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NOVEMBER 11-17, 2012 | Issue 74

Read.

Happy
Islamic
New Year



FROM THE ABBEY

Following the huge success of period drama *Downton Abbey*, the fashion world has gone 1920s mad

WAVE BREAKER

Surfer biopic *Chasing Mavericks* suffers from slow pace, but is saved by stunning footage and a couple of solid performances



VANCOUVER OFFERS IT ALL



DESERT SURVIVAL

The dune-bashing season has begun, and desert visitors should know how to take proper precautions



Breathe easy

How to fight the breathing problems associated with air conditioning

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.

✉ FIRST IMPRESSIONS

I am currently visiting Dubai for the first time. So far I have found that the people are very friendly, the food is delicious, and the public transport is on time and cheap. I have spent time on different Dubai beaches and have found that they are all clean and safe. I want to share a picture (right) I have taken with others and would recommend to anyone that they visit Dubai. I will definitely be coming back!

Nancy Moallemi

✉ PUSHING PROBLEMS

I am an ardent Metro user and I think Dubai is lucky to have this wonderful facility. However, a recent event scared me. At Union Metro Station, there was a lady with a pushchair trying to get out of the carriage while another lady with a pushchair was pushing her way in. The first lady couldn't get out and the pushchair got jammed in the door, so another passenger had to



PHOTO BY NANCY MOALLEMI

force it open. The door got damaged and the train was delayed, but, hopefully, the baby wasn't hurt. It seems many people in Dubai aren't used to basic rules, like queuing or letting people get off the train first.

Latika

✉ MEETING ON THE METRO

During my first day in Dubai, while on the Metro, I met a gentleman who turned out to be the best-selling author, John Dolan, who is currently working here. Not only did he give me his seat, he also gave me a signed copy of his book. As you can imagine, this was a great start to my holiday. Thank you, Dubai Metro, for an unexpected and pleasurable encounter. I'm hoping I'll meet Dan Brown next!

Brenda Telford

Read. Poll

Is human activity responsible for global warming?

- Yes
- No
- No comment

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Should supermarkets stop giving out free non-biodegradable plastic bags?

Yes 79%
 No 21%

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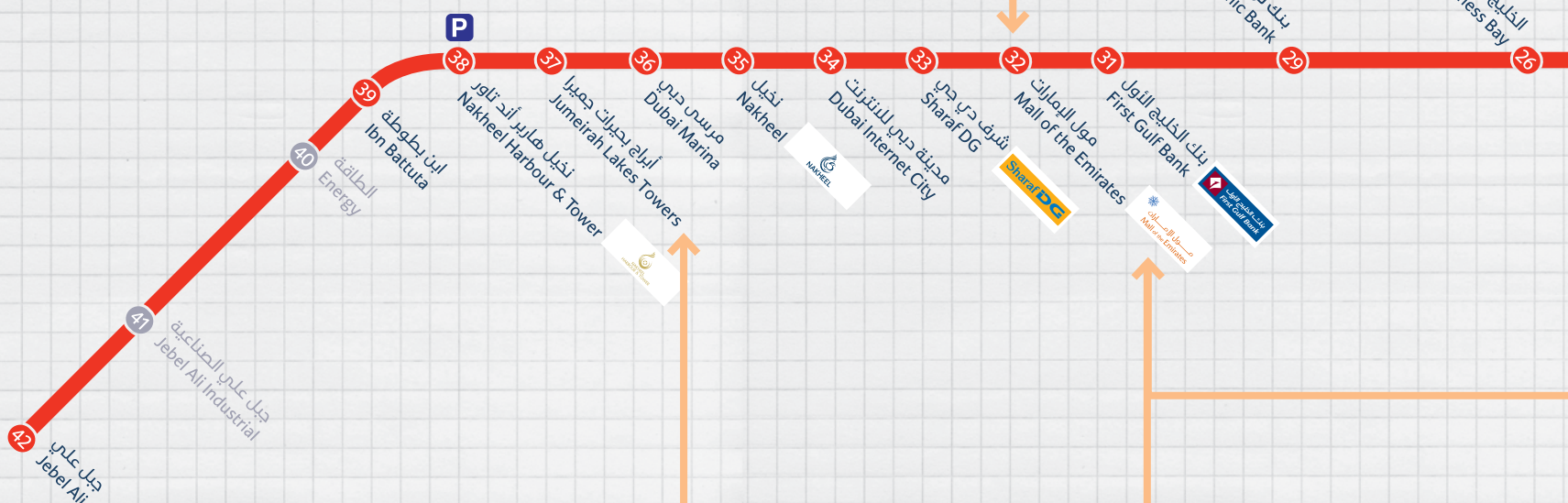
SUGUMARAN



Details on page 11

Station by station guide

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



Sweeney Todd auditions



NOVEMBER 16

DUCTAC, MALL OF THE EMIRATES

Spotlight Academy returns with the exciting musical thriller *Sweeney Todd*, which—like previous productions *Cats*, *West Side Story* and *Hairspray*—will give local performers the opportunity to work, rehearse and perform alongside leading theatrical stars. Auditions are open to anyone aged 12 and above, whether or not you have any previous experience. Successful auditionees will go on to take part in intensive theatre

workshops and rehearsals during March 2013, which will culminate in five public performances of *Sweeney Todd* in Ductac's Centrepoint Theatre.



Art workshops

ONGOING

ARSH ART GALLERY, INDIGO ICON TOWER, JLT

If the latest surge in art exhibitions across Dubai has inspired your creative side, perhaps you may find the perfect outlet at this local art gallery, where all levels are welcome to take part in workshops covering various techniques such as oil, water colour and acrylic painting. Courses are conducted by qualified and experienced teachers and give potential artists, from all walks of life and of all abilities, the opportunity to try out a new hobby, develop their talents or learn a new skill.

Sara Al Haddad residency



FROM NOVEMBER 12

GALLERY OF LIGHT, DUCTAC, MALL OF THE EMIRATES

Emirati artist Sara Al Haddad is the latest artist to take part in Ductac's residency programme, bringing her own unique style of art to the city. Using traditionally "female" hand-crafts such as knitting, crochet and embroidery, Al Haddad's self-investigative pieces often emphasise the monotony of domestic labour and explore traditional female experience. Now, the public are invited to interact with the artist as she works in an open-studio environment, creating pieces for an exhibition in the Gallery of Light throughout December.

TO FEATURE YOUR EVENT,
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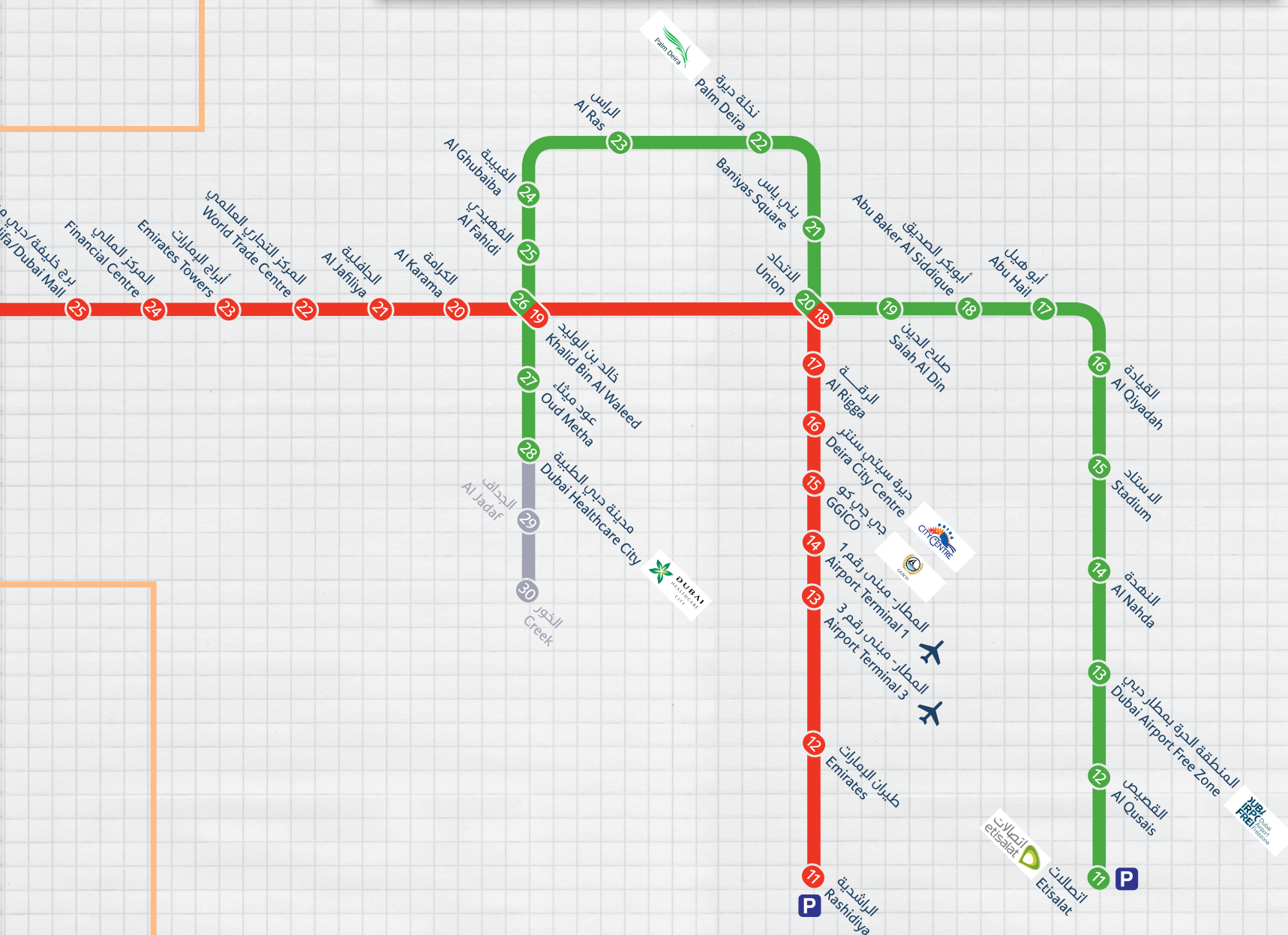




