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FEBRUARY 5-11, 2012 | Issue 34

Read



HEAD TO THE BEACH

Resort chic has landed on the catwalks, with designers ready to hit the sand for Spring/Summer 2012



MAGNIFICENT MARBELLA



IRON-STRONG

Meryl Streep's performance in *The Iron Lady* proves why she is worthy of her Oscar nomination



MINI ADVENTURE

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The bare essentials

How various oils can enhance your well-being

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

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Read. Poll

Is it worth having a credit card?

- Yes
- No
- Not really
- Can't do without one

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Which smartphone do you use on a daily basis?

● Apple	22%
● Blackberry	28%
● Nokia	25%
● Samsung	13%
● LG	2%
● Other brand	10%

Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, I recently got a flat tyre when driving around JLT and pulled over to change it. I got all the way to having the lug nuts off, but the wheel just wouldn't shift. I ended up having to flag down the police to ask for assistance, who then in turn, flagged down a recovery vehicle after they were unable to de-wheel the car. I was exceptionally thankful for all their help as they all tried their best. But in future, I think I'd be a lot safer with a roadside assistance membership. Had I not been in such an accessible place as JLT, I may have been waiting for much longer trying to get to work. So, I'd just like to say

thank you very much to all who assisted me on a very busy day.

Zhilvinas Gineika

ED: It's on days like these that you really appreciate the calibre of people living and working in Dubai. Your best bet for the future may be to sign up to AAA Roadside Assistance, which will cover you throughout the UAE and GCC, 24 hours a day.

✉ Hi *Read.*, I'm just going to come out and say it—I don't get Twitter. What's the point of it? It seems to me like nothing more than a stalking website for regular people, or a venting vessel for Z-list celebrities trying to drum up notoriety to get them back into the limelight. Does it have any redeeming qualities at all? The last thing I want to hear about is how

some celebrity somewhere didn't say nice things about another celebrity somewhere else and now they're locked in a war of words online.

Dawn Boekelaar

ED: As much as you are right about celebrity tiffs, Twitter does have quite a number of advantages. Beside it being a great tool for journalism, micro-blogging breaking news, it also gives you the chance to follow people or companies that interest you and there are often job opportunities or shopping deals posted to the site.

✉ Hi *Read.*, I've recently seen some news that snow penguins are being brought to Dubai. Penguins in the desert is as absurd as fish out of water. As much as I love the idea of getting up close and personal with the adorable creatures, I can't help but feel sad for them, being taken from their natural environment and showcased to the public. Can you put my mind at ease and tell me the upside—apart from a great opportunity to meet them—to having penguins in Dubai?

Simone Woods

ED: These penguins are probably some of the luckiest in the world. They have their own playground and swimming pool that replicates their natural Antarctic habitat, they live on average 10 years longer due to access to an endless supply of food and medication, and they are being brought here as part of a breeding programme that will keep these wonderful creatures roaming the Earth for centuries.



My Metro life

Jing Fidelity
 Teacher, Abu Hail



When I first came to Dubai in 2006, I spent nine months residing in Deira despite the fact that my work was in Sharjah. I soon got tired of the travelling time, the hassle of queuing and struggling for a seat on the bus, and the long journey to various places because of detours and stops. Eventually, I transferred to the heart of Sharjah for my convenience and lived there for almost five years; away from all the hustle and bustle of city life.

Recently, though, I began looking for a new job in Dubai. At first I was

hesitant, recalling all those old times here. My husband, who works at the Metro, encouraged me anyway, and to my heart's relief, the new Metro train really did wonders for me. I reached all my interview venues on



time (and poised!) no matter how far they were, and found them as easy as pie. Locations of my interviews were easily mapped in my head just by asking for the nearest Metro station to the establishment.

Now that I am hired and work in the city, I have decided to bring my whole family back to Dubai as well. Thanks to the Metro and the people behind this admirable project, it made me welcome change.

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

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Metro pics



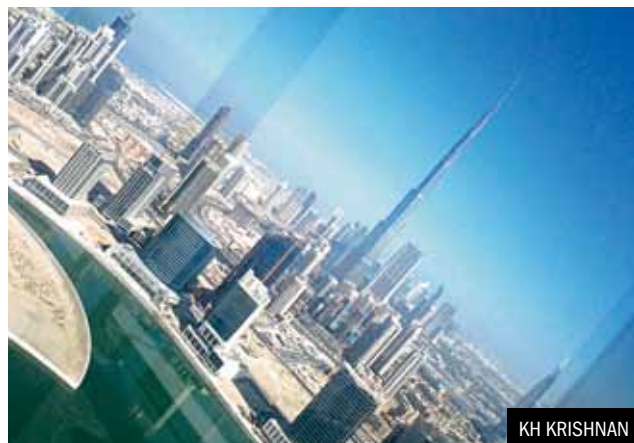
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ARVIN MARION BUENAGUA



CAROLIN PUKALLUS



KH KRISHNAN



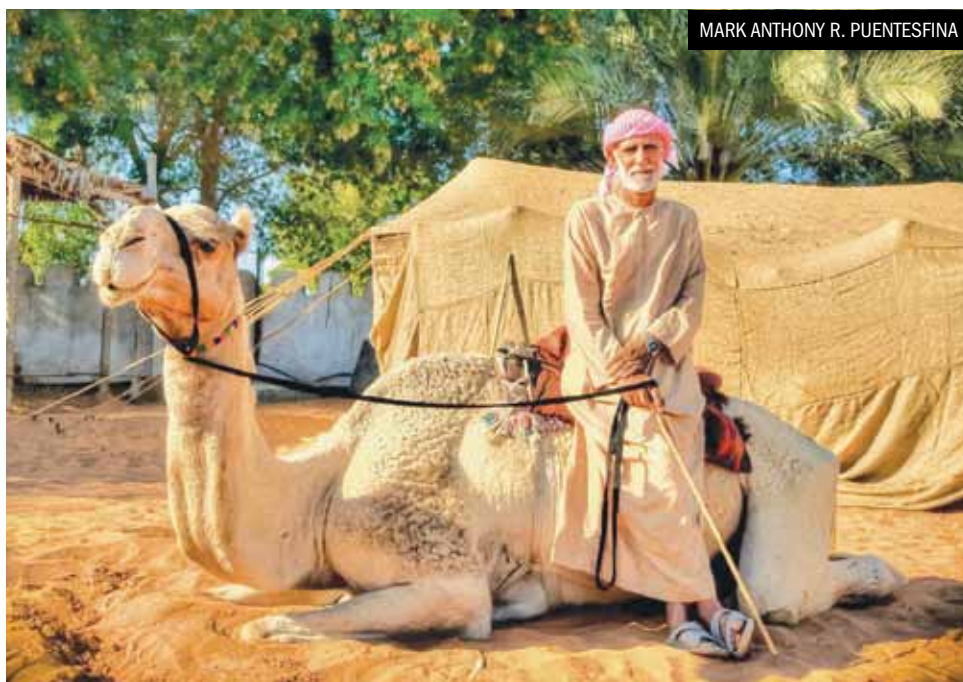
FRANKIE DAPOL



SREEJU CHANDRADAS



SHREEGANESH ACHARYA



MARK ANTHONY R. PUENTESFINA



THAHIR EPPUNNI



AKO C RYE

Station by station guide

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

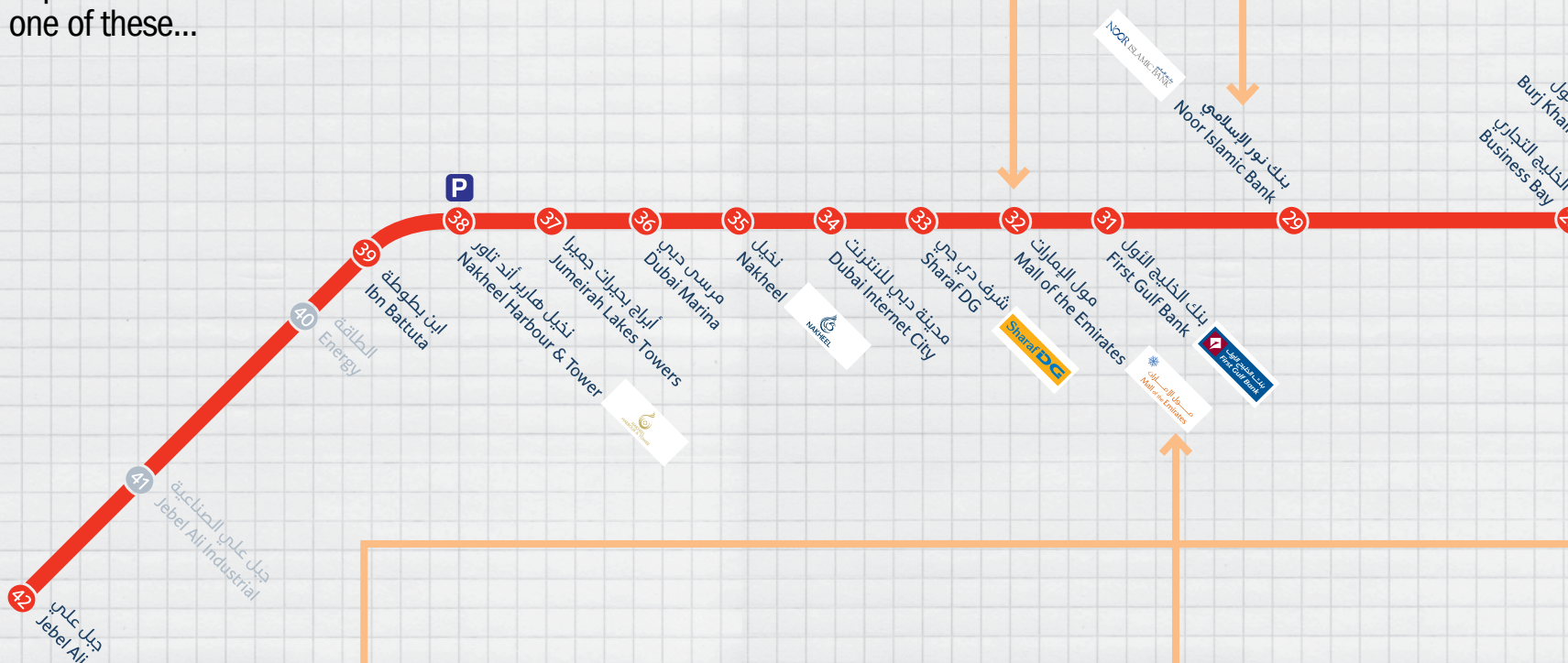
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Nadine Kanso exhibition



**FEBRUARY 7-MARCH 7
CUADRO, DIFC**

Cuadro Fine Art Gallery will be exhibiting a segment of Dubai-based Lebanese artist Nadine Kanso's *Makan fi al Zakerah* (Memory of a Place) photography series, in which Kanso captures images of today's Beirut and highlights with an eerie familiarity and resemblances they have with times long past. The exhibition opens on February 7 at 6.30pm and will run until March 7. Cuadro Fine Art Gallery is located at DIFC, the exhibition will be open Sunday to Thursday from 10am to 8pm and Saturdays from 12pm until 6pm. Entry is free.

Snow penguins



**ONGOING FROM FEBRUARY 5,
SKI DUBAI, MOE**

For a truly unique experience, why not get up close and personal with some new fluffy friends at Ski Dubai? A group of penguins, flown over from Sea World in the USA, have made the indoor ski slope their new home and are looking forward to meeting Dubai's residents. Anyone aged three and over can come along to interact with these magical creatures in an intimate, up-close environment.



So in love

UNTIL FEBRUARY 15, GALERIES LAFAYETTE

In the run-up to Valentine's Day, love is definitely in the air at Galeries Lafayette. Not only are there some great prizes to be won, such as a four-night stay at an Anantara Resort and Spa of your choice, but Lafayette Gourmet will be getting in on the act with an assortment of treats to share with your sweetheart, romantic delivery meals, or cookery classes for those who fancy themselves as a chef. While you're there, be sure to leave your own personal love letter on the Wall of Love for a chance to win a Dh2,000 gift voucher.

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The Burning Question

Q First aid skills can prove valuable at any time. Would you know what to do in an emergency?



Avantika Ganjoo

FREELANCE TRANSLATOR, JBR

I would definitely like to learn first aid. I did some basic training in school, but throughout life you forget these things, so it would be good to learn the proper technique again now.

Asad Nazir

CUSTOMER SERVICES, BUR DUBAI

I don't know the correct way to deliver first aid, but I like to think I would try and help anyway, even though I don't have the exact knowledge.



Salwa Arshad

DENTIST, JLT

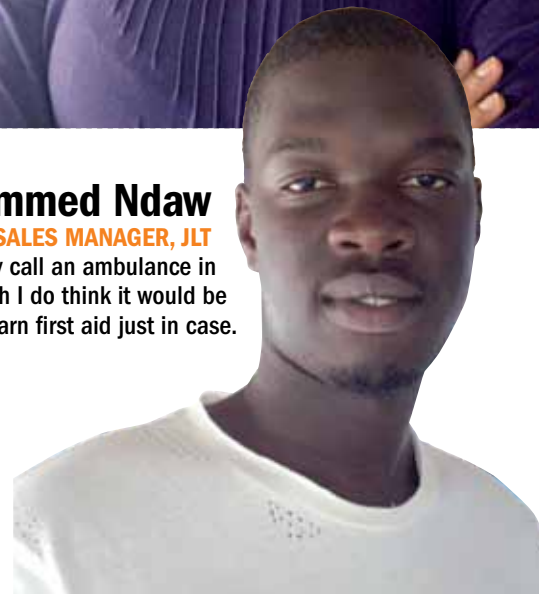
I think that everyone should learn basic first aid so they can help in an emergency. An emergency can happen at any time, so I think first aid should be taught in schools and colleges, with regular refresher courses.



Mohammed Ndaw

SALES MANAGER, JLT

I would most probably call an ambulance in that situation, although I do think it would be good to learn first aid just in case.



Paulina Leonovich

JOURNALIST, JLT

In an emergency situation, I would like to try and help. I had some first aid training in school and I think it would be a good idea for schools to still do this with students now.



