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OCTOBER 7-13, 2012 | Issue 69

Read.



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Read. and Splash are giving away 3 Being Human t-shirts personally signed by Bollywood superstar Salman Khan.

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WHAT LOLA WANTS

For all its attempts to be a quirky romantic comedy, *Lola Versus* fails to hit the mark when pitched against the rest

BERRY NICE

While the weather may not allow for wrapping up in cosy cardigans, autumn has still had an influence on Dubai's fashionistas with rich berry tones and burgundy hues

BALINESE BLISS



BENZ THE RULES

The new Mercedes ML500 blurs the barrier between smart saloon and rugged off-roader



Early days

Adapting to life as a new parent

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

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Letters

Email: letters@readme.ae

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

✉ Hello *Read.*, I have edited the colours of a photograph (right) I took of the Dubai Metro. I wanted to give a message to everyone that the Metro has left its mark on the day-to-day life of the average person living here. With traffic and pollution-free commuting, the Dubai Metro has made life easy for many, including myself. I really want to thank the government for this service, and would advise everyone in the city to make use of the Dubai Metro to contribute for a greener tomorrow.

Shahnawaz Momin

Great photo, Shahnawaz! Thanks for sending it in and sharing your message with the readers.

✉ Hi *Read.*, Recently, I was feeling unwell on the Metro so I alighted at Al Ghubaiba station. Immediately, the staff were alerted by the vigilant security. They assured me that I was safe and would be taken care



PIC: SHAHNAWAZ MOMIN

of, then they assisted me to the first aid room and informed my husband. I was constantly checked on within the 40 minutes that it took my husband to drive from Sharjah. I am new to travelling by the Metro, but with such exemplary services I would love to frequent it. A big "Thank You" to Mr Omar and Ms Ali, who were both ever so helpful and reassuring. I'm very grateful for all the assistance provided.

Fay D'Silva

The staff of the Metro are there to help and it's good to hear that you were well looked after.

Read. Poll

Who make better liars in the workplace?

- Men
- Women
- Both lie equally well

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Are call centres effective in understanding and meeting your needs?

Yes, they are effective 54%
 No, they are ineffective 46%

QR codes



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



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Please recycle this copy responsibly.

My Metro life

Justina Abraham
 Transportation administrator, Al Qusais



"One's destination is never a place, but a new way of seeing things." These were

words well said by Henry Miller. My name is Justina. I am from Kerala, India, and it has been only six months since I came to Dubai. Before I came here, I had heard about the Dubai Metro and was excited to see it. As a person who has been to other international destinations that have a Metro system, I was able to differentiate between

services, construction, grace and more. The staff are so service oriented and never hesitate to help anyone, while the security is also worth appreciation. The cleanliness is so inviting and I do not have the words to explain the scenic beauty while travelling. Also, the maps and routes displayed in and around each station are very useful for tourists—as well as residents—to locate each station and the major landmarks around each station. The time and effort that the RTA spends on the Metro is never a waste.

Dubai Metro has now become a part of my life. The best time in my day is the time I travel for work, with my husband by the Metro in the morning and back home in the evening listening to my favourite music. That makes my day. My four-year-old daughter also loves to travel by the Metro, so much so that we can make her do anything by offering her a ride on the Metro!

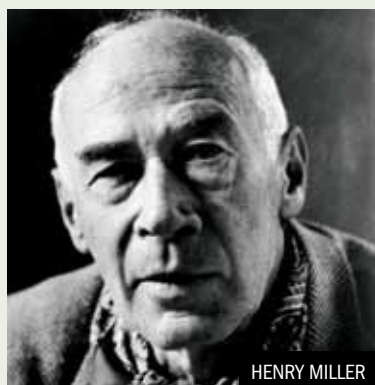
Hats off to the masterminds of the Dubai Metro and I wish the team who run the Metro success in all their future ventures. I would like to finish with a quote: "Travelling by



THE SCENIC ROUTE OF DUBAI METRO

the Metro is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living."

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.*



HENRY MILLER

Station by station guide

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



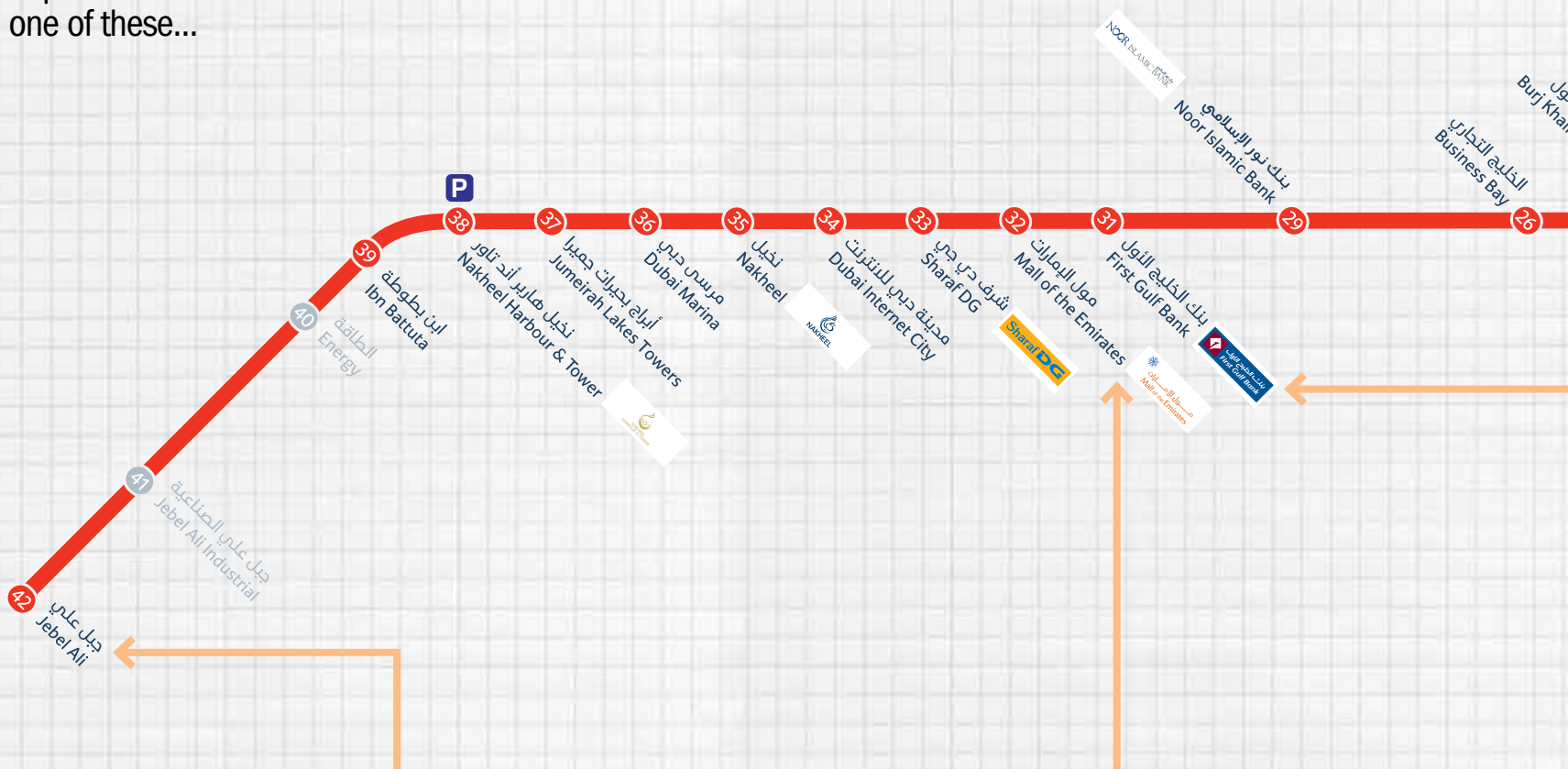
Yogathon 2012

OCTOBER 12, 4 - 7PM

BURJ PARK

Now here's a fun way to keep fit while doing your bit for charity. Fitness First Middle East will host Yogathon 2012 to raise awareness of the importance of healthy living and inspire residents to contribute to the Dubai Autism Center. The event invites members of the community to complete 108 sun salutations within three hours. The event will be led

by Fitness First's yoga manager, Pewee Sanchez. Participants are required to pay a registration fee of Dh50 which will go directly to the Dubai Autism Center. The first 200 participants to arrive will receive a free Adidas t-shirt, water bottle and the first 100 to arrive will get a free yoga mat. Free blood glucose testing, provided by I-Care clinics, will also be extended to participants at the venue.



Learn to sail

EVERY WEEKEND

JEBEL ALI GOLF RESORT & SPA

For something a little different this weekend, why not sign up for a two-day RYA-certified sailing course, which will set you up with all the skills you need to get out onto the open seas. If sailing isn't your thing, there are plenty more activities and watersports to be enjoyed—now that the weather has cooled down enough to enjoy the sea again, what's stopping you? The two-day sailing course is Dh1,500 per person.



The Echo of the Words 2

OCTOBER 10 - NOVEMBER 10

GALLERY OF LIGHT, DUCTAC, MALL OF THE EMIRATES

This new and intriguing exhibition features projected animated images and sound by Slovenian artist Martin Avsenik, derived from the work of eminent Egyptian artist and calligrapher Khalifa El Shimy. *The Echo of the Words 2* will see calligraphic letters transformed into abstract shapes and colours, as well as featuring artworks in a range of media to stimulate and capture the viewer's imagination.

TO FEATURE YOUR EVENT,
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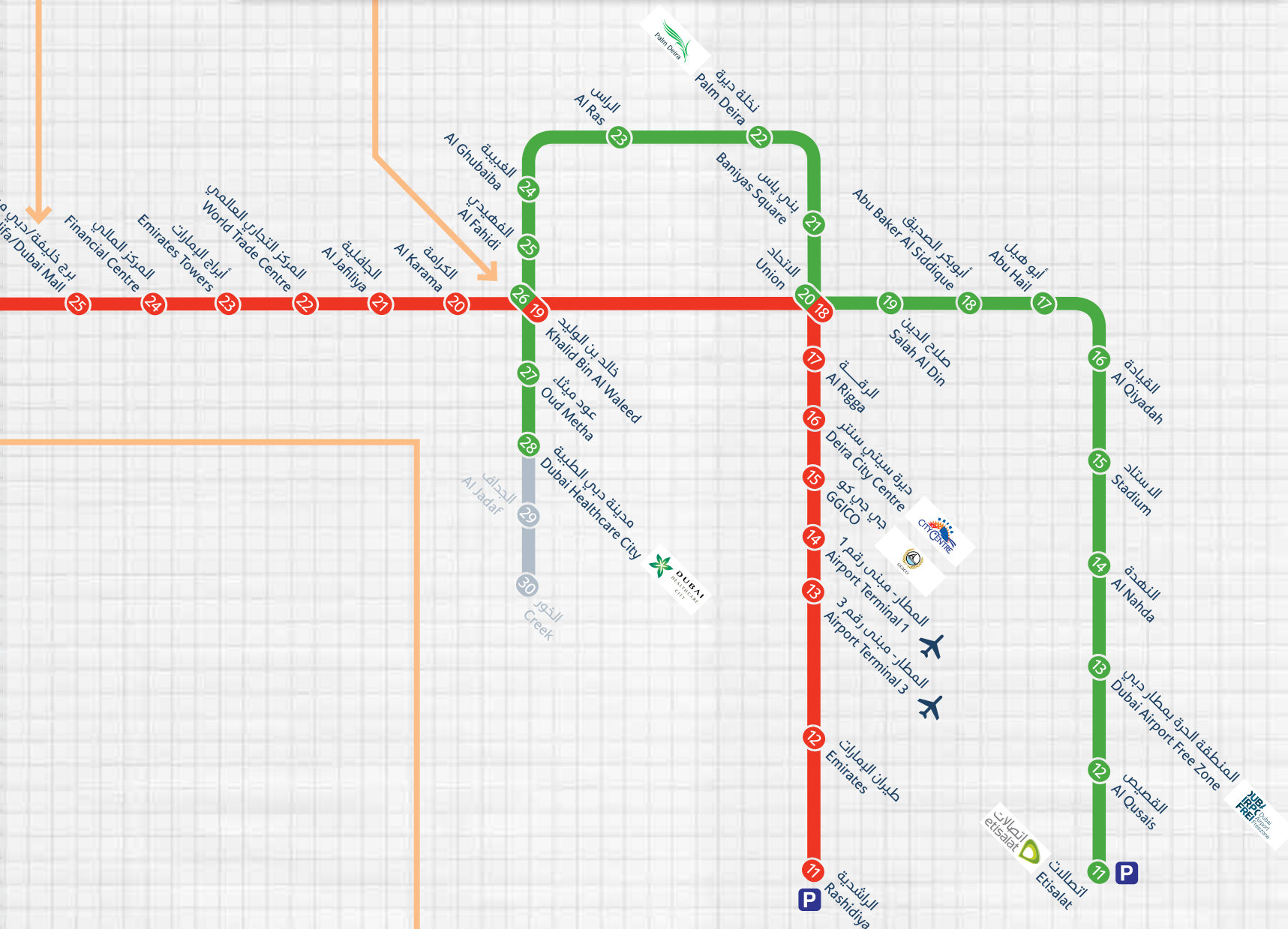


World Arthritis Day 2012

OCTOBER 12 (12:30PM - 5PM) OCTOBER 13 (11AM - 5PM)

PARK REGIS KRIS KRIN HOTEL, NEAR KHALID BIN AL WALEED METRO STATION, BUR DUBAI

The theme for World Arthritis Day 2012 is 'Move to Improve'. To mark the occasion, the Emirates Arthritis Foundation (EAF) is hosting free educational and fun activities over a two-day period. The event aims to raise awareness of arthritis and inspire those with the condition to take on new challenges. Among the main attractions are an interactive Tai Chi seminar with martial arts grand master Willie Lim, a laughter workshop, an arts workshop, a themed 'Glamour and Comfort' fashion show and a comedy lunch with renowned Dubai comedian Ali Al Said. More information about the family oriented event can be found on the EAF website: www.arthritis.ae



Book sale for Feline Friends

OCTOBER 12, 9AM - 7PM

TIMES SQUARE MALL, SHEIKH ZAYED ROAD

If you want to help out the stray or abandoned cats and kittens of Dubai, but can't offer a home—be it permanent or temporary—there are still ways you can help support local not-for-profit organisation Feline Friends. One of the easiest ways is to head along to one of their regular book sales, which help towards looking after the felines of the city. The next one takes place at ARTE market in Times Square mall. For more information or to donate books for the sale, email ffbooksales@gmail.com

What's happening this week on readme.ae?

