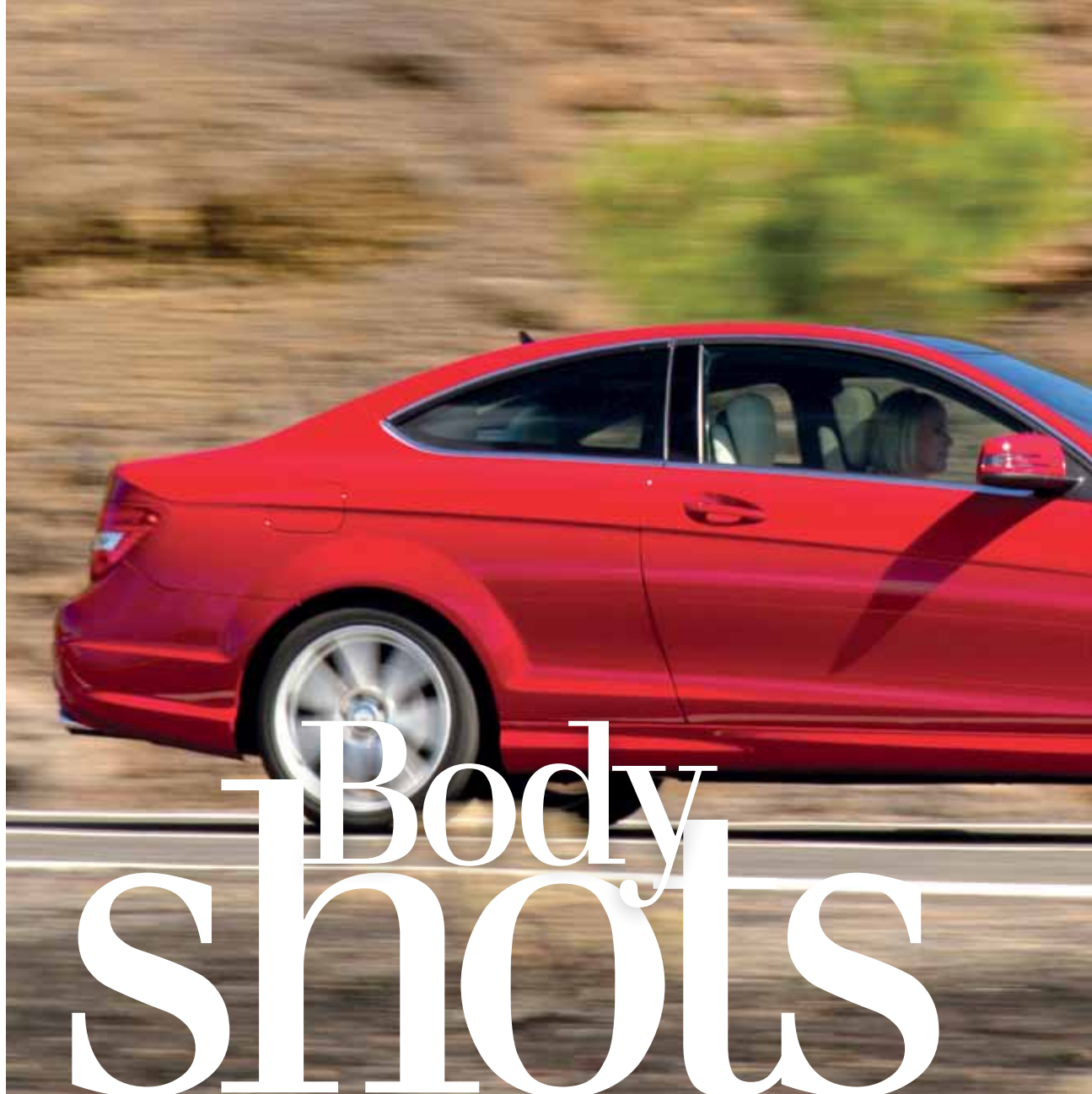
These days, the trend is to call all two-door cars a coupé, especially saloon variants. In years gone by, it was far clearer, as they were simply named as a two-door, to mark them apart from the equally simplistically titled four-door cars, which had, well, four doors. Are you still following this?

These days, you could muddle the issue further by talking about the Mercedes CLS, which is a four-door coupé and the BMW X6, which is an SUV coupé, but that's far too confusing. Basically, you can now buy a coupé from every brand from Mini to Aston Martin.

The reason for this rather complex explanation is the Mercedes C350 Coupé, which bears a very close resemblance to the C-Class saloon, albeit with two less doors. The interior is very similar, the performance matches and the equipment is of the same high spec. So how do you decide between the two?

To be honest, the saloon and coupé are very much the same beast. Build quality is typically German and the sleek design matches the rest of Mercedes' excellent range of cars. Pick anything with a three-pronged star on the bonnet and you're assured of a solid car, so no change there.

Inside, the seats are supportive and comfortable, while there is



302

The horsepower generated by the C350's smooth, 3.5-litre V6 engine

a fair bit of room in the back for passengers. That's a bonus in the coupé market, where many manufacturers claim four seats, but have an odd idea of the size and height of rear-seat passengers.

It's even got a reasonably big boot. The rear seats can also be flipped forward to create an even bigger space, although you would be limited by the size of the opening and the low height of the rear shelf. Either way, you're not losing too much by opting for two doors rather than four.

The coupé seems to drive a little flatter on twisty roads and pulls up

a little quicker than the saloon, but some of that may be due to the car wearing sportier clothing. Either way, the sleeker body certainly adds to the driving experience.

Under the hood, you get a 302-horsepower, 3.5-litre V6 engine, which at first seems fairly unresponsive. But change the engine button from E to S and the car throws off its shackles and gets serious. The difference between the two settings is like night and day. Almost all owners will drive the car in S, as it is far more fun like that.

But there are a few oddities to consider. The manual setting on the gear lever is quite odd, as gears are selected by moving it left and right, instead of the usual up and down of most other manufacturers. Also, the cruise control lever is too close to the indicator stalk, which causes you to grab the wrong one on a fairly regular basis. But these are pretty small issues.

So would you buy the coupé or the saloon? The two are very similar and the coupé suffers slightly from the four-door's great looks and extra practicality. In the past, the coupé always





looked better than its four-door sibling. But in this case, it comes down to a simple choice of which you prefer.

Singles will almost certainly opt for the coupé, with the rest going with the saloon. Either way, you really won't be disappointed. ●

SPECS

(as tested)

Engine: 3.5-litre V6

Power: 302hp @ 6,500 rpm

Torque: 370Nm @ 3,500-5,250 rpm

0-60mph: 6.0 seconds

Top speed: 250 km/h (limited)

Price: Dh239,200



ALMOST EVERYONE WILL DRIVE IT IN SPORT MODE



Earning thrills despite the bruises

SNOWBOARDING

The Winter Olympics may be two years away, but that should be more of an incentive to pick up a snowboard and hit the slopes, working on those 360s, half-pipe nose grabs, and slalom skills in the padded safety of Ski Dubai.

Last week, *Read.* donned the now iconic red, black and blue ski gear and strapped in to the monoski for a glide in the desert snow, and, under the watchful eye of instructor Mohammad, powered through the discovery lesson with a big smile and a handful of grimaces.

Making the leap from skis to snowboard after 14 years on the double planks was perhaps the biggest concern. To be so used to the freedom of an ambipedal nature, having both feet restricted and strapped meant an im-



mediate, uneasy feeling. But the joy of the lesson is that it offers a basic introduction to snowboarding. You learn how to walk in your boots—which are more akin to a soothing cushion when compared to ski boots—with one strapped to your board. More rewarding, though, is when you master the slide, the stop, and generally being able to open up your stance and build up a bit of speed heading straight for the bottom.

At the end of the day, you may very well come out with a number of bumps and bruises, but anyone that has felt the exhilaration of careening down the slope will almost certainly tell you that it's one of the best feelings in the world. And, although you won't master confident turning instantly, you'll have taken the first steps to booking a place at the next Winter Olympics, or maybe the one after that.



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 spree when you spend AED 300. Also shop at Mirdif City Centre and Mall of the Emirates to enter. Redeem your Deira City Centre receipts at our New Metro Link counter to double your e-coupons and chances of winning. With so much to WIN, it's no wonder this is where you love to shop.