Amir Reza

ENGINEER, THE GREENS

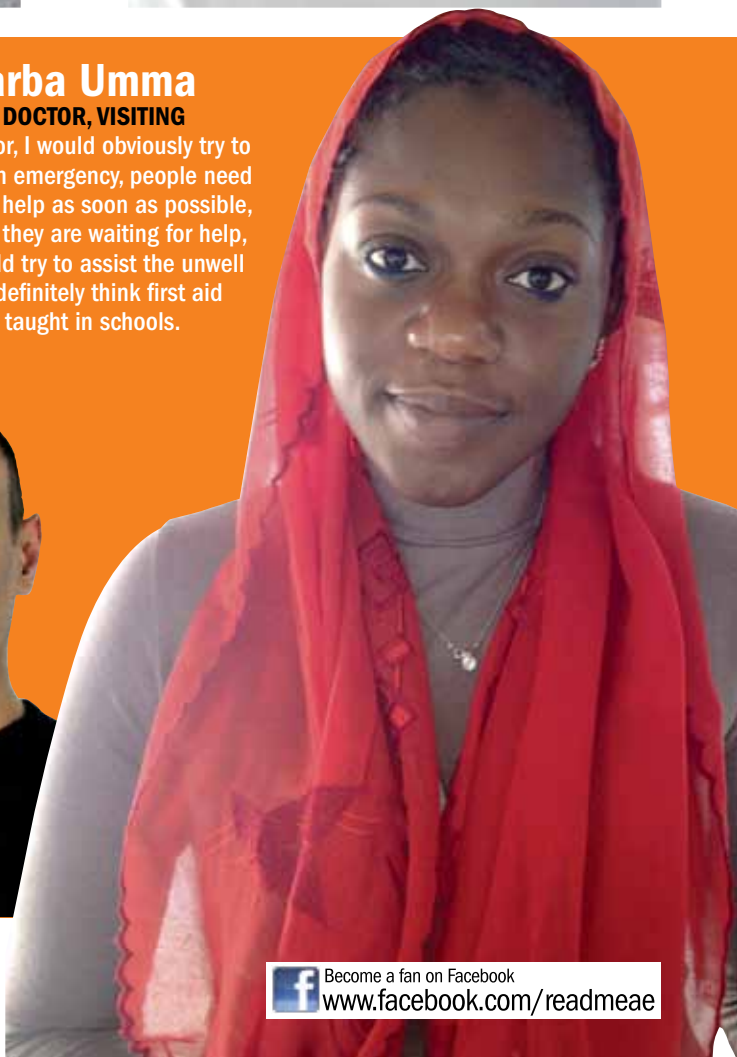
No, I don't know the correct skills for proper first aid, but I would like to learn if there was a class I could take or something.



Dr Garba Umma

MEDICAL DOCTOR, VISITING

As a doctor, I would obviously try to help. In an emergency, people need to call for help as soon as possible, and while they are waiting for help, they should try to assist the unwell person. I definitely think first aid should be taught in schools.



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

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

Coming up this week



TODAY

The latest attraction to hit Dubai sees an opportunity for the public to interact with a remarkable colony of snow penguins at Ski Dubai. The lively creatures have found a new home in a specially created environment that mirrors the Antarctic. We went along to this one-of-a-kind animal encounter. Check out the video from the team's interactions with these adorable flightless birds today.



MONDAY

The northern hemisphere's biggest rugby competition kicked off over the weekend, with half of the world's top 10 in action. Find out who's on top after week one.



TUESDAY

We've already had the Golden Globes, and now the SAGs have passed us by. The Screen Actor Guild awards have an uncanny ability to pick Oscar winners. Will it be the same this year?



WEDNESDAY

Strange inventions pop up all the time—like doggles, sunglasses for dogs. But even they aren't the most unusual. Could you have invented any of these weird and wonderful creations?



THURSDAY

Time travel is a concept that has existed in science-fiction for hundreds of years, but since the world of physics questioned itself last year, does it now mean it's a real possibility?



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 agree with governments taking iris scans and fingerprints as a form of identification?

It's HIGH time for mankind to utilize LESS of what seemed to be of MORE value. With the Unique ID Number, one can do MORE things in any type of transactions with LESS documents needed.

—Clen Nicolas

Its gud plan by the Govt, this id will use for all purposes..

—Fayaj Ahamed

Itz gud... Govt. took these measurez for our ease n convenience...

—Tahir Farooq

It's a good idea but all nationalities should involve not for personal loans but for personal security. That no one could take one's identity.

—Josephine Cake Dela Cruz

What is the most physically demanding achievement you have



IS INTENSE PHYSICAL ACTIVITY YOUR FORTE?

ever completed?

In 2003 i've climbed Mt. Apo the Philippines' highest mountain peak at 10,311 feet. I almost give up on our 3rd day of climbing since darkness came before our reach on the summit.

—Damn Danzoy

Hehehe i havnt did any physically demand achivement....

—Yous Prince

Lol to climb a mountain in jabal hafeet was surely a victory for me, because I am scared of heights.

—Sana Ali

If you had to live without one of your five senses, which one would it be, and why?

Well, it wud b really difficult to choose as to which sense can v actuly give up coz they r all an impt



WHICH SENSE WOULD YOU LOSE?

part of life... We hv been living wid dem since birth so its absolutely impsbl 2 evn think of living without them!! These days ppl feel d necessity of evn hvin smthn knwn as our "6th sense"

—Roma Nandwani

in my own opinion, the sense of smell is the most tolerable when gone.

—Rogin Jayboy Mainay Quiño



VARIOUS CAUSES BENEFIT FROM THE BUSINESSMAN

Closing the gate to poverty

How the man behind Microsoft is giving back to the community.

Technology magnate and Microsoft founder Bill Gates made headlines last month after he paid a surprise visit to a south London secondary school for a one-off lecture. The school had sent out a request asking for inspirational speakers, though it hardly expected anyone as famous as Gates to turn up. And, needless to say, he received a warm welcome from both the students and the faculty.

The cynic might brand this small outing to an unknown London school as a mere publicity stunt, but given Gates' philanthropic endeavours over the past decade, it could be that Gates is in it for more than a few good headlines. After all, he conceded to the UK students, "If I hadn't given my money away, I would now have more money than anyone else on the planet."

A more conceited man might do all he can to hold such an accolade, but Gates seems fairly intent on doing good with the unthinkable amounts

of money that he has made from computing. He has plans to completely eradicate a number of diseases in the foreseeable future, his charity, the Bill and Melinda Gates Foundation, has so far donated over \$26 billion (Dh95 billion) to various projects spanning health and education.

To be fair to the cynics, the charity was created thanks to public opinion swaying in favour of the idea that Gates could do more with his vast stores of cash. In the mid-'nineties, when the personal computer revolution was in full swing, Gates sold a considerable amount of Microsoft stock in order to create the William H. Gates Foundation. By 2000, Gates and his wife, Melinda, had created three charitable organisations, and so combined them into one, naming it the Bill and Melinda Gates Foundation, which is now the largest charity in the world.

Whether or not Gates embarked on charitable endeavours for good PR in the first place, it seems almost certain that he is well and truly dedicated

now. He stepped down from full-time work at Microsoft in 2006, so that he could work full-time on his charity, and has been striving to donate the income from an endowment worth \$33.5 billion (Dh123 billion). In 2007, he and his wife were the second-most charitable people in the world, and, eventually, the Gateses plan on donating 95 per cent of their wealth to charity.

The Bill and Melinda Gates Foundation is also notable not only for the size and scale of the operation, but, indeed, for how it operates. Gates is committed to solving large-scale problems which, he feels, are ignored by governments and politicians, such as the spread of the polio disease, which Gates hopes will be made extinct within his lifetime. The charity is also completely transparent in that benefactors are allowed to access information about exactly what their money is being spent on.

Gates is also applying his considerable business skills to the running of the charity. Instead of simply throwing money at what appear to be worthy causes, the foundation operates in terms of its return on investments and working out, in Gates' words, the "dollars per year of life saved". Some have criticised this approach to charity, explaining that some of the investments have gone to companies that have either polluted areas heavily or else do

not sell their products to developing countries.

But Gates is adamant that he has done more good than harm, and his foundation stands by its practices, which has attempted to tackle the worst diseases in some of the poorest parts of the world. As he explained to the eager young minds listening to him in a south London school's gymnasium, "When I was your age, I didn't know much about poverty. The goal is equality. If we don't have these diseases, why should people in Africa or Asia?" ●



GATES HOLDS CHARITY IN HIGH ESTEEM



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One soul.



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silent moments of adoration... She still flutters your heart...
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{ the 'LUV' collection }



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There aren't many trends that can be worn all year round, but luckily for us, each year designers create a unique resort collection that is suitable for Dubai's warm desert climate. Oscar de la Renta, Gucci and Salvatore Ferragamo feature classic tailoring, lightweight fabrics mixed with bright and bold patterns for a look that is both comfortable and stylish in the sun.

Resort chic

Beach babe

Whether you're looking for a one-piece swimsuit, bikini or a tankini, a colourful combo is your best option. Try this red, floral swimsuit with ruffle detailing from Accessorize, the elegant fit will flatter, enhance and conceal your figure all at once.



MONSOON

OSCAR DE LA RENTA

SALVATORE FERRAGAMO

NEW LOOK

OSCAR DE LA RENTA

All the dresses

With the days getting warmer, you will want to wear a light sun dress that is airy and cool. Opt for a silhouette style dress that is nipped in at the waist to accentuate your curves for a feminine look. Why not add that little extra by choosing a dress with tropical prints or a standout colour in fuchsia, for a modern on-trend style.

Bohemian chic

Maxi skirts and long dresses are essential for a year-long warm climate. The long, flowing style of a maxi skirt is cool and can be worn to the beach, brunch or even dressed up for dinner and dancing. Pair a maxi skirt with a tank top and cute pair of flat sandals for comfort and you're ready to go.

Her

Sun hats

Bring out your inner diva and wear a sun hat with confidence this summer. A wide-brimmed, floppy sun hat is the queen of casual chic. The straw material is durable and looks great paired with any colour. Not only will you look uber glamorous, but you will stay cool in the Arabian heat.

ACCESSORIZE



ACCESSORIZE



NEW LOOK



NEXT



Nautical

The nautical theme is a key trend featured in designer resort collections every year and now high street stores such as Burton and Next are taking inspiration from the catwalk. Sweaters in red, white and blue look great paired with cream Capri pants or light-weight trousers. Opt for shirts or trousers in linen as the fabric is cool, comfortable to wear, and durable.

Complete the look

For the resort look, choose a pair of shoes in the style of a loafer, boat shoe or sandals for a relaxed look. When styling your look, opt for shades in deep blues, whites and earthy khaki and sunny yellow for a summer, holiday trend.

Him



FASHION OPINION



JIM PAOLO JOQUICO
EDITOR-IN-CHIEF
WWW.LAMODADUBAI.COM

Tangerine Tango

You've probably heard by now that Honeysuckle's (think *Legally Blonde*'s Elle Woods) reign is over. Pantone, the authority on colour, has named Tangerine Tango as colour of the year.

There are many ways to incorporate this year's key colour without looking like you were stuck in a sartorial blackhole. Liven up a monochromatic combo with a tangerine belt or clutch in patent leather. A touch of tangerine's

"Just because it's colour of the year it doesn't mean you should be wearing it all over."

bright hue against an understated canvas can make an entire outfit stand out. Limit the orange-tinged accessories to two pieces. Check out

Lanvin for the clutch, and Victoria Beckham for the boxy doctor's bag

Tangerine lips look so much better than glossy, diabolical red lipstick if you ask us.

It's not so in-your-face and much more dramatic and mysterious. We're not convinced about eyeshadow, though, because last season's celebrity misses were too much of a fiasco to handle. Yes, Fergie, we're talking about you.

Just because it's colour of the year it doesn't mean you should be wearing tangerine all over. Go with a printed dress that features a dash of the shade combined with other colours. Look to Saint Wobill's SS2012 collection for inspiration.

Let's face it, wearing a frilly dress in this shade would be a bit over the top. Stick to basic blouses paired with a suit in a muted colour from the same palette to tone down tangerine's vivacious appeal. Think Elie Tahari Spring/Summer 2012.

Men's resort wear is designed to be comfortable and cool for warmer climates. Light-weight dressy trousers, shirts and longer shorts are key trends for the resort look. The most iconic item of the trend is the Hawaiian shirt. This short-sleeved, button down shirt includes patterns in floral, animal and tropical images and designs and is perfect for a laid-back effortless look.

Glamour, golf and gorgeous coastline; **Marbella** really does appear to have it all.

Marhaba, Marbella

Marbella has long lured tourists with its sandy beaches, thriving party scene and warm, Mediterranean climate. During the recession, the swarms of tourists who head there every summer died down but recently the seaside resort town has been enjoying something of a Renaissance. Smart, new restaurants and stylish hotels have emerged alongside the old tourist haunts, restoring the old Spanish holiday spot to its former glory.

Boutique hotels like The Town House now offer luxury accommodation at a reasonable rate for those seeking something more than the standard, package-holiday style resort, while a variety of new restaurants have created a diverse culinary scene that boasts the best of local.

It may have a new sheen, but the

“After a day tasting the delights of the old town, head back to the coast for sunset.”

old attractions of Marbella remain firmly in place. Above all, the easy-going Spanish lifestyle, where people rise late, take afternoon siestas and eat long, lazy meals in between, still reigns. There is the option to be more active. Marbella and the wider Costa del Sol region is home to more than 40 excellent golf courses and most of the beaches offer a range of water-sports activities.

There is also some beautiful surrounding countryside with plenty of picturesque picnic spots. Get behind the wheel of a buggy or quad bike and join an organised tour into the Costa del Sol mountains, passing through streams and rural, wooded landscape on the way. For a birds eye view of the region, splurge on a Bucker plane trip and watch the Costa del Sol unfold beneath you from an original war-time aeroplane.

Those with a head for heights will find numerous options to fulfil their thirst for adrenalin. Rock climbing centres operate around the Costa del Sol and many of the beaches offer parasailing. There are mountain biking trips through the hills and back in the town you can test your skills on the track in a Porsche GT3 at the famous Ascari race track.

For something a little more sedate, join a walking tour of the old town and ramble along narrow, white-washed streets lined with historic buildings and bustling tapas bars. Here, you can get away from the glitz and glamour of the coast and join the locals in the real Marbella. It's easy to see the old town, or Casco Antiguo as it's known in Spanish, on foot. Most of the historic churches, squares and monuments are within a stone's throw of one another and there are plenty of excellent eateries, where you can pause for a bowl of paella before continuing on to the next site.

Another reason to visit the old town is the shopping. There are

Best beaches

- Nikki Beach
- San Pedro
- Las Chapas
- Playa Nagueles
- Playa El Faro
- Playa El Cable
- Puerto Banus

several large malls scattered around

Marbella but the chic boutiques, nestled along cobbled sidestreets in the Casco Antiguo, provide the real shoppers haven. Many of these specialise in clothes by local designers, while others are crammed with souvenirs. One street is lined with

tiny toy shops, filled with fancy dress costumes and hand-made toys, and another is dedicated to ceramics shops.