Ice Warrior Challenge III

NOVEMBER 16, SKI DUBAI

Ski Dubai's third annual Ice Warrior Challenge allows participants to compete in sub-zero conditions and snow covered terrain to overcome a customised obstacle course. Ice Warrior Challenge III will help raise money for the Beit Al Khair Society, and its efforts to provide humanitarian services for disadvantaged community members. The winner will receive a family stay at Kempinski hotel worth Dh50,000, with runners up being awarded Fitness First membership, spa vouchers and other exciting prizes. Participants will also receive Ice Warrior t-shirts and a goodie bag. To register, visit www.premiermarathons.com, and register for a fee of Dh250, which will be pledged to the Beit Al Khair Society. More details at www.skidxb.com



Penguin pair Abe and Sara descend on Dubai

On any given day, there is a lot happening in Dubai, with visitors from all over the world descending on the city and its myriad attractions. However, one pair of such visitors surely stand out! They are penguins - Abe and Sara - newly arrived in the city to visit their famous penguin relatives who are permanent residents at Ski Dubai. How Abe and Sara got to Dubai is an interesting story, complete with sorting out their long-haul flight arrangements with maverick Penguinese travel agent Audrey Heartburn, packing their suitcases with essential penguin food, doing some explaining at customs and getting out and about in Dubai. Follow the intrepid duo's ongoing adventure in Dubai, including their commute on Dubai Metro, taxi rides, visit to the beach, etc., by visiting www.skidubaipenguins.com or www.facebook.com/skidxb

What's happening this week on readme.ae?

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

Coming up this week



TODAY

Say you wanted to create a theme park called Egypt World, complete with an authentic reconstruction of the Great Pyramid. It's believed the Great Pyramid was built with the labour of 5,000, 20,000 or 100,000 people (depending on which expert is doing the estimate) over the course of 20 years or so. Would modern technology make the project any easier?



MONDAY

It's always been a dilemma for humans: how to move that super-heavy object to a new place. But people always manage to find a way, don't they? Find out the top 10 heaviest objects relocated by man.



TUESDAY

The draws of urban exploration can be tantalising: glimpses into architectural eras, cultures and industry gone and buried—sometimes literally. Here are 10 cities jam-packed with fascinating sites of urban decay.



WEDNESDAY

We live in a world of laws. Traffic laws regulate the manner in which we drive and criminal laws prohibit everything from fraud to embezzlement. But which laws are the most archaic?



THURSDAY

While the medical community advocates one thing, the exact opposite advice is easy to find. What are the most widely circulated misconceptions concerning drinking water?



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 are your opinions on China's approach to communism?

China is a country which boasts of huge power and economic background and I really admire it. The country has been undergoing with many changes and the leadership is one of them. To keep it a communist state is a good one and I'm not even a bit annoyed or sad with it.

—Mohammed Muzammil

Economically, China has established itself as an economic powerhouse and clearly their type of government has served them well. Though I think the powerful they get, the more ag-

gressive and relentless they become in pursuing things that doesn't rightfully belong to them.

—Ferdie Salas Santiago Jr.

Which policies do you think won the US Presidential Election?

Almost all elections are in large part a popularity contest. If I were to run for an office, my family would support me regardless of whether or not



US PRESIDENT BARACK OBAMA

I was qualified. It's often the same in almost any election.

—Nouman Owaize

US needs a Leader who is selfless, and not selfish. A president who loves God and his country more than himself. I know that one nation will arise if one leader stands and everyone follows them. Because whoever stands in that position without the unity of his people will never be effective.

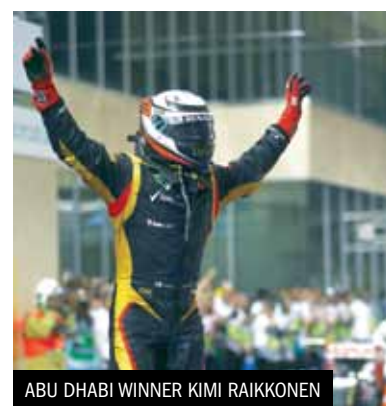
—Herdy Villabroza Hervera

Which driver did you want to see win the Abu Dhabi Grand Prix?

Again I want to see my favorite Sebastian Vettel speed Red Bull to the constructor's title.

—Tabish Jamal

Viva Alonso! The Spanish samurai. He's eagerness and perseverance



ABU DHABI WINNER KIMI RAIKKONEN

needs to pay off!

—Danz de Asis

Again for Fernando Alonso...he did his best.

—Czar Johnlloyd Alde Portugal

Maybe this year will be for the last year's next best thing, Alonso!

—Clen David



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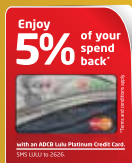
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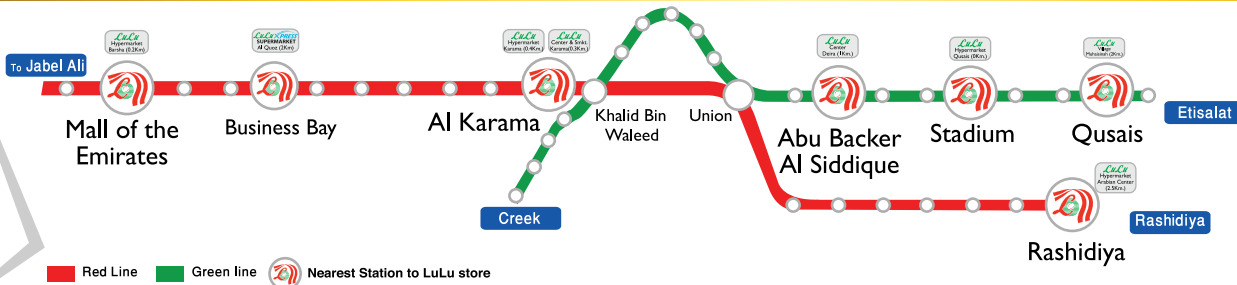
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LuLu by Metro



Arabian Centre gets funky

The opening of Funky Lanes bowling centre brings ultra-modern indoor family entertainment to shopping mall.

LAUNCH

Lals Group, a leading enterprise for malls and retail brands, recently inaugurated the family entertainment facility, Funky Lanes, a state-of-the-art bowling centre at Arabian Centre. Spread across 15,000 square feet, Funky Lanes is an ultra-modern indoor bowling centre that is designed and equipped with 10 Brunswick lanes, glitzy glowing balls and pins, advanced Hodge screens displaying sports and video clips and hi-tech laser light and sound systems.

The new bowling centre was inaugurated by Tim Jones, Chief Operating Officer of Arabian Centre and Lamcy Plaza, who was joined by key officials from Lals Group and other guests.

Funky Lanes is the most modern and unique bowling facility to open in the UAE for years and its opening has been fuelled by the growing



TIM JONES INAUGURATES FUNKY LANES

interest of bowling aficionados in the country. The indoor entertainment centre also offers a billiards lounge with five state-of-the-art billiard tables, an arcade games zone with an exciting selection of popular games, a private party room equipped with music, lights and multimedia facilities and a juice bar and coffee concept; serving as an ultimate entertainment destination.

Jones said at the launch, "We are very pleased to introduce Funky Lanes, the latest technology driven bowling centre. Funky Lanes is much more than a bowling centre. It is a world-class bowling facility equipped with the latest technologies. It not only offers an enjoyable bowling experience but also lets our guests indulge in exciting leisure amenities. Strategically located at Arabian Centre, Funky Lanes offers a fun-filled environment for the whole family."

The Secret Keeper

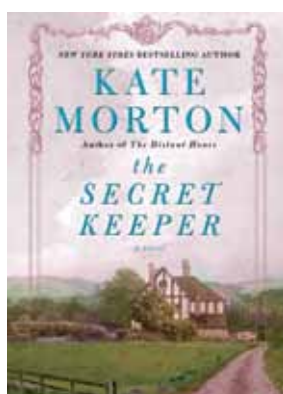
By Kate Morton

BOOKS

During a party at her family's farm, teenager Laurel Nicolson escapes from the crowd by hiding out in her childhood tree house. While she is happily daydreaming in her own secret little hideaway, she spots an unknown man making his way up the long and winding path towards the house, who—when he finally reaches the farm—demands to speak to Laurel's mum, Dorothy.