Make sure you check out our website 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

Being born with paranormal abilities sounds like a lot of fun. However, for people who have to live with this inexplicable set of "skills", it can be a frightening experience. Psychic abilities have been frowned upon for centuries, and sceptics argue that people who claim to have paranormal abilities are nothing more than frauds trying to take advantage of the gullible.



MONDAY

A planet that exists in complete peace and harmony is one of the most longed-for ideals by many people, but what would the world actually be like without any war—the scourge of humankind?



TUESDAY

Sure, Nobel Prize winners might get the money, medal and bragging rights, but the rest of us often benefit from their accomplishments, too. Meet 10 of these game-changing individuals online today.



WEDNESDAY

Unless you've been living under a rock, you're probably familiar with Google and its many services. But what would the world look like if this powerhouse company had never existed?



THURSDAY

While shipwrecks and plane crashes do occur sometimes, most of them have a logical explanation. However, this is not the case for the area known as the Bermuda Triangle.



FRIDAY

Once again our Facebook page has been full of your opinions on our daily 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)

What do you think could be done in order to try and help protect our wild creatures?

With the world's human population expanding by some 75 millions a year, people and wildlife are both squeezed for space. Africa, which has the largest reserves of wildlife is particularly at risk because its people are expected to double from one to two billion in the next 40 years... By recycling and reusing as much as we can, we can reduce our impact on the environment. Additionally, by reducing the energy that we consume, we can take a little of the burden off our natural resources.

—Nouman Owaize

See it in all angles. Both sides are still to be blamed. How to protect these creatures? I suggest 3F's. FEED them. FEEL their existence. FIGHT for their rights.

—Bejealaine Tamondong De Leon

Do you think there's an easy answer to finding world peace, or do you feel some of the wars are just?

The answer is plain but is never the easiest. If only people could respect one another and try not to cross



GIVE PEACE A CHANCE

each others lines.

—Ferdie Salas Santiago Jr.

NGO should come up with Peace campaign on d name of Mahatma Gandhi and use as example, the way he used to make Peace.

—Vijay Krishnani

Some of these wars are just because people are fighting to get their freedoms back.

—Swaibu Ali

Do you think international sporting events have far reaching benefits, or are they just a political platform?

It's just that people want to win, nothin more. Politics are not involved in this game. The Ryder Cup which involves the golf players to show off their talent, is just an entertainment and for the players,



POLITICAL PLAY?

it's serious. Sports like cricket, football, basketball, etc. have reached to an height where millions of people around the globe watch it live..

—Mohammed Muzammil



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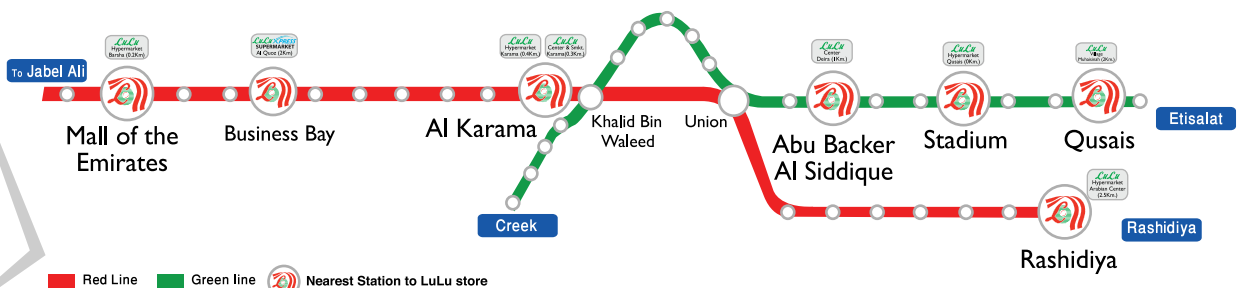


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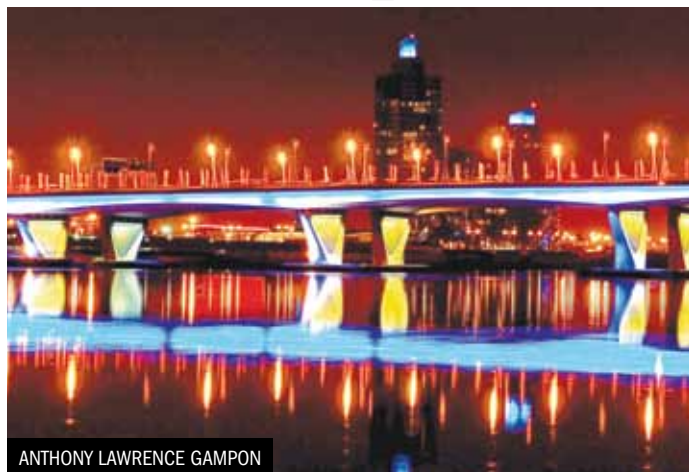
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Metro pics



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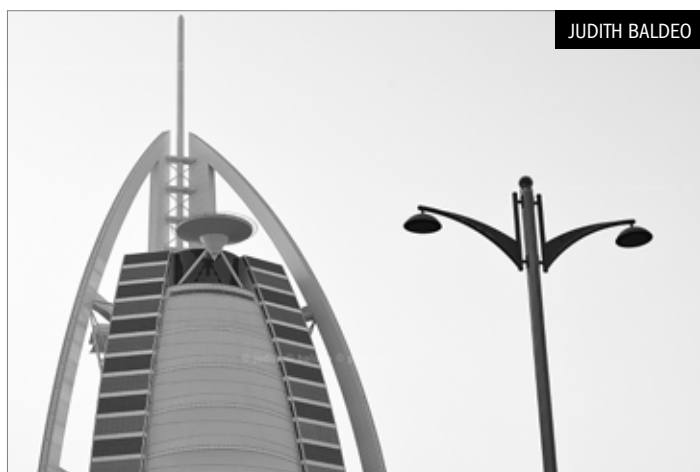
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Take time for Tai Chi

Exercise doesn't always have to revolve around working up a sweat. The ancient art of Tai Chi allows almost anyone to stay flexible, healthy and active.

Tai Chi—or Tai Chi Chuan—is a slow-motion, moving meditative exercise for relaxation, health and self-defence. Originally from China, Tai Chi has gained enormous popularity throughout the rest of the world for its health benefits.

Although originally developed for self-defence, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements and is accompanied by deep breathing.

Tai Chi was designed to increase one's longevity. Sometimes this means preventing another person from harming you. However, this same system can be used to help keep stress from killing or injuring you. Daily practice of Tai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.

In traditional Chinese medicine, the movement and role of Chi—or life force energy—is thought to determine our health and wellbeing. Blocked Chi is the primary cause of disease, aches and pains. The aim of Tai Chi is to move in a way that

opens the energetic pathways so Chi energy can flow freely.

More widespread practice and increasing positive research results are now leading to similar recognition for Tai Chi as a valuable form of exercise and self-healing. The benefits include decreased stress and anxiety, increased aerobic capacity, increased energy, stamina flexibility, balance and agility as well as increased muscle strength and definition. Some evidence indicates that Tai Chi may also help enhance quality of sleep and enhance the immune system, lower cholesterol levels and blood pressure, as well as improve joint pain. It is said to improve symptoms of congestive heart failure and helps to reduce risk of falls in older adults.

TYPES OF TAI CHI

Tai Chi has many different styles. Each style may have its own subtle emphasis on various Tai Chi principles and methods. Yang, Wu, and Tai Chi Chih are three of the most popular styles of Tai Chi. The Yang style, which includes 24 movements in its simple form, is demanding because you must keep your stance wide and your knees bent most of the time; the Wu style, which includes 24 to 36 movements in its shorter form is gentler because it uses a narrow,

PRACTICE MAKES PERFECT





higher stance where the knees are not bent as much as in the Yang style; and the Tai Chi Chih style, which has 20 movements, also uses a higher stance, but with much less transfer of weight from one leg to the other than the first two styles. As the Wu style uses a high, narrow stance, it may be easier for many people to do and ideal for improving balance.

No matter which style you practice, they all are conducted slowly, deliberately, and gracefully, with each movement flowing seamlessly into the next without hesitation. Tai Chi is low impact and puts minimal stress

on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is low impact, it may be especially suitable for older adults who otherwise may not exercise. While you may benefit from classes, you may enjoy greater benefits if you continue Tai Chi long-term and become more skilled.

A Tai Chi instructor can teach you specific positions and how to regulate your breathing. An instructor can also teach you how to practise the moves safely, especially if you have injuries, chronic conditions, or balance or coordination problems. ●

GENTLE EXERCISES SUITABLE FOR ANYONE

200,000 children receive Dettol care

Dettol's Mission for Health programme has reached over 200,000 children this year at KidZania, the Dubai based edutainment centre, helping to educate children on the importance of regularly washing hands to stop the spread of germs.

Dettol is the only sponsor of KidZania's hospital, where children

can pretend to be doctors and nurses. The hospital uses Dettol products and includes supervised tours where children learn about basic medical skills in a fun environment. The hospital even has its own Dettol branded ambulance, with children able to play paramedics, while future surgeons also wear Dettol scrubs to help them look the part.

The Mission for Health programme recently enlisted the help of local performing arts collective, Dubomedy, to create a 15-minute performance dedicated to teaching children the importance of regularly washing hands to stop the spread of germs. The show took place in KidZania's mini-theatre, with children receiving special Dettol packs to help them continue their good habits at home.

Dettol's Mission for Health programme is a community based initiative that actively helps to improve health and hygiene standards. The mission focuses on educating and supporting mothers, children and families to make better and more informed choices for their health and hygiene.



A CHILD LEARNS THE BENEFIT OF KEEPING GERMS AT BAY

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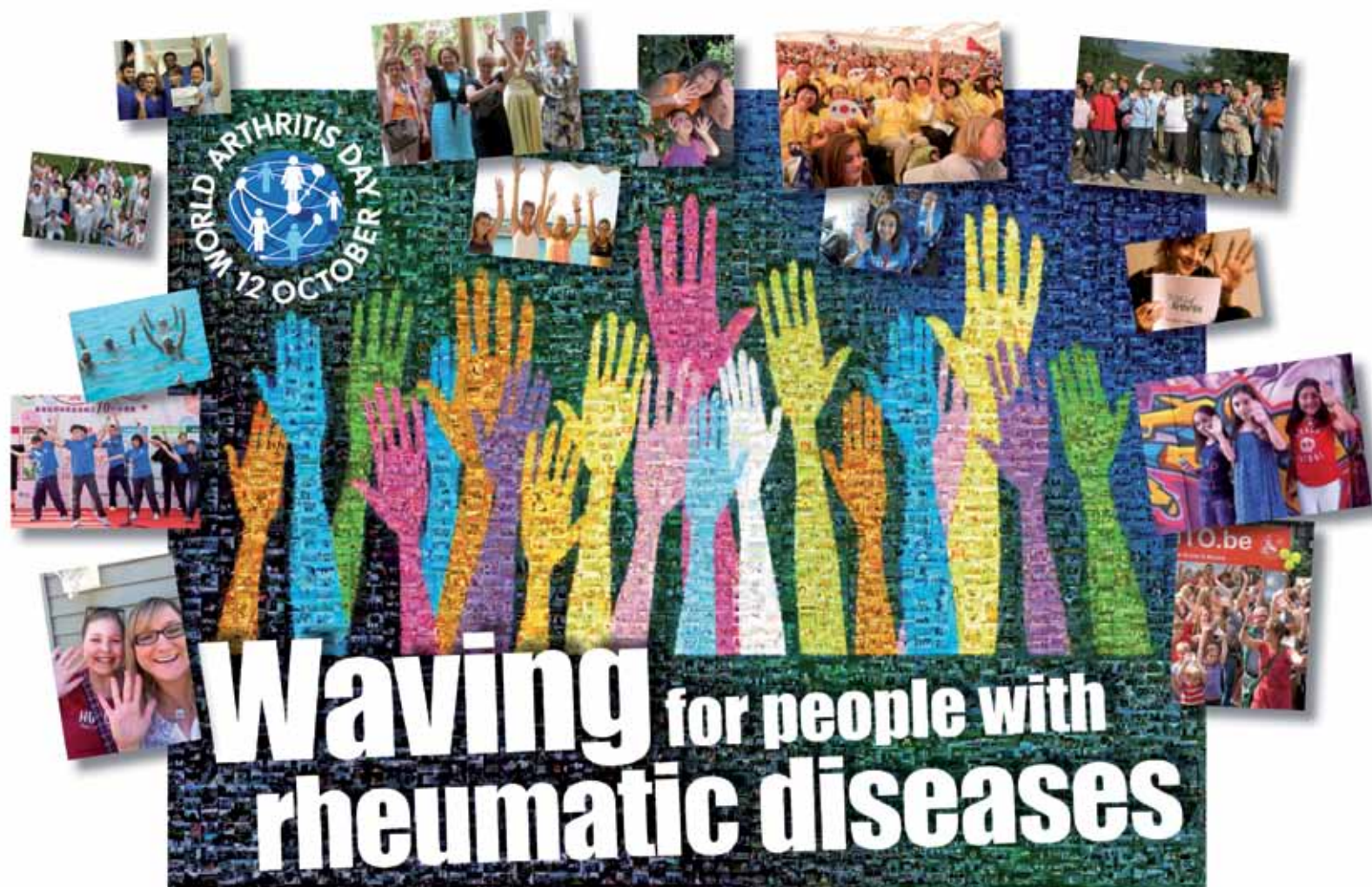
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OCTOBER 7-13, 2012 READ.