After a day tasting the delights of the old town, head back to the coast in time for sunset, or stay put to experience the Casco Antiguo by night. As darkness falls, cast-iron lamps create a golden-orange glow on the white-walls and the streets come to life as people emerge from their afternoon siestas. The Spaniards like to make the most of night time by eating and sleeping late, so, unless you've planned a rock-climbing trip or a mountain bike tour for the following morning, join them in a lengthy dinner and soak up the atmosphere of Marbella's local side. ●



THE PICTURESQUE SCENERY



THE MARINA IS A MUST-SEE

Head east for a beach retreat

Only a short drive away from Dubai, Khor Fakkan offers peace and quiet, history and Arabian culture.



THE TRANQUIL BEACH

LOCAL TRAVEL

Surrounded by towering mountains and flanked on either side by headlands, Khor Fakkan seems hidden from the outside world. The large expanse of white, sandy beach is the perfect place to get away from the city.

Although Khor Fakkan belongs to Sharjah, the town is actually located on the east coast between Dibba and Fujairah. The focal point of the economy is the expanding port but for tourists, the main area of interest is the picturesque beach.

Tucked into one of the headlands is The Oceanic Hotel & Resort, where you can participate in watersports and diving activities, take a dip in the pool and tuck into a beachside lunch,

although there are several dedicated dive centres that will hire out kit or take you out to the best spots.

The beach isn't the only reason to visit however. The town is rich in history with local graves that have been dated back to the second century BC. To get a taste of modern day culture here, pay a visit to the bustling souq located at the end of the Corniche, where locals haggle to buy ingredients for their evening meal.

Also well worth visiting is Wadi Wurayah, a popular natural beauty spot, accessible by four-wheel drive. Take a picnic and explore the surrounding countryside during the day before heading back to the Corniche for dinner in a local eatery and a wander along the beachside promenade.

Just giving

Before you throw out your unwanted items, why not consider donating them to a good cause instead?

CHARITY

One of the main pastimes for those of us living here in Dubai is shopping. Whether it's clothes, shoes, household items, there is an abundance of places where we can spend our hard-earned money and treat ourselves to a few new things. However, what happens when it come around to the annual spring clear out? It seems such a shame to throw unwanted items away, especially when they have hardly been used. Whether if it's a pair of

shoes your child has simply outgrown, bedding that didn't match the curtains, or a top you bought on impulse that still has the labels on, many of us end up thinking, "Surely there must be something else I can do?"

Luckily, there are plenty of ways in which you can donate items to those who really need them. Sadly however, many of Dubai's residents are still unaware of how to go about this, so here is a brief guide to just some of the organisations that turn your unwanted items into much-needed donations.

Soles for Souls

This new charity initiative aims to donate used trainers to local labourers in the UAE. Started by Tori Leckie, a long distance runner, she first thought of the idea in June 2011, after spending time volunteering herself with a charity group in Dubai, Seeds of Change, who promote random acts of kindness.

Leckie set her plan in motion, and with the involvement of local charity SmartLife, Soles for Souls is now fully up and running. It's a great way to donate trainers in all styles and sizes to help local labourers, just make sure that they are clean and in a reasonable condition.

Donate at Fortune Promoseven, Office 449, Emarat Atrium. Sheikh Zayed Road, between 9am to 6pm, Sunday to Thursday. For more information call 050 457 6873.



TakeMyJunk

TakeMyJunk was set up in 2007 to fulfil the need to reduce waste and provide for the poor. The organisation will collect your unwanted household items, which are then distributed or sold for a low price to individuals and families in need. Proceeds from any sales are used to provide meals, medical care, and basic necessities to labourers. For more information visit www.takemyjunkuae.com.

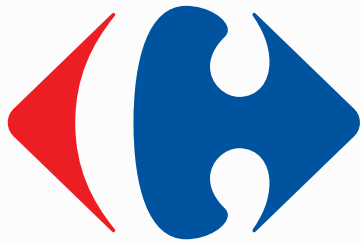
Aid in Motion

Aid in Motion aims to collect unwanted second hand clothing in Dubai, in order to redistribute it among less advantaged areas of the city, primarily labour camps.

A group of volunteers known as the Area Collection Representatives will arrange to meet you somewhere mutually convenient to collect your clean, good-condition donation. They then count the items, separate them into categories and put them into transportable bags. Twice a month, Aramex collect all the transportation bags and deliver them to a mosque where the distribution will take place. For more information call 04 870 6535.



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8.50 Dhs
صدر دجاج (كارفور) - 500 غرام
Carrefour tender chicken breast 500g

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2 PCS 14.50 Dhs
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Lux progress dishwashing liquid 1L

~~Dhs 20.35~~
5 PCS 14.50 Dhs
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3 PCS 8.75 Dhs
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Essential well-being

For centuries, essential oils have been used for their curative, cosmetic and aromatic qualities. In recent years, the popularity of aromatherapy has helped to revive the interest in essential oils, which are believed by practitioners to possess powerful healing properties for the body and mind.

Cedarwood oil

Good for anxiety, worry and other stress-related disorders, including paranoia, Cedarwood oil is said to improve focus, strength of purpose and stability of mind. It is also used in cosmetics to treat acne, oily skin and hair, dandruff, eczema and psoriasis and in medicines to treat arthritis, rheumatism, bronchitis, catarrh and coughs.



LAVENDER

Peppermint oil

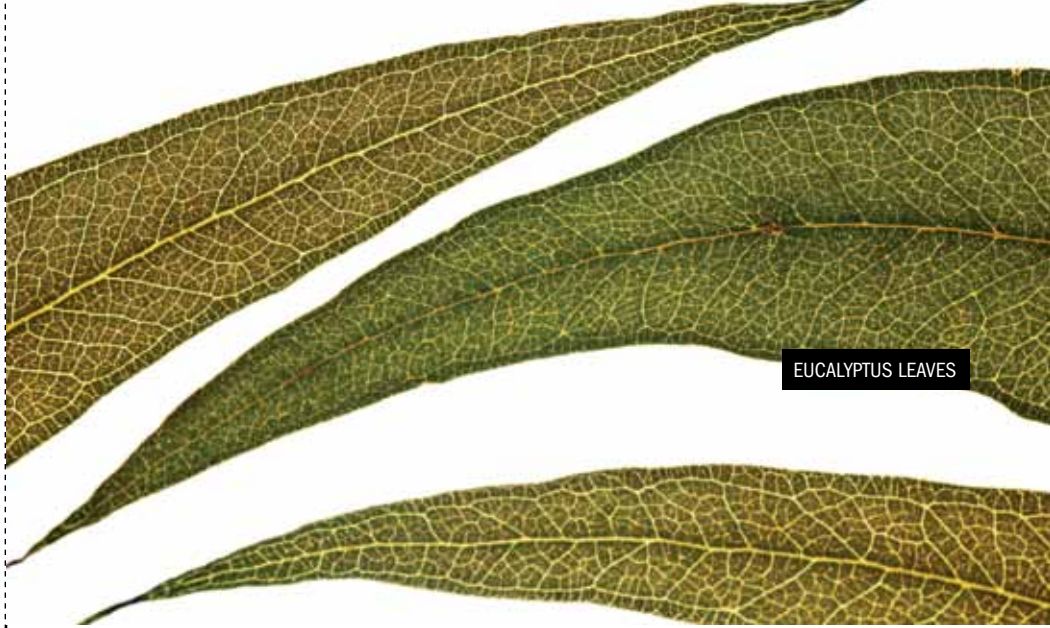
This oil is used for its clarifying properties to combat mental fatigue, overwork and apathy among other things. It is also used to treat sprains, toothache, migraines, muscular aches and pains, halitosis and indigestion.



PEPPERMINT

Lavender oil

This popular essential oil is said to promote inner peace, relieve nervous tension and aid relaxation and rejuvenation. It is frequently used in skin care products to help treat acne, eczema, dermatitis, bruises and insect bites.



EUCALYPTUS LEAVES

Eucalyptus oil

Good for aiding concentration, confidence, mental balance and understanding, Eucalyptus oil is one of the most popular essential oils. It is often used in cold and flu medicines due to its antiseptic, antispasmodic, antibacterial, antiviral and decongestant properties.

Rosemary oil

Said to be strengthening, Rosemary oil is good for nervous exhaustion, strain, mental fatigue and stress. It is said to provide energy, boost creativity, create mental clarity and aid concentration.

ROSEMARY



NUTMEG

Citronella oil

Citronella oils helps to clear the mind and refresh the spirit. Thanks to its relaxation and stress-reducing properties, it is often found in herbal insomnia remedies. It is also valued for its antiseptic, antibacterial, diuretic and insecticide properties. Citronella oil frequently appears in mosquito and other insect repellents.

Frankincense oil

This ancient oil is considered beneficial to those suffering from exhaustion, panic attacks, anxiety, nervous tension and other stress-related disorders as it calms the mind and helps to restore emotional stability. It is also used to treat a variety of skin complaints, including acne, scars and wounds in addition to respiratory ailments such as asthma, bronchitis and coughs.



FRANKINCENSE

Tea tree oil

Often found in spot and acne solutions, tea tree oil has powerful antiseptic and antibacterial properties. It is used to treat a wide range of skin disorders in addition to acne, including, allergic reactions, burns, insect bites, ringworm and athlete's foot.

Sandalwood oil

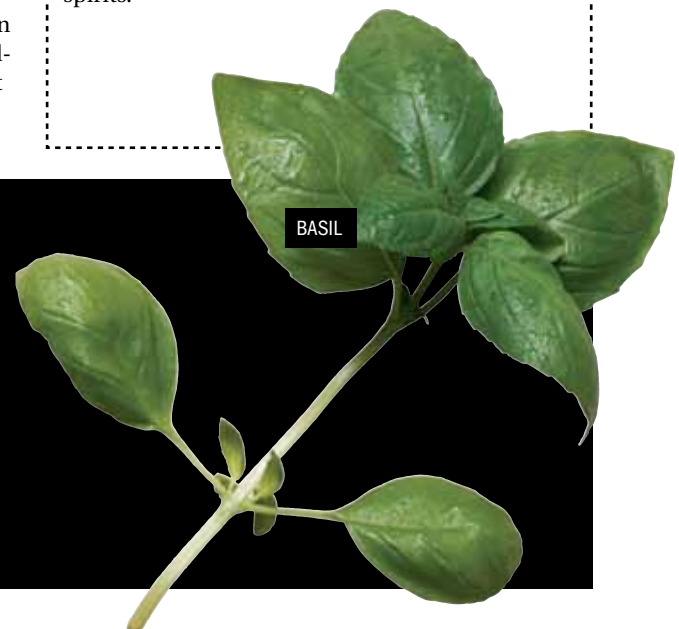
This is the essential oil for easing the mind, soothing anxiety and relieving tension and stress. Aromatherapists cite the benefits of Sandalwood oil for those suffering from depression and low spirits.

Nutmeg oil

The essential oil for job stress, nutmeg oil is said to be good for concentration, nervous exhaustion, indecision and overwork. From a medicinal perspective it is said to be analgesic, anti-emetic, antioxidant, antiseptic and antispasmodic.

Basil oil

Valued for its uplifting properties, basil oil is used to dispel doubts, helps concentration problems and combat mental fatigue. It is also used to treat muscular aches and pains, respiratory disorders, colds and influenza.



BASIL

ASK THE EXPERT

DEVIKA SINGH
PSYCHOLOGIST
DUBAI HERBAL &
TREATMENT CENTRE



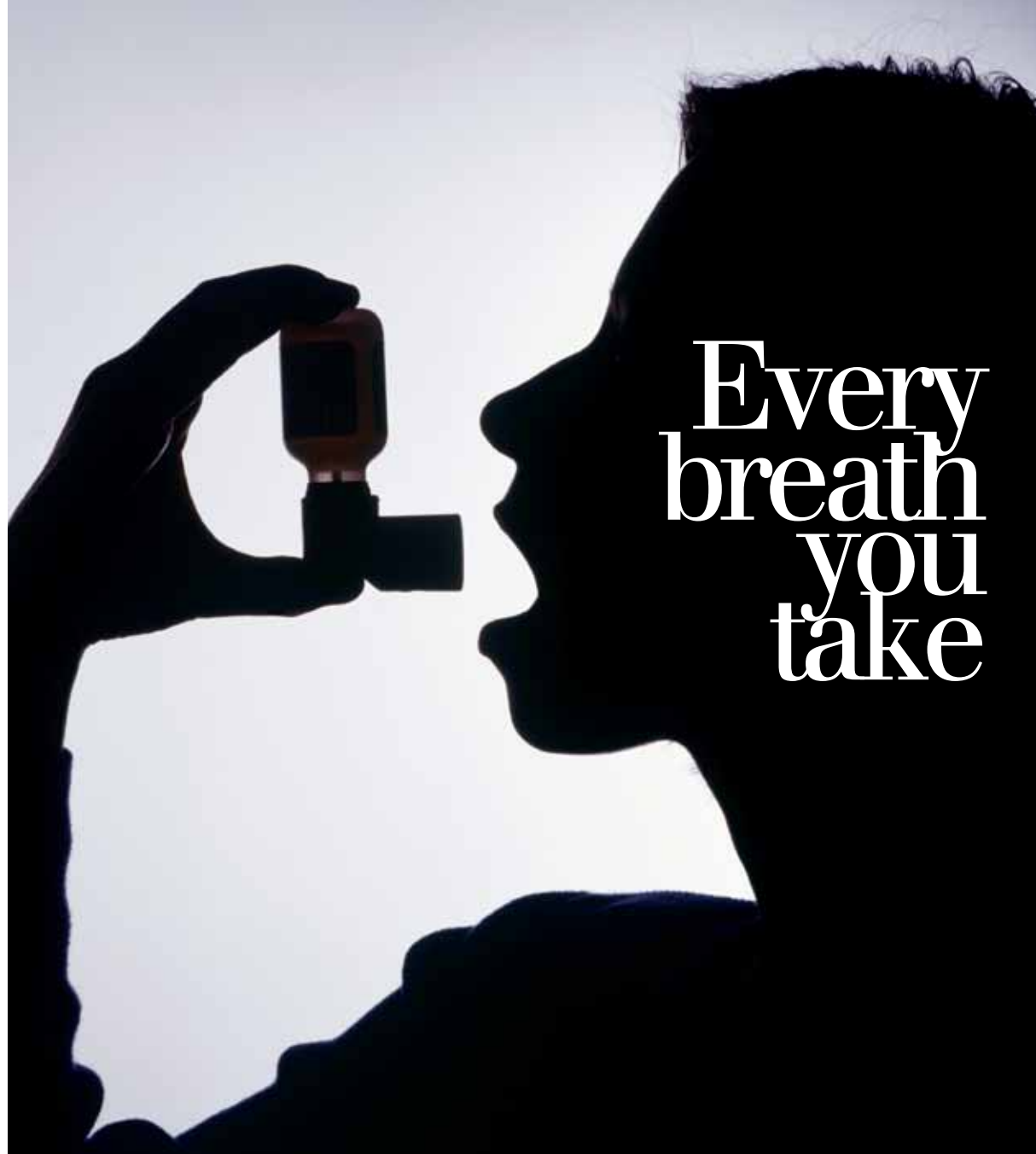
Understanding your child's world PART II

The American Academy of Child and Adolescent Psychiatry outlines the following general recommendations for effective discipline. Ask yourself if your request is reasonable. Speak to your child as you would want to be spoken to if someone were reprimanding you. Don't resort to name-calling, yelling, or disrespect. Be clear, firm and specific. Model positive behaviour.