Now, fifty years later, Laurel is a successful actress living in London. However, she has never been able to shake what happened after the

stranger arrived that fateful day at the farm, the day she witnessed a shocking crime that challenged everything she thought she knew about her family and her adoring mother.



Spanning the decades from pre-WWII to the swinging 'Sixties to create an intriguing and poignant backdrop, internationally best-selling author Kate Morton has created a thought-provoking tale of three strangers, who meet by chance but—thanks to an abundance of dreams, love, decep-

tion, mystery and fate—will forever be entwined in each other's lives.

If you like this, you could try...

The Round House by Louise Erdrich

In 1988, a woman is attacked. Traumatized by her ordeal, Geraldine Coutts blocks out any help from the police, her husband, or her teenage son, Joe. As his mother slips into her own world, Joe finds himself increasingly alone and forced into an adult existence that he is by no means ready for.

One Direction

Artist Take Me Home Label Columbia ★★★★★

ALBUM

After what only seems like five minutes since their debut album was released, the One Direction boys are back with their second offering, which seems to firmly adhere to the saying, "If it's not broke, don't fix it".

Nursery rhyme-like melodies and fun-loving lyrics make up the winning combination when it comes to keeping the band's fans—known as 'directioners'—happy, and the people pulling the strings in the background aren't going to risk straying too far from that formula.

The first single, *Live While We're Young*, provides the perfect pop party anthem, with a carefree chorus that was designed to sing along to, even if the opening guitar riff is a carbon copy of The Clash's *Should I Stay Or Should I Go?* However, there are more credible songs on the album, with *Little Things* and *Over Again* penned by none other than songwriter du jour, Ed Sheeran.

While One Direction do occasionally show mild glimmers of breaking the boy-band mould—shockingly, they don't do synchronised dance routines—their music is simply paint-by-numbers pop, designed to worm its way into the brains of teenage girls and stay put. Unfortunately, there is no bypass switch to make adults immune to this effect, so it seems the only way to make it through the craze alive is to just sit back and enjoy the ride. Now, where did we put our One Direction t-shirt?



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Go pro

When we think of bacteria we think of creepy, crawling germs. However, 'good' bacteria have an important role to play in keeping our bodies healthy.

Our digestive system normally has what we would call 'good' bacteria, also known as probiotics and 'bad' bacteria. Maintaining the correct balance between the two is necessary for optimal health. Probiotics are a type of living bacteria that can actually benefit your health.

This friendly bacteria, located in the gastrointestinal tract, comes in a variety of forms. Probiotics actively produce antibacterial substances which help to kill and deactivate hostile pathogenic bacteria. They do this by changing the intestinal level of acidity by depriving the disease causing pathogen of nutrients.

This group of friendly bacteria can be found in most cheeses, yoghurts and certain types of milk, and will help you stay healthy in many ways. Good bacteria is necessary to help boost the immune system and protect against micro-organisms that can cause illness and infection. These live cultures also help keep the



Probiotics in foods

You can incorporate a number of probiotic foods into your diet:

- 1.** Yoghurt is probably the best-known healthy bacteria food of all. Look for low-sugar yoghurts containing lactobacillus, bifidus and acidophilus.
- 2.** Fermented dairy products, such as kefir, buttermilk and goat's cheese (as long as they contain live cultures) can also provide friendly bacteria.
- 3.** Some pickled foods, like kimchi and sauerkraut (fermented cabbage), contain active cultures that can aid gut health.
- 4.** Miso paste (a seasoning paste made from fermented soybeans).
- 5.** Tempeh (fermented beans).
- 6.** Other foods may claim to provide probiotics, including cereal, juice, frozen yoghurt, granola and cookies. While they may contain probiotics, there is no guarantee they contain the right amount or in the correct form to provide you with the health benefits you're looking for.

digestive tract in order, by destroying any harmful bacteria in the gut.

With over 400 different bacteria living in the human gastrointestinal tract, the most common forms of intestinal probiotics are L.acidophilus and Bifidobacteria bifidum. These bacteria act as balancing agents for non-friendly gut bacteria such as Candida or E. coli.

With friendly bacteria's help, many digestive illnesses can be prevented, so try to include them as part of an overall healthy eating plan.

The science

For a microbe to be considered a probiotic, the microbe must be alive when administered, must be documented to have a health benefit, and it must be administered at levels to confer a health benefit. Probiotics are living micro-organisms that will not provide the promised benefits if they are no longer live when consumed.

Health benefits of probiotics

- Can enhance immune system response
- Can reduce the negative effects of taking too many or different types of antibiotics
- Aids in preventing and treating colon inflammation following surgery
- Could help to prevent eczema in youth
- Therapeutic for some viral respiratory tract infections by enhancing the body's overall immune system
- Reduces lactose intolerance
- Increases the ability to synthesise vitamin B
- Increases the body's ability to absorb calcium
- Promotes anti-tumour and anti-cancer activity in the body
- Aids the digestive system
- Enhances absorption of nutrients from food
- Protects the gut wall against harmful bacteria that can cause 'leaky gut', which allows pathogens to break through the gut wall and cause havoc in the body
- Keeps your gut clean

Metro Classifieds

JOBS AVAILABLE

Leading company in Business Bay urgently requires an experienced candidate in 3D studio max V-Ray, after effects and PhotoShop. Gender/nationality/visa not specific. Should be fluent in English. Part/full-time position. Salary depends on experience. Fax CV to 0400000000/call 0400000000.

Media direct sales executive wanted urgently for door to door sales in Dubai. Must have print media experience of at least 2 years. Must have own car. Indian preferred. Salary Dh 5-7k. Email CV to dxbhunt@gmail.com.

Bus driver required for a full-time job at a company in Dubai. Should have minimum 1 yr experience. Fax CV to 0400000000.

Insurance sales executives required for a company in Dubai. Salary + attractive commissions + employment visa will be provided. Send CV to 123@gmail.com.

Secretary cum accountant urgently required for a reputed software marketing company. Females only. Should be experienced with good communication skills. English/Hindi/Arabic fluency is a must. Email CV to 123@gmail.com.

JOBS WANTED

Indian male, BCom graduate seeks job as a storekeeper. 9 yrs experience in similar and other fields. Email dxbhunt@gmail.com./Call 0500000000.

Keralite male, 32, currently working as office administrator seeks part-time job. 5 yrs UAE experience as project administrator. Holds UAE D/L. Proficient in preparing letters, memos, etc. Call 0500000000.

Professional driver seeks full-time job. 12 yrs Gulf experience. Call 0550000000.

Pakistani male, web designer, seeks full-time job. Key skills are PHP, HTML, CMS, JQuery. Email 123@gmail.com./Call 0560000000.

Indian male seeks full-time job as an elderly caretaker. Experienced. Fluent in Arabic, English, Hindi. Call 0500000000.

Pakistani male, MCS, seeks full-time job. 8 yrs Gulf experience in IT sales & marketing. Call 0520000000/email 123@gmail.com.

AUTOS

Mercedes S320, 1997 model for sale. Driven for 170,000km. In excellent condition. No flaws at all. Very reliable. Call 0500000000.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, in excellent condition. Call 0500000000.

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THE WEEKLY

EXCLUSIVELY ON THE DUBAI METRO

The sky's the limit

Aside from the miracle of flight itself, air travel means harnessing all kinds of state-of-the-art technologies.

The majority of people take air travel for granted these days. We hop from country to country without even so much as a thought for how it all happens. But while the major technological miracle—the fact that a plane can get into the air and carry hundreds of people thousands of miles—is obvious to anyone, the technology behind taking a flight, from check-in to landing, is non-stop.

CHECK IT OUT

Nowadays, many people will choose to check in online and print their own boarding pass. However, even this is becoming outdated for many modern travellers. Now, QR code technology is available on many airlines, which allows you to scan a QR code on your smartphone at various security checkpoints. This unique code is sent once you have checked in online and can be refreshed electronically to display any new information—perfect for busy business travellers.

WHO ARE YOU?

A quick glance at a passport just isn't enough, and the buzzword in airport security these days is biometrics. Biometrics essentially means checking fingerprints, retinal scans and facial patterns, using complex computer

systems to determine if someone is who they say they are.

A new system in the US called CAPPS II (Computer Assisted Passenger Prescreening System) has been designed to help with this process, by requiring more personal information from travellers when they book a flight. In turn, this leads to a risk assessment of no risk, unknown risk, elevated risk, or high risk. Passengers considered risky will be screened further, while the average traveller will find it quicker and easier to move through airports.

A LOOK INSIDE

All public access to an airport begins at the terminal, where every person must walk through a metal detector and all handheld items must be passed through an X-ray machine. Almost all airport metal detectors are based on pulse induction (PI), whereby powerful pulses of current generate a brief magnetic field and can detect any metal items on the person passing through the machine.

While you are stepping through the metal detector, your hand luggage will be passing through a separate X-ray system, which uses stronger electromagnetic waves that can penetrate many different materials. This then projects an image onto a screen, which allows airport staff to monitor what people are carrying.

Items show up on the screen in different colours according to whether they are organic, inorganic, or metal.