Fight arthritis with coffee

Emirates Arthritis Foundation launches campaign to combat disease that affects one in five UAE residents.



Enjoying a hot beverage at a café each day may not be an expenditure that breaks the bank. However, the same small outlay can contribute greatly to improving the quality of lives of arthritis sufferers in the UAE, say the organisers of a new campaign to raise funds to fight the disease.

The Emirates Arthritis Foundation (EAF) has launched its 'Coffee Cup Campaign' to generate income to combat the incidence of arthritis, a common musculo-skeletal disorder which affects one in five UAE residents, according to research. The money-raising concept is one of the key activities around this year's World Arthritis Day observations, which this year takes place over the weekend of October 12-13.

"We are asking people to donate the small price of a daily cup of



THAT DAILY CUP CAN MAKE A DIFFERENCE

coffee to help arthritis sufferers in the UAE - as little as Dh20 can play a significant part in improving the resources to help people deal with the condition," said Katrina Thornely, Patient Services Director at EAF, a not-for-profit organisation dedicated to improving the lives of arthritis sufferers in the UAE.

"Arthritis affects 20 per cent of UAE residents, so there is a good chance that anyone considering giving such a small sum will know someone who is living with it, or indeed may have the condition themselves without realising it," she added.

Anyone wishing to donate money to the Coffee Cup Campaign can log on to the EAF website at www.arthritis.ae and follow the link on the home page. Individuals or companies can choose how much they would like to give through a PayPal link.

"Any contribution, no matter

how small, will become part of a steady stream of support to directly benefit those in the UAE with the condition. It means that they can be diagnosed earlier, receive better treatment, have an improved level of support and services and generally live a better quality of life," said Thornely.

"Although there is no cure for arthritis at the moment, these donations allow us to reach out to the many thousands of UAE sufferers - both young and old - and to fund new strategies that will both improve their own lives and maximise their potential to be productive members of society," she added.

The theme for World Arthritis Day 2012 is 'Move to Improve'. To mark the occasion, the EAF is hosting two days of educational and fun activities over October 12 (Friday) and October 13 (Saturday), at the Park Regis Kris Krin Hotel, Bur Dubai (see page 05). ●



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NOKIA

LG reveals new OLED TV

Home entertainment in the Middle East undergoes a revolution thanks to LG's stunning new OLED television.

ELECTRONICS

LG Electronics has launched the world's largest and slimmest 55-inch OLED TV in the Middle East. The exclusive TV was unveiled by Sheikh Majid Bin Mohammed Bin Rashid Al Maktoum, Chairman of Dubai Culture and Arts Authority, during a ceremony which took place at the LG booth at GITEX Shopper 2012.

The new OLED TV is the culmination of years of research and development at LG, the company behind the world's first commercialised 15-inch OLED TV three years ago. Unlike LCD or LED displays which require backlights, OLED TVs generate their own light, eliminating the need for backlighting. Thanks to the advanced external composition of LG OLED TV's casing, the final product has a thickness of only 4mm and weighs a nominal 10kg, bringing the paper slim design philosophy to fruition.



SHEIKH MAJID VIEWS THE NEW LG OLED TV

Integrating LG's Cinema Screen design gives the TV an ultra-modern, minimal profile that reduces visual distractions, helping deliver a truly immersive 3D viewing experience.

LG's OLED TV combines the company's industry-leading Cinema 3D

technology with Smart TV capabilities, creating the most immersive home entertainment experience in the market today. Premium-grade Carbon Fibre Reinforced Plastic (CFRP) gives the OLED TV its super sleek form, as CFRP is lighter and

thinner than aluminium, allowing for the seamless finish.

"In the history of television, there have been very few innovations as impactful as the coming of OLED TV," said D.Y. Kim, President of LG Electronics Gulf FZE.



Telegraph Avenue

By Michael Chabon

BOOKS

Archy Stallings and Nat Jaffe are long-term friends, bandmates and proprietors of Brokeland Records, a kingdom of vinyl and a haven for fans of 'real' music.

With both their wives working as renowned midwives in the small town, the two couples are well-known among their fellow residents and hold a reputation as pillars of the community and solid contributors to the town's wellbeing. However, when ex-NFL quarterback Gibson Goode, one of the richest men in America, announces he will be building a megas-

tore on a nearby stretch of Telegraph Avenue, alarm bells sound; will this spell the end of Brokeland Records?

It is not just the store that's at risk with the announcement, though, as both couples struggle to deal with the threat of Archy and Nat losing their income, reputation and lifelong passion. Add some unexpected family members coming out of the woodwork and the close-knit group is thrown into chaos, confusion and heartbreak.

If the heart of Telegraph Avenue is Brokeland Records, what would happen to the town if it stopped beating?



If you like this, you could try...

The Sense of an Ending by Julian Barnes

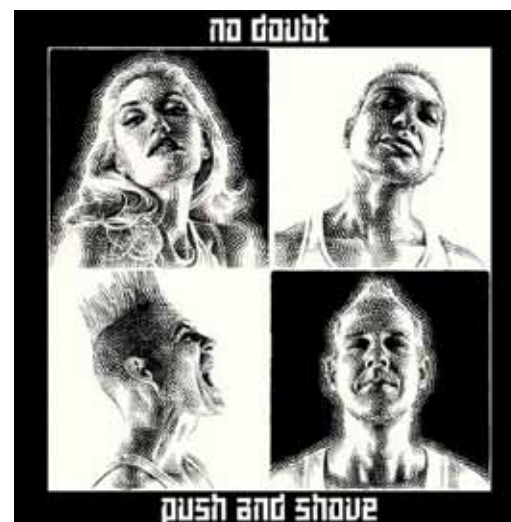
Tony Webster has reached middle age without so much as a thought for his past. However, when his two closest childhood friends return—in various forms of existence—he is forced to revise his own nature and place in the world, with surprising implications.

Push And Shove

Artist No Doubt
Label Interscope

ALBUM ★★★★★

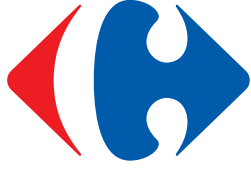
Since they first burst onto the pop scene with 1996's *Don't Speak*, No Doubt have been a stalwart of female-fronted groups worldwide, with lead singer Gwen Stefani ruling the roost in terms of vocal ability, individuality and a sense of style that has since seen her launch a successful fashion label. Now the band is back with their first album since 2001's *Rock Steady*. While this is welcome news for fans, it seems that while the band have been off pursuing other things they've fallen back on what they know best, resulting in an album that barely strays from their tried-and-tested pop-reggae style. While this could be considered dated and unadventurous, it could be argued that pop music in general has evolved into the style that No Doubt became so well known for. So, are they doing anything wrong by sticking to a winning formula that they



pioneered? Stand out tracks *Settle Down* and *Push And Shove* would argue that they are not—the band are doing what they do best and that's nothing to be ashamed of. However, pleading ballad *Undone* pails in comparison to the rawness of *Don't Speak*, while *Looking Hot* fails to excite.

The album, as a whole, is melodic, listenable and entertaining. However, it's hard to imagine any of these tracks still being belted out at karaoke venues by scorned women 15 years down the road.

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Unusual minerals extracted from the mines where electronics are born could end up costing the environment more than the consumer.



NOT JUST DIRT AND RUBBLE



Farmers have complained that their plants can't grow in the region and that their animals have become sick, while villagers near the lake complain of teeth falling out and hair turning prematurely white.

Molycorp believe they can rewrite the way vital rare-earth minerals are mined and processed. Their machines pull some 2,800 tons of fresh ore from the ground per day. Those rocks are hauled to a massive crushing facility—a warren of tubes and conveyor belts that ultimately lead to a silo where the ore gets pounded into tiny pebbles. Those pebbles then move to a mill where they get mixed with water in a giant cylinder. The mixture turns into a slurry that moves to a hot floatation facility.

The rare-earth concentrate heads to a separations facility, where acids are added to pull apart the different rare-earth minerals. Eventually, the separate elements are dried, and the powder versions of neodymium, europium, and the rest are bagged up and sold to customers, some of them Apple's partners that make the speakers, the screen, and the vibration unit that comprise an iPhone.

There's little doubt the environmental cost of creating an iPhone, as well as the bevy of other technical wonders that use rare-earth minerals, has been immense.

But regulatory pressure, coupled—perhaps—with the market forces of the new Molycorp mine, could finally signal the start of a cleaner rare-earth mining industry. ●

About 95 kilometres southwest of Las Vegas, in a mine some 500 feet deep, the beginnings of an iPhone start to come to life.

But the sleek, shiny iPhone is far removed from the rocks pulled out of this giant hole, where the ground is covered with rust-colored boulders, rocks and pebbles, and the walls are notched every 75 feet or so, creating steps that only a giant could use to climb out of the pit.

Inside the rocks from this mine are rare-earth minerals, crucial ingredients for iPhones, as well as wind turbines, hybrid cars, and night-vision goggles. Minerals such as neodymium are used in magnets that make speakers vibrate to create sound. Europium is a phosphor that creates a bright red on an iPhone

screen. Cerium makes a solvent that workers use to polish devices. Your iPhone just wouldn't work without rare earths inside it.

Molycorp—the company in charge of running the mine in California—is trying to harvest rare-earth minerals in an environmentally friendly way. The company has come up with a method that it believes is the answer to the toxic mess that's defined much of the world's rare-earth mining. And if Molycorp executives are correct, they may be modernising rare-earth mining in a way that could force Chinese competitors to improve the way they operate.

And that's important, because in China, which produces more than 90 per cent of the world's supply of rare-earth minerals, environmental laws have been scant and enforcement lax. The centre of rare-earth mining

there is Baotou, a city in Inner Mongolia with 2.3 million residents that's become something of a poster child for mining's ecological wreckage.

The smog in Baotou can be dense, the air acrid. However, the biggest hazard is an artificial "tailings" lake west of the city, where refineries that process the rare-earth minerals dump waste. As a result, radioactive waste has seeped into the ground.

90

China produces over 90 per cent of the world's supply of rare-earth minerals.

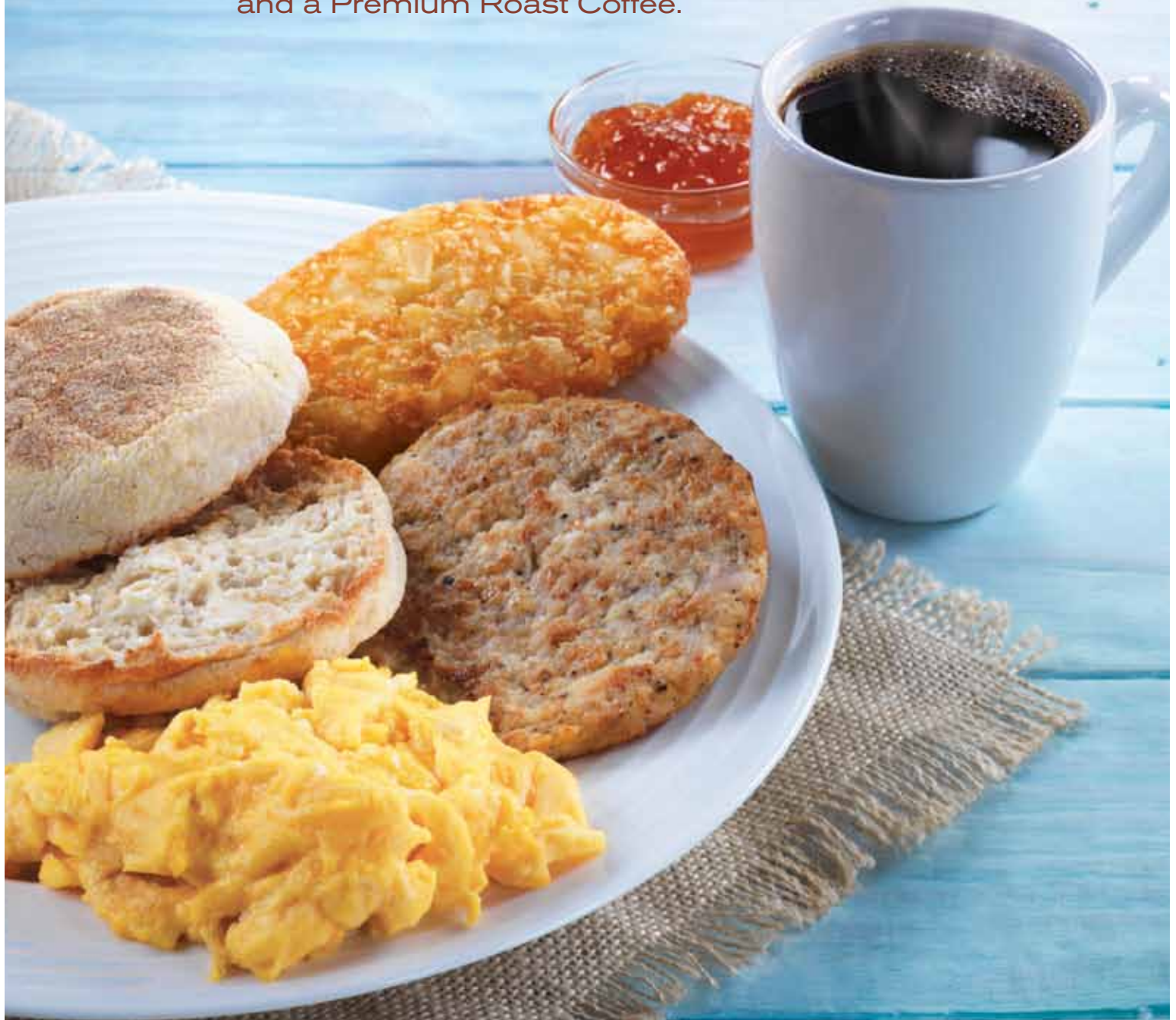
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SPOTLIGHT ON

Kidney infections



A **kidney** infection is a painful, unpleasant illness that usually happens when bacteria travel up from your bladder into one or both of your kidneys.