"Be clear, firm and specific. Model positive behaviour."

Allow for negotiation and flexibility, which can help build your child's social skills. Whenever possible, consequences should be delivered immediately and be short enough that you can move on again to emphasise the positives. Consequences should be fair and appropriate to the situation and the child's age.

For any behaviour to change, consistency is critical. Consequences need to be explained often, and consistently applied. Keeping logic and reasoning from children when expecting them to follow rules does not support healthy personality development in the long run. Parents can explain and reinforce an idea for weeks, months or even years before their children demonstrate agreement and understanding. This delayed reward mechanism can be frustrating for parents who quite naturally rely on changes in their child's behaviour for feedback, which is why change is described as a process rather than an event. I encourage the use of visuals with children in the form of tokens and charts.



For non-sufferers, the symptoms of asthma can be alarming, but the condition is treatable.

After a long session at the gym, you will, more than likely, find yourself out of breath, with your lungs feeling tight after working hard to give you body the oxygen needed for a workout. But imagine feeling that way without physically exerting yourself in any way. For sufferers of asthma, this is not uncommon.

Asthma is a long-term condition that can cause coughing, wheezing and breathlessness. The severity of

the symptoms varies, but in the worst cases can cause a severe shortage of breath, known as an asthma attack. The condition is caused by inflammation of the small tubes, called bronchi, which carry air in and out of the lungs. In the lungs of an asthma sufferer, the bronchi will be inflamed and more sensitive than most people's, so when that person comes into contact with something that irritates the lungs, known as a trigger, their airways become narrow. Here, the muscles surrounding the lungs and airways tighten and there is an increase in phlegm production. This makes it difficult to breathe and causes the wheezing and coughing associated with an asthma attack.

Asthma is more commonly diagnosed in children, though for some people, the symptoms will disappear as they reach adulthood. However, asthma can develop at any age, even if you have never suffered with any of the symptoms before. Although the direct cause of asthma is not fully understood, it may be linked to whether or not the condition runs in your family, and research suggests that, in

adults, women are more likely to have the condition than men.

Luckily, for most people—both adults and children—asthma can be quite easily controlled and severe asthma attacks avoided. You may remember the few children in your class at school who carried a little device with them known as an inhaler. As youngsters, it may have just seemed like a fun gadget that froze your fingers if you put them inside it, however this simple device is the key to controlling asthma for most sufferers and can be the difference between life or death in the event of a severe attack.

Asthma inhalers deliver medication straight to the sufferer's lungs. There are a variety of inhalers available to help control symptoms in adults and children. The main two types are controllers, which you take regularly to control symptoms, and relievers, which sufferers should carry with them at all times in case of an attack. Doctors can advise on this, and thanks to the increased understanding and research into the condition, it would appear that asthma sufferers can now start to breathe easy. ●

Breathe easy

Triggers differ from person to person and sufferers may have several, but the most common include:

- House dust mites
- Animal fur
- Pollen
- Tobacco smoke
- Exercise
- Cold air
- Chest infections



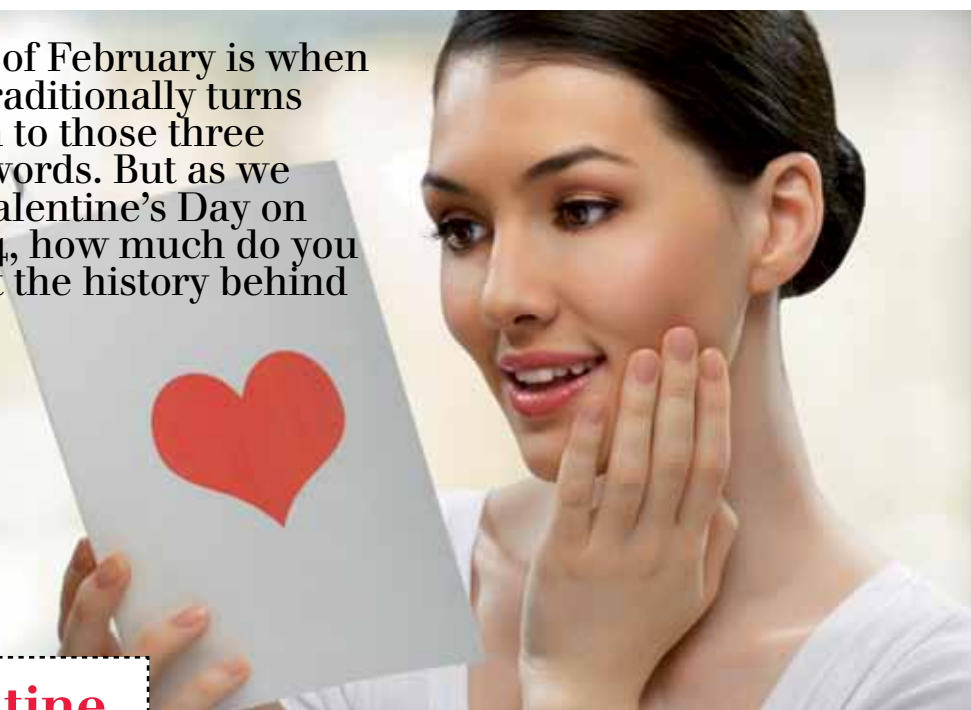
Read.

Valentine's Day special

February 14, 2012

It must be love

The month of February is when the world traditionally turns its attention to those three important words. But as we celebrate Valentine's Day on February 14, how much do you know about the history behind the day?



St Valentine

There are many different opinions as to the origin of Valentine's Day. Some people argue that it originated from St Valentine, a Roman who was martyred for refusing to give up his faith. He died on February 14, 269 AD, having apparently left a farewell note for his sweetheart, signed, "From your Valentine". Over time, February 14 has become the date for exchanging love messages and a celebration of St Valentine, now regarded by many as the patron saint of lovers.

Gifts

The traditional date of February 14 every year is marked by many people with the sending of poems and gifts, such as flowers and chocolates, to loved ones. Many people who object to the day, however, claim that it has been turned into a commercial ploy, focused solely on the buying of gifts instead of celebrating love in all forms.

Modern day

The rise of internet popularity is creating new traditions, as people across the world use modern technology to deliver their heartfelt messages. Millions of people, every year, use digital means of creating and sending Valentine's Day messages such as e-cards, printable greeting cards, or personalised videos. Social media has played a great role in the commercialisation of Valentine's Day, with businesses starting preparation weeks in advance of the date itself.

Fun facts

- 73 per cent of people who buy flowers for Valentine's Day are men, while only 27 per cent are women.
- More than 35 million heart-shaped boxes of chocolate will be sold in the USA for Valentine's Day.
- Approximately 110 million roses, mostly red, will be sold and delivered within the three-day Valentine's Day period.
- Around three per cent of pet owners will give Valentine's Day gifts to their pets.
- Many believe the 'X' symbol became synonymous with the kiss in medieval times., when people who couldn't write their names signed documents with an 'X'. The 'X' was then kissed to show its sincerity.

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The perfect present



Struggling with what to do, where to go, or what to buy this Valentine's Day? Well, worry no more. Here is *Read.*'s helpful guide to the best of the bunch.

Celebrate love



Enjoy a romantic dinner at the five-star Park Rotana, Abu Dhabi. Valentine's set menu at Teatro is Dh350 per person, a special buffet at Ginger is Dh200 per person, and Amador Restaurant and Cellar will be offering the ultimate in romantic dining, for Dh450 per person. For more information, call 02 657 3333.

D&G

Dolce and Gabbana's 'Miss Sicily' bags come in a variety of prints and compositions and make fabulous arm candy this Valentine's Day. D&G is available at the Mall of the Emirates.



The perfect gift for him

Why not spoil the man in your life with an Xbox 360 250GB console and Kinect bundle, priced at just Dh1,650.



YSL

YSL's chic accessories and bold cherry reds make the ideal gift for the lady in your life this Valentine's Day. YSL is available at the Mall of the Emirates.



Rixos

Being a favourite with many couples for romantic vacations, Rixos Hotels will be welcoming their guests with a variety of surprises on Valentine's Day.



Bottega Veneta

Bottega Veneta combines brilliant hues with classic design for something special this Valentine's Day. The range is available at the Mall of the Emirates.



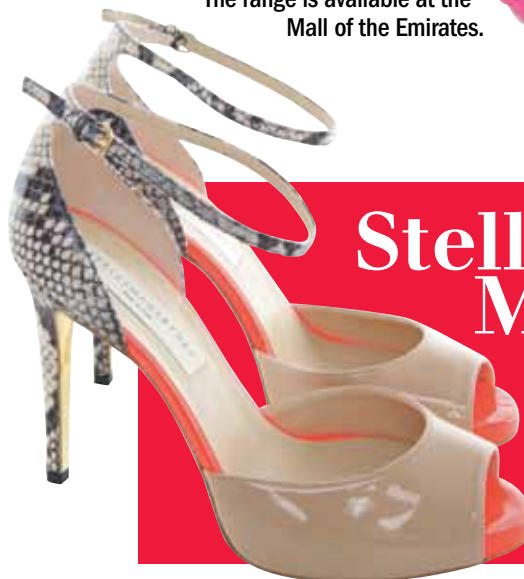
Philip Stein

Philip Stein's aesthetically designed Signature two-tone collection was created especially for the season of love. The new Valentine's Day watch (Dh3,045) comes with a distinctive red strap along with the uniquely embedded Natural Frequency Technology.



Stella McCartney

Sizzle this Valentine's Day with a range of acid brights from UK fashion powerhouse, Stella McCartney, exclusively available at the Dubai Mall, Fashion Avenue.





Long distance love

If lengthy, long distance calls are not getting much love from your phone bill, the Nokia Asha 200 is the smartest way for you to stay in touch on a budget. Built with a simple SIM swap functionality, you can change your second SIM trouble free and get the best of both worlds from two separate service providers. Dh299.



Say it with chocolate

Silkor Laser Medical Centers have launched a new skin care offer, where customers can buy a luxury Chocolate Body Wrap for Dh600 and receive a Chocolate Facial for free. The offer runs until the end of February. For more information call 02 681 6070.

Romantic Cipriani



Cipriani Yas Island offers a romantic and spectacular backdrop to enjoy a romantic rendezvous, on February 9, 10, and of course, February 14. Dh350 per person.

Case-Mate

Case-Mate has introduced a range of cases that are perfect for fashionable and practical men and women. For those with a fun, sassy and stylish personality, Gelli, Barely There and Colorways are the ideal phone accessories. The cases are priced between Dh55-110.



Crazy in love with Folli Follie

Folli Follie's heart-shaped pendants in silver and rose gold plated stainless steel make the perfect fashionable yet romantic jewellery gift.

Available at all Folli Follie boutiques.

Damas

Contours, the specialised corporate gift division of Damas, has unveiled a collection of bespoke gold gifts that are ideal for Valentine's day. The collection pieces are all handcrafted in 18k or 24k gold foil.



Declare your love with Agatha

Agatha's collection for Valentine 2012 contains a poetic line of necklaces, bracelets and earrings. Minimalistic and elegant, in shades of silver and pink gold, with cut-out motifs using stainless steel. Available at Festival City, Mirdif City Centre, Mall of the Emirates, and Galeries Lafayette.



In the pink

Celebrate Valentine's Day in an appropriately Thomas Pink way. Shirts patterned with roses, heart-shaped cufflinks and ties adorned with motifs of love. A collection designed with a loved one in mind.



Blancpain

Blancpain's limited series of 14 watches, each set with 2.95 carats of precious stones, offers a fresh take on the refined aesthetics of the new Blancpain Women collection, while associating it with the technical subtlety of the flyback chronograph.



Maui Jim

With the sun shining 365 days a year treat your sporty, outdoor-loving other half to a pair of Maui Jim sunglasses, which negate glare and unlock the natural vibrancy of the array of colours we see.



Merle Norman

Merle Norman Cosmetics offers a great selection of gift ideas for ladies. The Best of Show kit includes the top favourites in purse-size, packaged in a rhinestone-studded black velvet clutch. Or perhaps treat your lady to a beauty or pampering session. Gift vouchers are available for any products and signature services including facial treatments, make up, and nail spa.



Read.

Valentine's Day special

Say it with flowers
"Happy Valentine"
 Buy Bouquet for Dhs.150 & above
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Layia Hospitality is the commercial name of Layia Hotels Management Company, a registered LLC with its headquarters in Dubai. With five properties in Dubai and one in Sharjah, Layia is Dubai's premier provider of contemporary short and long term hotels and serviced apartments.

Layia Oak Hotel & Suites Dubai, a four-star deluxe hotel apartment with 161 rooms and suites is conveniently

located in the Tecom area, facing Dubai Internet City and Dubai Media City, close to Dubai Internet City Metro Station which is located 5 minutes away from the Mall of the Emirates. Each hotel suite is spacious and contemporary.

Spread over 14 floors, the Layia Oak Hotel & Suites Dubai accommodation includes one, two and three bedroom suites.

Offering four distinctive restaurants, Power Zone gym, temperature con-

trolled pool, outdoor sports activities, hotel gardens and kids' club the facilities cater to both corporate and leisure clients. Layia Plaza Hotel is strategically located on Damascus Road in Al Qusais.

This property is located minutes away from Terminal 2 and the Airport Free Zone. With 232 spacious and modern rooms and suites, all rooms feature elegant furnishings. Offering three distinctive restaurants, meeting rooms, Power

Zone fitness centre, splash pool lounge and 2 crew lounges Layia Plaza Hotel is a perfect home away from home.