Contact us at +9714-2951010 or infodesk.dcc@mef.ae | You can also visit us at deiracitycentre.com

Join us on [facebook.com/DeiraCityCentre](https://www.facebook.com/DeiraCityCentre)

Follow at twitter.com/DeiraCityCtr

Listings

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



HUGO

MOVIE GUIDE

Grand Cineplex - Wafi

Bebo We Bashir - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Bunraku - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Chalet Girl - 11:00, 13:00, 15:00, 17:00
Contraband - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
The Darkest Hour (3D) - 20:00, 22:00, 00:00
Don 2 - 11:00, 14:00, 17:00
Hugo - 19:00, 21:25, 23:50
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50
A Monster In Paris (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Mohtaram Ela Arba - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Nanban - 10:15, 13:45, 17:15, 20:45, 23:59
Our Idiot Brother - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Players - 20:30, 23:30
Rien à Déclarer - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Sherlock Holmes 2 - 10:30, 13:10, 15:50, 18:30, 21:20, 23:55
Tinker, Tailor, Soldier, Spy - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Trust - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Underworld: Awakening (3D) - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00

Grand Megaplex - Ibn Battuta

Alvin and the Chipmunks 3 - 11:30, 13:30, 15:30, 17:30, 19:30
Bebo We Bashir - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Bunraku - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

Cat in Boots - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Chalet Girl - 21:30, 23:30
Contraband - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Don 2 - 11:30, 14:30, 17:30
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
J. Edgar - 13:00, 15:45, 18:30, 21:15, 00:00
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50
A Monster In Paris (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Mohtaram Ela Arba - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Nanban - 10:15, 13:45, 17:15, 20:45, 23:59
Our Idiot Brother - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Players - 20:30, 23:30
Rien à Déclarer - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Sherlock Holmes 2 - 10:30, 13:10, 15:50, 18:30, 21:20, 23:55
Tinker, Tailor, Soldier, Spy - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Trespass - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15
Trust - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Underworld: Awakening (3D) - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00

Grand Cinemas - Festival City

Alvin and the Chipmunks 3 - 11:00, 13:00, 15:00, 17:00
Bebo We Bashir - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00

Chalet Girl - 10:30, 12:30, 14:30, 16:30
Contraband - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Darkest Hour (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Hugo - 19:00, 21:25, 23:50
Mission: Impossible 4 - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
A Monster In Paris (3D) - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
Our Idiot Brother - 10:00, 12:00, 14:00, 16:00, 18:00
Rien à Déclarer - 20:00, 22:00, 00:00
Sherlock Holmes 2 - 11:10, 13:40, 16:10, 18:40, 21:10, 23:40
Tinker, Tailor, Soldier, Spy - 18:00, 21:00, 23:30
Trust - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Underworld: Awakening (3D) - 11:20, 13:10, 15:00, 16:50, 18:40, 20:30, 22:20, 00:10

Grand Cinecity - Al Ghurair

Chalet Girl - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Contraband - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Don 2 - 11:30, 14:30, 17:30
Hugo - 16:00, 18:30
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50
Mohtaram Ela Arba - 10:00, 12:00, 14:00
A Monster In Paris (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Nanban - 12:30, 16:00, 19:30, 23:00
Players - 20:30, 23:30
Tinker, Tailor, Soldier, Spy - 21:00, 23:30
Underworld: Awakening (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50

Grand Metroplex - Metropolitan

Bunraku - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Chalet Girl - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Don 2 - 11:30, 14:30, 17:30, 20:30, 23:30
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50
Nanban - 10:15, 13:45, 17:15, 20:45, 23:59
Players - 10:30, 13:30, 16:30, 19:30, 22:30
Tinker, Tailor, Soldier, Spy - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Underworld: Awakening - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

Grand Mercato

Contraband - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Hugo - 11:00, 13:30, 16:00
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:25, 21:10, 23:50
A Monster In Paris (3D) - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40, 23:30
Sherlock Holmes 2 - 10:30, 13:10, 15:50, 18:30, 21:20, 23:55
Tinker, Tailor, Soldier, Spy - 18:30, 21:00, 23:30
Trust - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Underworld: Awakening - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10

Vox Cinemas - Deira City Centre

Bebo We Bashir - 11:00, 16:00, 21:00
Contraband - 10:00, 12:15, 14:30, 17:00, 19:15, 21:30, 23:45
The Darkest Hour (3D) - 22:00, 00:00
Don 2 - 14:00, 20:15
Ghost - 11:30, 14:30, 17:30, 20:30, 23:30
Kef Al Qamar - 13:30, 18:30, 23:30
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
A Monster In Paris (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Nanban - 11:45, 15:30, 19:15, 23:00
Players - 10:45, 17:00, 23:15
Sherlock Holmes 2 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Trust - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Underworld: Awakening (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
X Large - 10:00, 12:45, 15:45, 18:30, 21:15, 00:00

Vox Cinemas - Moe

Alvin and the Chipmunks 3 - 10:30, 12:30, 14:30, 16:30, 18:30
Contraband - 10:15, 10:45, 12:45, 13:15, 15:00, 15:45, 17:15, 18:00, 19:30, 20:45, 21:45, 23:00, 00:00
The Darkest Hour (3D) - 15:45, 17:45, 19:45, 21:45, 23:45
Hugo (3D) - 10:30, 13:15
J. Edgar - 20:30, 23:15
Mission: Impossible 4 - 10:00, 11:30, 12:45, 14:15, 15:30, 17:00, 18:15, 19:45, 21:00, 22:30, 23:45
A Monster In Paris (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
The Muppets - 11:15, 13:30
New Year's Eve - 13:00, 18:15, 23:30
Sherlock Holmes 2 - 12:15, 15:00, 17:45, 20:30, 23:15, 00:00
Tinker, Tailor, Soldier, Spy - 10:15, 15:30, 20:45
Trust - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Underworld: Awakening (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
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
Contraband - 10:00, 11:15, 12:15, 13:45, 14:30, 16:00, 17:00, 18:30, 19:15, 21:00, 21:45, 23:15, 00:00
The Darkest Hour (3D) - 22:00, 00:00
Mission: Impossible 4 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
A Monster In Paris (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Sherlock Holmes 2 - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
Trust - 09:45, 12:00, 14:30, 16:45, 19:00, 21:15, 23:30
Underworld: Awakening (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15,



RIEN À DÉCLARER

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

22:15, 00:15
X Large - 18:45, 21:30, 00:15

Reel Cinemas - Dubai Mall

Bebo We Bashir - 14:05, 16:50, 19:35, 22:20, 00:55
Contraband - 11:10, 13:50, 16:30, 17:50, 19:10, 20:30, 21:50, 23:10, 00:40
The Darkest Hour - 11:00, 13:00, 15:00, 19:20, 21:20, 23:40
The Darkest Hour (3D) - 15:50, 18:00, 22:20, 00:30
Ghost - 14:10, 17:20, 20:30, 23:40
J. Edgar - 12:30, 15:30, 18:30, 21:30, 00:30
Kef Al Qamar - 14:40, 17:05, 19:30, 22:00, 00:25
Mission: Impossible 4 - 12:35, 15:35, 17:30, 18:35, 20:30, 21:35, 23:30, 00:35
A Monster In Paris (3D) - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:30
New Year's Eve - 12:30, 15:10
Rien à Déclarer - 14:15, 16:45, 19:15, 21:45, 00:15
Sherlock Holmes 2 - 12:40, 14:00, 15:30, 16:40, 18:20, 19:00, 21:10, 21:40, 00:00, 00:20
Tinker, Tailor, Soldier, Spy - 11:20, 14:30, 17:30, 20:30, 23:40
Trespass - 13:20, 15:20, 17:20
Trust - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Underworld: Awakening - 14:10, 16:30, 18:50, 21:10, 23:30
Underworld: Awakening (3D) - 11:00, 13:40, 14:10, 16:20, 18:30, 20:10, 21:00, 23:30

Reel Cinemas - Marina Mall

Contraband - 12:10, 14:40, 17:00, 19:20, 21:50, 00:10
The Darkest Hour (3D) - 12:20, 14:20, 16:20, 18:20
J. Edgar - 11:30, 14:30, 17:30, 20:30, 23:40
Mission: Impossible 4 - 11:00, 13:40, 00:20
Sherlock Holmes 2 - 16:20, 19:10, 21:40, 00:10
Underworld: Awakening - 11:10, 13:10, 15:10, 17:10, 20:20, 22:20, 00:20
Underworld: Awakening (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Arab Health Exhibition & Congress