A BAG'S LIFE

When you hand your bag over, the airline attendant (or yourself, if you've already checked in online) will

“QR code technology is available on many airlines, which allows you to scan a QR code on your smartphone at various security checkpoints.”

attach a tag that has a unique barcode and your destination printed on it. Your newly tagged luggage then begins its journey along a network of conveyor belts, through multiple screening devices to ensure it doesn't pose any threat to the flight. Assuming that nothing triggers any alarms along the way, your luggage is then transferred to the correct holding area for your flight, where it patiently waits to be loaded.

DINNER TIME

While you may not be able to order a medium-rare steak in the basic economy cabin just yet, changes are



MOST AIRPORT METAL DETECTORS ARE BASED ON PULSE INDUCTION

starting to filter through—even a small upgrade to a premium economy ticket can see a vast improvement in meal options as airlines use any means they can to lure people onto their planes. Technology also plays a big role, as improvements in on-board cooking facilities has expanded the range of food airlines are able to serve. A range of Boeing 777s, for example, have new oven technology that allows food to be cooked from scratch rather than simply reheated, while some airlines have also introduced a digital, in-seat meal ordering service, which allows passengers in all cabins the option to use their in-flight entertainment system to browse a menu of drinks and snacks, then order from their seat.

TOILET TROUBLES

It's one of those questions that everyone has probably wondered: where does the waste go? It's quite simple, really. An aeroplane toilet uses a vacuum system to work—a system you've probably noticed due to the deafening noise it makes when you flush—which sucks the waste into a tank that is then properly emptied and disposed of by a sanitisation crew at the airport. Contrary to urban legend, aeroplanes do not dump a frozen block of waste mid-flight—in fact, this would be impossible as the lever to open the tank is located on the outside of the plane. ●

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NEWS ON WHEELS

Juma Al Majid wins gold medal

A service advisor from Juma Al Majid Est. (Hyundai Service - Ras Al Khor) recently won a gold medal at the first Hyundai Service Advisor Championship that was held in Seoul, South Korea. The global championship, held from October 23-26, 2012, witnessed the participation of 62 service advisors and 42 supervisors from Hyundai dealerships in 44 countries.

The aim of the competition was to encourage Hyundai service advisors to improve their service skills and share their experience in order to provide optimum customer satisfaction. The competition was divided into two parts, written and practical test, with the Juma Al Majid Est. representative topping the



practical component and earning him the gold medal, a trophy and a monetary prize.

Abdul Rahim Jabara, General Manager of the After Sales department, Juma Al Majid Est. Hyundai UAE, said, "This achievement shows the world-class capabilities of Juma Al Majid Est. service staff and the effective training they receive from company programmes. We hope this international victory will motivate all our service advisors to excel in their profession and to be the next representative to bring home the award from upcoming service advisor contests."

He added, "Receiving this award definitely reflecting the efficiency of our technical cadres through providing optimum services to Hyundai customers in the UAE."

Take to the sand



How to ensure a safe trip through the UAE's stunning deserts, which can be dangerous for the unprepared.

One of the great things about living in the UAE is being able to head off into the desert and enjoy the great outdoors.

The country is blessed with plenty of stunning dunes and mountains, which are perfect for exploring and having an adventure.

But with every plus there's a minus. If you don't know what you are doing, it's very easy for a fun trip to turn into a nightmare. Luckily, there are a few simple rules to follow that will help to keep you safe.

The main rule to off-roading is to never go alone. If you get stuck, you'll need a second car to pull you out. If you're on your own, it might be a long time before you can get hold of someone. Most off-road problems begin with a car that either went to the desert alone or became separated from its party.

Make sure someone in your party has experience of driving in the desert. If everyone is a beginner, there's no one to take charge when someone gets into a sticky situation and you can end up with everyone



TAKE PLENTY OF WATER ON THE TRIP

getting into bother. It's also a good idea to let someone know roughly where you are going and when you expect to be back.

Also, always make sure that you have a phone with a car charger. If you break down or get stuck, you'll need to be able to contact your party, someone at home or the authorities to come and rescue you.

You'll also need a spade to dig yourself out when (not if) you get stuck. A pair of work gloves are also a good idea, as both the sand and the car can get very hot to touch, even in the winter.

Finally, the big one that almost everyone forgets is to take plenty of water with you. If the car breaks

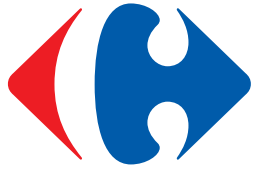
down, you'll have no AC and even in the winter, the desert heat can very quickly dehydrate you.

Stick a box of water bottles in the car, as you're bound to have space. You can always take the water home if you don't use it. Plus, if the car overheats from the strain of climbing the dunes, you can use some of it to top up the radiator.

The main rule is to think and never underestimate the desert. It may look like a big playground, but you can easily get into serious difficulty.

But with a bit of pre-planning and by following a few simple rules, you can enjoy the thrill of getting off the beaten track and exploring the amazing scenery of the UAE. ●

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+ عصير مانغو اللز

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+ mango drink 1L



3 10.00

فواكه مشكلية (ديلمونتي) ٢٢٧ غرام

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3 10.00

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Living in a hot climate, the thought of life without an air conditioning unit is out of the question. Most of us enjoy the coolness in the unbearable heat, but is there something more to AC than providing relief in the heat? Like most inventions, air conditioning is not without its risks.

More often than not, you will hear people complaining that the air conditioning made them ill. Studies have revealed that people who work within office buildings, with a central air conditioning system, report, on average, more illness than those with natural ventilation.

Many experts say that AC systems spread contaminants into the indoor air, that AC has a drying effect on skin and that it leads to hoarseness and throat irritation. If you spend long hours in an air-conditioned room or office, your skin will suffer from loss of moisture. Without adequate protection, the dryness can persist and start affecting the inner

layer of the skin. Therefore, indoor air pollutants might be greater than contaminated air outside. As people spend a majority of their time indoors, this increases risk factors for people with respiratory problems and cardiovascular disease.

Moisture in AC and humidification systems results in microbiological exposures that cause health effects through mechanisms that are irritant, toxic, or allergic. Two main causes of air conditioner-related sicknesses are unnatural coldness and mould. Runny noses and other flu-type symptoms are natural responses to unnatural coldness such as air conditioners. It is not just a matter of temperature, air condition-

“Studies have revealed that people who work within office buildings report, on average, more illnesses.”

The chill factor

Life in the region would be unbearable without air conditioning, but what about the health risks?

ing units are not generally fitted with a humidifying function. This causes the air to be very dry, which, in turn, causes the lining of the nose and mouth to become dry and cracked, leading to nose bleeds.

THE RISKS

So what are the risks of using air conditioning units?

- Sudden changes in temperature and humidity can affect the respiratory system.
- Many units have a drying effect on skin and mucous membranes.
- Units add to ambient noise, contributing to noise pollution.
- The air circulation can transmit infectious respiratory diseases.
- Airborne dust and fungi can cause allergic reactions.
- Air conditioning is associated with chronic rhinitis and pharyngitis, throat irritation and hoarseness.
- Air conditioning can exacerbate eye conditions such as conjunctivitis as well as causing problems for contact lens wearers.

Good ventilation is probably the single most important step you can take toward making your home healthier. For the most part, the air you breathe while you're inside isn't nearly as clean as the air you breathe while you're outside.

SUDDEN CHANGES IN TEMPERATURE CAN AFFECT THE RESPIRATORY SYSTEM



Tips for cleaner air in your home

- The single most effective way to keep the air in your home healthy is to keep things that cause air pollution out of the home, including cigarette smoke, excess moisture and chemicals.
- Radon is the leading cause of lung cancer in non-smokers and the second main cause of lung cancer. Scientists estimate that radon causes thousands of deaths annually. Radon is an odourless, invisible gas that occurs naturally in soil and rock and can only be detected through testing. Protect yourself and your family and get your home tested for radon.
- Paints release trace amounts of gases for months after application, even though they appear to be fully dried and the smell is gone. These gases are called VOCs, or volatile organic compounds, and can include highly toxic chemicals such as formaldehyde and acetaldehyde.

Use low-VOC paints, varnishes, waxes and other chemicals, or try paints that contain no VOCs at all. If painting indoors, open the windows and use exhaust fans to remove any excess gases. Do not store open paint containers indoors.

- Rain (as rare as it is in the UAE) and high humidity can bring moisture indoors, creating dampness, mould and mildew, which are big problems for healthy indoor air. Check your roof and foundations once a year to catch leaks or moisture problems, and route water away from your home's foundations. Fix problems as quickly as possible to prevent unhealthy dampness from entering your home.

- Consumer products can produce harmful air pollution indoors. Hair and nail products, cleaning products, art and hobby supplies and other common products can increase the levels of VOCs. Look for products which are marked "low VOC" and be sure to open windows and use exhaust fans when using these products.

- Properly ventilating

your home is one of the best ways to protect and improve air quality. Normal daily household activities including cooking, washing and even breathing produce water vapour, so having adequate ventilation is essential in order to remove moisture from the air. But there are a couple of dehumidifying tricks that can work wonders to keep the humidity in your home below the 50 per cent mark. Installing and running exhaust fans in bathrooms can remove unhealthy moisture and odours from your home. And making sure that vents exhaust air outdoors, and not into other parts of your home, will also help.



USE LOW-VOC PAINT

Happy Diwali!

Make the most of the festive season with some of these delightful Diwali gift ideas available around the city.