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Not for turning

Oscar-worthy actress Meryl Streep shows her mettle as the *Iron Lady*.

NEW RELEASE

Margaret Thatcher—beloved Prime Minister, or controversial leader? It's a question that *The Iron Lady* wisely leaves to the audience to answer themselves. *Mamma Mia!* director Phyllida Lloyd once again teams up with Meryl Streep for the biopic on Britain's first female Prime Minister. It's never easy making a film about an icon that is still alive, and Thatcher's friends and family have already expressed their concerns about how the former Prime Minister has been depicted.

Battling valiantly with failing memory, Baroness Thatcher juggles her busy social diary with the help of her assistants and her daughter Carol. Comforted by the ghost of her late husband, Denis, the former Prime Minister allows her mind to revisit



Did you know?

- Meryl Streep has been nominated for the Academy Award an astonishing 16 times. She has won it twice to date and has since been nominated for an Oscar for her Thatcher role.
- As an actress, Streep is renowned for taking her roles very seriously. She learned to speak Polish for her role in *Sophie's Choice*, and spoke it so convincingly locals watching filming thought it was her first language.
- Streep wanted the role of Evita in the film version of the musical, and was apparently annoyed when Madonna was cast as the lead.

past glories and failures including the bombing of the Grand Hotel in Brighton during the Conservative party conference, the leadership challenge posed by Michael Heseltine, and her downfall precipitated by a heated argument with Geoffrey Howe.

The film begins with a playful shot of a bottle of milk being taken from the shelf of a London corner shop. The elderly Lady Thatcher (Meryl Streep) has left her house to buy groceries; fumbling for change in her handbag, she seems like an exile from another era. Over breakfast, we see her talking to her husband Denis (Jim Broadbent), except Denis died in 2003. A muddled conversation with a young aide about a concert takes her back to a theatre trip at which a young Denis (Harry Lloyd) playfully presented her with a sugar mouse.

The film's structure is confused, but deliberately so; events in Lady Thatcher's present trigger vivid memories of her past. Shaping a plot



DEFINITELY WORTH WATCHING



A PREMONITION OF THE OSCARS?

around a real person's mental decline sounds heartless, but here it's been done compassionately, and in a way that makes narrative sense.

Streep is simply brilliant as Thatcher in every way: her voice, her posture, her movements and facial expressions, her frightening and sudden imperiousness. She completely inhabits her character and, thanks to her own skill and some first-rate prosthetics, plays her equally successfully from her early thirties to her mid-eighties.

One of the film's successes is its balance. Thatcher is relentlessly ambitious, charismatic and passionate, delivering some truly excellent lines such as: "Everyone is either reckless or inept. Someone must force the point and say the unsayable". She goes on to tell her advisors that she is willing to change her voice and hair, but the pearls are "non-negotiable". At the same time, director Phyllida Lloyd doesn't shy away from showing the often grim consequences of Thatcher's decision-making or from communicating a self-righteous, bullying streak.

Penned by screenwriter Abi Morgan, themes such as sexism and female

“Streep is simply brilliant, thanks to her own skill and some first-rate prosthetics.”

empowerment are apparent throughout. The image of Thatcher trying to enter Parliament whilst being surrounded by men is a telling one, as are her entertaining shouting matches with the opposition party in Parliament. Some will be irritated that significant people such as The Queen don't make an appearance, or that key events sometimes get breezed over. However, it's important to note that the film has six decades of history to get through, and it manages to succeed in this difficult task.

Jim Broadbent excels as the older version of Denis, unexpectedly providing some humorous moments throughout the film. Overall, the film's actors are excellent, particularly Streep, as she helps provide an insightful look into one of Britain's most polarising figures. This biopic is definitely worth watching. ●

SILVER SCREEN

ANDY
FORDHAM
GULF FILM



Out with the old

Wow, what a movie year we've had. Nine of the top ten movies were sequels or part of a greater movie franchise. In tenth place we saw teen vampire series, *Twilight: Breaking Dawn*. Ninth place was the rubber faced Rowan Atkinson in *Johnny English Reborn* and eighth place went to *Hangover 2*. Seventh saw *Harry Potter and the Deathly Hallows* and sixth Jack Black back as *Kung Fu Panda 2*. Fifth place was *Pirates of the Caribbean*, fourth *The Smurfs*, third place saw the return of the Autobots in *Transformers*, and second was the petrol head franchise *Fast Five*. But the number one movie of 2011

“MI4 will overtake Avatar as the biggest movie ever screened in the UAE.”

was the unforgettable *Mission Impossible: Ghost Protocol*. At the time of writing this article, MI4 will overtake Avatar as the

biggest movie ever screened in the UAE. Not bad considering it had only two weeks in 2011 to grab the top spot.

So what does 2012 have in store for movie lovers? Well, there is plenty to be getting excited about. Here is my pick of the must watch movies hitting cinemas this year. *The Iron Lady* (Meryl Streep immersed herself in this wonderful biopic), *Beauty and the Beast* (remade in 3D), *The Lorax* (Danny Devito at his best), *Men in Black III*, *The Avengers*, *The Dark Knight Rises*, *James Bond: Sky Fall*, *Twilight: Breaking Dawn Part 2* and finally the much anticipated *Hobbit: An unexpected Journey*. My pick would have to be *The Hobbit* as most likely to strike a chord with movie goers and come out on top for 2012.

Bollywood news



Awards all round at Filmfare

Actors Vidya Balan and Ranbir Kapoor, who starred in *The Dirty Picture* and *Rockstar* were awarded the best actor trophies at the annual 57th Filmfare Awards, while *Zindagi Na Milegi Dobara* bagged best film. It was a double whammy for Zoya Akhtar and Ranbir, as Akhtar took home the best director award for *Zindagi*, while Ranbir was critics' choice best actor.

Oprah's trip a success

Talk show queen Oprah Winfrey described her India visit as an "awesome" experience. "India experience was Awesome. Expands your humanity," the 57-year-old posted on micro-blogging site Twitter. Winfrey attended many functions in India including dinner with socialite Parmeshwar Godrej and a meeting with Abhishek Bachchan and Aishwarya Rai's daughter.



Box office hit for Agneepath

The magic of Vijay Dinanath Chauhan has worked again, as *Agneepath* had a record opening, taking millions in one day and surpassing recent hits *Bodyguard* and *RA.One*. Hrithik Roshan is pleased the hard work has paid off, tweeting, "Wow thank you. My damaged body parts suddenly feel alive, I feel like I can fly now..."

Perfect pizza comes to town

Debonairs Pizza – South Africa's favourite pizza place – conjures up fresh delights in new outlet at the Dubai Mall.

RESTAURANTS

Thanks to oil-free pizza bases and only the freshest ingredients, Dubai foodies finally have a healthy option for their favourite comfort food following the recent opening of Debonairs Pizza at the Dubai Mall. Debonairs Pizza is recognised as the leading pizza brand in South Africa, with over 270 outlets in South Africa as well as a growing representation in 16 African countries.

The Consul General of South Africa, Fanus Schoeman, inaugurated the new Debonairs Pizza outlet located on the lower ground level food court at the Dubai Mall, in the presence of guests who all tucked into the freshest and most tasty pizza ever. The variety of toppings, delectable extras such as the cheesy garlic bread and the superb service ensured that everyone present was sure to visit again as well as tell their friends and family.

So what makes Debonairs Pizza so special? Freshest and highest quality ingredients: Debonairs Pizza uses superior ingredients and maintains the highest quality standards, which has won the brand several awards in South Africa. To ensure that customers only receive the hottest and freshest pizzas, Debonairs Pizza have created the unique 'Hot' or 'Not' Dot service – a

quality promise to its customers. If the customers receive the delivery with a black dot then the pizza is on the house, ensuring that customers always get fresh off the oven pizzas delivered to their doorstep.

One can try the best selling Pizza Filla that has a secret cream cheese as a base, a choice of fillings between

two large bases, dressed with fresh and succulent tomatoes, cheddar cheese, crumbled feta, spring onion and a hint of garlic and herbs.

The secret ingredient sauces are all made in South Africa, so that the quality maintains the highest. No oil is used when baking a Debonairs Pizza! The pizza base is always thin

with different choices of Original Thin Crust, Crammed Crust, Double Stack or Pizza Filla.

Debonairs Pizza is part of the M.A.N. Restaurants Group, with outlets located at the Dubai Mall and The Arcade Building, behind Al Tayer motors, next to the GGICO Metro Station, Garhoud.



LIP-SMACKING FARE IS THE NORM AT DEBONAIRS PIZZA AT THE DUBAI MALL

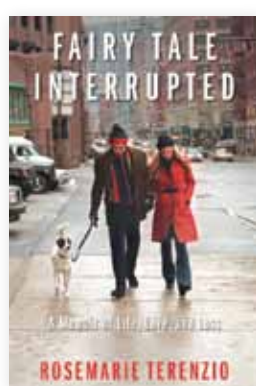
Fairy Tale Interrupted

by RoseMarie Terenzio

BOOKS

John F. Kennedy Jr may have been considered a member of American royalty, by many, but to his personal assistant, publicist, and confidante, RoseMarie Terenzio, he was just John. Now, her memoirs reveal all about the unlikely friendship that she, a working-class girl from New York's Bronx, and the son of the United States president shared.

The unique perspective she offers is both heart-warming, funny, and moving. Terenzio's street-wise attitude is apparent in her memoirs. Indeed, it was one of the traits which endeared her so much to Kennedy, along with her loyalty, honesty and relentless work ethic.



It is only now, 13 years after John and his wife Carolyn's tragic, untimely deaths in a plane crash on July 16, 1999, that Terenzio feels able to share her personal memories with the world. The result is *Fairy Tale Interrupted*, a moving tribute to a man whose life has been documented by many, though none so intimate and honest as this. What Terenzio provides is a true portrait of the man behind the icon, and a candid, touching insight into the years she spent with her famous employer, who became a much-loved friend.

2012 Grammy Nominees

Artist Various artists Label Universal Republic

ALBUM

It's Grammy season again, and in the run-up to the 54th edition of the award ceremony on February 12, a compilation record has been released featuring all of this year's nominees. Of course, this might seem like a useless album for anyone who strives to avoid the mainstream of music, but the nominee list, and therefore the album, has its fair share of pleasant surprises.

It starts off with Adele's *Rolling In the Deep*, followed by numbers from Bruno Mars, Katy Perry, Maroon 5, Rihanna and Lady Gaga. So far, so obvious. And in this reviewer's books, the first eight tracks are reason enough to ditch the album altogether. But around track nine, things start to get a little more interesting with the fantastic *Pumped Up Kicks* from Foster The



People, plus a characteristically brutal track from dubstep artist Skrillex, *Scary Monsters and Nice Sprites*.

Following this, there's music from the Foo Fighters, Coldplay, Mumford & Sons, Bon Iver, The Black Keys and a collaboration including Amy Winehouse. These great hits are interspersed with a little more casual radio music from the likes of Taylor Swift and Nicki Minaj, but, on the whole, this nominee list isn't too shabby.

And the album at least reminds the listener that the past year in music wasn't entirely a mish-mash of manufactured garbage, as many claim; there was plenty of good stuff, too. Even a cynic couldn't deny this fact.

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SAVE
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SAVE
AED 698

NOKIA



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- MeeGo OS, v1.2 Harmattan

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AED 2069

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BOSCH



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Listings

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



CHRONICLE

MOVIE GUIDE

Grand Cineplex - Wafi

11.11.11 - 10:40, 12:30, 16:50, 23:40
Agneepath - 10:20, 13:30, 16:45, 20:00, 23:15
Bebo We Bashir - 14:20, 18:40, 21:10
Chronicle - 11:15, 13:00, 14:45, 16:30, 18:15, 20:00, 21:45, 23:30
Contraband - 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
Dream House - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Gali Gali - 11:00, 14:00, 17:00, 20:00, 23:00
The Grey - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40
Haywire - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Journey 2 (3D) - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40, 23:30
Man On A Ledge - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Omar Wa Salma 3 - 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Grand Megaplex - Ibn Battuta

11.11.11 - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
Agneepath - 11:00, 14:20, 17:40, 21:00, 00:15
Alvin and the Chipmunks 3 - 10:50, 13:50, 15:50, 17:50
The Artist - 10:00, 12:10, 14:20, 16:30, 18:40, 20:50, 23:00
Bebo We Bashir - 11:00, 13:30, 16:00, 20:15, 23:00

Cat in Boots - 11:00, 13:00, 15:00, 17:00
Chronicle - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 21:15, 22:15, 23:15, 00:15
Contraband - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
The Descendants - 12:15, 14:30, 16:45, 19:00
Dream House - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Gali Gali - 10:30, 13:20, 16:10, 19:00, 21:50, 23:30, 00:40
The Grey - 12:10, 14:30, 16:50, 19:10, 21:30, 23:50
Haywire - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
Hugo - 10:45, 13:15, 15:30, 18:00
Journey 2 (3D) - 10:40, 12:30, 14:20, 16:10, 18:00, 19:50, 21:40
Man On A Ledge - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Mission: Impossible 4 - 12:00, 14:45, 17:30, 20:15, 23:00
Omar Wa Salma 3 - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
One For The Money - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Sherlock Holmes 2 - 18:30, 21:20, 23:55
Tinker, Tailor, Soldier, Spy - 19:00, 21:30, 23:50
Trust - 20:30, 23:00
Underworld: Awakening - 19:50, 21:50, 23:50
War Horse - 12:00, 14:45, 17:30

Grand Cinemas - Festival City

Agneepath - 10:30, 13:30, 16:30, 19:30, 22:30
Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00
Bebo We Bashir - 15:30, 22:00
Chronicle - 11:30, 13:15, 15:00, 16:45, 18:30, 20:15, 22:00, 23:45
The Descendants - 11:30, 13:45, 17:45, 20:00

Dream House - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
The Grey - 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Haywire - 11:30, 13:30, 18:00, 20:00, 00:30
Journey 2 (3D) - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
Man On A Ledge - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Mission: Impossible 4 - 18:15, 21:00, 23:40
Omar Wa Salma 3 - 11:50, 14:10, 16:30, 18:50, 21:10, 23:30
One For The Money - 10:30, 12:50, 14:50, 17:00, 19:10, 21:20, 23:30
Underworld: Awakening (3D) - 16:00, 22:15, 00:00

Grand Cinecity - Al Ghurair

Agneepath - 11:30, 14:30, 17:30, 20:30, 23:30
Casanova - 10:30, 13:30, 16:30, 19:30, 22:30
Chronicle - 11:15, 13:00, 14:45, 16:30, 18:15, 20:00, 21:45, 23:30
Dream House - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
Gali Gali - 11:00, 14:00, 17:00, 20:00, 23:00
The Grey - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:55
Man On A Ledge - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Grand Metroplex - Metropolitan