The Arab Health Exhibition and Congress is the largest healthcare exhibition in the Middle East and the second largest in the world.
Date: January 23-26
Duration: 4 days
Audience: Trade professionals
Category: Healthcare
Venue: Dubai International Convention & Exhibition Centre, Sheikh Zayed Road
Admission: Register online for free



Dubai Fashion 2012

Let the fashionista inside you revel in all the fun and glamour of Dubai Fashion 2012.
Date: January 26-February 5
Duration: 11 days
Audience: General public
Category: Entertainment, fashion
Venue: The Dubai Mall



Dubai World Cup Carnival - Race Meeting 6

Don't miss out on all the fun at the Dubai World Cup Carnival.
Date: January 26
Duration: 1 day
Timings: 6:30pm
Audience: General public
Category: Sports
Venue: Meydan Racecourse
Admission: General admission is free

Indian Republic Day Kavi Sammelan & Mushaira

Bring your friends and family to this wonderful poetry reading held in honour of Indian Republic Day.
Date: January 26
Duration: 1 day
Timings: 9pm
Audience: General public
Category: Arts & culture, entertainment
Venue: Sheikh Rashid Auditorium
Admission: Invitation only
Telephone: +971 50 650 6811



Weight Loss Show

This family oriented exhibition focuses on healthy ways to lose weight and stay fit.
Date: January 27-28
Duration: 2 days
Timings: 10am-8pm
Audience: General public
Category: Exhibitions, healthcare
Venue: Dubai International Marine Club, Mina Seyahi
Admission: Free entry



The Ultimate Dream Concert: Toni Gonzaga & Sam Milby live in Dubai with guests Alex Gonzaga & DJ Emir

Don't miss this fun-filled family concert and after-party.
Date: January 27
Duration: 1 day
Timings: 8pm
Audience: General public
Category: Music
Venue: Dubai Festival City
Admission: General admission Dh75, VIP Dh250

Dubai Traditional Rowing Race

Bring your friends and family to the DIMC for the Dubai Traditional Rowing Race.
Date: January 27
Duration: 1 day
Audience: General public
Category: Sports
Venue: Dubai International Marine Club, Mina Seyahi, Dubai
Telephone: +971 4 399 5777



Standard Chartered Dubai Marathon

The Standard Chartered Dubai Marathon and Dubai Half Marathon have been held in the city since the year 2000 under the patronage of His Highness Sheikh Mohammed bin Rashid Al Maktoum.
Date: January 27
Duration: 1 day
Audience: General public
Category: Sports
Venue: Dubai
Telephone: +971 4 3671062



The World Arab Boxing Championship

Date: January 22
Duration: 2 days
Timings: 7:30pm
Audience: General public
Category: Sports
Venue: The Aviation Club
Admission: Silver Dh200, Gold Dh300, Platinum Dh400

Getting along with your coworkers



Akhtaboot explains why maintaining good relationships with coworkers is vital when it comes to job advancement.

COWORKERS

Your relationship with your coworkers is really important for your job advancement. It can also help you do your job better and turn your everyday job into an enjoyable experience. However, this is not always easy to achieve. As a matter of fact it can be very difficult at times especially if you have to deal with many colleagues of different backgrounds and personalities.

Akhtaboot brings you a number of helpful tips to improve your relationship with your coworkers and advance your career.

Wearing the same shirts doesn't make you a team.

"Team player" is now the buzz term for companies in all fields. Just take a look at any job posting on www.akhtaboot.com, and, most probably, you'll find the term "team player" as one of the main requirements for the position. Being a team player is an essential interpersonal trait of outstanding employees. It involves the ability to communicate clearly and to share your knowledge and expertise with your coworkers. Although some employees might be hesitant to share their knowledge for fear that once

their knowledge is spread, they might no longer be considered indispensable. It's really important that you understand that knowledge hoarding is for the weak. The more you share your knowledge, the more valuable you become.

A good listener is not only popular, but after a while he actually knows something.

Being a good listener is the most important, yet the most forgotten, communication tool that we have. You can find many courses on how to speak but not even one on how to be a good listener. Effective listeners don't simply hear what is being said but what is

not being said as well. Always listen with an open mind and be receptive to new ideas even if they go against your own. This will create an atmosphere of cooperation in the company and will help you as a group in achieving the company's goals.

They may forget what you said, but they will never forget how you made them feel.

Just like you, your coworkers like to be treated with respect, and respect is not given, it is earned. Always give credit to those who come up with new ideas. Others will do the same for you and your good ideas. Make sure that you maintain a positive and cheerful attitude at work. Being negative not only brings you down; it also brings down the team as a whole. Do whatever it takes to reduce your stress level. If you still find yourself in a bad work situation and you can't help but spread the negative energy, consider a job change.

The bend in the road is not the end of the road unless you refuse to take the turn.

“Always give credit to those who come up with new ideas.”

Gain a reputation for being a flexible employee, be open to new ideas, and put your need to "be right" on the side, at least for a while. Don't jump to conclusions before you've heard the whole thing. While team conflict is unavoidable, it could be both healthy and productive if properly managed. In order for your coworkers to view you as a competent mediator, you should be flexible and inventive when it comes to solving problems and handling conflict.

Working well with others involves understanding and appreciating individual differences. It is all about using these differences to your best advantage. If you find yourself constantly being accused of being an uncooperative team player, this is an early warning for you to seek out a company where individual performance is rewarded. Better yet, why don't you start your own business and hire only people who are not team players? ●



Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

ELECTRICIAN
A leading provider in fleet management services is now recruiting for AFGHANISTAN

The ideal candidate must have at least 5 years & above experience as an electrician in a construction company. Must be able to perform installation, maintenance, repair of electrical wirings, equipment, fixtures and possess excellent English communication skills. Clean criminal record and a valid passport is required. Candidates must be willing to work and travel in post-conflict countries.

A lucrative package awaits for the right candidate
Interested applicants should upload their CVs to AMS Careers (www.a-m-s.ae) or mail it to recruitment@a-m-s.ae

Live-in baby sitter/housemaid required. Should be fluent in English. Preferably Filipina/Sri Lankan/Indonesian. Call 0556126864.

Two A/c mechanics urgently required for a full-time job. Should have 3 yrs experience in A/c installation & maintenance. Should own UAE driving licence. Call 0506772513/0504538691.

Light duty vehicle driver required for a real estate company. Including accommodation + salary + visa + overtime. Fax CV to 044475312.

Property Consultant required for a full-time job. Should have experience. Vehicle will be provided. Email proprct@gmail.com.

Property Consultant with experience is required for a real estate company. Will be commission based. Email crtcro@gmail.com.

Salon for ladies requires a hairdresser. Call 0508331311.

JOBS WANTED

Indian male, storekeeper seeks job. 3 yrs experience in warehouse management. Computer-literate. Good communication skills. Knowledgeable in WMS, Tally ERP9 and advanced Excel. Call 055-4733511.

Filipino male seeks job. On visit visa. Experienced in sales and marketing. Can also multitask with office work, sales, and serving food. Call 0553973633.

HR professional seeks job. 3 yrs experience in the electrical field. Email: abrarazeel@hotmail.com/ call 0553179385.

Pakistani male, MBA seeks job as an HR executive. 3 yrs experience in the HR field. Call 0553179385.

Male, BS Mathematics seeks a job in financial institution or call centre. 6 yrs experience in the call centre industry handling financial account and tele-marketing. Call 0501059584/email yuu.alcala@yahoo.com.

Filipino seeks job. 6 yrs GCC experience in purchasing/procurement. Call 0502835905.

Keralite, Indian male seeks a job as electrician. 10 yrs of Dubai experience in same field. Call 0505987967.

Accountant seeks job. 8 yrs of experience. Knowledgeable in all types of accounts/ bank reconciliation/petty cash/day to day transactions. Call 0505849590/Email shal123man@gmail.com.

Algerian male BA English seeks part-time job. Experienced in export/import trade, short personal touring. Email ze-riab1982@hotmail.com/call 0554810396.

Indian male seeks job as an administrative assistant. 5 yrs experience in the exhibition industry. Knowledgeable in system hardware/server administrator work. Email mohad.nizam@gm.il.com. Call 0503766036.

MIS accountant, MA in Finance seeks job. 3+ yrs experience. Call zavier99@gmail.com/call 0551724906.

Sri Lankan male seeks job within Sales and Marketing (Fashion/Furniture) sector. 5 yrs retail sales experience. Salary expected AED5K. Call alisliranka@yahoo.co.uk.