Watch TV anywhere

Stuck for the ideal gift for a gizmo-loving relative or friend? Why not surprise them with the new @TV Plus by belkin? The clever device allows you to watch live or recorded TV on a tablet, mobile device or laptop anywhere in the world. You can also watch and control all home TV channels and even record live TV directly to the unit. @TV Plus works by streaming the signal from a digital TV to up to eight different devices simultaneously via Wi-Fi. @TV Plus is available at select electronic stores in the UAE.



Damas lights up workers' Diwali

Damas recently sponsored a Diwali celebration for more than 200 workers in Dubai. The workers' housing area was decorated festively with candles and colourful fabrics to help them enjoy the spirit of the festival of lights. Damas employees also volunteered their time to distribute hot meals and gifts to the delighted workers.

Damas' Diwali collection, consisting of more than 40 specially-crafted jewellery designs, is available at selected Damas stores. The collection is backed by an exciting campaign starring new Damas brand ambassador, Bollywood starlet Esha Gupta, seen wearing the new Ananya necklace and earrings (Dh21,990).



Beautiful and luxurious

Victoria's Secret Seduction is an exclusive new fragrance collection – eau de parfum, fragrance lotion, fragrance mist – that is designed to mesmerise the senses. Comprising dark orchid, infused with sultry warmth, this is a signature blend of midnight orchid, crushed plum and oud wood. Spray on to wrap skin in dark luxury and for longer-lasting fragrance, layer with Victoria's Secret Seduction Fragrance Lotion.



Go glam with ICONIC

Take a page out of the new ICONIC winter 2012 collection with this opulent ensemble, featuring gorgeous shades of blue and green

blended together for a unique skirt and trouser combination. The outfit is complemented by a striking necklace over a white, embellished collared blouse and a luxurious jacket. Add a brilliant blue box clutch and strappy blue heels to complete the Diwali look. Top (Dh120), jacket (Dh160), skirt (Dh120), trouser (Dh120), clutch (Dh70), earrings (Dh25), bracelet (Dh30), necklace (Dh60), shoes (Dh225). Available at all ICONIC stores.



Modern man

Getting a man to look smart and stylish comes easy with polo shirts from Sacoor Brothers. A must have for a casual evening out—or to the office on a Thursday—these shirts (from Dh345) come in trendy colours and prints. Sacoor Brothers stores are located at The Dubai Mall, Dubai Marina Mall, Mall of the Emirates, Deira City Centre, Dubai Outlet Mall, Dubai Festival City, Ibn Battuta Mall, Mirdif City Centre and Mercato Mall.



Step out with Paris Hilton

Make an impression this Diwali with the new du jour line of watches by Paris Hilton. The chic dazzers are the perfect posers to shine-on by day and by night. Inspired by the heiress herself, the plush soiree of watches is a sparkling reality of brilliance glazed with bedazzles of Swarovski. The watch collection is available at select Paris Gallery and Beauty Bay outlets.

Dream on with diptyque

If Diwali is the festival of lights then the new Volutes perfume from diptyque is undoubtedly the festival of fragrance. Volutes comprises an absolute, intense and bold tobacco with an Amsterdamer note, with accents of wax, honey and dried fruit. All the facets—fruity, floral, aromatic and spicy—have been worked to release richness and accentuate the base. The Volutes range is available at the diptyque store at The Dubai Mall: 50ml eau de toilette (Dh340), 100ml eau de toilette (Dh450), 75ml eau de parfum (Dh525).



Get red carpet ready at home

Late for a Diwali celebration and the nearest salon already closed? Red Carpet Manicure comes to the rescue with its new at-home solution to all your nail worries. The LED gel polish manicure and pedicure system brings the professional salon experience to your home with a simple and effective application that is ready within minutes. The Red Carpet gel manicure and pedicure are applied in three simple steps: preparation, care and colour, and finish. The full Red Carpet Manicure system costs Dh370 for the Portable LED Kit and Dh590 for the Professional LED Kit, with each kit lasting approximately 35 applications. Red Carpet Manicure is available at Sephora, The Dubai Mall and online at www.redcarpetmanicureuae.com.



Allure of Zahee

Ajmal Perfume has launched its new Zahee fragrance just in time for Diwali. This concentrated perfume radiates the aromatic essence of galbanum and bergamot to provide a fresh green top note, followed by jasmine, rose and patchouli to give the fragrance a floral, woody heart. It ends perfectly with notes of musk, vetiver and sandalwood. Packaged in an opulent textured red and black outer box, Zahee is available as an 18ml concentrated fragrance, which can be found at all Ajmal showrooms for Dh165.



Perfect festive furnishing from Homes r Us

Homes r Us has unveiled a wide selection of home furniture and furnishings that is perfect for this festive season. The new range includes ethnic, modern and traditional designs to suit every taste. So whether it's the novelty collection of beautiful living room sets or the range of traditional inspired home décor items, Homes r Us is the place to get that unique Diwali gift for your home.



Downtown Downton

With the global success of popular British TV show **Downton Abbey**, fashionistas are scrambling for all things 1920s. Think fabulous flapper dresses or demure ruffled blouses and you're on your way to being the lady of the manor.



THE LADIES OF DOWNTON ABBEY



DEBENHAMS



MONSOON



RIVER ISLAND



LOUIS VUITTON



RALPH LAUREN

Her



LOUIS VUITTON

Dress for Downton

We love a good costume drama that pushes all our buttons—especially the fashion ones. Look to the 1920s for fashion inspiration this season, whether it's chic daywear or dressed-up sparkle for evenings. For the ladies, it's elegance all the way, so forget jeans and t-shirts and channel your inner aristocrat with Edwardian inspired outfits. Drop-waisted silhouettes and pearls have ruled the autumn runways and now it's time to release your inner flapper girl.

A man's world

Pay homage to the 1920s without donning a beaded dress by taking inspiration from the menswear of the day. Opt for a pinstripe suit in the style of Ralph Lauren and accessorise the look with a chic hat and chunky boots. Donning an oversized coat is a more practical way to indulge in the era, and, if you want to channel the gangster look, add a newsboy cap to complete the outfit perfectly.



All that jazz

A beaded or fringed drop-waist dress can easily be modernised by the shoes and accessories you choose. Channel the jazz age fascination with all things exotic and look out for oriental embroidery and shrug evening jackets. Velvets, brocades and fur make the perfect choice of material for evening wear, whether in capes or shawls. Fur trims should be oversized for the perfect 1920s style and look great with a jewelled brooch pinned in the centre.



Keeping up with the catwalk

Recent collections from top designers, such as Louis Vuitton and Ralph Lauren, are reminiscent of the early 20th century. Featuring long silk gloves, oversized hats and fur detailing, these designers are right on the mark for 1920s fashion. Accessories are the key to achieving this retro look—add an embellished clutch bag or sparkly kitten heels for immaculate ladylike style.



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FESTIVE FOCUS

Happy Diwali from Aishwarya Rai Bachchan



Longines Ambassadors of Elegance, Aishwarya Rai Bachchan wishes everyone a very Happy Diwali.

Aishwarya Rai Bachchan has been the Longines Ambassador of Elegance for 13 years and effortlessly carries the elegance and persona of the brand forward.

In a special Diwali photo shoot, she portrays the tradition and heritage of both Longines, with a beautiful timepiece of the Longines Saint-Imier collection, and the colours and aura of the festival of lights.

The Longines Saint-Imier collection comprises classical and contemporary design in its exceptional timepieces. Inspired by the origins

of Longines' watchmaking tradition, all models are fitted with mechanical movements. Each watch can be elegantly worn for any occasion.

The Saint-Imier 26mm diameter steel and rose gold watch is available with a white mother-of-pearl dial and is set with 60 diamonds.



The dapper gent

Edwardian-style trends featured on all the autumn runways. Think double-breasted suits, waistcoats and tailored jackets and you're on the right track. We mentioned military fashion last week and you can most certainly follow that trend through to the 1920s gentleman. From dinner jackets to cord trousers and tweed blazers, channel your inner gent with this British heritage style.

Burgeoning BC beauty

In its 150 years, Vancouver, in the province of British Columbia, has grown into a cosmopolitan city nestled in the great outdoors.

Kayakers bobble past, waving at friends on the beach. A floatplane shimmies over the park, diving to its watery landing strip. A chattering hubbub bounces off the gleaming glass towers that forest the city like latter-day totems.

When the Olympic Winter Games rolled into town in 2010, there was no shortage of jaw-dropping visuals, instantly inspiring people around the world to check out Canada's immigration procedures.

Vancouver is, after all, one of the cities that routinely tops those lists of the world's greatest places to live. But beyond the breathtaking, snow-capped crags, city-hugging beaches and dense, waterfront forests, lies a comparatively young metropolis that's still attempting to discover its true identity.

Founded inauspiciously in a pub, Vancouver has come a long way since loquacious English bartender "Gassy" Jack Deighton floated ashore atop a barrel in 1867. But in a settlement younger than most people's great-grandparents, the notion of Parisian-style opera houses and ruined Coliseums is as foreign as penguins in the arctic. Instead, Vancouver is a city that looks toward the future. What it lacks in storybook history, it certainly makes up for in vision and foresight.