Agneepath - 10:30, 13:30, 16:30, 19:30, 22:30
Contraband - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Dream House - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10

Gali Gali - 11:00, 14:00, 17:00, 20:00, 23:00
The Grey - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:55
Haywire - 11:00, 13:30, 16:00, 18:30, 21:15, 23:40
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Underworld: Awakening - 10:10, 12:10, 14:10, 16:10, 18:10, 20:10, 22:10, 00:10

Grand Mercato

Chronicle - 10:15, 12:00, 13:45, 15:30, 17:15, 19:00, 20:45, 22:30, 00:15
Dream House - 10:00, 11:45, 13:30, 15:15, 17:00, 18:45, 20:30, 22:15, 00:05
Journey 2 (3D) - 11:30, 13:30, 15:25, 17:25, 19:25, 21:25, 23:35
Man On A Ledge - 10:15, 12:05, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Omar Wa Salma 3 - 10:15, 12:30, 14:45, 17:00, 19:15, 21:35, 23:55
One For The Money - 11:30, 13:30, 15:30, 17:30, 19:30, 21:35, 23:45

Vox Cinemas - Deira City Centre

Agneepath - 13:00, 16:30, 20:00, 23:30
Casanova - 12:45, 16:15, 19:45, 23:15
Chronicle - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Dream House - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Gali Gali - 11:45, 14:45, 17:45, 20:45, 23:45
The Grey - 11:00, 13:30, 16:00, 18:45, 21:15, 23:45
House Husband - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Journey 2 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

Omar Wa Salma 3 - 11:15, 13:45, 16:15, 19:00, 21:30, 00:00
One For The Money - 11:45, 14:15, 16:30, 18:45, 21:00, 23:15
Underworld: Awakening (3D) - 11:00, 22:15, 00:15

Vox Cinemas - Moe

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00
The Artist - 09:30, 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Casanova - 12:45, 16:15, 19:45, 23:15
Chronicle - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
The Descendants - 15:45, 18:15, 20:45, 23:15
The Grey - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Journey 2 (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mission: Impossible 4 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
A Monster In Paris (3D) - 10:15, 12:15, 14:15
Omar Wa Salma 3 - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
One For The Money - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Sherlock Holmes 2 - 18:00, 20:45, 23:30
Underworld: Awakening (3D) - 16:45, 18:15, 20:15, 22:15, 00:15
War Horse - 09:45, 12:45

Vox Cinemas - Mirdif City Centre

Chronicle - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Grey - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Journey 2 (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mission: Impossible 4 - 12:45, 18:15, 23:45



GALI GALI

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

A Monster In Paris (3D) - 10:15, 12:15, 14:15
Omar Wa Salma 3 - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
One For The Money - 11:45, 14:15, 16:30, 18:45, 21:00, 23:15
Sherlock Holmes 2 - 10:00, 15:30, 21:00
Underworld: Awakening (3D) - 16:15, 18:15, 20:15, 22:15, 00:15

Reel Cinemas - Dubai Mall

Agneepath - 14:05, 17:35, 21:10, 00:45
The Artist - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Chronicle - 14:20, 16:15, 18:15, 20:30, 22:30, 00:10
Contraband - 11:50, 14:20, 16:40, 19:00, 21:20, 23:40
The Darkest Hour - 11:50
The Descendants - 14:10, 16:40, 19:10, 21:40, 00:10
Dream House - 11:20, 13:25, 15:30, 17:35, 19:40, 21:45, 23:35
Gali Gali - 14:00, 17:00, 20:00, 23:15
The Grey - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Haywire - 13:40, 15:45, 17:50, 20:10, 22:15, 00:25
Journey 2 - 11:05, 14:00, 16:20, 18:40, 21:00, 23:30
Journey 2 (3D) - 12:05, 15:25, 17:35, 19:45, 21:55, 00:15
Man On A Ledge - 13:30, 15:35, 17:40, 19:45, 21:50, 23:55
Mission: Impossible 4 - 14:00, 16:40
A Monster In Paris (3D) - 12:10, 14:20, 16:30
Omar Wa Salma 3 - 12:00, 14:10, 16:40, 19:10, 21:40, 00:10
One For The Money - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40
Sherlock Holmes 2 - 19:20, 22:00, 00:40
Underworld: Awakening - 13:10, 15:10, 17:10, 19:55, 22:00, 00:15
War Horse - 14:20, 17:25, 20:30, 23:40

Reel Cinemas - Marina Mall

The Artist - 11:05, 13:15, 15:25, 17:35, 19:45, 21:55, 00:05
Chronicle - 11:30, 13:25, 15:30, 17:45, 20:00, 22:15, 00:30
The Descendants - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
Journey 2 - 11:20, 13:25, 15:30, 17:45, 20:00, 22:15, 00:30
Journey 2 (3D) - 12:20, 14:35, 16:50, 19:05, 21:20, 23:35
War Horse - 11:00, 14:00, 17:00, 20:00, 23:00

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



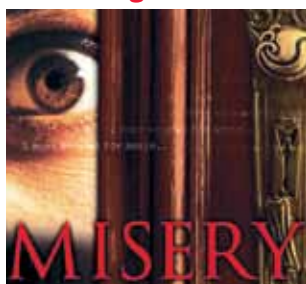
www.dubaicalendar.ae



Transgressions - art exhibition

Do not miss XVA Gallery's new exhibition by the London and Dubai-based Al Braithwaite at DIFC.
Date: January 15 - February 13
Duration: 30 days
Timings: 11am - 7pm
Audience: General public
Category: Arts and culture
Venue: XVA Gallery, Building 7, DIFC Gate Village
Admission: Free
Telephone: 04 358 5117

Stephen King's Misery live on stage



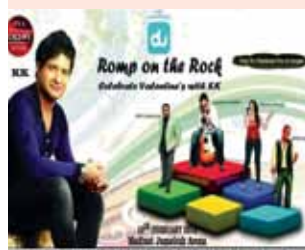
Don't miss yet another great theatrical creation by Stephen King brought to life at the First Group Theatre between February 1 and 11.
Date: February 1 - 11
Duration: 11 days
Timings: 10am - 6pm
Audience: General public
Category: Arts and culture
Venue: The First Group Theatre, Sufouh Road, Madinat Jumeirah
Admission: Opening night and 2pm shows Dh140, all other evenings Dh160
Telephone: 04 455 0100

Star Hunt 2012 - fashion show



Take part in this contest and be crowned the Star of 2012.
Date: February 10
Duration: 1 day
Timings: 6pm
Audience: General public
Category: Entertainment, fashion
Venue: Dubai Outlet Mall
Admission: Free to the public
Telephone: 04 423 4666

Romp on the Rock - KK live in concert

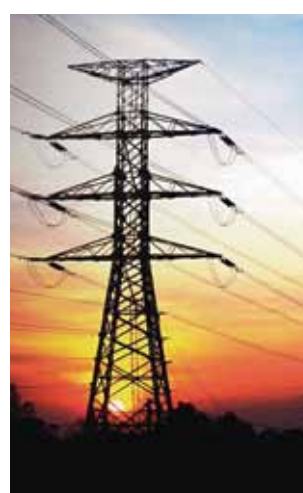


Enjoy this special Valentine's Day concert with well-known Indian music stars Krishna Kumar, Krishna Beura, Shruti Pathak and Ash Chandler.
Date: February 10
Duration: 1 day
Audience: General public
Category: Entertainment, music
Venue: Madinat Arena, Madinat Jumeirah
Admission: Platinum Premium Dh1000, Platinum Dh500, Diamond Dh250, Gold Dh175, Silver Dh100
Telephone: 055 176 6664

Big Boys Toys UAE 2012

Big Boys Toys is three days of non-stop action showcasing the latest, biggest and fastest products.
Date: February 9 - February 11
Duration: 3 days
Timings: 1pm - 10pm
Audience: Adults
Category: Exhibitions, shopping
Venue: Atlantis, The Palm, Dubai
Admission: Feb 9 - VIP invite only, Feb 10-11, General admission Dh100
Telephone: 050 652 6911

Middle East Electricity Exhibition



Date: February 7 - 9
Duration: 3 days
Timings: 3pm
Audience: Trade professionals
Category: Exhibitions
Venue: Dubai International Convention & Exhibition Centre, Sheikh Zayed Road
Admission: Register online



Dubai World Cup Carnival - Race Meeting 8

Don't miss out on all the fun at the Dubai World Cup Carnival.
Date: February 9
Duration: 1 day
Timings: 6:30pm
Audience: Family, general public
Category: Sports
Venue: Meydan Racecourse
Admission: General admission is free
Telephone: 04 327 0077



Omega Dubai Desert Classic

The Omega Dubai Desert Classic attracts some of the biggest names in golf. Tiger Woods has featured at the event six times since 2001 and has won it twice.
Date: February 6 - 12
Duration: 7 days
Audience: General public
Category: Sports
Venue: Emirates Golf Club
Admission: Tickets available online



Kasabian Live in Dubai

Don't miss the UK rock band, Kasabian, performing live at The Sevens.
Date: February 10
Duration: 1 day
Timings: 9pm
Audience: General public
Category: Entertainment, music
Venue: The Sevens Ground
Admission: Regular Dh295, Front Pit Dh495. Tickets are available from www.doneevents.com, UAE Virgin Megastores and the Hard Rock Cafe - Dubai.
Telephone: 04 439 0900



A Mini experiment

No one buys a car without having some form of research done. How pretty does it look? What colours does it come in? How much will it set me back? When you pick up a Mini, however, you at least already have a pretty good idea about the size it will be—mini. It's in the name.

The exterior of the new Cooper S Coupé is still undeniably Mini, yet at the same time, has a distinctive new look to it. Without reading the specs, the deceptive shape will have you thinking you've got a hardtop convertible on your hands, for the alluring price of Dh160,000. However, after closer inspection of the fine

print, and a few minutes grappling at the buttons and switches within the cockpit, it's all too obvious you were grossly mistaken, and that little motor you could hear humming as you flicked a switch was nothing more than the electric spoiler rising to obscure your rear view.

The stepped rear end hides a bit of active aero in the form of a wing that automatically deploys at 80km/h, with the spoiler going back into hiding when speeds dip below 60km/h, and the technology is not just a first for Mini, but for the BMW family.

The interior may be more akin to a Smart car, with just about enough room for a laptop bag, and not much else,

★★★★☆ Mini's latest coupé brings the joy of go-karting to a street-legal machine.

behind the drivers seat, but the boot does tackle the space issue. Mini Coopers of old never were too practical in that sense. But gone are the days when you need to do a car swap to collect a friend from the airport. Although, you will still be limited to one friend and one suitcase.

Once you do take it out on the road, the car's fun-to-drive factor powers up the chart. Working the paddle shifters helps keep the turbo engine pulling hard, whether slicing through traffic

or screaming around another tight bend. As with every Mini so far, the steering is so responsive and the chassis so stable that it brings new meaning to intuitive driving, and you never feel for a second that the tyre's grips will give way to a slide.

The S Coupé adds a twin-scroll turbocharger and direct-injection to the 1.6 litre four-pot. Power for the S is rated at 181 horsepower at 5,500 rpm and 177 pound-feet of torque at 1,600 rpm through 5,000 rpm.

A temporary overboost





long for the likes of an Audi TT or a Mercedes-Benz SLK, but who also may not quite have the means to acquire one.

This vehicle's redeeming value lies in the excellent underlying BMW/Mini chassis and powertrain—all of which have been applauded excessively for bringing all of the joy of go-karting to a street-legal machine.

All that being said, this is a great little runaround. You're not going to be packing the family in and taking them for a spin on the dunes, but, then again, you probably already knew that. When it comes to whizzing through the traffic on Sheikh Zayed Road, or flying around corners at a deceptively swift yet stable speed, there are few that can match the latest machine off the Mini conveyor belt. ●

ON THE TRACK

Oryx Racing overcome stiff resistance



Making its US race debut, the Audi R8 Grand-Am may have thrown a few spanners into Oryx Racing's work, but with less than 1,600 kilometres of testing on the clock before the race, the Rolex 24 at Daytona was always going to be a steep learning curve.

The UAE-based team, which included Emiratis Humaid Al Masood and Saeed Al Mehairi in its line-up, overcame a number of challenges to finish the world-famous race in the United States, competing against some of the world's top racing drivers and teams.

Problems with the near standard clutch, unique to the Grand-Am specification Audi R8, ultimately cost valuable time, while it also thought the team some valuable lessons throughout their 432 lap race.

Commenting on the race, team principal Humaid Al Masood said, "Bearing in mind the lack of testing we did, I'm delighted with what we achieved—the R8 has masses of potential for the remainder of the season. I did just one, very slow lap after taking over from Steven (Al Masood's teammate) on Saturday evening but the clutch was malfunctioning and I drove the car straight back to the garage."

The second round of the 13-race series will be staged at the Barber Motorsports Park in Birmingham, Alabama on March 31.

181

The Mini Cooper S Coupé's power at 5,500 rpm.

function allows for a jump to 192 pound-feet from 1,700 rpm through 4,500 rpm.

The design and feel of the Mini Cooper S Coupe is not only supposed to lend the car a more masculine feel, but also lure in buyers who



THE INTERIOR IS SIMPLE BUT STYLISH

European season tees off

GOLF

The new golfing season teed off in Abu Dhabi at the end of last month with England's Robert Rock—who holds a world ranking of 117—just about hanging on to win the first title of the 2012 European Tour. Only one shot separated him from Ireland's Rory McIlroy, who just can't seem to break his Abu Dhabi duck by going one better and winning the tournament.

Good news for the world number two comes in his next outing, however. Having previously won the Dubai Desert Classic, and on the back of a strong showing in Abu Dhabi, the 22-year old is in good nick for the Emirates Golf Club's event in a few days.

Hot on his heels will be former world number one Tiger Woods, who, despite a share of the lead going into



REIGNING CHAMP ALVARO QUIROS

day four of Abu Dhabi's event, finished in a disappointing tied-for-third as his search continues for that one win that will send him back on the road to reclaiming a spot in the world's top ten. Woods has also won the event in the past, a year before McIlroy became

the youngest winner of Dubai's Desert Classic.

Reigning champion Alvaro Quiros will be aiming to become the first player to successfully defend the title, although having missed the cut in Abu Dhabi last week, the Spaniard is already facing an uphill battle before the first drive even gets sent down the fairway. But in the game of golf, the brush

of sand or the bobble on a divot can mean the difference between winning and losing on the final hole.