Keralite MBA seeks job in HR. 1+ yrs experience in HR, administration and office. Knowledgeable in MS Office applications. Email manurajendranpta@gmail.com/call 0558413822.

Syrian male seeks job as junior architect. 2 yrs experience in design, 3D visualization & customer proposals. 3Dmax & V-ray instructor. Email sami_san333@hotmail.com/call 0553028713.

Indian, male, BSc seeks job as medical representative (Marketing Executive). 8 yrs experience as medical representa-

tive. Owns GCC driving licence. Call 0558695532/cpmaarif@gmail.com.

Syrian, male, 23 seeks job. 3 yrs experience in web development. Call 0567782433.

Indian, male, BCom graduate seeks job in accounts or sales. 3 yrs experience in sales. Call 0558357700/shaniff.mohammed@gmail.com.

Indian female, MSc chemistry seeks job in teaching. Teaches mathematics/ chemistry. Call 0554185393/email deepthi.kk66@yahoo.com.

AUTO

Toyota Fortuner, 2.7L, 2008 model for sale. Silver colour. 66,500km. Agency-maintained. In excellent condition. For 63,000AED. Call 0506559207.

Honda Civic, 2005 model for sale. White colour. 25,000km. For 25,000AED. Call 0503441252.

SERVICES

Desert Safari Tours available. Each visit for 130AED per person at Green Land Tourism LLC. Call 0506655215.

Car lift services available. Starting from National Paint area (Sharjah) to Ras Al Khor bridge. Saturdays to Thursdays, at 5am. At reasonable rate. Call 0504646640.

Car lift services urgently needed from Al Barsha to IMPZ. Call 0508771768.

Babysitting services available. Near Nakheel Center, Deira. Call 0553347328.

MISCELLANEOUS

Personalised training in Indian classical dance: Bharatanatyam, Kuchipudi, Mohiniaatam available anywhere in Dubai. Experienced danseuse. Call 0505355606/Email artsvismaya@gmail.com.

ITEMS

Embroidered salwar suits along with designer dupattas available for sale. Starting from 85AED. Limited stocks. Call 0556672536 after 6:30pm on working days and any time on Fridays and Saturdays.

Sparingly used tailor-made saloon car covers available for sale. For all small and medium sized cars. At good price. Call 0557212240.

First 1 washing machine available for sale. 4.5-litre. Used for less than a year, still in warranty period. Price for 150AED. Call 0506881767.

Wooden coffee table with 2 chairs available for sale. Price for 125AED. Call 0506881767.

Gas cylinder available for sale. Smallest size with full gas in it. Price 120AED. Call 0506881767.

Hitachi automatic gas stove available for sale. Two burners. Price for 150AED. Call 0506881767.

First 1 mixer, juicer, grinder available for sale. Price for 50AED. Call 0506881767.

Curtain rod and two cream coloured curtains with stripes available for sale. Price for 50AED. Call 0506881767.

ACCOMMODATION

Single room available for sale. With attached bathroom and balcony. For 4-6 persons, with free Internet connection/landline phone. Rent 2,000AED only. Filipinos only. Call 0508791227.

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

Bed space available for rent. Filipinos only. Rent 500AED/DEWA can be shared on Feb 1, 2012. Opposite Reef Mall. Near Green and Red Line bus and metro stations. Call 0561315896/0508709748.

Bed space available for rent. Kabayans only. Located in Al Jafiliya near Al Yasi Grocery Store. DEWA included. Call 0558679040.

Bed space available for rent. Near Satwa bus station. In a house with separate entrance. Bathroom/ kitchen attached. Call 0556932581.

Luxury room and spacious bed spaces available for rent in Karama opposite G Mart in the Kashmir Palace Hotel area. Call 0509615357.

Single room available for rent. At Al Khail Gate, Phase 2, Al Quoz. For Filipinos

only. Call 0505097432/0554070226.

Single furnished bedroom available for rent. For executive men only. Flat shared with Catholic family in Karama. Good location. Call 0506789045.

Single room available for rent. In Rolla Street, near Citi Mart, Bur Dubai. For executive North Indian bachelors only (non-smokers preferred). Wi-Fi available. Call 043252291/0551566070.

Bed space available for rent. Male/Female Kabayan couple. For 450AED/. Free DEWA/ shared Wi-Fi. Opposite Union Metro Station facing Al Ghurair Center. Call 0552457706/0504967615.

Bed space available for rent. Filipinas only. Near Grand Lube, Horlanz, Al Qiyadah MS and C9 bus accessible. For 500AED, including DEWA, Internet. Call 0504681240.

Room/partition and bed space available for rent. 2,200AED, 800 to 1,000AED, 375AED respectively. Between Century Mall and Al Mulla Plaza. Bus C9, 17 & 18 accessible. Near Green Line metro station. Call 0507956579/0504754499.

Bachelor accommodation or single small room required for a Keralite. In Al Nakheel/Naif Road area. Call 0566593100.

Single shared bedroom available for rent. Near Rashid Stadium, metro station. Suitable for students, with central A/c, DEWA, Internet. Balcony, gym, attached bath. 1,500AED. Call 0556810283.

Bed space available for rent. Tamil Muslim bachelors only. In Al Baraha near Eidkha Dubai. For 350/- including DEWA, Wi-Fi. Call 0503766036.

Bed space/room available for rent. Indian bachelors only. Behind Dubai Grand Hotel, Al Qusais. Central A/c with Wi-Fi speed/unlimited. Near Airport Free Zone Metro bus station. Call 0555440164.

Bed space available for rent. Male/Female Filipinos only. Al Riqqa behind KFC. Free Internet & TFC. Call 0502749466/0502749032.

Single room available for rent. Near Meena Bazaar. For executive bachelors only. Call 0557284528.

Partition available for rent. Filipinos only. Near Karama. Free internet. Rent 1,000AED/. 6 people in one flat. Call 0504619340/0566948150.

BECOME AN IT EXPERT WITH THE
WORLD'S LARGEST IT TRAINING COMPANY

New Horizons
Computer Learning Centers
CHOOSE. LEARN. SUCCEED.

Register for a Course & Get another
course absolutely FREE

For more details Call: 04-3977 111

RTA acts on Dubai Metro noise

Vibrations and noise at several Metro sites to be dealt with under deal with leading German firm.

DUBAI METRO

The RTA is always keen on adopting the best practices and means of enhancing its work mechanism and improving services offered to various community segments in such a way that renders public transit modes safer and smoother.

Among issues the RTA is seeking to tackle are the vibrations and noise generated by the daily shuttling of the Dubai Metro, which is an inevitable occurrence given the continuous daily movement of the rolling stock to lift passengers to various destinations in Dubai via the Red and Green Lines.

To cope with these two issues in a practical and effective manner, the RTA Rail Agency recently signed a memorandum of understanding in the form of a joint agreement with Gerb Worldwide, a leading German company, in the field of monitoring and rectifying vibration and tackling it in a way that ensures the maximum degree of safe and smooth mobility for all.

The agreement was signed on



ADNAN AL HAMMADI

behalf of the RTA by the CEO of the Rail Agency, Adnan Al Hammadi, and for Gerb Worldwide by Hassan Al Araj, the Managing Director of Eco Co, which is the regional representative of Gerb based in Abu Dhabi.

"Pursuant to this agreement, the

"The Rail Agency will work with Gerb in conducting site surveys to assess the areas experiencing vibrations and noise due to the movement of trains."

Rail Agency will work with Gerb in conducting site surveys to assess the areas experiencing vibrations and noise due to the movement of trains in order to analyse the extent of their impact and come out with practical and effective suggestions and remedial solutions for improv-

ing the current position. Gerb will be performing a consultancy role for six months in collaboration with the teams of the Rail Agency," said Al Hammadi.

"The site teams of the Agency have monitored and diagnosed vibrations and noises at the Metro facilities, and it was confirmed that the rates of these two phenomena fall short of the levels that neither amount to causing inconvenience nor fall under the domain of stipulations stated by other relevant entities such as the Dubai Municipality. However, we will still spare no efforts in attaining the highest levels in line with the best global standards of the industry—a move which echoes the RTA's drive to deliver safe, smooth and sustainable transit services," Al Hammadi added.

For his part, the Managing Director of Eco Co, Al Araj, was delighted to sign this agreement with the Rail Agency, considering it a crucial step towards the opening of new horizons in joint cooperation with the RTA.