Kidney infection, medically known as pyelonephritis, doesn't usually pose a serious threat to your health if treated promptly, but it can make you feel very unwell. If a kidney infection isn't treated, it can get worse and cause permanent kidney damage.

Most often, the bacteria that cause pyelonephritis are the same as those that cause urinary tract infections, such as *e coli*.

Kidney infections aren't that common. It's estimated that just one in every 830 people will experience

"Just one in every 830 people will experience a kidney infection in any given year"

a kidney infection in any given year. They can happen at any age, but are more common in women. In fact, women are six times more likely to get a kidney infection than men. This is because a woman's urethra is shorter than a man's, which makes it easier for bacteria to reach the kidneys.

Often the symptoms of an infection come on quickly, within a few hours, and they can make you feel feverish, shivery, sick and with pain in your back or side. If symptoms suggestive of urinary tract or kidney infection are present, medical attention should be sought. Most kidney infections need prompt treatment with antibiotics to stop the infection from damaging the kidneys or spreading to the bloodstream.

Welcome to the world

Coping with a new baby involves a lot more than getting all the gear and choosing cute outfits.

The first few weeks after having a baby are going to be a time of massive change for both mum and dad.

While the dream is for your new baby to slot perfectly into your life without so much as a whimper, the truth is that parenthood can be a shock to the system.

Luckily, with a little time and patience, your routine will start to fall into place and things will get easier. Here are some of the things you can expect in those first couple of weeks after bringing baby home. ●

Sleepless nights

If there's one thing you can be sure of saying goodbye to once baby arrives, it's getting a full eight hours every night. While some babies will sleep through for hours at a time, most will require feeding every few hours, with some even needing a feed every two or three hours. If you are bottle-feeding, night feeds should become a shared responsibility. Taking it in turns to get up with the baby will mean you and your spouse can at least get a few hours continuous sleep each night, which is vital to be alert and functioning throughout the day.

TOP TIP: When baby is napping during the day, try to get your head down too. Cleaning, laundry and visiting can wait—it is vital that you rest as much as you can during the early days.



BONDING WITH BABY IS VITAL

Emotions

New mums are—more often than not—highly emotional, and many women may feel down or irritable for some time after giving birth. While mood swings are to be expected, if you find that your mood is lower than ever before and doesn't seem to be lifting, seek medical help as you may be suffering with post-natal depression. You and your spouse may find that you take out your tiredness and frustrations on each other. Be aware that new dads will also be feeling emotional and fraught with all the changes taking place, and spats are normal at this time.

TOP TIP: Only you and your spouse will know exactly what each other is going through, as every experience of parenthood is different. Use each other as a sounding board and share your concerns, rather than bottling up any emotions you may be feeling.



A PROBLEM SHARED IS A PROBLEM HALVED

Feeding

Whether you opt for breastfeeding or bottle feeding, feeding is one of the best times to bond with your baby. Formula or breast milk in bottles can give new dads a chance to experience this too, as well as making it easier to share night feeds. It can take time to get babies used to either feeding method and, at first, they may not seem to be feeding enough or even feeding too much. Just remember; your baby will let you know if he or she is hungry and when they are finished feeding. Keeping track of how much they are consuming and at what times can help you be prepared, as well as making you aware of any sudden changes in their feeding.

TOP TIP: Buy a cheap diary and record all your baby's feeds. The time, amount of milk consumed and any problems should be enough information to keep track, and look out for any changes.



FUEL FOR LIFE

Body beautiful

With celebrities "snapping" back into shape just weeks after giving birth, the pressure on new mums to get back into shape is huge. However, celebrities have access to a team of nannies, personal trainers, dietitians and make-up artists—most normal people don't. Getting your figure back will take time and patience, and the first few weeks are a vital period to be bonding with your baby rather than worrying about getting into the gym. Consult your doctor about when it's safe for you to start exercising again and take it steady. Stretch marks are also a concern for many new mums, but think of these as a sign of the incredible process your body has just been through. There are oils and creams to try and reduce the appearance of stretch marks, but, again, they take time to fade and—with patience—they will.

TOP TIP: If you are feeling up to it, try to get out and about with your baby as much as possible. Now the weather is cooler, a stroll around the park in the evening or a brisk walk around the lake pushing the buggy will give your fitness a gentle post-baby boost.



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Very Berry

Burgundy, grape, maroon and claret: Whatever you call it, this rich shade is a must-have colour for your closet this fall. The most-watched designers sent burgundy designs in masses down the fall runway. We saw tailored pieces, men's and women's suits, over-sized sweaters, coats, evening gowns, and even shoes taking on this bodacious colour.



Her



ASOS



DEBENHAMS



MARKS & SPENCER



NEXT



JENA MALONE



MALIN AKERMAN



AMY ADAMS

Colour focus

Burgundy, also referred to as the "bordeaux" shade, will be a style focal point for fall collections. Celebrities have been gracing the red carpet in this rich colour for weeks. Take your style tips from the stars, Malin Akerman kept her fall look playful in a short, chic dress. Opt for black accessories and shoes with your burgundy dress just like Malin. Luckily, this is one hot shade that goes with almost any colour. You can pair your dress with either nude heels or metallic shades for a glamorous and chic look.

Get the look

Rich and unmistakably luscious, this bold favourite exudes sophistication. Burgundy takes centre stage in an evening gown and an embellished neckline also demands attention; but nothing is as eye-catching as an open-back dress. Opt for a full length gown from Debenhams for an elegant look.

Slip on a casual maroon-coloured shirt with skinny jeans and black knee boots to conquer a refined look.

Lace makes for a comfortable yet elegant dress; a bustier at the front adds the perfect amount of detail to balance out the simplicity of a simple shift style.

Look fabulous this fall

For those of you who adore deeper shades such as black and navy, burgundy is a great colour to introduce to your fall wardrobe. It looks fabulous on most complexions and blends effortlessly into your style scheme. Think of this berry shade almost as your new neutral; choose a classic burgundy blazer paired with trendy accessories, or wear leopard flats with go-with-everything skinny jeans in this shade for a touch of glam. Snap up a cute sweater in a berry shade for an instant wardrobe update or try a cute pencil dress in oxblood for a fresh evening look. Not to mention, burgundy pairs seamlessly with your typical fall colours including deep blues, oranges, and caramels.



ASOS



NEXT



MARKS & SPENCER



SALVATORE FERRAGAMO



DOLCE & GABBANA



MARKS & SPENCER



DEBENHAMS



RIVER ISLAND

Boys in berry

Pair a burgundy varsity jacket with dark denim jeans and maroon espadrilles for a fall look. Rather than donning the shade head-to-toe, try wearing a maroon denim jacket over a plain black T-shirt with camel chinos. On chillier days, opt for a cardigan in this rich hue. For a smart, evening look, why not go for a burgundy shirt with denim jeans or a blazer in the style of Dolce and Gabbana?

FASHION OPINION

ZOYA PASHA

DESERTS AND DIAMONDS



Fashion goes full circle

Fashion is all about pushing boundaries and trying new things. Over the past few weeks I have been making an effort to bring some variety to my life and try new things, not only in terms of what to wear but bringing this philosophy into other aspects of my life. Style, to me, is all about individuality and it's really no use bringing this variety to your wardrobe but not to other elements of your life. My attempt

at bringing this fashion to my day-to-day life had led to a number of different results. I spent a completely luxurious weekend at the Zabeel Saray hotel where I experienced a state of calm and bliss I had long forgotten. I have been wearing maxi-dresses which I normally avoid due to my petite frame. I have recycled an old charity shop bought handbag, instead of buying a new one—to which my friend asked, "Is that Mulberry?" Style is not always about buying new clothes or working the latest trends. Style is about confidence, and having enough to explore your personality through what you do and what you wear. In my opinion, style is about finding a silk scarf in your grandma's closet

and wearing it with an old pair of jeans. Sometimes, trying new things can actually be trying old things. Wouldn't it be great if we changed our routines as often as the latest trends? However you decide to push your boundaries, be it trying something new or wearing something different, give it a try!

"Sometimes, trying new things can actually be trying old things"

Him

Lola versus imagination

With nothing of real importance to complain about, **Lola Versus** can't quite pull on empathy and heart strings for a bored audience.

NEW RELEASE

Lola Versus very much wants to be a funny, affectionate portrait of a young woman in crisis. As her 30th birthday approaches, Lola (Greta Gerwig), a graduate student living in New York, is dumped by her fiancé, Luke (Joel Kinnaman). The shock waves of this catastrophe reverberate through the rest of the movie, directed by Daryl Wein from a script he co-wrote with Zoe Lister-Jones.

Wein and Lister-Jones, a couple in real life, previously collaborated on *Breaking Upwards*—a fresh and hon-

est look at the difficulties of sustaining a relationship in a revolutionary world. *Lola Versus*, unfortunately, is a dismayingly conventional exploration of the vicissitudes of romance. In spite of its scruffy look and slack pacing, it often rings as false as any of the big, shiny and soft studio rom-coms (starring Kate Hudson or Katherine Heigl, say) of the last decade.

Greta Gerwig is a cross between a younger Chloe Sevigny and a young Meg Ryan. She's somehow backed into semi-"It girl" status, at least among boosters of a certain segment

of independent film, and she comes off mostly as off-puttingly self-pitying and mopey in *Lola Versus*, a self-consciously quirky-moody rom-drom.

Lola has—you guessed it—a wacky best friend, Alice (Lister-Jones), who bemoans her perpetually single state and is a walking anthology of semi-naughty quips, pop culture non-sequiturs and questionable behaviours. She spray tans. She takes OxyContin, mistaking it for oxytocin, which she thinks will be a shortcut to excitement. It's actually somehow less funny than it sounds.

Lola's other best friend is Henry (Hamish Linklater), a skinny, sensitive guy who plays in a band and who is also, awkwardly, good friends with Luke. Luke, meanwhile, is still sort of around, unwilling to let go of Lola entirely and thus feeding her longing to get back together with him.

There are strong, complicated emotions implicit in the story, and Gerwig, with her guileless smarts and agreeable openness, makes a game effort at exploring them. She is good at crying, good at bad relations, and good at a lot more particular things, like fidgeting on a yoga mat and talking knowledgeably about the poetry of Stéphane Mallarmé. And, as far as most cinema-goers would be concerned, any movie with room for both Mallarmé and Gerwig is not to be despised entirely.

Lola Versus is disappointing, though, even to the point of mild annoyance. In addition to her kooky pals, Lola has mostly supportive parents (Debra Winger and Bill Pullman) who genially represent a vaguely defined older generation. The present generation is equally fuzzy, or rather composed of familiar, off-the-rack styles and references. We already mentioned the yoga, but there's also the food truck and a series of kind-of-ironic riffs on stuff like *Beverly Hills 90210* and *The Godfather*.

There are some belaboured dating scenes (some featuring Ebon Moss-Bachrach as Lola's rebound yuppie suitor) and a shocking amount of montage. And while the movie visits beloved Manhattan locations like Russ & Daughters and the High Line, it somehow makes New York feel dinky and contrived, like a lesser Austin, Texas, or a standing set on a studio backlot made up to look a lot like Hipstertown.

Here's a movie that has to compete for your attention while you're



Did you know?

- Orlando Bloom was originally cast in the male lead role but dropped out before filming began.
- Sacramento native Gerwig went to Barnard College, where she wrote plays and was co-founder of an improv group called "The Tea Party Ensemble".
- Five-foot-three Lister Jones toured her hometown of New York for years with the glam rock art band Maxi Geil.



LOLA VERSUS CINEMA AUDIENCES

actually watching it. It's like an extended episode of *Girls*, minus that series' self-lacerating sense of humour. Or any sense of humour. Watching *Lola Versus*, you mostly want to say to this young woman,

"It's amazing what they can do these days with counselling." But, against things like *Girls*, a secondhand, sentimental comedy—however well-meaning—is not going to cut it. *Lola* deserves better. ●

Bollywood news

Show me the money

Big Hollywood stars often include a clause in their contract that gives them a percentage of the profits. In Bollywood, however, that's a liberty afforded only to the Khans and Akshay Kumar. Until now. Thanks to his recent successes, *Barfi!* actor Ranbir Kapoor will take a cut of the profits from his new film *Besharm*.



Secret ideal man

It seems Vidya Balan is off the market. Apparently, the star of *The Dirty Picture*, when asked about her ideal man, said she had already found him and is looking no longer. So now, let months of speculation start as to who the lucky guy is. An early front-runner in the coveted spot is UTV Motion Pictures CEO Siddharth Roy Kapoor, but we'll just have to wait and see.

Shattering romance talk

Who wouldn't want to be mistaken for being Katrina Kaif's beau? That would be Ranbir Kapoor. The actor has been spotted spending a lot of time with Kaif, but Kapoor has quashed the romance rumours, insisting they are just close friends.