Conceived from a blank canvas (the area was thick rainforest until the 1880s), the city, like Haussmann's Paris before it, has put aesthetics at the centre of its urban experiment. It remains the only metro-area in North America without ugly concrete freeways running through



its central core, while its salubrious green spaces—most notably Stanley Park—express an unusual chemistry between man and the natural environment around him.

Yet perhaps the most understated of Vancouver's city-of-the-moment credentials is its underlying inclusiveness. Patriotic Londoners might brag effusively about the cosmopolitanism of the British capital, but the stomping ground of Dickens and Conan-Doyle is a wholly English creation rooted in its past. Vancouver, on the other hand, doesn't belong to anyone. Go back two generations and everyone here is an immigrant. The notion of race is a non-issue in a metropolis that has become a model microcosm of an increasingly globalised world.

Granville Island, although not a real island—rather a tiny peninsula beneath the Granville Street Bridge—is a bustling marketplace overlooking False Creek and the downtown Vancouver skyline and bridges, home to the popular Granville Island Public Market. There are also boat yards, art galleries and art studios, including the local art school, the Emily Carr University of Art and Design. Add to this the independent theatres, restaurants, cafés and whimsical artisan boutiques, and it's easy to see why Granville Island attracts plenty of visitors and locals alike.

Covering the city's main outdoor areas, museum and gallery attractions will certainly keep you busy for a few days. After that, it's highly advisable to start digging beneath the surface to find out what really makes this laid-back lotusland tick. You'll discover that the "real Vancouver" is in the clamorous Commercial Drive coffee shops, the hipster hangouts of SoMa, the happy-go-lucky streets of the West End, the kaleidoscopic thoroughfares of Chinatown and the historic, re-invigorated old streets of Gastown, where that original pub once stood.

But that's not to say a venture beyond the city limits will bring up nothing more than wasteland. Located just north of Vancouver, Garibaldi Provincial Park offers the more energetic visitor nearly 500,000 acres of scenic wilderness ideal for hiking and camping.

Vancouver's climate is the mildest in Canada, averaging 20C in summer and 2C in winter. But you don't hear much about that accolade. Instead, you hear about the rain. Yes, bucketloads of it fall, especially in winter (January, February and March). In the mountains, a mere 20 minutes away, this translates into snow for excellent skiing. The official number for snowfall is 116 centimetres every year, making the area a skiing haven.

While it's one of Canada's more expensive cities (Toronto is arguably the most damaging to the hip pocket), Vancouver will perhaps seem like a bargain to visitors setting off from the Middle East. However, there are still some creative ways to keep your costs down even more. Families can take advantage of discounted admission at museums and attractions, and there are passes available that can save a considerable amount for those planning to see lots of attractions.

No place is without its critics. Vancouver's naysayers claim its superficial beauty hides a less enticing blandness. But, just as Rome wasn't built in a day, modern masterpieces need time to develop and fine-tune their personalities. With an expo and a Winter Olympics already under its belt, Vancouver has successfully negotiated its first baby steps. A burgeoning culinary reputation and some charismatic neighbourhoods suggest the best is yet to come. ●

Top things to do in Vancouver

1. Stanley Park
2. Sea to Sky Highway
3. Museum of Anthropology
4. Garibaldi Provincial Park
5. SkyTrain
6. Granville Island
7. Orpheum Theatre
8. Grouse Mountain Skyride
9. Jericho Beach
10. Commercial Drive



WEATHER PERMITTING, VANCOUVER OFFERS SUPERB KAYAKING JOURNEYS



DOWNTOWN VANCOUVER

NEW RELEASE

"Live in the sunshine, swim the sea, drink the wild air's salubrity," famous poet Emerson once advised. It's a path embraced by the wetsuit warriors in *Chasing Mavericks*, a surfing movie about men, water and waves, and how and why they sometimes come together beautifully and sometimes collide with terrifying force.

The movie, directed by Curtis Hanson and Michael Apted, is based on the true story of a Santa Cruz-area surfer, Rick Hesson, entertainingly nicknamed Frosty, who back in the day helped shape a legend-to-be, Jay Moriarity (Jonny Weston), a boy with a dream and a battered board.

What Jay wanted to do was conquer the surf break known as Mavericks, home of killing, crushing, gorgeous monster waves that surge and crash near the coastal city of Half Moon Bay. To judge from all the

"When we go back to the sea, whether it is to sail or to watch, we are going back from whence we came."

surfing movies, YouTube clips, books, competitions and dollars now in circulation, he was part of a vanguard.

What entices these surfers to Mavericks are waves that become behemoths topping 50 feet, giants that owe their size to long swells, the continental shelf, fault lines, reef beds, storms and shallow water. According to lore, the surf break is named after a German shepherd, Maverick, who would follow the surfers who frequented the area in the early 'Sixties.

That history hovers in *Chasing Mavericks* as the macramé-and-chakra backdrop for a resolutely old-school tale about a master, a young grasshopper and the way of the wave. Its hero's journey spans seven years and begins in 1987 with Frosty (Gerard Butler, with taciturn appeal) plucking the young Jay (Cooper Timberline) from the ocean after the boy, who likes to time waves from the shore, accidentally tumbles in.

Frosty works in construction, but his identity is wrapped up in surfing. It's who he is, to the gentle consternation of his wife, Brenda (Abigail Spencer).

As his handle suggests, Frosty isn't the warmest sav-

Surf's up!

Awe-inspiring footage and solid performances help this otherwise flatly formulaic biopic catch an emotional wave.

Did you know?

- An international casting search was conducted online to find the actor to play Jay Moriarity. The scenes where actors are asked to prepare for their auditions are still viewable online through letitcast.com.
- Michael Apted directed the last three weeks of principal photography after Curtis Hanson had to pull out for health reasons.
- A total of six Red Epics (professional cameras) were lost while shooting the surf footage.

FROSTY BY NAME, FROSTY BY NATURE

ior, though he melts soon enough, done in by the boy's yearning. This longing initially revolves around surfing and provides some of the movie's most appealing scenes, including ones of Jay hurtling into the waves on a board held together with duct tape.

Seven years later, and the boy is now a teenager (played by the eager Weston), slaloming down waves. Jay lives to surf, though he also works hard both at a pizzeria and at home, where he tends to his inattentive, often bedridden and depressed mother, Kristy (Elisabeth Shue).

She's a downer, but *Chasing Mavericks* is emphatically upbeat. When the movie works, its buoyancy can be infectious and persuasive, particularly in the surfing scenes and in the mesmerising shots of the heaving, churning ocean and waves.

The movie captures the hypnotic quality of this watery landscape, with its steel blue undulations and the Freudian oceanic feeling it summons.



BUTLER AND WESTON ARE A CONVINCING LEAD DUO

It invites you to gaze into this watery abyss, to ponder its mysteries as well as those of the swimmer whose image brackets the movie and evokes John F. Kennedy's observation, "We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch, we are going back from whence we came."

So, keep your eyes on the waves, just like the watermen in *Chasing Mavericks*, whose numbers include the surfers Greg Long, Peter Mel and Zach Wormhoudt, who show up briefly to lend the movie authenticity and genuine cool. The surfers and the surfing, along with the stunning natural beauty of the California coastline, help balance the movie's weak areas, including its lamentably one-dimensional protagonist.

Despite its many challenges, including a generic inspirational sports movie template that piles on the clichés, and a change of directors during the last few weeks of shooting, *Chasing Mavericks* manages to sufficiently overcome those obstacles with admittedly affecting results. ●

THE ONE TO 100 OF MOVIES

The Sixth Sense



By now, everyone knows the big plot twist in *The Sixth Sense*, but that doesn't make M. Night Shyamalan's breakthrough film any less appealing.

While it has some elements traditionally associated with horror, *The Sixth Sense* is no more a horror film than Shyamalan's *Unbreakable* is a superhero film. It takes those familiar elements and upends expectations by shifting the emphasis away from scares and towards the intersection between the worlds of the living and the dead, and the reasons why many believe ghosts remain behind after their deaths.

It's easy to be fooled by *The Sixth Sense* at first, because it has many of the hallmarks of a conventional horror film. Cole (Hayley Joel Osment) suffers from injuries caused by hostile spirits, and the first encounters we see with these ghosts are genuinely scary.

But, even before this revelation, Shyamalan is more concerned with character than with scares. Unlike most of his later films, the characters and their relationships are entirely believable. There's nothing to find fault with in Shyamalan's direction here; *The Sixth Sense* is a fluid, cohesively edited film, and, while not visually flashy, it has its share of striking imagery.

It's hard to imagine how Shyamalan could have fallen so far after this film, and possibly *Unbreakable*. Unfortunately, he plummeted, but, at least before he did, he managed to change and reinterpret a genre, for which he should be applauded.

"While not visually flashy, it has its share of striking imagery"

Bollywood news

India's James Bond?

Since working with Salman Khan for *Ek Tha Tiger*, director Kabir Khan is full of praise. At the premiere of *Skyfall*, Kabir said, "Salman Khan, I think, has the charisma and the sheer presence that a Bond needs. You look at him, he is strong, silent. But you know when he goes into action, there's going to be a lot of thrill."



No delay for PK

Rumours about Aamir Khan and Anushka Sharma's *PK* being delayed have been quashed by director Rajkumar Hirani. In fact, the filmmaker is shocked by the rumours. He says that he is busy hunting for shooting locations in Delhi and Rajasthan, while the team's second unit has already started shooting.