Delegates visit Taxi Dispatch Centre

INITIATIVES

A delegation from the Dubai Taxi Corporation (DTC) at the RTA recently visited the Taxi Booking and Dispatch Centre at the RTA's Public Transport Agency to supplement an initiative, entitled *We are all in the front-end*, aimed at enhancing the role of top executives in various RTA sectors and departments through communicating with external customers to upgrade the business process and service offering.

The delegation included the Acting CEO of the DTC, Yousef Al Ali, Acting Director of Fleet Operations Mohammed Yousef, and several officials from the Public Transport Agency and DTC.

The delegation was received by the Director of Transportation Systems, Adel Shakiri, who hailed the initiative, considering it an important link

between various officials of the RTA's sectors and agencies on the one hand, and external customers on the other, with the aim of identifying their views and suggestions as regards to the improvement of job delivery and enhanced service offering to bring them in line with world-class standards. He also described the programme as an opportunity to break the daily routines of officials and employees as well as external customers.

"The visit to the RTA's Taxi Booking and Dispatch Centre was intended to identify the mechanism in place starting from the response to the call received until the arrival of the taxicab at the place fixed by the concerned customer. It also examined the mechanism of handling customers' incoming calls as regards to fixing the time and place for the arrival of the taxicab. It also reviewed the extent of



DELEGATES LISTEN IN TO A CUSTOMER CALL

skills, culture and disposition of employees in interacting and responding to customers, which are considered integral components of the centre's business," said Shakiri.

"The Booking and Dispatch Centre handles about 15,000 public calls every day. It has about 95 staff to run the

centre, 24 hours a day on a shift basis, where 25 employees are deployed to man each shift. The centre achieved a high rate of executing taxi booking requests during the first half of 2011, hitting 2.5 million bookings, reflecting a 25-per cent rise compared to the first half of 2010," he elaborated.

RTA sectors get global certificate

Internationally acclaimed PAS 55 assets management certification awarded to every RTA agency.

CERTIFICATIONS

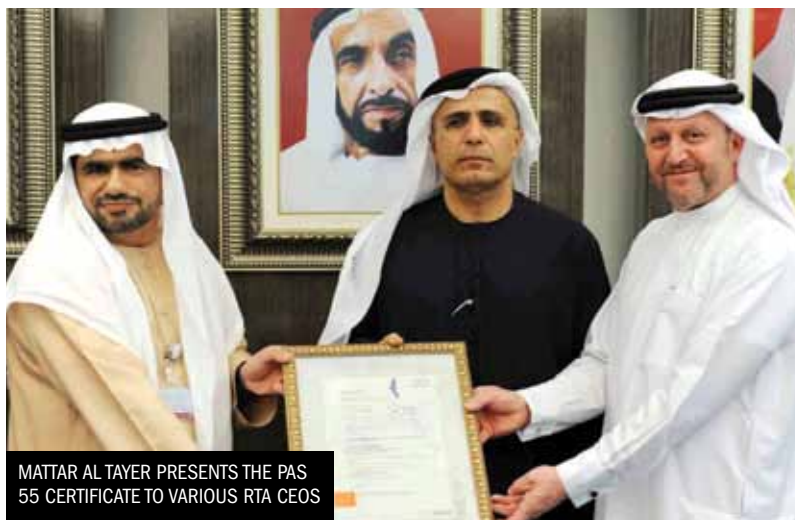
All sectors and agencies of the RTA have obtained the assets management certification, PAS 55, presented by the British SGS Group, and the RTA has thus become the first government department or authority in the Middle East to obtain this international certificate.

The Public Transport Agency was the first RTA agency to obtain this international asset management certification as it was selected for the application of the global standards of assets management, thanks to the high quality and cutting-edge technologies featuring the RTA's buses which compare well with the best buses worldwide, and processes that warrant excellent fleet management at world-class standards.

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA handed out the respective certificates to the CEOs of the RTA and honoured the work team of the RTA's assets management in recognition of its efforts in promulgating the policies and strategies of assets management, diffusing the culture of assets management across the RTA, designing and implementing specific performance indicators to measure assets performance, and developing an e-assets management system contributing to shooting up the number of assets registered in the system from 55,000 to 110,000 assets, which reflects a 100 per cent rise.

Al Tayer was delighted with the RTA obtaining this international certification, which underscores the continuous efforts made by the RTA since 2008 in implementing the assets management system in the RTA. These efforts culminated in adding the sustainability of assets as part of the RTA's strategic goals mapped out in its 2009 to 2013 plan.

"The RTA has spent more than 80 per cent of its budget over the last years in owning and developing assets and properties relating to roads, bridges, tunnels, the Metro, buses, taxis, marine transit means, and buildings, among others. In view of the importance of these assets, the Assets Management Department has been established with the aim of ensuring the sustainability of these assets and developing plans to conserve them over the next years, particularly under the prevailing economic conditions, which make it imperative on



MATTAR AL TAYER PRESENTS THE PAS 55 CERTIFICATE TO VARIOUS RTA CEOs



everyone to think in creative means of enhancing the efficiency and ensuring the optimal utilisation of all resources," said Al Tayer.

"The RTA has carried out elaborate research and studies to capitalise on the best global practices applicable in Australia, the Far East, the USA and Britain, among others, to become familiar with their expertise in utilising

and sustaining their assets for several years to come. The British model, PAS 55, developed by the British Standards Institution in collaboration with the Institute of Assets Management, ranks among the best standards of the industry worldwide. The RTA adopted the British system as a reference model for its Assets Management Department and set up a working

"The RTA embarked on the application of the PAS 55 system in early 2011 in a process verified by a team of British auditors from SGS Group."

group of specialists from all relevant RTA departments, where a customised system of the RTA was developed and aligned with that international model," continued Al Tayer.

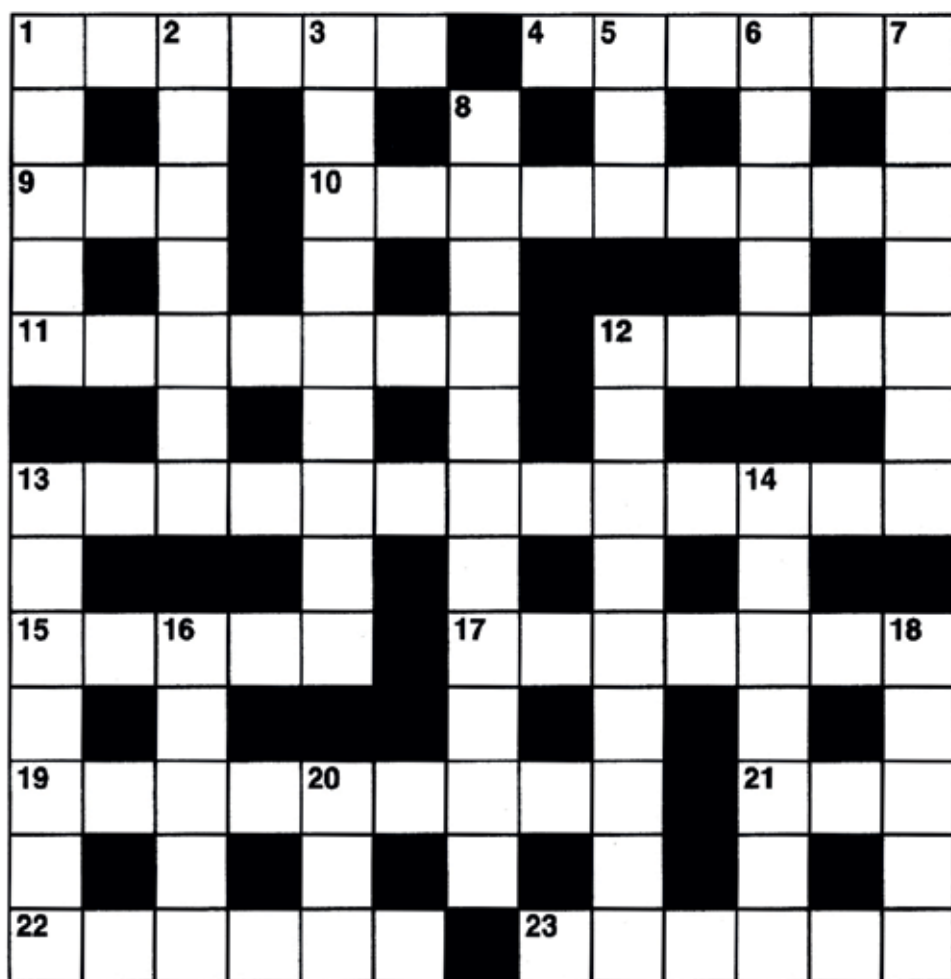
Abdulla Al Madani, CEO of the Corporate Technical Support Services Sector, said, "The RTA embarked on the application of the PAS 55 system in early 2011 in a process verified by a team of British auditors from SGS Group in which they scrutinised all principles of the system. The auditors were extremely impressed with the maturity and immaculate compliance with the principles of the global system despite the short time span for establishing the Assets Management Department.