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Listings

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



WON'T BACK DOWN

MOVIE GUIDE

Grand Cineplex - Wafi

Barfi - 10:30, 13:30, 16:30, 19:30, 22:30
Dredd - 11:00, 13:10, 15:20, 17:30, 19:40, 21:45, 23:55
English Vinglish - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Frankenweenie (3D) - 10:30, 12:15, 14:00, 15:45, 17:30, 19:15, 21:00, 22:45, 00:30
Hidden Face - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Savages - 11:30, 14:00, 16:30, 19:00, 21:25, 23:45
Taken 2 - 10:00, 10:30, 11:20, 11:50, 12:20, 13:10, 13:40, 14:10, 15:00, 15:30, 16:00, 16:50, 17:20, 17:50, 18:40, 19:10, 19:40, 20:30, 21:00, 21:30, 22:20, 22:50, 23:20, 00:10, 00:40, 01:10
The Watch - 10:00, 12:00, 14:00, 16:00, 18:00, 10:00, 22:00, 00:00
The Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15, 01:15
Won't Back Down - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Megaplex - Ibn Battuta

Barfi - 12:00, 15:00, 18:00, 21:00, 00:00
Dredd - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

English Vinglish - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Frankenweenie (3D) - 11:30, 12:45, 13:15, 14:00, 15:00, 15:45, 16:45, 17:30, 18:30, 19:15, 20:15, 21:00, 22:00, 22:45, 23:45
Gatturo (3D) - 10:30, 12:15, 14:00, 15:45, 17:30, 19:15
Helm Aziz - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Heroine - 11:00, 14:00, 17:00, 20:00, 23:00
Hidden Face - 10:15, 12:15, 14:15, 16:00, 18:15, 20:15, 22:15, 00:15
Paranorman - 11:00, 12:50, 14:40, 16:30, 18:20
Robot And Frank - 11:30, 13:20, 15:10, 17:00, 18:50, 20:40, 22:30
Run Baby Run - 11:00, 14:00, 17:00, 20:00, 23:00
Savages - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Taken 2 - 10:00, 10:30, 11:20, 11:50, 12:20, 13:10, 13:40, 14:10, 15:00, 15:30, 16:00, 16:50, 17:20, 17:50, 18:40, 19:10, 19:40, 20:30, 21:00, 21:30, 22:00, 22:20, 22:50, 23:20, 23:50, 00:10
Thaandavam - 10:30, 13:30, 16:30, 19:30, 22:30
The Bourne Legacy - 20:10, 22:35, 01:00
The Mistress - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Watch - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
The Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15, 01:15
Won't Back Down - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Cinemas - Festival City

Dredd - 17:00, 19:00, 21:00, 23:00
English Vinglish - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Frankenweenie (3D) - 10:30, 12:15, 14:00, 15:45, 17:30, 19:15, 21:00, 22:45, 00:30
Gatturo (3D) - 10:00, 11:45, 13:30, 15:15
Hidden Face - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
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Robot And Frank - 11:30, 13:20, 15:10, 17:00, 18:50, 10:40, 22:30
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Grand Cinecity - Al Ghurair

English Vinglish - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Hidden Face - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Run Baby Run - 11:00, 14:00, 17:00, 20:00, 23:00
Taken 2 - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30, 23:20, 01:10
The Mistress - 11:00, 12:00, 13:30, 14:30, 16:00, 17:00, 18:30, 19:30, 21:00, 22:00, 23:30, 00:30
The Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15, 01:15
Won't Back Down - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Mercato

Dredd - 11:00, 15:30, 20:00, 00:30
English Vinglish - 11:00, 13:10, 16:00, 18:30, 21:00, 23:30
Frankenweenie (3D) - 11:00, 12:45, 14:30, 16:15, 18:00, 19:45, 21:30
Hidden Face - 10:15, 12:15, 14:15,

16:15, 18:15, 20:15, 22:15, 00:15
Savages - 13:00, 17:30, 22:00
Taken 2 - 11:20, 13:10, 15:00, 16:50, 18:40, 20:30, 22:20, 23:20, 00:10, 01:10
The Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15, 01:15
Won't Back Down - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Reel Cinemas - Dubai Mall

The Apparition - 11:05, 13:00, 14:55, 16:50, 18:45, 20:40, 22:35, 00:30
Battle of Two Empires (Arabic) - 12:15, 15:00, 17:45, 20:30, 23:15
Battle of Two Empires (English) - 11:15, 14:00, 16:45, 19:30, 22:15, 00:55
The Bourne Legacy - 13:30, 16:20, 19:05, 21:50, 00:35
The Campaign - 14:00, 15:10, 16:00, 17:10, 18:00, 19:10, 20:00, 21:10, 22:10, 23:10, 00:15, 01:05
The Dark Knight Rises - 14:30, 17:40, 20:50, 00:05
English Vinglish - 11:10, 13:50, 16:30, 19:10, 21:50, 00:30
The Expendables 2 - 14:50, 17:00, 19:10, 21:20, 23:30
Frankenweenie (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Freelancers - 15:15, 17:25, 19:30, 21:35, 23:40
Helm Aziz - 14:50, 19:00, 23:00, 01:10
Hidden Face - 13:30, 18:10, 22:50
Kismet Love - 12:15, 15:15, 18:15, 21:15, 00:15
Premium Rush - 11:40, 13:45, 15:50, 17:55, 20:00, 22:05, 00:10



FRANKENWEENIE

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

Resident Evil 4 - 14:05, 16:10,
18:15, 20:20, 22:25, 00:30
Robot And Frank - 12:55, 17:00,
21:05
Savages - 11:20, 14:00, 14:20,
16:45, 17:00, 19:30, 19:40, 22:15,
22:30, 00:50, 01:10
Taken 2 - 11:00, 14:00, 16:05,
18:10, 20:15, 22:20, 00:25, 00:55
The Watch - 13:40, 15:00, 16:20,
17:40, 19:00, 20:20, 21:40, 23:00,
00:20
The Words - 11:30, 13:40, 15:50,
18:00, 20:10, 22:20, 00:30
Won't Back Down - 15:40, 20:20,
00:55

Reel Cinemas - Marina Mall

The Apparition - 11:10, 15:20,
19:35, 23:55
The Campaign - 11:45, 13:50,
15:50, 18:00, 19:55, 21:55, 00:10
Frankenweenie (3D) - 11:00,
13:00, 15:00, 17:00, 19:00, 21:00,
23:00
Savages - 12:05, 14:50, 17:35,
20:20, 23:05
Taken 2 - 11:30, 13:25, 15:25,
17:25, 19:25, 21:25, 23:30, 00:50
Total Recall - 13:00, 17:15, 21:35
The Watch - 11:20, 13:30, 15:40,
17:50, 20:00, 22:10, 00:20

Vox Cinemas - Deira City Centre

Barfi - 11:15, 12:45, 15:30, 18:15,
21:00, 23:45
Dredd - 00:15
English Vinglish - 10:00, 11:15,
12:45, 14:00, 15:30, 16:45, 18:15,
19:30, 21:00, 22:15, 23:45, 01:00
Frankenweenie (3D) - 10:15,
12:15, 14:15, 16:15, 18:15, 20:15
Hidden Face - 10:45, 13:00, 15:15,
17:30, 19:45, 22:00, 00:15
Kamaal Dhamaal Malamaal -
11:45, 18:00, 21:15
Kismet Love - 11:30, 14:30, 17:30,
20:30, 23:30
Run Baby Run - 11:30, 14:30,
17:30, 20:30, 23:30
Taken 2 - 10:00, 11:00, 12:00,
13:00, 14:00, 15:00, 16:00, 17:00,
18:00, 19:00, 20:00, 21:00, 22:00,
23:00, 00:00
Thaandavam - 14:45, 00:15
The Words - 10:00, 12:15, 14:30,
16:45, 19:00, 21:15, 23:30

Vox Cinemas - Mall of the Emirates

Battle of Two Empires (English) -
15:45, 18:30, 21:15, 00:00

Brave - 09:00, 11:15, 13:30
The Campaign - 11:45, 15:45,
19:45, 23:45
Dredd (3D) - 17:30, 19:30, 21:30,
23:30
English Vinglish - 10:00, 12:45,
15:30, 18:15, 21:00, 23:45
Frankenweenie (3D) - 10:15,
12:15, 14:15, 16:15, 18:15, 20:15,
22:15
Gatturo (3D) - 09:30, 11:30,
13:30, 15:30
Hidden Face - 10:45, 13:00, 15:15,
17:30, 19:45, 22:00, 00:15
Paranorman (3D) - 10:00, 12:00,
14:00, 16:00
Premium Rush - 09:45, 13:45,
17:45, 21:45
Resident Evil 4 (3D) - 00:15
Savages - 18:00, 20:45, 23:30
Taken 2 - 10:00, 10:15, 11:00,
11:15, 12:00, 12:15, 13:00, 13:15,
14:00, 14:15, 15:00, 15:15, 16:00,
16:15, 17:00, 17:15, 18:00, 18:15,
19:00, 19:15, 20:00, 20:15, 21:00,
21:15, 22:00, 22:15, 23:00, 23:15,
00:00, 01:00
The Watch - 10:15, 12:30, 14:45,
17:00, 19:15, 21:30, 23:45
Won't Back Down - 11:00, 13:00,
15:00, 17:00, 19:00, 21:00, 23:00
The Words - 10:00, 12:15, 14:30,
16:45, 19:00, 21:45, 00:00

Vox Cinemas - Mirdif City Centre

The Apparition - 00:00, 01:40
Battle of Two Empires (Arabic) -
13:15, 18:45, 00:25
Battle of Two Empires (English) -
10:30, 16:00, 21:30
Dredd (3D) - 17:30, 19:30, 21:30,
23:30
English Vinglish - 10:00, 12:45,
15:30, 18:15, 21:00, 23:45
Frankenweenie (3D) - 10:00,
12:00, 14:00, 16:00, 18:00, 20:00,
22:00, 00:00
Gatturo (3D) - 09:30, 11:30,
13:30, 15:30
Hidden Face - 10:30, 12:45, 15:00,
17:15, 19:30, 21:45, 00:00
Paranorman (3D) - 11:15, 13:15,
15:15
Taken 2 - 10:00, 10:15, 11:00,
11:15, 12:00, 12:15, 13:00, 13:15,
14:00, 14:15, 15:00, 15:15, 16:00,
16:15, 17:00, 17:15, 18:00, 18:15,
19:00, 19:15, 20:00, 20:15, 21:00,
21:15, 22:00, 22:15, 23:00, 23:15,
00:00, 00:15
The Watch - 10:00, 12:15, 14:30,
16:45, 19:00, 21:15, 23:30

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



'The Seismic Sanctuary' Exhibition

Pantea Rahmani presents her eagerly anticipated new works in an exclusive solo show.

Date: Until November 28

Audience: Public

Category: Arts and culture

Venue: Salsali Private Museum, Alserkal Avenue, Unit 14, Al Quoz 1

Admission: Free admission

Telephone: 055 289 7825



Schubert Ensemble of London

The British chamber ensemble will perform three piano quartets of Martin Butler, Schumann and Schubert.

Date: October 8

Timings: 8pm

Audience: Public

Category: Arts and culture

Venue: DUCTAC, Mall of the Emirates

Admission: Free admission - priority to invitation holders until 7.50pm.

Telephone: 04 341 4777

ACC Elite Trophy UAE 2012

The UAE is hosting the ACC Elite Trophy for the first time.

Date: Until October 13

Timings: 9:30pm

Audience: Public

Category: Sports

Venue: Dubai International Stadium, Dubai Sports City

Admission: Free admission

Telephone: 66 542 2991



The Gruffalo Show

The award-winning book is brought to life in this acclaimed musical show.

Date: October 9 - 13

Audience: Public

Category: Entertainment

Venue: The First Group Theatre, Madinat Jumeirah

Admission: Dh135 per ticket

Telephone: 04 366 6546

UAE Cancer Congress 2012

The UAE Cancer Congress promotes multidisciplinary care of patients suffering from cancer.

Date: October 11 - 13

Audience: Trade

Category: Conference

Venue: InterContinental hotel, Dubai Festival City

Admission: \$100 - \$550

Telephone: 04 311 6300



Dubai Festival for Youth Theatre

This festival showcases plays in classic Arabic and promotes UAE-based theatrical talent.

Date: October 7

Audience: Public

Category: Arts and culture

Venue: DUCTAC, Mall of the Emirates

Admission: Free admission

Telephone: 04 800 4003



Multitalented ML

The new Mercedes ML500 creates a saloon that knows how to get dirty.



Most SUV manufacturers seem to be making their products softer, more luxurious, less focused on sheer off-road ability. Mercedes, on the other hand, have grown weary of the “but it’s not a proper off-roader” comments aimed at their chunky ML range. So, the 2013 Mercedes-Benz ML 500 4MATIC, the third generation of the ML-Class, is by far the most effective yet, combining executive saloon car ride with similar off-road capabilities to their arch-rivals from Stuttgart.

The not-quite top of the range ML 500 (there’s an AMG ML 63 that is even more bonkers) packs a brand new, twin-turbo V8 engine generating 300 kW (408 hp) and a whopping 600 Nm of torque, available at a much lower engine speed of 1600 rpm. This model offers the new and smaller turbocharged 4.7-litre V8, a step designed to improve the overall efficiency of the package without sacrificing any of the performance of the outgoing normally aspirated engine. It is mated to a seven-speed 7G-TRONIC PLUS transmission which enables the ML 500 to sprint from 0-100 km/h in 5.6 seconds, before hitting its electronically-limited top

speed of 250 km/h. This EU5 engine has a combined fuel economy of just 11 litres per 100 km, deeply impressive for something so fast.

But, along with the go, the new ML includes a raft of useful new safety features, such as Collision Prevention Assist (CPA) and Adaptive Brake Assist as standard.

The new ML 500 features an optional On&Offroad package. This has six driving modes, which optimise

the driving dynamics and handling safety of the vehicle and deliver optimum drive system control. In particular, the driver can select from one automatic mode, two special off-road modes and three on-road modes using a rotary control in the centre console.