There's no doubt that this year's Desert Classic will throw up some mind-boggling shots and shocking shanks. Round one of the 2012 Omega Dubai Desert Classic tees off on February 9.

Think it's time to get the raise you deserve?

Approaching your boss for a raise can be one of the biggest challenges, but Akhtaboot's advice could just secure one.

SALARY

There is no question that money plays a major role in our lives, yet few of us were ever provided with good examples on how to approach this topic. Remember your first interview when everybody you know warned you not to bring up the 'salary discussion, so in an effort to appear polite, you avoided the whole money conversation?

There is no acceptable approach to ask for a raise since it's something we are not trained to do, and it's rarely discussed. Before you rush into your manager's office to discuss the possibility of a raise, Akhtaboot is here to the rescue with a number of smart techniques that will definitely bring a better outcome than doing nothing or approaching this matter in the wrong way.

Ask for extra work

Get yourself in a position to ask for a raise by asking for extra responsibilities and linking it to the pay raise you want in the future. This is a mature approach that employers respond to better than if you simply asked for a raise without a solid argument to back it up. Another smart approach is to ask for a performance-related increase based on you achieving better outcomes than your previous or expected levels.

Research salaries in your field

Get a clear idea of what your job typically pays, but don't forget that salaries vary from one industry to another. Your performance evaluation, combined with the research you've done on current industry salaries, will determine the fair market value that you deserve. It is really important that you watch your tone when you discuss this issue with your manager. Instead of you simply shouting, "I'm underpaid", try to tackle the subject in a mature, rational discussion.

“Whatever happens, keep your attitude and conduct professional at all times.”



SALARIES VARY FROM ONE TO ANOTHER



RISE TO THE TOP OF THE SALARY LADDER

Don't quit just yet

If you don't get the raise you seek right away, you'll likely find it by switching jobs. This doesn't mean you should quit right away and start applying randomly for any job you find. Looking out from the rock-solid base of a current job will always get you more job offers. And when it comes to job satisfaction, one thing is for sure; financial compensation isn't the only factor that influences your job contentment, so don't let this minor setback stop you. A better opportunity will definitely come your way later on—if you really deserve it.

In our culture in this part of the world, money represents a lot. It reflects how successful, smart and powerful we are. Being able to determine your worth at work is a good thing, it will not only help you increase your monetary compensation, but it will also provide you with better self-awareness about your role within any company you might join. Money shouldn't be your only goal; you want to be known as the best in your field. Always remember that the best-paid careers are those that pay off not only in cash, but also in satisfaction and happiness.

Be a good sport

Whatever happens, keep your attitude and conduct professional at all times. Whether you get the raise or not, stand up and smile, shake hands and express your gratitude for your manager's time when the discussion is over. One of the most important rules of career advancement is that you have to be able to live with a 'no'. Unless you are prepared to leave your job, adjust to the current circumstances until you find a better opportunity.

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Saleslady, with experience in sales, required for a well developed Trading co. based in Dubai. Good salary with accommodation and visa provided. Contact us: 0506740183.

Telemarketing Executive, with experience and fluent in English & Hindi, required for a company in Dubai. Contact us: 0505287379.

IT Technician, with/without experience, urgently required for an Internet Café in Dubai. Attractive salary with benefits provided. Contact us: 0502547164.

Receptionist cum secretary, fluent in English & Hindi, required for a company in Dubai. Contact us: 0504173094.

Hotel Staff experienced in Hotel, Good salary with all benefits, required for a 5-Star Hotel in Dubai. Contact us 0503180396.

Office Assistant, with good office skills, required for a company in Dubai. Salary + accommodation + visa. Contact us: 0501577618.

Customer Service Representative, with good communication skills, required for a company in Dubai. Contact us: 0505989184.

Accountant required for a Trading co. in Dubai. Attractive salary & benefits provided. Contact us: 0505286875.

Office Staff, having computer skills, required for a newly opened office in Dubai. Contact us: 0505286548.

Data Entry Operator required for a well developed company in Dubai. Freshers can also apply. Contact us: 0502479612.

Filipino driver required for a full-time job. Email wanted.maids@gmail.com/ call 042511882/ 0507536242.

IT Technician required for a full-time job. Should have experience in hardware networking. Visa will be provided. Send CV to mail2abdullatif@gmail.com.

An accountant/secretary is required at a UK based software development and marketing company for their Dubai office. Send detailed CV with photograph to recruitment@netoptionslimited.com.

Filipina female cashier required for a

full-time job at a cosmetics co. Number of vacancies 2. Call 042266596.

Car washer urgently required for a full-time job. Call 0557823533.

JOBS WANTED

Graphic Designer, 14 years advertising experience in Dubai, seeks full-time job in multinational advertising agency. Transferable Free Zone Visa (Media City). Highly experienced in all graphic work, Mac & PC platform. Can join immediately. Call 055 970 4790.

Indian, MBA, seeks job in HR/Administration. 3+ yrs experience. Fluent in English & Hindi. Skilled in MS Office. On husband's visa. Email anuja_aman@yahoo.co.in.

Freelancer Interior Designer seeks job. Accredited by Dubai Municipality. Able to design all interiors and exteriors of villas, restaurants, cafes and offices. Email colin50@yahoo.com /sih@online.de/call 0502161355.

Male, MBA (Finance) seeks job. 4 yrs experience in the field of accounting and administration. For more information, call 0507129771.

Pakistani male, BA, seeks job as data entry operator/office assistant and salesman. Knowledgeable in computer hardware & software. Young, talented and motivated. Email saad.sheikh83@gmail.com/call 0509289015.

Male, 30, BCom, MBS (accounting) seeks job. 5+ yrs experience in hotel accounting. Knowledgeable in all account software. Visa can be transferred. Call 0557974708.

Indian male seeks a part-time job for punching embroidery design. Email zohairzhr@gmail.com.

Studio Manager, looking for the job having Graphic Designing experience as well. Transferable Free Zone Visa (Media City). Well versed in all Studio operations and full experience in all graphic design works. Hold UAE D/L. Can join immediately. Call 055 970 4790.

Filipina female seeks job as an office coordinator/admin assistant/receptionist. 5 yrs UAE experience. Computer literate. On husband's visa. Call 0554475461.

Male, 34, seeks job in the administrative field. 15 yrs UAE experience. Holds driv-

ing licence. Expected salary 4500/- per month. Call 0507059230.

MBA graduate specialised in marketing systems seeks job. For more details on my skills and accomplishments call 0552006650.

Male, BA in accounting, seeks job within the accounting field. On visit visa. Call 0503918075.

Male, BCom seeks a part-time job. 2 yrs experience. Knowledgeable in Tally 9/MS Office. Holds free zone visa. Call 0554741782.

Male, BCom graduate seeks job. Experience in banking and accounts. Call 0555959294/email zeeshanyounis11@yahoo.com.

Indian male seeking part-time job in Deira. Excellent typing skills in both English and Arabic. Call 0501694358.

Male 30, MBS (Accounting) seeks job. 5+ yrs experience in the same field. Call 0557974708.

Indian male 34 seeks job. 14 yrs UAE experience as office admin & PRO. Computer literate, fluent in English, Hindi, Arabic. Good typing skills. Holds driving L/C. Call 0505994021/hibas_jsmn@yahoo.com.

AUTO

Nissan Sunny, 1993 model for sale. In good condition. Call 0509254650.

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

SERVICES

Home tutoring lessons available in Arabic for all students of all ages and business executives. Experienced teacher. Call 0507780319/email selwin109@yahoo.com.

Baby sitting services available near Rigga metro station. Call 0555394326.

Tally accounting lessons available in only 7 hours. Also available tutoring lessons in Indian/ Pakistani syllabus from grade (1 to 7). Call 0557100209, 0557885985.

Computer IT services available. Solutions in IT networking hardware/

Windows 7 & networking sharing data. For 200AED only. Call 0557414116, 0501681573.

Nursery and babysitting services available. Keralite lady. In the Al Mussallah park area, Sharjah. Spacious house for children. Call 0554335817/0508557463.

Home tutoring lessons available. From grades 9-12. In the following subjects: Physics, Math, Chemistry, English. In Al Qusais. Call 0557178865.

MISCELLANEOUS

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

Assignments/case studies for students made by CA/professional sales and marketing managers in the following categories. Finance, sales, marketing, research and dissertations. Call 0557329007/Email professionalassignments1@gmail.com.

ITEMS

Internet marketing material (e-books/courses) available for sale. All at reasonable prices. Special rate for the first 10 buyers. Call 0555186440.

Complete household items including fridge, washing machines, A/C, microwave, etc. available for sale. All in good condition. In Al Shab Colony, near Al Safia market, bldg 30, Flat A1. Call 0506115332/0505845914.

Yamaha keyboard for available for sale. In very good condition. Rarely used. For 170AED. Call 0554211485.

ACCOMMODATION

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

3 bed spaces available for rent. Indian Keralites only. Near Al Qiyadha metro station opposite Mamzar center, Abu Hail. Call 0507221362/0551843139.

Furnished bed spaces available for rent. Ladies only. In Bur Dubai, near Astoria Hotel. Rent for 650AED. Call 0554992929.

Bed space available for rent. Near Satwa Bus Station. With attached bath/kitchen. Call 0556932581.

Bed space available for rent. Indian women only. At Al Muteena. Call 0555049066.

Bed space available for rent. M/F Kabayans only. For 450/-AED. Free DEWA/TFC. Wi-Fi shared. Opposite Union metro station, near Al Ghurair Center. Available until Feb 15. Call 0552457706/0504967615.

Luxurious room available for rent. All facilities included. In Deira, near Al Qiyadah metro station. Executive single/couples only. Call 0552706196.

Neat bed space available for rent. Ladies only to share with Indian family. Near Pyramid Building, behind Pizza Hutt, Karama. Rent 550/-AED including DEWA. Call 0504763451.

Bed space available for rent. Indian ladies only. In Al Muteena, near Salah Al Din metro station. Internet facility accessible. Email gs.salome@gmail.com.

Shared accommodation available for rent. Non-cooking bachelors/working ladies only. In the O.P.C. area, Bur Dubai. Rent 650/-AED for each. DEWA included. Call 0552451213.

Shared accommodation available for rent. Executive Keralite bachelors only. Near Abu Baker Al Siddique metro station, Hor Al Anz, Deira. For 500/-AED. Call 0556151047/0501907817.

Room available for rent. New Building. With attached bathroom. Filipino couple only. In Karama, behind Regent Hotel, near Iranian School. Walking distance to metro station. Call 0553178626/0554703794.

Fully furnished bed space available for rent. 1/2 Indian executives only. To share with a Gujarati family in Bur Dubai. Call 0504953128.

Fully furnished bed space available for rent. Starting 1st of Feb. Bachelors only. In Bur Dubai near Khalid Bin Al Waleed metro station. Internet available. Rent 750/AED. Call 0502867570.

Furnished shared room available for rent. Indian executive bachelors only. In Al Karama. Call 0507757946.



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Al Tayer unveils science award

RTA Chairman and Executive Director announces RTA-backed award to recognise scientific research.

AWARDS

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, has announced the launch of the RTA Award for Scientific Research, aiming to detect the talents of gifted employees and investing their potentials in advancing RTA business processes and bolstering its efforts in knowledge management. Additionally, the winning research will be published in international serials to generalise the benefit.

Research submissions for the award will be received in the first quarter of this year and winners of the inaugural edition will be honoured in the final quarter of this year. The RTA has budgeted prizes for the winning research where the author of the best research will get a cheque of Dh20,000, along with a certificate of appreciation, the runner-up will walk away with a cheque amounting to Dh15,000, together with a certificate of appreciation, and the third place will be rewarded with Dh10,000 in addition to a certificate of appreciation. Writers of



MATTAR AL TAYER

the 10 best papers will be rewarded with Dh3,000 apiece.

"The award, which will be staged annually, is a true testament to the RTA's intention to diffuse the culture of scientific research and urge employees to embrace this culture, particularly Emirati employees. The award is a RTA-organised activity as



part of its educative programmes oriented towards employees with the aim of enriching their knowledge," commented Al Tayer.

"Participation in the award is restricted to RTA employees, and submission is open for both individuals and work teams consisting of three members at most.

"The research submitted has to be new-fangled, original and encompass new concepts as well as practical and viable solutions to problems that fall within the domain of the research. The research has to fulfill the basics of sound scientific re-

search and be amplified by statistics as much as possible. Conditions also include that the research must not have been published before in any serial, or submitted to a conference or symposium. Neither the writer nor a participant therein must have won an award or scientific certificate relevant to the research in question. The research can be submitted either in Arabic or English and the participant must also attach a one-page executive summary highlighting the contents. Each participant can submit up to three papers in each round," explained Al Tayer.

"Submitted researches will be assessed by a panel of judges comprising of a head and three academic members from the teaching staff of UAE universities. A host of criteria has been set out for judging submitted papers which cover the research methodology, data collection method, data analysis method, findings, the relevance to RTA business, the linguistic quality, research display method, and the practicality of adopting the research recommendations," concluded Al Tayer.

Improving travel for children

INITIATIVES

The number of mothers registered in the RTA's Child Safety Programme has soared and topped 1,000 members since the programme was launched at Latifa Hospital in early 2009.

Commenting on the programme, engineer Maitha bin Udai, CEO of the Traffic and Roads Agency at the RTA, said, "The programme, which is oriented at new mothers with the aim of educating them about traffic safety procedures, has contributed to a substantial reduction in traffic injuries sustained by newly born children.

"Traffic statistics of 2011 show a 35-per cent drop in injuries inflicted on infants (up to two years old) from 20 cases in 2010 to 13 cases in 2011. Fatality cases within the same age group have remained constant, with



two cases recorded in 2010 and the same number in 2011.

"Tragic crashes claiming the lives of children have prompted the Traffic and Roads Agency to launch the Child Safety Programme to educate new mothers at Latifa Hospital and Dubai Hospital on the importance of having a child seat in the vehicle. The programme also aims to alert mothers about the risks associated with seating

the youngster in his or her parent's lap while driving, as parents doing so will be unknowingly risking the life of their child. Therefore, it was felt necessary to give parents exposure to aspects posing higher risks to their infants.

"The Child Safety Programme holds weekly visits to Latifa and Dubai Hospitals, where the supervisor of the programme meets new mothers to register them in the programme and issue them with an educative booklet of 84 pages, in Arabic and English, covering the stages of a child's growth as well as the child's care and safety at home, in the street and at school. The booklet also contains important information about the child's seat in vehicles by featuring its specifications, types and installation method," added bin Udai.