Udai Al Deesi, Director of Assets Management, said, "Attaining this international endorsement is not the ultimate goal underlining the implementation of the system, rather, it is just the beginning and a launching pad towards achieving excellence in assets management.

"Among the prerequisites of obtaining certification of the PAS 55 system, the RTA must have a corporate policy and strategy that takes into consideration all aspects relating to the Assets Management Department. It was also perceived that a designated assets management department has to be instituted in order to run a system for corporate governance and processes, develop a standardised assets data management and classification system, undertake integrated and inter-related plans spanning all phases of the life cycle of assets, implement the safety and risk management system, and develop indicators to measure and monitor the performance improvement," concluded Al Deesi.

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 Oral (6) 4 Encircled (6) 9 Set in working order (3) 10 Irritable (9) 11 1980s female pop group (7) 12 Elude (5) 13 Inappropriate light-heartedness (13) 15 More ancient (5) 17 King Ethelred's nickname (7) 19 Allowed (to) (2,7) 21 Sort, kind (3) 22 Things which occur (6) 23 Stressful experience (6)

Down

1 Any dwarf tree (5) 2 Naturally grown (7) 3 Automatic moving staircase (9) 5 And the rest (abbrev) (3) 6 Tyre grip (5) 7 Aridity (7) 8 Appetiser (4, 7) 12 General-purpose naval vessel (9) 13 Film length (7) 14 Devious (7) 16 Research deeply (5) 18 Native countryman (5) 20 Scrap (3)

ANSWERS



Recipe

Blueberry Muffins

Fruity, tasty and melt-in-the-mouth crumbly, why not try your hand at these scrummy muffins?

Ingredients

3 cups of all-purpose flour
1 tbsp baking powder
½ tsp baking soda
½ tsp salt
10 tbsp. unsalted butter
1 cup of sugar
2 large eggs
1 ½ cup plain yoghurt
1 tsp grated lemon peel
1 ½ cup blueberries
1 tbsp flour (if using defrosted frozen berries)

Method

1. Preheat oven to 190C.
2. Whisk together the flour, baking powder, baking soda and salt and set aside.

3. In a large mixing bowl, cream the butter and sugar together, beating until fluffy. Add the eggs one at a time, beating until incorporated after each one. Mix in the grated lemon peel.

4. Beat in one half of the dry ingredients until mixed together. Add in one third of the yoghurt and half of the remaining dry ingredients. Beat in a second third of the yoghurt and the remaining dry ingredients, then the remaining yoghurt. Fold in the berries. If you are using frozen berries, defrost them first, drain the excess liquid and then coat them in a light dusting of flour.

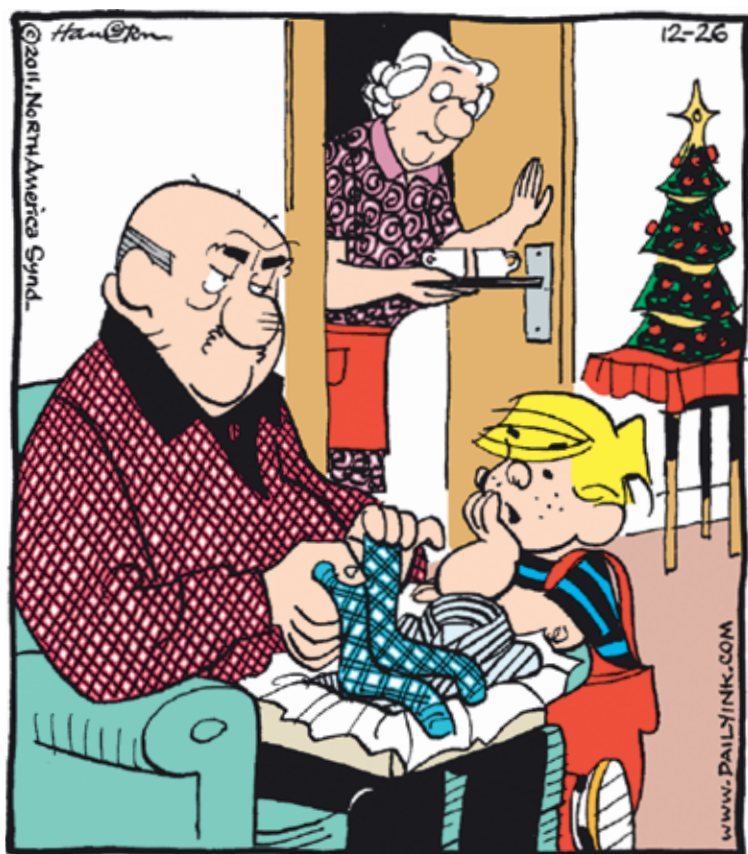
5. Use standard 12-muffin cake tins.



Coat each muffin cup lightly with melted butter. Distribute the muffin dough equally among the cups. Bake until muffins are golden brown, for

25-30 minutes. Set on a wire rack to cool for five minutes. Remove muffins from the tin and serve slightly warm.

Dennis the menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

Q I'm 45 and was widowed last year. My husband was only 50 and I'd nursed him through a long struggle with cancer. It's nearly a year and I still miss him every day. I just don't know what to do. I loved him so much. Will I ever get over this?

Read: You never get over the pain of losing a loved one but you do learn to live with it. One day, when the pain and anger has subsided, you will be able to look back with warmth and love at all the good times you shared. The first year is so hard, but it does become easier. It may help to talk to others who've been through loss. Your husband loved you and wouldn't want you to lock yourself away forever. Just take one small step at a time.

Q I'm quite shy and if I get nervous in social situations I blush and giggle, which makes me look stupid.

I can't seem to control it and it really is no laughing matter, especially in job interviews.

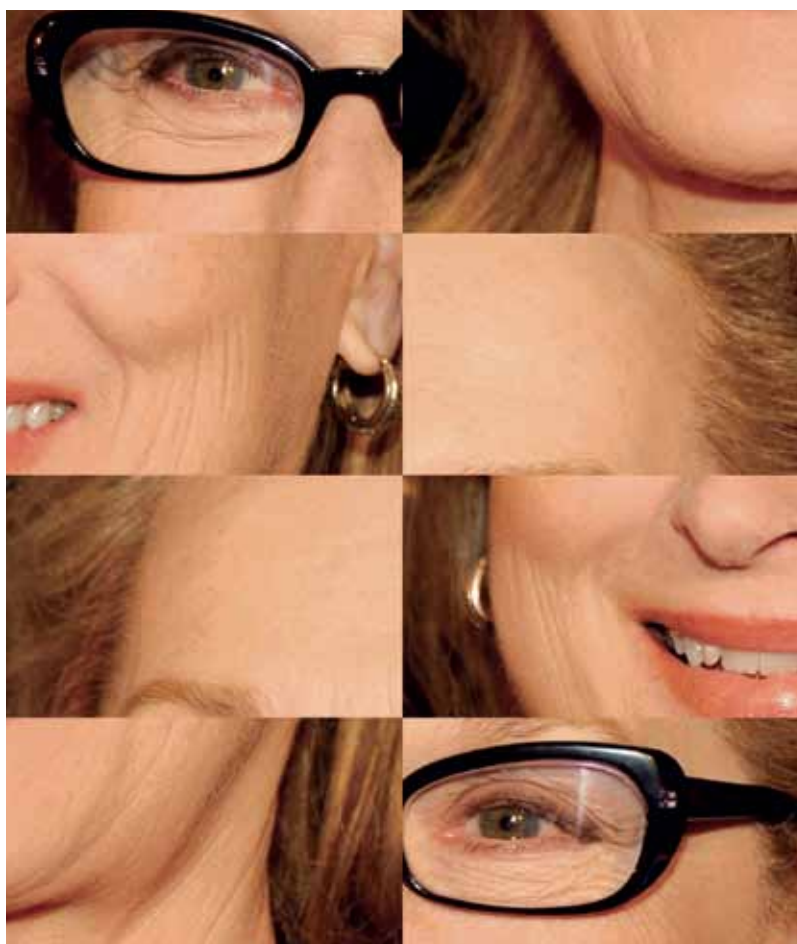
Read: Try role-play with a friend. A few pretend job interviews will help you feel less nervous. Also, practise relaxation exercises, like deep breathing, before meeting new people. If you still find yourself blushing and giggling, take the plunge and explain it's a nervous reaction. Everyone values honesty and the odd display of nervousness can be quite endearing.