As a further option, both the AIR-

SPECS

(as tested)

Engine: V8 twin turbo
Power: 408hp
Torque: 600Nm
0-100kp/h: 5.6 seconds
Top speed: 250 km/h
Price: From Dh270,000

MATIC air suspension with Adaptive Damping System (ADS) and The On&Offroad package can be combined with active roll stabilisation

in the form of The Active Curve System. This combines variable stiffening for the anti-roll bars with torque vectoring using individual brakes to keep the vehicle tidy and safe during sudden or extreme turns.

To reduce its environmental impact, the ML 500 includes an ECO start/stop function which comes as standard, the seven-speed 7G-TRONIC PLUS automatic transmission, low-friction axle drives, electric steering, optimised belt drive, on-demand control of the ancillary components. All this results in outstanding fuel economy.

The interior of the vehicle features multicontour seats for driver and front passenger, which manage to offer even more comfort due to the new massage functions included. There’s a reassuringly solid feel to all of the cabin’s fixtures and fittings, something that Mercedes was once famous for, and is master of again. It is modern, classy, superbly equipped and crushingly capable. Everything a Mercedes SUV should, in fact, be. ●



A SOLID YET STYLISH INTERIOR

Haven of Peace

The Indonesian island of Bali is a favourite with both adventurers and those in need of a little relaxation.



Bali may be small in size—you can drive around the entire coast in one long day—but its prominence as a destination is huge, and rightfully so. Ask travellers what Bali means to them and you'll get as many answers as there are flowers on a frangipani tree. Virescent rice terraces, pulse-pounding surf, mesmerising dances and ribbons of beaches are just some of the images people cherish.

Small obviously doesn't mean limited. The manic whirl of Kuta segues into the luxury of Seminyak. Punctuated by temples hidden behind ornately carved archways and petal-filled lanes, Ubud is Bali's artistic hub. And beyond the painted masks and shadow puppets that spill out of countless storefronts are a string of new galleries that offer one-of-a-kind treasures.

The artistic swirl of Ubud is a counterpoint to misty treks amid the volcanoes. Mellow beach towns like Lovina and Pemuteran can be found right round the coast and just off-shore is the idyllic Nusa Lembongan.

It's hard not to fall for Bali while cycling its quiet back roads, which are lined with stepped rice fields, blooms in every shade of the rainbow and women in bright sarongs balancing temple offerings on their heads. Half-day tours start with breakfast overlooking the 5,600-foot-high volcanic Mount Batur and its



SPECTACULAR SCENERY

Top things to do in Bali

1. Baruna Surf Culture - Canggu
2. Chez Monique Silver Smith Class - Ubud
3. Amed Scuba Tauchzentrum - Amed
4. The Yoga Barn - Ubud
5. L'Atelier Parfums et Creations - Jimbaran
6. Devdan Show - Nusa Dua
7. Jatiluwi - Tabanan
8. La Lucciola Beach - Seminyak
9. Sobek Ayung River Experience - Ubud
10. Water Palace of Tirtagangga - Karangasem

crater lake, followed by a caffeine kick at a coffee plantation. The mostly downhill 27km ride won't be very challenging, but it is spectacularly scenic and photo-friendly.

Bali's legendary sunsets can be a controversial affair. Ask around for the prime perch to catch the nightly psychedelia, and you'll get an earful. Still, there's no denying that one of the best places is the Rock Bar, an outdoor lounge built into the cliffs along the island's southwestern tip.

A trip to Bali means you are in the most visitor-friendly island of Indonesia. Whether you fancy a massage on the beach, some serious shopping or the freshest local cuisine, the island will cater to your needs. More importantly, however, a holiday in Bali is within reach of all purses. ●

TRAVEL NEWS

Set sail with Disney Cruise packages



Al Tayer Holidays, a division of Al Tayer Travel Agency (ATTA), has launched special Disney Cruise packages for UAE and GCC residents. The cruises can be availed of from June 1, 2013, aboard Disney's 2,700 passenger cruise ship, the *Disney Magic*, which will provide families with the opportunity to sail around the Mediterranean.

Al Tayer Holidays specialises in outbound holiday travel and as the GCC distributor for Disney Cruise Line since 2010, the company has teamed up with Emirates to launch discounted family fares for a seven-night Mediterranean cruise, sailing from Barcelona to Nice (Villefranche) in France, Florence (La Spezia), Rome (Civitavecchia) and Naples, in Italy before returning to Barcelona.

Cruise prices start at Dh9,900 for an adult passenger, Dh8,670 for a spouse, Dh5,300 per child up to 14 years and airport charges of Dh180 per person. The prices include return economy tickets, accommodation aboard the *Disney Magic* in an inside cabin, all meals aboard the ship as well as port charges, taxes and gratuities. Exclusions comprise airport taxes, visa, travel insurance, hotel accommodation before and after the cruise, return transfers from the airport to the cruise port and personal expenses.



How good is your web profile?

Manage your online presence to make sure potential employers like what they find when they hit 'search'.

PROFESSIONALISM

The rise of social and professional networking websites has made it easier to keep in touch with your network of friends and coworkers and to learn about job openings. It has also contributed to the growing trend in the number of employers who often perform internet searches on job candidates. While employers don't usually search with the hopes of finding negative information about you, the opposite is true. Most employers usually look to confirm the information on your CV, hoping to validate your compatibility for the position. Since having an impressive CV is no longer enough to help you get noticed by employers, Akhtaboot provides you with some tips to have a good personal brand online.

KEEP TRACK OF YOUR FOOTPRINTS ON THE WEB

It's no secret that employers Google their potential employees before they consider them for the position. So this is your chance to create your personal brand and to manage your own online presence to highlight the facts you want potential employers to discover. While you cannot always predict how the search will turn out, you can always keep a running record of your online activities. A smart thing to do is to set up a Google Alert (www.google.com/alerts) which is a service that emails you once your name, keyword or topic of interest comes up in Google results.

START YOUR OWN BLOG

Having your own blog is one of the best tools that will help you shed light on your personal attributes because it is written in your voice. Your blog can show your work, your writings or your opinion on various interesting topics. Think of your blog as a long-term career management vehicle. Over time, it will provide tangible evidence of your achievements and strengthen your online brand.

MANAGE YOUR SOCIAL AND PROFESSIONAL PROFILES

When using social networks including Facebook, Twitter and Pinterest, make sure that you use neutral pictures that do not reveal too much of your personal life. Avoid posting any outrageous status updates and use privacy settings wisely. On the other hand, professional networks—such



KEEP AN EYE ON THE WEB YOU WEAVE

as LinkedIn—can help you build your professional brand and increase your visibility. Make sure that your profile is complete and searchable by employers as it is a combination of your CV, cover letter and references

BUILD YOUR NETWORK

As your network of friends, colleagues and clients grows, so does your reach, your influence, and your job opportunities. Luckily, all of the popular networking platforms have tools to help you quickly and ethically build your network. Keep in mind that when it comes to con-

“What may be fine to share with friends is possibly not employer-friendly in the professional atmosphere.”

nections, quality outplays quantity. Focus on enriching your network with people you know or have met in real life.

Whether you are currently employed or seeking a job, having a polished

online presence is a valuable chance to create your personal brand and affect how people who don't know you think of you. Let's face it; no matter how professional you really are on the job, you can actually lose a whole lot of respect by how you handle yourself online. With that in mind, what may be fine to share with friends is possibly not employer-friendly in the professional atmosphere. Whenever you share or tweet anything, ask yourself: “Who is going to see this?” ●

By Akhtaboot—the career network (www.akhtaboot.com)

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

CNC Programmer (for waterjet machine) urgently required for reputed steel fabrication company in Abu Dhabi. Appointment in one week. Knowledge of AutoCAD drafting a must. Fresh candidates also preferred. Contact: Mr. Shehzad Salawudheen on 0501308804.

Marketing executive urgently required for a large banking investment divisions. Part-time position. Preferably Keralites. Send CV to sudheerendngi@gmail.com/call 056 7122501.

Retail distributors required for a reputed US health care product company. Part-time position with good benefits. Comes with less than Dh1,500 franchise fee, no additional investment. Email aloeveradubai@yahoo.com.

Secretary cum office administrator required for a full-time job at a company in Dubai. Males only with minimum 1 yr Gulf experience. Fax CV to 042567629.

Bus driver required for a full-time job at a company in Dubai. Should have minimum 1 yr experience. Fax CV to 042567629.

Accountant required for a full-time job at a company in Dubai. Should have experience in construction company and a good knowledge in job costing. Fax CV to 042567629.

Indian housemaid required for a family of three year old twins. The candidate is expected to clean, cook and take care of a household. Visa and accommodation will be provided. Salary Dh1,200. Call 0504617800.

Junior staff for ticket reservations required for a tourism company located in Dubai. Send CV to hm_mca@yahoo.com.

Marketing executive required for a part/full-time job. Indians only. Salary + commission will be provided. Call 0556314577/email sindhu@ngiuae.com.

Sales adviser urgently required for a bank in Dubai. Part-time position. Should come fully trained. Attractive salary plus commission will be provided. Call 0556314577.

Male cleaners required for a cleaning company in Dubai. Full-time work. Benefits/salary + accommodation + transportation + company visa all will be provided. Call 0561441677/0508817892/email operations@angelstarcleaning.com.

Sales officer required for a leading life insurance company. Direct employment. Salary + incentives + visa will be provided. Call 0566174917/Email ssrini1977@hotmail.com.

Multinational company looking for energetic promoters for product promotion all around the UAE. Serious candidates can apply. Send CV to alabayadh@gmail.com.

Marketing executive required for a part-time position in one of the largest banking investment companies. Keralite females preferred. Salary Dh4,500 + incentives will be provided. Call 0504907683/email sanwinsanu@gmail.com.

JOBS WANTED

Journalist, Indian, seeks full-time job in magazine, PR agency, newspaper. Over 8 years UAE experience. Highly capable as Editor, Senior Sub-Editor, Senior Reporter. Highly proficient in all print/online media operations. Transferable

free zone visa. Valid D/L. Own car. Can start immediately. Salary expectation Dh10,000, negotiable. Call 0505274650.

Professional driver seeks full-time job. 12 yrs Gulf experience. Call 0551433142.

Freight forwarder seeks full-time job. Have experience in logistics and freight forwarding. Proficient in computer programs. Currently on visit visa. Call 0509416954/email royson.fine@gmail.com.

Male MBA holder seeks full-time job. 5 yrs experience as an accountant. Proficient in Tally, Peach Tree, QuickBook, MS Office. Call 0508066716/email kassim_mba@yahoo.com.

Indian female seeks part-time job. 3 yrs experience as a cashier. 1 yr work as promoter. On husband's visa. Call 0555271959/0556741570.

Indian male, BCom graduate seeks job as a storekeeper. 9 yrs experience in similar and other fields. Email sujithkumar_upplakkal@yahoo.com/call 0508350092.

Indian male, BCom seeks job. 4 yrs Gulf experience. Knowledgeable in accounting packages and MS Office. Call 0509765296.

Pakistani male, 22, seeks job as an accountant/customer service/cashier. 3 yrs experience. Holds a free zone visa. Email sbdpk@gmail.com/call 0557700975.

Freelance web designer seeks job. Skilled in HTML/PHP/MYSQL/CMS/Query. Can also work on personal pages as well. Call 0566947004.

Indian male seeks full-time job as an accountant. 5 yrs Gulf and domestic experience. Call 0551792635/email vcpraveesh@yahoo.com.

Pakistani male, 33, MBA holder seeks job in sales and marketing. 11 yrs experience in banking and customer service field. Email ghufan.lodhi09@gmail.com/call 0557012382.

Filipina, trained and certificate holder, seeks job in any logistic position. Speaks basic Italian and French. Email dogsomay1634@yahoo.com.

Male seeks part-time job. Proficient in any type of graphic design & 3D visualisation. Call 0555731512.

Filipino male seeks full-time job as a procure/mechanical engineer/inventory supervisor. 2 yrs experience in the marine field. Proficient in Microsoft and AutoCad. Call 0508937836/email edison_deroxas@yahoo.com.

Filipina, 25, seeks job as a full-time staff nurse. With 2 years experience at 100-bed capacity hospital. Email mayanbaranggan@gmail.com.

Pakistani male, 32, graduate seeks full-time job. 10 yrs experience in the sea food realm in Tanzania. Call 0552094305.

Indian female, 28, master's degree, seeks full-time job as a sales coordinator. 3+ yrs experience in similar field. On husband's visa. Holds valid UAE D/L. Call 0555373762.

Indian female, 33, seeks full-time job in accounting/administration. 8 yrs experience. Fluent in English, Hindi, Malayalam. Call 0529307537. Email deepesh1312@yahoo.com.

Egyptian account manager seeks full-time job. UAE and Kuwait experience. Knowledgeable in IT, English. With good communication skills. Call 0562932145/email hossam@intl-trust.com.

Indian male, seeks full-time job in ac-

counts/administration or finance. With experience in finance consultancy in an MNC. Email sajjukrish@gmail.com/call 0562097445/0567393354.

Fire and safety supervisor seeks full-time job in similar field. 2 yrs experience. Holds valid UAE D/L. Call 0558793181.

MISCELLANEOUS

Visa assistance available. For Dubai tourist visa/transit visa 14/30/60/90 days. Available within 24/48 hours. Call 0528163322.

Journalist, Indian, seeks full-time job in magazine, PR agency, newspaper. Over 8 years UAE experience. Highly capable as Editor, Senior Sub-Editor, Senior Reporter. Highly proficient in all print/online media operations. Transferable free zone visa. Valid D/L. Own car. Can start immediately. Salary expectation Dh12,000, negotiable. Call 0505274650.

Personal loans and auto loan services. No salary transfer. Dh5,000 minimum salary required. Call 0501647611.

Personal loan available for minimum salary Dh5,000. Grab the opportunity! Free credit card and low interest rate. Call 0529495953.