It's a family affair

Filmmaker Steven Roy Thomas looks set to cast Katrina Kaif's younger sister, Isabelle, and Sonam Kapoor's brother, Harsh, in a short film produced by Anil Kapoor. The filmmaker is apparently impressed with the youngsters and has complete faith in them. The film, rumoured to be titled *Coming Home*, is set in New York, but will be re-written so it can be shot in Mumbai.



Listings

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



MOVIE GUIDE

Grand Cineplex - Wafi

Alex Cross - 12:40, 17:00, 19:40, 21:40, 23:40
Cash Flow - 22:30, 00:10
Flight - 10:40, 12:00, 13:20, 14:40, 16:00, 17:20, 18:40, 20:00, 21:20, 22:40, 00:00, 01:20
Here Comes the Boom - 10:30, 14:50, 19:10, 21:20, 23:30
Hotel Transylvania - 10:00, 11:45, 13:30, 15:15, 17:00, 18:45
Luv Shuv Tey Chicken Khurana - 20:30, 23:30
Seven Psychopaths - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Sinister - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Skyfall - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
Sparkle - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Student Of The Year - 10:45, 13:45, 16:45, 19:45, 22:45
Thor: Legend Of Valhalla (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30
Wreck-It Ralph - 11:00, 13:10, 15:20, 17:30

Grand Megaplex - Ibn Battuta

Alex Cross - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Ayyalum Njanum Thammil - 11:00, 12:30, 14:00, 15:30, 17:00, 18:30, 20:00, 21:30, 23:00, 00:30
Cash Flow - 11:00, 12:40, 14:20,

16:00, 17:40, 19:20, 21:00, 22:40, 00:20
Flight - 10:40, 11:20, 12:20, 13:20, 14:00, 15:00, 16:00, 16:40, 17:40, 18:40, 19:20, 20:20, 21:20, 22:00, 23:00, 00:00, 00:40
Here Comes the Boom - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Hotel Transylvania - 10:45, 12:30, 14:15, 16:00, 17:45, 19:30, 21:15, 23:00
Hotel Transylvania (3D) - 10:00, 11:45, 13:30, 15:15, 17:00, 18:45, 20:30, 22:15
Seven Psychopaths - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Sinister - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Skyfall - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00, 00:00, 01:00
Sparkle - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Student Of The Year - 10:45, 13:45, 16:45, 19:45, 22:45
Taken 2 - 10:20, 12:10, 14:00, 15:50, 17:40, 19:30, 21:20, 23:10
Thor: Legend Of Valhalla (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Wreck-It Ralph - 10:00, 12:10, 14:20, 16:30, 18:40, 20:50, 23:00
Wreck-It Ralph (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50

Grand Cinemas - Festival City

Alex Cross - 12:40, 17:00, 23:30
Cash Flow - 22:30, 00:10
Flight - 10:40, 12:20, 13:20, 15:00, 16:00, 17:40, 18:40, 20:20, 21:20, 23:00, 00:00
Here Comes the Boom - 10:30, 14:50, 19:10, 21:20

Hotel Transylvania - 11:30, 13:20, 15:10, 17:00, 18:50, 20:40
Seven Psychopaths - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Sinister - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Skyfall - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
Sparkle - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Thor: Legend Of Valhalla (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Wreck-It Ralph (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50

Grand Cinecity - Al Ghurair

Ayyalum Njanum Thammil - 11:00, 12:30, 14:00, 15:30, 17:00, 18:30, 20:00, 21:30, 23:00, 00:30
Flight - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
Seven Psychopaths - 10:45, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
Sinister - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Skyfall - 11:00, 12:00, 14:00, 15:00, 17:00, 18:00, 20:00, 21:00, 23:00, 00:00
Thor: Legend Of Valhalla (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

Reel Cinemas - Dubai Mall

Cash Flow - 11:10, 13:10, 15:10, 17:10, 19:10, 21:10, 23:10, 01:05
Flight - 11:05, 13:00, 14:00, 16:00, 16:50, 19:00, 19:40, 22:00, 22:10, 00:55
Here Comes the Boom - 14:45, 17:00, 19:15, 21:30, 23:45

Hotel Transylvania - 11:00, 13:00, 15:00, 17:00
House At The End Of The Street - 14:30, 16:40, 18:50, 21:00, 23:10, 01:15
Jab Tak Hai Jaan - 11:00, 12:05, 14:00, 14:30, 15:35, 17:30, 18:00, 19:05, 20:00, 21:30, 22:40, 23:30, 00:55
Looper - 14:20, 16:50, 19:20, 21:50, 00:30
Luv Shuv Tey Chicken Khurana - 17:40, 20:30, 23:30
Seven Psychopaths - 11:50, 14:10, 16:30, 18:50, 21:10, 23:30
Sinister - 12:20, 14:40, 17:00, 19:20, 21:40, 00:15
Skyfall - 11:30, 13:30, 14:00, 14:30, 14:40, 15:10, 16:30, 17:10, 17:50, 18:00, 18:20, 19:00, 19:30, 20:20, 20:30, 21:00, 21:30, 22:10, 22:30, 23:30, 00:05, 00:10, 00:40, 01:15, 01:20
Son Of Sagar - 12:05, 15:05, 18:05, 21:05, 00:05
Sparkle - 14:10, 16:30, 19:00, 21:30, 00:05
Taken 2 - 13:50, 15:50, 17:50, 19:50, 21:50, 00:05
Thor: Legend Of Valhalla (3D) - 11:00, 13:10, 15:20, 17:30, 19:40
Wreck-It Ralph - 13:30, 15:50, 18:10, 20:30, 22:50, 01:00
Wreck-It Ralph (3D) - 14:30, 16:50, 19:10, 21:30, 23:50

Reel Cinemas - Marina Mall

Flight - 12:40, 15:30, 18:20, 21:10, 00:05
Here Comes the Boom - 12:35, 14:50, 17:05, 19:20, 21:35, 23:40
Jab Tak Hai Jaan - 11:40, 14:10, 17:40, 21:10, 00:40
Skyfall - 11:30, 14:30, 17:30, 20:30, 23:30, 00:55



Sparkle - 11:40, 14:10, 16:40, 19:10, 21:40, 00:15
Wreck-It Ralph (3D) - 11:00, 13:20, 15:40, 18:00, 20:20, 22:40

Vox Cinemas - Deira City Centre

Flight - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Jab Tak Hai Jaan - 11:00, 11:30, 12:30, 12:45, 14:30, 15:00, 16:00, 16:15, 18:00, 18:30, 19:30, 19:45, 21:30, 22:00, 23:00, 23:15, 01:00
Sinister - 10:30
Skyfall - 11:15, 14:15, 17:15, 20:15
Son Of Sagar - 10:30, 11:00, 11:30, 13:30, 14:00, 14:30, 16:30, 17:00, 17:30, 19:30, 20:00, 20:30, 22:30, 23:30
Thuppakki - 10:15, 13:30, 16:45, 20:00, 23:15
Wreck-It Ralph (3D) - 12:20

Vox Cinemas - Mall of the Emirates

Alex Cross - 10:30, 15:00, 19:30,



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



00:00
Flight - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Here Comes the Boom - 10:15, 12:25, 14:35, 16:45, 19:00, 21:15, 23:30
Hotel Transylvania (3D) - 09:15, 13:30, 17:45, 22:00
Jab Tak Hai Jaan - 12:00, 12:30, 15:30, 16:00, 19:00, 19:30, 22:30, 23:00, 00:00
Seven Psychopaths - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Sinister - 12:45, 17:15, 21:45, 00:00
Skyfall - 09:15, 12:15, 15:15, 18:15, 21:15, 00:15
Son Of Sadar - 11:15, 12:15, 14:15, 15:15, 17:15, 18:15, 20:15, 21:15, 23:15
Thor: Legend Of Valhalla (3D) - 10:00
Thuppakki - 10:15, 13:30, 16:45, 20:00, 23:15
Wreck-It Ralph (3D) - 10:15, 11:15, 15:30, 19:45

Vox Cinemas - Mirdif City Centre

Flight - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Jab Tak Hai Jaan - 11:45, 12:30, 15:15, 16:00, 18:45, 19:30, 22:15, 23:00, 23:15
Seven Psychopaths - 11:45, 16:15, 20:45
Sinister - 09:30, 14:00, 18:30
Skyfall - 11:15, 14:15, 17:15, 20:15, 23:15
Son Of Sadar - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00
Wreck-It Ralph (3D) - 10:15

TO FEATURE YOUR EVENT,
 EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



KPL Dubai - Season 2

The first of its kind T20 cricket event in the UAE—Asian cricketing with Middle Eastern seasoning.
Date: Until December 2
Timings: 6.30pm
Audience: Public
Category: Sports
Venue: Dubai International Stadium, Dubai Sports City
Admission: Free
Telephone: 04 262 6432

9th Asian Swimming Championships 2012

The Asian Swimming Championships are a major event on the international aquatic calendar and are held every four years.
Date: November 15 - 25
Audience: Public
Category: Sports
Venue: The Hamdan bin Mohammed bin Rashid Sports Complex, Dubai Bypass Road
Telephone: 04 306 2665/2671



Islamic New Year 2012



The Islamic New Year marks the migration of the Prophet Mohammed (PBUH) and his followers from Mecca to Medina.