Q I recently moved to Dubai and feel really homesick, I miss my family and friends and I am finding it hard to settle. I have a great job but don't know many people. I feel like packing up and going home.

Read: It takes time to settle into a new country and you are very brave for making the move. Sure, it can be scary, but think of the life experience you are gaining. Speak to your friends and family often and perhaps try joining a club or class to meet some new people.

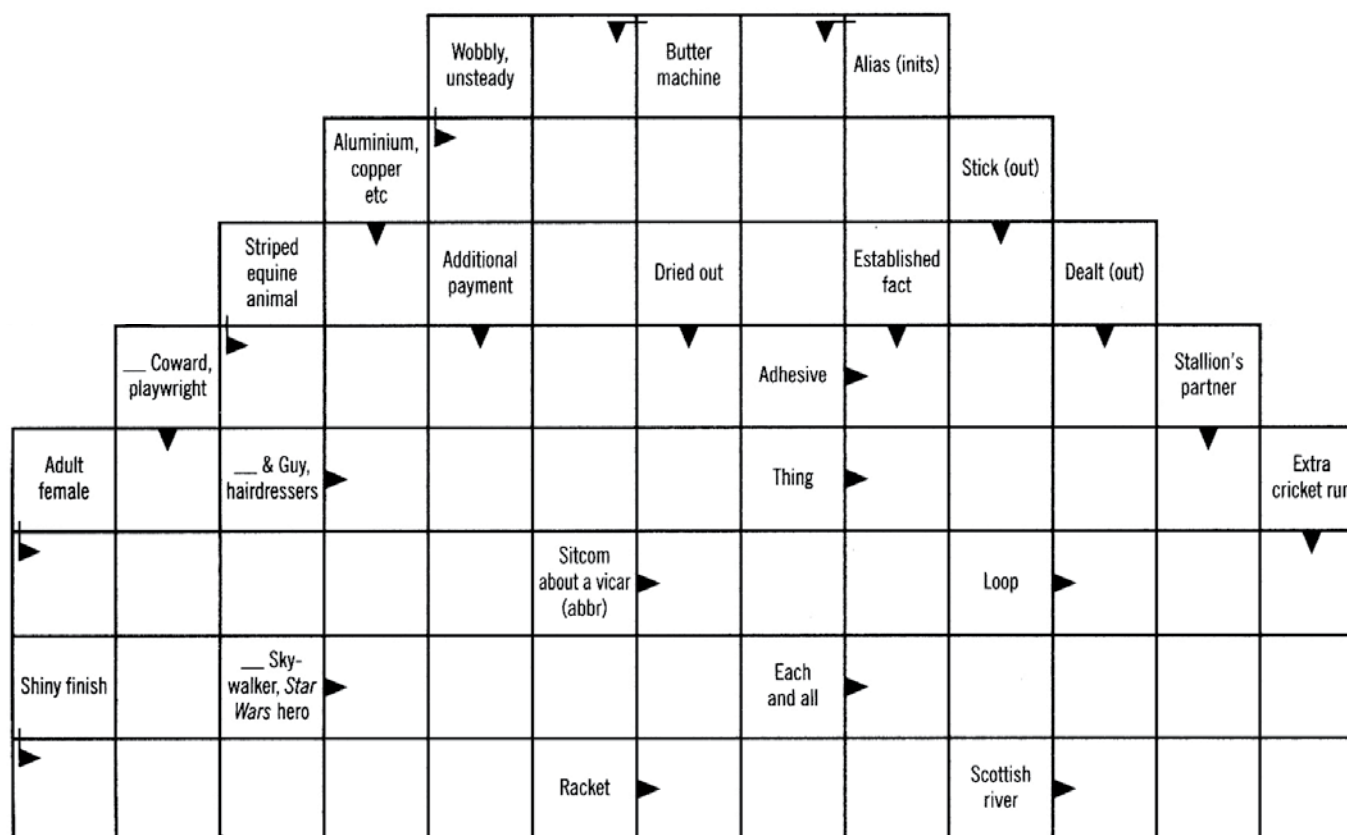
Who's this?

ANSWER ON PAGE 38

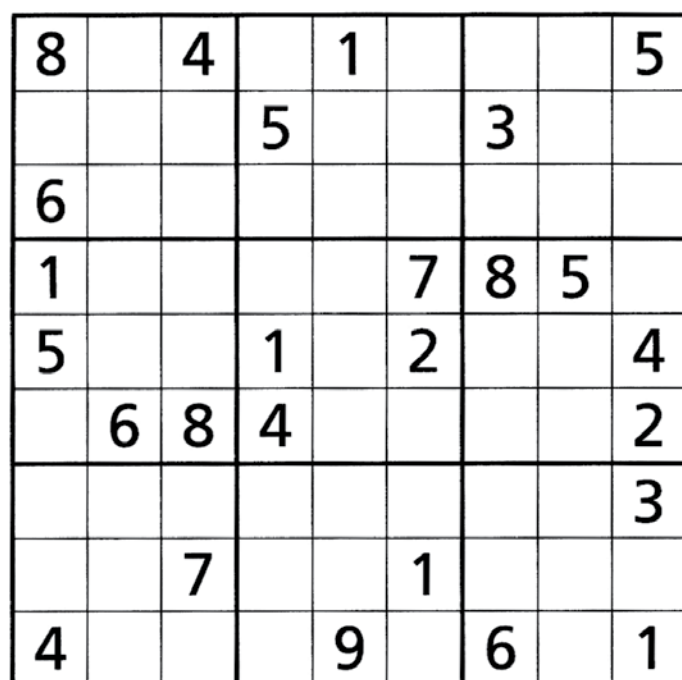


Puzzles

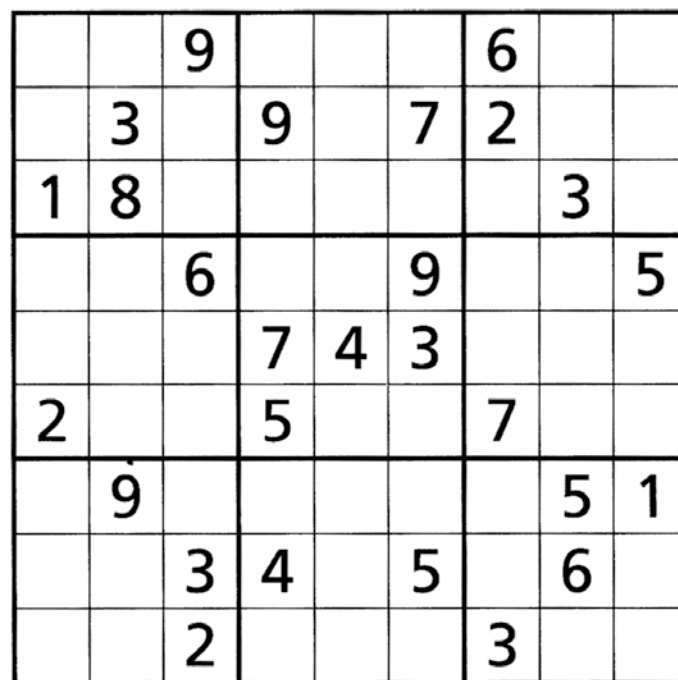
Arrowword



Sudoku 1



Sudoku 2



ANSWERS

ARROWWORD



SUDOKU 1



SUDOKU 2



WHO'S THIS? ANSWER - MERYL STREEP



The Read. Team

EDITORIAL

Arnold Pinto
Managing editor

Richard Whitehead
Editor

Tom Paye
Features editor

Lucy Torchia
Feature writer

Alexa Soar
Feature writer

Ross Guinane
Web editor

Hassan Fawad
Web developer

DESIGN

Angela Ravi
Art editor

Sunil Kumar
Senior designer

ADVERTISING

Mona Semaan

E: advertising@readme.ae

T: +971 4 390 2904

M: +971 50 892 3883

CONTACT US

info@readme.ae

editorial@readme.ae

letters@readme.ae

advertising@readme.ae

mymetrolife@readme.ae

pics@readme.ae

stories@readme.ae



Continental Multimedia FZ LLC

Dubai Media City

Building 6

Office No. G03

T: +971 4 390 2904

F: +971 4 445 6753

E: info@readme.ae

W: www.readme.ae

PO Box 502824, Dubai, UAE

BRANCHES

ABU DHABI:

T: +971 2 622 7880

F: +971 2 622 7881

KSA (JEDDAH):

T: +96 62 657 3161/36

F: +96 62 657 3152

BAHRAIN:

T: +97 31 723 3499

F: +97 31 723 3199

OMAN:

T: +96 82 456 4015

F: +96 82 456 0349

EGYPT:

T: +20 23 762 2914

F: +20 10 228 1615

JORDAN:

T: +96 26 565 3601

F: +96 26 566 4884

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

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Your finances appear to be on the up and you could perhaps be extra lucky this week when out shopping. Keep your eyes peeled for a bargain. At home, your lack of sleep is starting to make you grouchy, so make sure to rest as much as possible.