RTA unveils new bus route

BUS SERVICES

The RTA has announced the launch of a new bus route to link International City with Warsan 3 with a service that will be operational on Fridays.

Commenting, Ahmed Mohammed Al Hammadi, Acting CEO of the Public Transport Agency, said, "The Bus Department launched a new route on February 3, named Route 333, with a path connecting several localities including Warsan 2 as well as other vital spots within International City, such as the Post Office 2, Dragon Mart and Civil Defence 1. It also links key spots at Warsan 2 such as the Workers' Compound 2 and Trucks Parking 2, in addition to key areas at Warsan 3, such as Khawaneef Flowers Nursery and Nad El Sheba Nursery among other key areas covered by this route."

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

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

Join the community. Take the pledge at www.facebook.com/rtatakecare

معاً نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

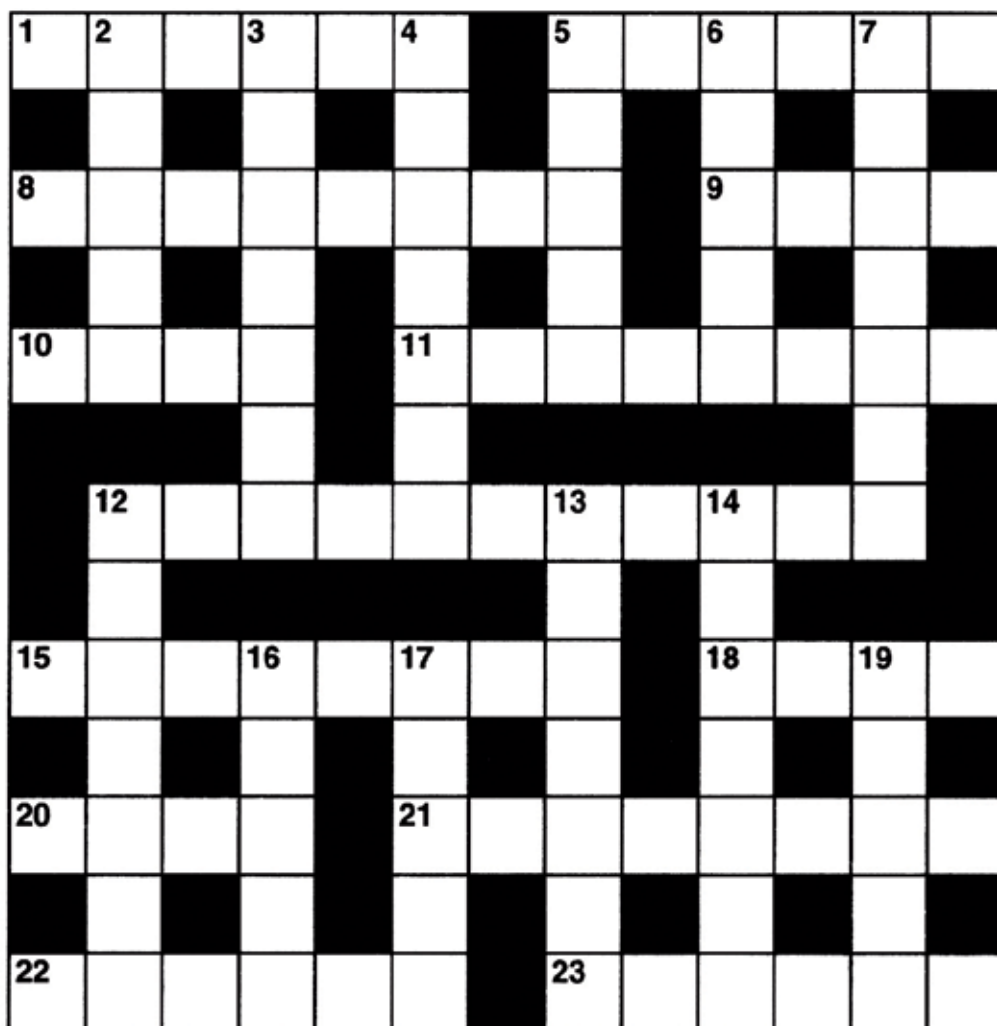
Facebook: www.facebook.com/rtadubai Call center 800 90 90
Youtube: www.youtube.com/rtadubai ask@rta.ae www.rta.ae



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Taking your time

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



Crossword

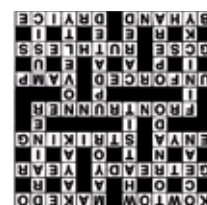
Across

1 Act subserviently (6) 5 Manage, cope (4,2) 8 Prepare yourself (3,5) 9 Calendar's duration (4) 10 Irish female vocalist (4) 11 Arresting, conspicuous (8) 12 Leading contestant (5-6) 15 Not brought about by coercion (8) 18 Glamorous (4) 20 Successor to the old O-Level (inits) (4) 21 Hard-hearted, devoid of scruples (8) 22 Manually, not machine-produced (2,4) 23 Crystallised carbon dioxide (3,3)

Down

2 Body of salt water (5) 3 Violent wind (7) 4 Thingamajig (7) 5 Boris Johnson's role in London (5) 6 Style of canoe (5) 7 Dish holder (7) 12 Fastidious, fussy (7) 13 Made relevant to the present (7) 14 Cheap gimmick (7) 16 Covent Garden entertainment (5) 17 Was worried (5) 19 Art form (5)

ANSWERS



Recipe

Bread and Butter Pudding

This old-fashioned, easy-to-make English pudding will be a hit with all the family.

Ingredients

25g butter, plus extra for greasing
8 slices of white bread
50g sultanas
2 tsp cinnamon powder
350ml whole milk
50ml double cream
2 free-range eggs
25g granulated sugar
Grated nutmeg to taste

Method

1. Grease a one-litre pie dish with butter.
2. Cut the crusts off the bread. Butter each slice on one side then cut into triangles.
3. Arrange a layer of bread, buttered-side up, in the bottom

Serves
4



- of the dish. Add a layer of sultanas then sprinkle with a little cinnamon. Repeat the layer of bread and sultanas sprinkled with cinnamon until almost all the bread has been used. Finish with a layer of bread.
4. Warm the milk and cream in a pan over a low heat until it is near scalding point, but don't let it boil.
 5. Crack the eggs into a bowl, add three quarters of the sugar and lightly whisk until smooth and light-coloured.
 6. Add the milk and cream mixture into the bowl and stir well, then strain the custard into a bowl using a sieve.
 7. Pour the custard over the layered bread, sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
 8. Place the dish into the oven and bake at 180C/355F/Gas 4 for 30-40 minutes, or until the custard has set and the top is golden-brown.

Dennis the menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

Q I have an exam coming up and my body seems to know how stressed I am. I have mouth ulcers, I keep breaking out in spots and my scalp is flaking. I feel like a monster!

Read: Stress can have all sorts of unwanted effects on the body. As difficult as it may be, try to relax and get away from exam revision when you can. You can pick up a remedy for mouth ulcers from the chemist which will ease the soreness. Also, try massaging coconut oil into your scalp ten minutes before showering and using a dab of tea tree oil on your spots. Other than that, get plenty of sleep and stay hydrated, it will all be over soon.

Q I moved to Dubai in October and I'm getting a bit worried about my first summer here. Is it really as bad as everyone says it is?

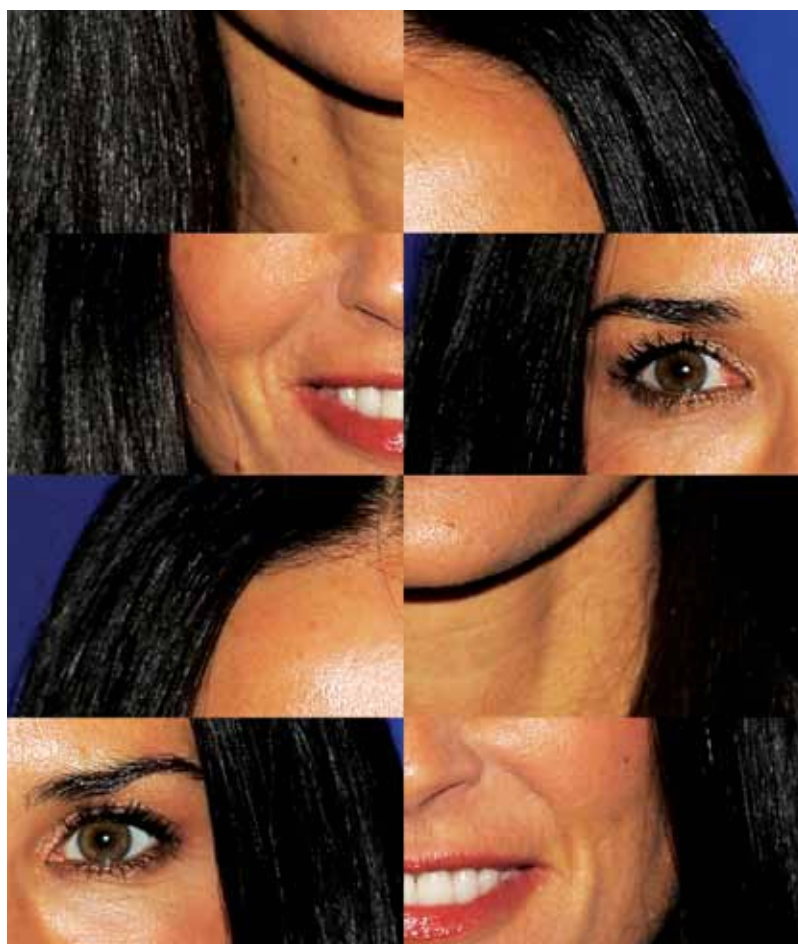
Read: There is no denying that summer in Dubai is hot, we live in the desert after all! However, our city has adapted to the heat and there are plenty of air-conditioned ways to spend the summer. You'll find most things move indoors and you may end up getting more taxis instead of walking places. So long as you drink plenty of water, wear light, cool clothing, and avoid the sun where possible you will be fine.

Q I have recently started wearing contact lenses, but I find they dry out by the end of the working day. Are there any drops which are safe to use with lenses?

Read: One of the most trusted brands is Bausch & Lomb, which you can find in most chemists for around Dh35. Drops work well for short-term relief, but try to remove your lenses whenever possible to give your eyes a break, even if you just pop them in the solution over your lunch break (providing you have the appropriate solution to do so).

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

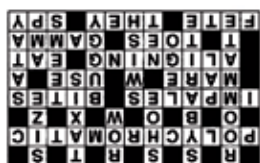
Many-coloured		Fellow lodger (4-4)		Hedonist		Footwear item		Line or rank		Hackney carriages		Dimensions
Pierces		Friend		Brand-name plastic bricks		Fashionable or posh		Baby carriage		Pours with rain		Asian peanut sauce
							Grips with the teeth					
Stallion's partner					Butterfly trap		Application				Domestic fuse unit	
Putting in position									Consume			
Bazaar		Parts of the foot					Third Greek letter					
				Those people					Enemy agent			

Sudoku 1

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

Sudoku 2

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

ANSWERS
ARROWWORD

SUDOKU 1

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

SUDOKU 2

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

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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

You have been meaning to pick up the phone and call an old friend or relative for some time now. What's holding you back? You may be busy but if you keep neglecting relationships this way, it could, unfortunately, lead to the breakdown of the relationship.



TAURUS

(APR 21 - MAY 21)

Things have been getting hectic and your nerves are becoming slightly frazzled. Perhaps it's time to chill out and step back from your extra-curricular activities for a while. A few, relaxed evenings at home will do you the world of good.



GEMINI

(MAY 22 - JUN 21)

It may have been all-too-easy to splurge the cash recently, but perhaps you should start reigning in the spending for a while. Every now and then, a treat can be most welcome, but could your constant spending be a way of covering something else up?



CANCER

(JUN 22 - JUL 23)

You may have been overdoing it at work recently; maybe you should step back and stop taking on so much for other people. One colleague, in particular, is keen to take advantage of your generous nature, so be careful what you agree to.



LEO

(JUL 24 - AUG 23)

Have you been considering a makeover recently? If so, now could be the perfect time to get a new haircut or buy a few new items for your wardrobe—whatever you feel is necessary to overhaul your image. It will give you a much-needed boost.



VIRGO

(AUG 24 - SEP 23)

Your creativity has been bubbling under the surface for some time now; perhaps it's time you sought out an appropriate outlet for this. Try an art class or a drama group. The opportunity to show your creative side to others is what you need right now.



LIBRA

(SEP 24 - OCT 23)

A family member has been trying to tell you something valuable, but perhaps you have been a little guilty of ignoring them. Though this hasn't been deliberate, your attention would be much appreciated right now, so make the time to talk.



SCORPIO

(OCT 24 - NOV 22)

It could be a great week for your career if you can keep a level head. A senior colleague may ask for your help on a project. In fact, they are trying to figure out whether you are the person for the job, so take this chance to prove that you are.



SAGITTARIUS

(NOV 23 - DEC 21)

Your energy has been sky-high recently, but this could start to dip if you don't look out for your personal well-being. A friend may have been draining your resources; maybe it's time to confront them about how much they have been demanding of you.



CAPRICORN

(DEC 22 - JAN 20)

A recently rekindled friendship has seen your spirits soar, and being reunited with an old friend has opened up a side of your nature that had been hidden for some time. However, be sure you don't forget your other responsibilities in the midst of all this fun.



AQUARIUS

(JAN 21 - FEB 19)

Recent plans you may have been making to change something around the house are still at the front of your mind. So long as you can figure out the budget properly, there should be no reason why you can't forge ahead with your ideas as hoped.



PISCES

(FEB 20 - MAR 20)

Plans to gather a group of friends together could go astray. This is no reflection on how you are viewed, but sometimes you need to remember that you are not the only one with a tight schedule. Plans can always be rearranged at a more suitable time.



This week's local weather

SUN



5th

MOSTLY SUNNY
HIGH 22C
LOW 16C
HUMIDITY 41%

MON



6th

MOSTLY SUNNY
HIGH 22C
LOW 16C
HUMIDITY 42%

TUE



7th

MOSTLY SUNNY
HIGH 21C
LOW 17C
HUMIDITY 46%

WED



8th

MOSTLY SUNNY
HIGH 22C
LOW 16C
HUMIDITY 44%

THU



9th

SUNNY
HIGH 22C
LOW 16C
HUMIDITY 45%

FRI



10th

SUNNY
HIGH 23C
LOW 18C
HUMIDITY 43%

SAT



11th

SUNNY
HIGH 26C
LOW 19C
HUMIDITY 45%

1 fils/sec
Howzaaaaaaat



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