Personal loan and auto loan services (new/used cars) available. For self-employed only. With minimum requirements. Call 0551032210.

AUTO

Mercedes S320, 1997 model for sale. Driven for 170,000km. In excellent condition. No flaws at all. Very reliable, full options. For only Dh15,000. Call 0566486964.

KIA Sportage, 4x4 (4-wheel drive) for sale, powerful 2.0 engine, lady driven, 2009 model, complete service history with Juma Al Majid, grey colour, new wheels, Kenwood music system, auto door locks, power windows, power mirrors, in very good condition. Dh35,000. Call 0505273351.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, white colour, remote key, in excellent condition. Call 0556796008.

ITEMS

Items for sale: New Kolber Swiss ladies watch available for sale priced at Dh500. Big coffee table available for sale, priced at Dh800. Side table available for sale, priced at Dh200. Italian coffee machine with filter available for sale, priced at Dh250. Rumwood 100% from Ikea available for sale, priced at Dh200. Call 0506254496.

Wanted: second hand 1.5 ton A/c for sale. Should be in good condition. Must not exceed Dh300. Call 0509413096.

All types of perfumes available for sale. Starting from Dh35, Email memy1122@gmail.com/call 0507226393.

Used IBM Lenovo ThinkPad laptop available for sale. T-43, 14" size, DVD combo drive, 1GB Ram, Centrino dual core 1.86GHz, built in Wi-Fi. In good condition. Dh550. Call 0554809334/email shamnu916@gmail.com.

iPhone 4, black 16GB available for immediate sale. Still in original box, charger and 6 covers. Dh1,500. Call 0529691865.

Academic books available for sale. Students for 1st year BBA (business and

marketing) - Middlesex University. Also available photocopied books for Dh250. Email ayushipattni@hotmail.com/call 0503429437.

Used Canon 500 D available for sale. Comes with lens kit 18-55, Canon 70-300 lens, battery grip. Still in very good condition. Two year warranty. Call 0503294245.

SERVICES

Tutoring lessons available in the Bur Dubai area. Courses include math and science covering various curriculums (CBSE, ICSE, IGCSE, O LEVEL, EDEXEL and others). Call 0528529118.

Home and mortgage loan services available. For Keralites. We offer attractive interest rates. Call 0553308939.

Home tutoring lesson available in graphic design, animation, 3D visualisation and much more. Call 0555731512.

Tutoring lessons available. Offer courses in math, science, IT, business studies, finance and English for all grades and colleges/universities students. Call 0528692432.

Daycare/babysitting services available. Location near LuLu supermarket, Al Karama. Call 0559039701.

CV building courses available. The course material consists of video, audio and PDF files. Serious people who want to make a difference in their careers call 0559566409. 1 free module to all callers.

Home tutoring lessons available. Located near Karachi Darbar, Frij Murar, Deira. Qualified and experienced teacher. With convenient timings at reasonable price. For students in kindergarten to 5th grade. Call 042365862,0567533972.

Babysitting services available. Located in Hor Al Anz, Deira. For Keralites only. Good with children. Call 0505432542.

ACCOMMODATION

Sharing accommodation available for decent executive bachelor near Al Maktoom Hospital, Dubai. Kitchen facilities available. Internet available. Please contact 0559704790.

Bed space available for rent. Malayalam people only. Located near Karama Center. Call 0557706420.

Bed space available for rent. Kabayan females only. Walking distance to metro station, Al Manama, Sunrise and LuLu hypermarket, Al Karama. Rent for Dh450 with free Wi-Fi and TFC. Call 0559294435.

Offices/flats available to let. Located near Al Ras metro station. Direct from the owner. Call 0507177623.

Furnished shared accommodation available for rent. Comes with attached bathroom. Keralite Muslim families only. Starting from November 1st. Call 0552810554.

Room/partition available for rent. Filipinos only. Located in front of Emirates Towers metro station. Comes with attached balcony. Call 0561704810.

Room/partition available for rent. Located near Dubai Grand Hotel, walking distance to DAFZA metro station, Al Qusais. Filipino couples or bachelors only. Rent for Dh1,600 (partition). Rent for Dh2,000 (room). Call 0509651071.

Bed space available for rent. Keralite executive bachelors only. New flat located

near Jesco, Al Baraha. Mess and internet facilities also available. Reasonable rent includes W/E. Call 0554525571.

Bed space available for rent. Nationality not specific. For 1 bachelor near Satwa bus stop. Comes with attached bath/kitchen/fully auto washing machine/W/E free. Rent for Dh600. Vacant starting from October 27th. Call 0556932581.

Furnished shared accommodation available for rent. Indian families only. Comes with separate bathroom. Located in Hor Al Anz. Rent for Dh2,000 including DEWA. Call 0509226320.

Semi-furnished shared accommodation available for rent. Opposite Govinda Restaurant, walking distance to Khalid Bin Al Waleed metro station, Al Karama. To be shared with another non-cooking Indian bachelor. Call 0508994520.

Furnished room available for rent. Keralite/Tamil families only. Located near West Hotel, Deira. Call 0556901128.

Small room available for rent. Indian bachelors only. Homey atmosphere. Located 10 min away from metro station, Al Karama. Rent for Dh900 including water/electricity. Call 0506548896, 0505583551.

Room available for rent. Kabayans only. Located behind Dubai Grand Hotel, Al Qusais. Walking distance to DAFZA metro station. Starting from November 15th. Rent for Dh2,000 + DEWA + Internet. Call 0509651071.

Bed space available for rent. Filipina only. Located near Al Karama Center, Al Karama. To be shared with another roommate. Call 0561488765.

Furnished bed space available for rent. Females only. Newly constructed building. DEWA + internet + electronics also available. Near to metro station & bus stop, Bur Dubai. Call 0562092946.

Furnished room available for rent. Comes with separate bathroom. Keralite Christian couples only. Located near Al Khail Gate. Call 0505254313.

Furnished bed space available for sale. Indian females only. Located in Bur Dubai. Comes with balcony, washing machine & fridge. DEWA/ internet, etc, also included. Rent for Dh900. Call 0529691865.

Shared accommodation available for rent. Hindu working couple/ executive bachelors only. Located in Al Fahidi Street, Bur Dubai. Call 0559462748.

Shared accommodation available for rent in Al Shaab Colony. Keralite Christian couples only. Near Abu Hail metro station. Call 0507645492.

Room available for rent. Clean flat. Small Indian families/executive singles only. Located near Carrefour, Bur Dubai. Rent for Dh1,400. Call 0551068770.

Semi-furnished room available for rent. Indian working couples only. Located behind Holiday Inn Downtown, Deira. Walking distance to Rigga metro station. Starting from October 1st. Call 0506511747/2945666.

Bed spaces available for sale. Bachelors only. Near Union metro station, Deira. Kitchen facilities also available. Call 0552503894.

Partitioned bed space available for rent. Filipinas only. Located near Rashidiya metro station. Rent for Dh360 including DEWA. Call 0507642506.

Shared accommodation available for rent. Indian families/couples only. Located near West Hotel Naif road, Deira. Call 0508464070.

RTA fosters scientific research

Deadline for submissions towards the Scientific Research Award has now been extended until end of October.

AWARDS

The Roads and Transport Authority (RTA) has extended the deadline for making submissions to the inaugural edition of its Scientific Research Award up to October 31, instead of mid-September.

The award, which launched recently under the theme 'Researches for a Promising Future', aims to embed the pillars and structures of scientific research culture, and disseminate it among RTA employees, encouraging them to carry out research in various business fields. It also aims to improve the RTA's professional environment and uplift the calibre of its products and services for the benefit of Dubai, in particular, as well as the UAE in general.

"Extending the submission deadline up to the end of October is intended to offer an extra opportunity to interested individuals, and grant them ample time to complete their research deliberately, and sup-



AHMED HASHIM BAHROZYAN

porting it with sober knowledge and thoughtful informatics," said Ahmed Hashim Bahrozyan, CEO of the RTA Licensing Agency and chairperson of the Scientific Research Award.

This annual award, which is sponsored by the chairman of the board and executive director of the RTA, is the first of its kind at the level of Dubai Government departments and agencies. The award was launched in response to the pressing needs for enriching the efforts in conducting

empirical researches, which are currently considered quite limited in the UAE. The RTA has therefore assumed the task of supporting these efforts through this initiative.

"The award aims to hit a host of key objectives such as identifying employees who have research skills and motivating them to hone and harness their abilities in the interest of RTA business, particularly as the award spans human resources and management fields, in addition to specialist studies in roads, transport, infrastructure and engineering and environmental aspects among others," continued Bahrozyan.

"Conditions set for participation in the award include sobriety and genuineness of the research, and the provision of supporting information and statistics, if possible. The judging panel consists of staff from universities and academic institutions, professionals, and specialists in various categories and disciplines of the award," Bahrozyan concluded.

"The award aims to embed the pillars and structures of scientific research culture and disseminate it among RTA employees."

RTA kick starts traffic awareness

ROAD SAFETY

The Roads and Transport Authority (RTA) has congratulated the students and teaching staff of schools, universities and institutes on the start of the new academic year 2012-2013, and called upon parents to exercise caution while driving in the vicinity of schools to ensure the safety of students.

In this context, the RTA Traffic and Roads Agency recently launched a school awareness programme, spanning Dubai schools and comprising workshops and educative lectures for school students, as well as kids in kindergarten, and school bus drivers.

The agency reiterated the RTA's commitment towards fulfilling its awareness commitments in supporting the traffic culture across the community with a view to curbing traffic accidents and resultant fatalities in line with the RTA's vision of

'Safe and Smooth Transport for All'. The agency has called upon parents to be more attentive when driving, especially in school areas, and stated that the key causes of crashes in these areas were lack of judgment on the part of road users, as well as negligence, inattentiveness, and careless or irresponsible driving.

"The Traffic and Roads Agency took part in the Back-to-School Expo held recently at Meydan, where traffic education supervisors held workshops about school safety for students and parents," said Maitha bin Udai, CEO of the RTA Traffic and Roads Agency. "They also distributed an educative leaflet containing tips and guided instructions about how to avoid crashes."

Bin Udai recalled that the agency recently bagged the Hamdan bin Rashid Al Maktoum Award for Distinguished Academic Performance (Education-Supporting Organisa-



MAITHA BIN UDAI

tions), which prompts the agency to redouble its efforts, and maintain its high profile in serving education through traffic awareness education.

"The traffic awareness teams in the agency have developed educative programmes tailored to the targeted categories—namely students, parents and drivers. We have an integrated programme for schools

and universities according to the educational stages, spanning the entire academic year, over and above campaigns launched by the Traffic Department in cooperation with our partners in the Ministry of Interior and Dubai Police," she continued, citing that the agency held over 150 awareness events in schools during the academic year 2011/2012.

Bin Udai urged school bus drivers and parents to abide by the traffic rules, avoid parking in wrong places, and ensure that children are not allowed to cross streets unaccompanied. She stressed the importance of denying students from alighting from vehicles through the left door, and tipped parents to use rear-door locks in their cars.

Bin Udai also called on drivers to fasten safety belts—even when driving for short distances—as many accidents take place a stone's throw away from the workplace or house.

I will not get in until she buckles up.



I WON'T LET IT HAPPEN

انتبه
takecare

If someone you know is refusing to wear a seat belt, don't get into the car. Or if a colleague is texting while driving, keep annoying him or her until they stop texting. 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

معا نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

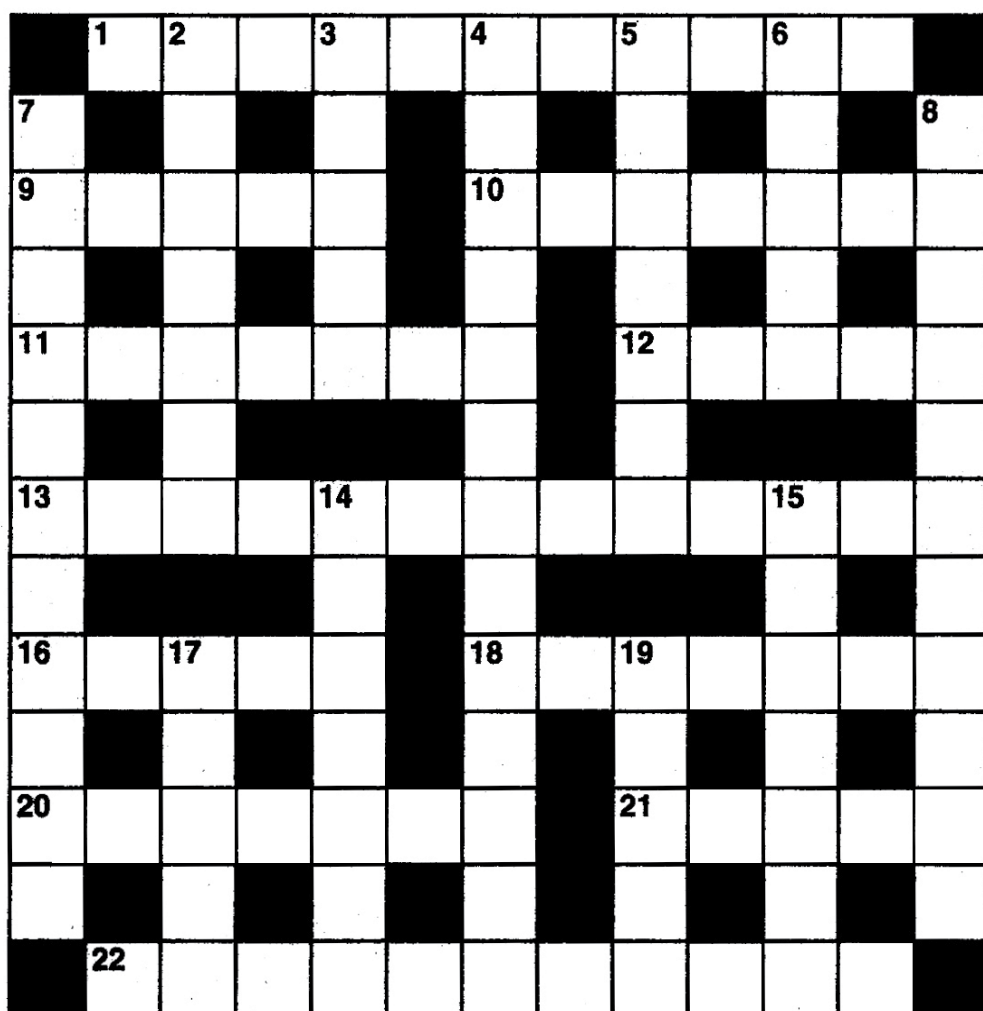
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Taking your time

Ponder over our puzzles, relish a new recipe and catch up with our cartoons.