TAURUS

(APR 21 - MAY 21)

For a long time, you have been considering travel or moving to a different part of the world. This desire may grow stronger this week as a work colleague unveils an exciting new venture. Don't be envious, however; they will appreciate your support.



GEMINI

(MAY 22 - JUN 21)

Have you recently purchased a new car or moved into a new apartment? If so, make sure all of your paperwork is in order. It's easy to overlook some of the smaller details in the excitement of a big, new purchase or a move to a new home.



CANCER

(JUN 22 - JUL 23)

You may find you have to bite your tongue when it comes to a discussion with a work colleague. Their opinions are valid, but they just don't deliver them in the way you would choose to. There is no personal vendetta, though, so don't take it personally.



LEO

(JUL 24 - AUG 23)

You may find you need to confront a long-running issue with a partner or loved one. Make the time to sit together and discuss things fully; they have been just as eager as you to get things off their chest. Clearing the air will make you both feel better.



VIRGO

(AUG 24 - SEP 23)

After a slow start to the New Year, you are finally getting to grips with a new routine, whether it is at work, at home, or with fitness. Make sure you keep going with it, because the positive changes that can come from your extra effort know no limits.



LIBRA

(SEP 24 - OCT 23)

A possible personal or business partnership with someone fairly new to you seems exciting, but be careful not to jump in head-first. They may have travel plans, and these could easily throw your future ideas into disarray if you set your hopes too high.



SCORPIO

(OCT 24 - NOV 22)

Your time is precious and people are all too keen to use up as much of it as they can. Set yourself a time limit on meetings, and make sure you don't take on too many tasks for other people. Your own work should always be a priority, and it's okay to let others know this.



SAGITTARIUS

(NOV 23 - DEC 21)

A recent health drive is making you feel positive and full of energy. Use this to kick-start a new project or idea that you have been thinking about for a while. Your current bout of enthusiasm will help the idea lift off the ground with ease.



CAPRICORN

(DEC 22 - JAN 20)

An old friend could be about to turn up in your life again, which could spark all sorts of different emotions. Mainly, however, you will both simply be happy to be reunited, and any past differences should be easily forgiven and forgotten.



AQUARIUS

(JAN 21 - FEB 19)

It's time to get organised when it comes to home improvement plans. Talking about what you want to change won't get things done, but you'd be surprised what a simple bit of research in shops or on the internet could uncover.



PISCES

(FEB 20 - MAR 20)

Your family miss you. In the hustle and bustle of everyday life, are you perhaps forgetting to contact them as much as you should? Set aside an evening to catch up on emails, phone calls, or Skype; it will give you all a much-needed boost.



This week's local weather

SUN

22nd

MOSTLY SUNNY
HIGH 20C
LOW 16C
HUMIDITY 44%

MON

23rd

MOSTLY SUNNY
HIGH 20C
LOW 15C
HUMIDITY 46%

TUE

24th

MOSTLY SUNNY
HIGH 21C
LOW 17C
HUMIDITY 48%

WED

25th

MOSTLY SUNNY
HIGH 24C
LOW 18C
HUMIDITY 46%

THU

26th

SUNNY
HIGH 22C
LOW 18C
HUMIDITY 41%

FRI

27th

SUNNY
HIGH 21C
LOW 19C
HUMIDITY 43%

SAT

28th

SUNNY
HIGH 22C
LOW 17C
HUMIDITY 42%

Lenovo® recommends Windows 7.

CELEBRATE GREAT OFFERS FROM LENOVO!

Welcome 2012 with some wonderful offers on these wonderful laptops, all powered by the new Intel® Core™ processors.



Lenovo G570G Notebook

- Intel® Core™ i5-2430M Processor
- Genuine Windows 7 Home Basic 64-bit
- Microsoft Office® Starter 2010
- 15.6" W HD LED
- Glossy Textured Top
- 500GB HDD, 4GB DDR3 RAM
- Integrated Graphics
- DVD Multiburner
- Card reader, Express card
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard with Numeric Keypad
- 1-Year International Warranty

AED 2,099

Lenovo IdeaPad Z570A

- Intel® Core™ i5-2410 Processor
- Genuine Windows 7 Home Premium 64-bit
- Microsoft Office® Starter 2010
- 15.6" W HD LED
- 750GB HDD, 4GB DDR3 RAM
- NVIDIA GeForce GT 520M 1GB Dedicated Graphics
- DVD Multiburner, HDMI Audio
- Card Reader, Express Card
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard
- One-Key Rescue, 6-Cell Battery
- 1-Year International Warranty

AED 2,599

Available in metal, black, blue and red.

Lenovo IdeaPad Z470A Black

- Intel® Core™ i5-2430M Processor
- Genuine Windows 7 Home Premium 64-bit
- Microsoft Office® Starter 2010
- 14" W HD LED Wedge
- 750GB HDD, 4GB DDR3 RAM
- NVIDIA GeForce GT 520M 1GB Dedicated Graphics
- DVD Multiburner, HDMI Audio
- Card Reader, Express Card
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard
- One-Key Rescue, 6-Cell Battery
- 1-Year International Warranty

AED 2,699

Available in black, blue and pink.

Lenovo IdeaPad U260 Notebook Mocca Brown

- Intel® Core™ i5-470UM Processor
- Genuine Windows 7 Home Premium 64-bit
- Microsoft Office® Starter 2010
- 12.5" W HD LED
- 320GB HDD, 4GB DDR3 RAM
- Integrated Graphics
- HDMI Port
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard
- One-Key Rescue, 6-Cell Battery
- 1-Year International Warranty

AED 2,999

Lenovo IdeaPad Y570

- Intel® Core™ i7-2630M Processor
- Genuine Windows 7 Home Premium 64-bit
- Microsoft Office® Starter 2010
- 15.6" W HD LED Wedge
- 750GB HDD, 6GB DDR3 RAM
- NVIDIA GT555M 1GB Dedicated Graphics
- DVD Multiburner, HDMI Audio, eSATA Gaming ID
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard
- One-Key Rescue, USB 3.0
- 1-Year International Warranty

AED 3,299

Lenovo IdeaPad Y470

- Intel® Core™ i7-2630M Processor
- Genuine Windows 7 Home Premium 64-bit
- Microsoft Office® Starter 2010
- 14.0" W HD LED Flat
- 750GB HDD, 8GB DDR3 RAM
- NVIDIA GT550M 2GB Dedicated Graphics
- DVD Multiburner, HDMI Audio, eSATA Gaming ID
- Integrated VeriFace Recognition and Camera
- Accu-type Keyboard
- One-Key Rescue, USB 3.0
- 1-Year International Warranty

AED 3,999

**lenovo® FOR
THOSE
WHO DO.**

Available at all leading retailers

Features listed in the advertisement are available on select models. For more please go to www.lenovo.com. Trademarks: The following are trademarks or registered trademarks of Lenovo: Lenovo, the Lenovo logo, OneKey and IdeaPad. Intel, the Intel Logo, Intel Inside, Intel Core, and Core Inside are trademarks of Intel Corporation in the U.S. and other countries. For more information about the Intel processor feature rating, please refer to www.intel.com/go/rating. Microsoft, Windows and Life without Walls are registered trademarks of Microsoft Corporation. Other company, product and service names may be trademarks or service marks of others. ©2010 Lenovo. All rights reserved.