Crossword

Across

1 Refusing to allow (11) 9 Admit (3,2) 10 Worry (7) 11 Sheet aluminium (7) 12 Lived (5) 13 Personnel monitoring the flight and landing of spacecraft (6,7) 16 Permissible (5) 18 Bizarre (7) 20 Pertaining to Tunisia's continent (7) 21 Vast body of water (5) 22 Excessive modesty (11)

Down

2 Stumble upon (3,4) 3 Bulky river animal with a huge mouth (5) 4 From reports available (2,3,8) 5 Walked upon, trampled (7) 6 Lacking sophistication (5) 7 Double-lumped bread! (7,4) 8 Allowing the passage of air (11) 14 Spotted (7) 15 Double-breasted jackets (7) 17 Nurse or guardian (5) 19 Taken by air (5)

ANSWERS



Recipe

Chicken Pot Pie

Enjoy a delicious and healthy chicken pie made from scratch with carrots, peas and celery.

Ingredients

1 pound skinless, boneless chicken breast halves, cubed
1 cup sliced carrots
1 cup frozen green peas
1/2 cup sliced celery
1/3 cup butter
1/3 cup chopped onion
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon celery seed
1 3/4 cups chicken broth
2/3 cup milk
2 medium unbaked pie crusts

Method

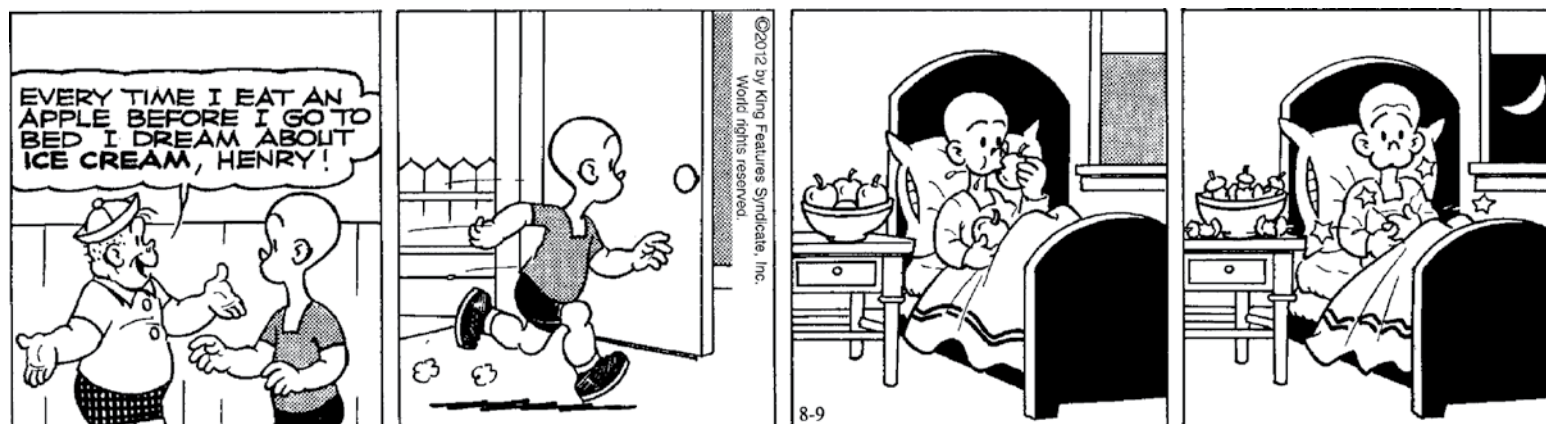
1. Preheat the oven to around 220 degrees Celsius.
2. In a saucepan, combine the chicken, carrots, peas, and celery. Add water then cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In a saucepan over a medium heat, cook the onions in butter until soft and translucent. Stir in the flour, salt, pepper, and celery seed. Slowly stir in the chicken broth and milk and simmer over a low heat until thick. Remove from heat and set aside.



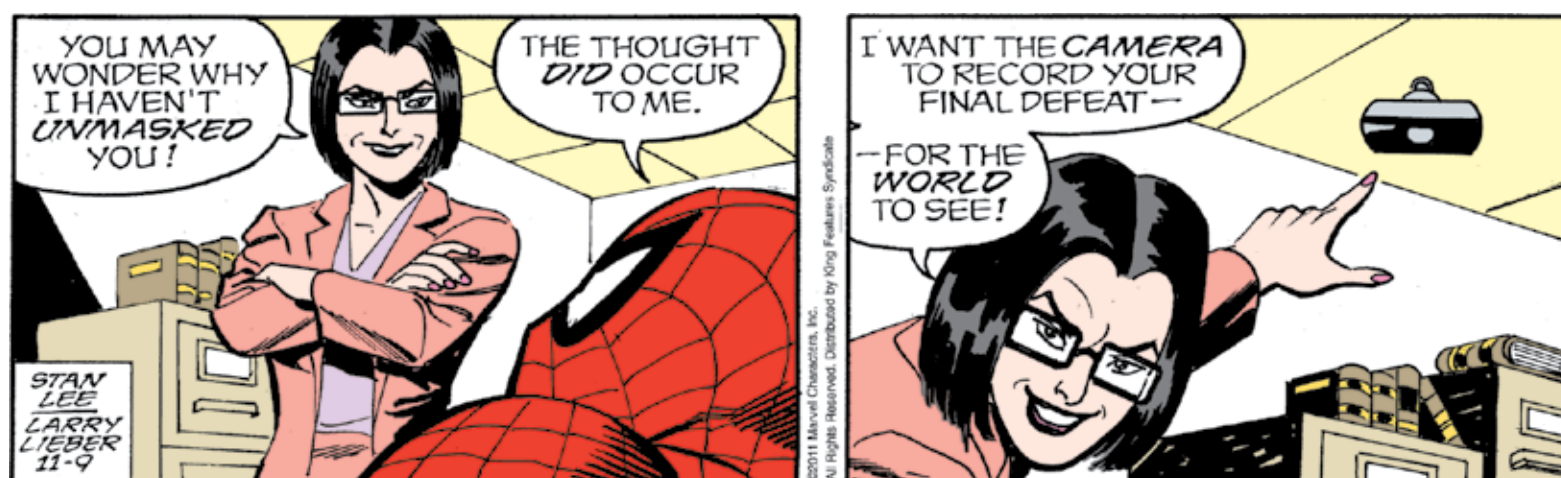
4. Place the chicken mixture in the bottom pie crust. Pour the liquid mixture over then cover with top crust, seal edges, and cut away excess dough. Make several small slits in the

top to allow any steam to escape.
5. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

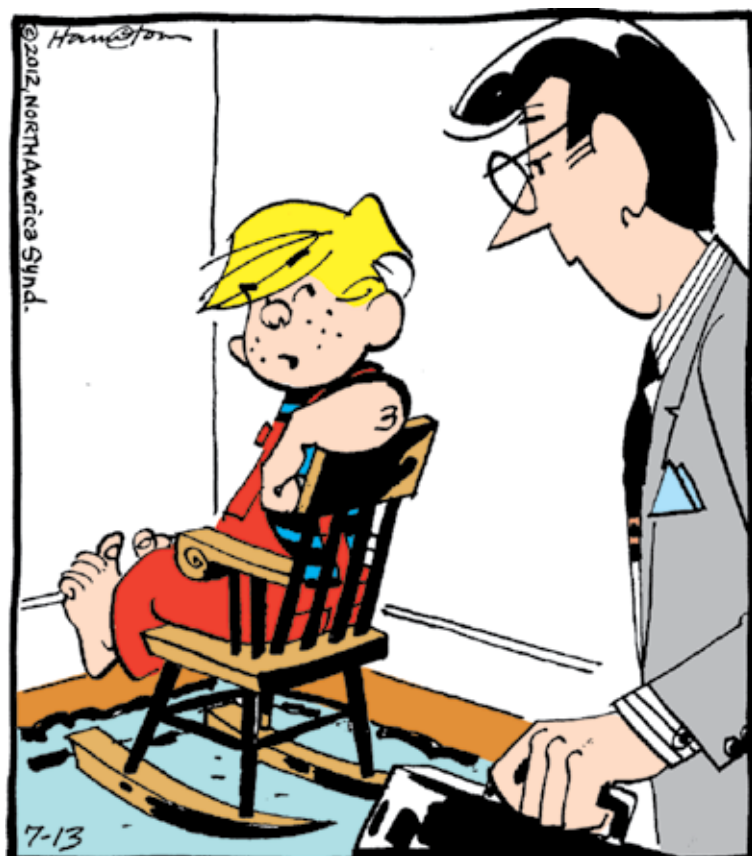
Henry



Spiderman



Dennis the menace



"DOES YOUR BOSS EVER MAKE YOU SIT IN THE CORNER?"

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Light slender boats	TV quiz, eg (4,4)	Work, occupation	Showy daisy	Transmitting machine	Open wooded country	Garden pest
			Timeless (3-3)			
Brown-capped mushroom	21st Greek letter	Charge duty on		Creases	Someone Like You singer	— Richie, Alfie in <i>EastEnders</i>
		Petrol with a tiger logo	Without delay (inits)	Try to find	Begins to tire	
Gardener's cutting tools				Unpaired (socks)		Dundee's river
Sibilant sound			Old measure of length		7th Greek letter	
Descend suddenly	Rescue			— Thomas, <i>Under Milk Wood</i> writer		
			Kefalos' island		Needle-hole	

Sudoku 1

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

Sudoku 2

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

ANSWERS



WHO'S THIS? ANSWER - RYAN GOSLING

Read.

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What's in your stars?

The *Read.* astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

You may have lost your usual control of the purse strings and spent too much money lately. But try not to worry about it too much—it's all been for a good cause and the situation is only temporary. The financial picture looks great for you in the months to come.



TAURUS

(APR 21 - MAY 21)

Generally you're a very sociable person, and this week you aren't likely to slow down. Invitations to parties continue to flood in. There may be too many to handle, so you might have to turn some of them down. Pick the most important and leave the rest.



GEMINI

(MAY 22 - JUN 21)

You and other members of your household might decide to do one more thorough house clean. Usually this would be a good idea, but it doesn't really need it, and you might work too hard and do too much. Do you really need to clean your closets out this week?



CANCER

(JUN 22 - JUL 23)

People may be making demands on your time. Some may have genuine concerns and need your assistance, but others have definite agendas that they really should deal with on their own. Use your intuition to tell the difference, because you can't help them all.



LEO

(JUL 24 - AUG 23)

A lot of creative work may need to be finished this week. It could be difficult to get it done because family members and guests could constantly come in and out and keep you from concentrating. The best course of action might be to find somewhere quiet.



VIRGO

(AUG 24 - SEP 23)

Don't plunge headfirst into work mode. Tasks and chores can wait for another time. This week's energies indicate that spending time with friends and family should be your main priority. Spend an afternoon doing activities with your kids or family.



LIBRA

(SEP 24 - OCT 23)

You may be too free with your money right now, Libra. You're usually careful with it, but the spirit of generosity and abundance is upon you. You're more inclined to be generous with those you care about, but you're also good at making money back.



SCORPIO

(OCT 24 - NOV 22)

You usually love to talk but right now you've reached your limit. You've attended a number of gatherings and talked to a lot of people over the past week or so, and now you want to sit quietly at home. If friends insist you go out with them, don't be afraid to say no.



SAGITTARIUS

(NOV 23 - DEC 21)

Have you been indulging in too many goodies, Sagittarius? You might feel under the weather because of all this abundance. You probably should take it easy and try to remember it's all about moderation—there are many other ways to indulge.



CAPRICORN

(DEC 22 - JAN 20)

It has been said that you can never have too many friends, but you might wonder if perhaps you do. One person after another will be soliciting you for advice and your famous shoulder to cry on. Be patient—one day you may need that person to be there for you.



AQUARIUS

(JAN 21 - FEB 19)

A public gathering could attract you and your family this week. Perhaps you will arrange to meet some friends there. You may feel good about being out and about with those you love, but you're likely to be tired by the end of the event so take it easy.



PISCES

(FEB 20 - MAR 20)

Phone calls and visits may be on the agenda this week. You might also have a few last-minute errands to run for other people. Nonetheless, your sense of excitement and enthusiasm will help you tolerate conditions that would normally be very frustrating.



This week's local weather

SUN



7th

HOT
HIGH 40C
LOW 31C
HUMIDITY 39%

MON



8th

HOT
HIGH 39C
LOW 31C
HUMIDITY 41%

TUE



9th

HOT
HIGH 41C
LOW 31C
HUMIDITY 40%

WED



10th

HOT
HIGH 40C
LOW 30C
HUMIDITY 41%

THU



11th

HOT
HIGH 40C
LOW 30C
HUMIDITY 43%

FRI



12th

HOT
HIGH 39C
LOW 31C
HUMIDITY 48%

SAT



13th

HOT
HIGH 40C
LOW 31C
HUMIDITY 42%

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