Date: November 15
Category: Cultural



Swedish House Mafia live in Dubai

Electronic band Swedish House Mafia kick off their 'One Last Tour' together in Dubai.
Date: November 16
Audience: Public
Category: Music
Venue: Dubai World Trade Centre
 Admission: Early bird tickets (Dh275), regular (Dh350)
Telephone: 050 357 1113



The Sleeping Beauty

For its first visit to Dubai, acclaimed ballet company Moscow City Ballet will perform Tchaikovsky's classic, *The Sleeping Beauty*, at Ductac.
Date: November 15 - 17
Audience: Public
Category: Entertainment
Venue: Centrepoint Theatre, Ductac, Mall of the Emirates
Admission: Balcony (Dh180), stalls (Dh275), VIP (Dh300)
Telephone: 04 341 4777

Dubai Fighting Championship

Catch the excitement of the Dubai Fighting Championship live.
Date: November 16
Timings: 7.30pm
Audience: Public
Category: Entertainment
Venue: Habtoor Grand Beach Resort and Spa
Admission: Standard (Dh200), premium (Dh300)
Telephone: 050 104 5008



Spotting the bad boss

If you can identify these behavioural traits in your manager, it would seem you have a bad boss on your hands.



MANAGEMENT

The success of any company not only depends on the services it provides, but also on the people behind the product. That's why managers need to cultivate a culture that revolves around trust, respect and engagement to help maintain their employees' loyalty and morale. As a manager, your main job is to implement the company's vision on the front-lines of the battle, while building a team of engaged employees who are focused on doing their best work. While there are a number of different management styles, it's important that you recognise the signs of bad management in others, as well as yourself. Akhtaboot reveals the top signs of bad management.

THEY ARE NEVER FREE

Bad managers are never free. They get so involved in projects that they can't handle their regular tasks. They don't know how to use their time wisely to respond to questions or reply to employee emails; which is another reason not to hold them responsible for departmental goals. Good managers aren't always busy, they don't have to work 80 hours a week, and they always have time to listen to their employees.

ALWAYS CLEANING UP OTHERS' MESSSES

Bad managers believe that the only reason they got hired is to clean up mess, even if there isn't any. When assigned to a new project, they declare that the department is in such a chaos that it will take at least a year to clean up. When approached for feedback on a certain task you finalised, they can't seem to find one good thing about it. Good managers

provide constructive feedback in a timely, specific and frequent manner. Their criticism is always directed to the action, not the person.

THEY LIKE TO PLAY "DIVIDE AND CONQUER"

Bad managers like to play a number of tricky games and manipulations to destroy the stability of their teams. They are skilled at the "divide and conquer" strategies as they have to compensate for their lacking skills by something else that will help them control their teams. Good managers, on the contrary, never turn a team member against the other. They always try to see the whole picture with enough information to get a sense of what is going on.

THEY SHIFT BLAME ONTO OTHER PEOPLE

Bad managers know how to come up with creative excuses for their poor performance. When something goes wrong, they won't hesitate to blame it on the little guy, often reverting to lying in the process. A manager who can't take responsibility for his own actions or the team's, is no leader. Good managers never

hesitate to own up to their mistakes at all times.

THEY ARE VAGUE

Bad managers give directions with assumptions, generalities and impatience. They assign projects to employees without clearly specifying the desired outcome. This type of behaviour usually results in high turnover rates as employees will start to feel inadequate over time. Good managers communicate tasks and expected results effectively to all employees and give constructive feedback in private.

Companies need to understand the fact that many good employees eventually quit due to problems with their bosses. While some people are good managers by nature, they sometimes fall prey to bad management behaviours that can reduce productivity and employee morale. Working under a bad boss can seem like torture, so you only have a few options to help deal with the situation: continue to suffer, quit your job or complain about your boss. But, before you decide what your move will be, make sure you've done your homework and have determined that this is a viable option. Otherwise, you can wait for your boss to quit, just when the organisation is getting ready to hold him or her accountable. ●

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



MAKING WORK A MISERY

Metro Classifieds

JOBS AVAILABLE



Tailor/Cutter/Pattern Maker required for ladies fashion & tailoring. Must be experienced in cutting and stitching. Call 0553301440, CV send-hrfiroz@hotmail.com.

Female driver required by an Emirati family based in Dubai. Interested candidates send CV & a copy of valid UAE D/L to aries.gowri@yahoo.com.

Two females required for a ladies salon to work on manicure and pedicure. Call 0506843512.

Reputed logistics company in Dubai requires female candidates to work as warehouse assistants. Company visa + attractive salary + career/growth opportunities will be provided. Candidates must be physically fit to work in a warehouse environment. Send updated CV to aries.gowri@yahoo.com.

Waitress required for full-time position at Casserole Restaurant. Send CV to arnie@casseroleonline.com or call 044574013 or 800707.

Print media direct sales executives urgently required for a company in Dubai Media City for door-to-door (direct) sales in UAE. Must be experienced in selling ad space in English-language publications in Dubai. Must have own vehicle and UAE D/L. Preferred age 24-28. Salary Dh5k-7k + commission. Email CV to dxbhnt@gmail.com.

Nanny/housemaid needed for 3-member family, taking care of 4-year-old boy + housework. Experienced Filipina, Indonesian preferred, must be 24-35 years, newborn baby care experience helpful, good English skills needed. Visa, accommodation provided. Salary depends on experience. Starting from February 2013. Send CV with photo to 2419@hotmail.com or call 0508067075.

Executive housewives/students with business development background required for a bank. Part/full-time position. Keralites preferred. Salary + commission. Call 05583477982/emailsindhu@ngiuae.com.

Insurance sales executives required for a company in Dubai. Salary + attractive commissions + employment visa provided. Email CV to sadique.pasha@alfuttaim.ae.

Outdoor salesperson required for a safety and security company in Dubai. Must have experience in similar field. Send CV to jesiree_16@yahoo.com/call 0557679004.

Marketing executive required for part-time position in large banking investment company. Keralite ladies preferred. Salary Dh4,500 + incentives. Call 0504907683/ email sanwinsanu@gmail.com.

Sales and tele-marketing executive required for an insurance company. Indians only. Salary + commission will be provided. Send CV to farha@ngiuae.com.

Optometrist, technicians/sales staff required for an optical shop. Min 2yrs experience in similar field. Arab/Filipino preferred. Send CV to alphah0@alpha-optical.com.

Electrician urgently required for a signage company. Must have LED fitting experience. Salary negotiable. Email CV to manoj.m@wisdomdubai.ae/call 0506590672.

JOBS WANTED



Store keeper, 10+ years experience in engineering, F&B, construction, seeks a job in Dubai. Call 0509463497, email udaya7presad@yahoo.com.

Pakistani male, BS computer science, seeks job. 10yrs IT experience in FMCG/factory. Email asifliaquat@gmail.com/call 0528159804.

Senior manager seeks job in UAE. 8yrs MNC experience in business development/marketing. Call 0505047881/ email espmeh@gmail.com.

Indian male seeks job as an office admin/ sales coordinator. 20yrs experience. Familiar with all office communication. Owns valid UAE D/L. Call 0509155862/ email mathewinasv@gmail.com.

Male, MA in Political Science seeks job. 14yrs experience as Editor/media coordinator/salesman. Call 0509155862/ email dewhum@yahoo.com.

Indian male, 42, seeks job as warehouse/ store supervisor. Fluent in English, Hindi, Tamil & Malayalam. 15yrs experience. Proficient in MS Excel, MS Word, data entry, internet. Call 00919842365486.

Indian male, holds international fitness certificates, seeks job as personal trainer in health clubs/hotels/gyms. 12yrs experience. Call 0553703244.

Filipino male seeks job as CCTV technician/RF technician. Fluent in English. Flexible, trustworthy and works well under pressure. Call 0501558102.

Indian male, seeks full-time job. Fluent in English and Arabic. Well experienced with old sick people. Call 0509412636.

Indian male, 41, seeks part-time job (11pm to 3am) as cashier, assistant, supplier (any position). 12yrs experience in retail and customer services. Fluent in English, Hindi, Tamil & Malayalam. Call 0501452603.

Fire & safety supervisor seeks full-time job. Experienced. Owns valid UAE D/L. Call 0558793181/email riyasnanath1@gmail.com.

IT support engineer seeks full-time job in reputed firm. 7+ yrs experience in IT industry. A+, N+ certified. Call 0506329033.

Indian male, 28, BCom & MBA in operation management seeks full-time job. 6+ yrs MNC work experience in operations, accounts, banking & finance. Email jerriljoseph@gmail.com/call 0555817647.

Male, 25, seeks full-time job as sales executive; outdoor/indoor sales. 3 yrs experience. Call 0555195475/email safeer9990@gmail.com.

Indian male, BCom graduate seeks job in administration. 8yrs experience in similar field. Email k_jitenj@yahoo.co.in/call 0559221895.

Indian male, MBA in operation management seeks job. 6yrs experience in operations, banking & finance. Email: jerriljoseph@gmail.com/call 055 5817647.

Indian female, MBA graduate in HR seeks full/part-time job in banking/admin 4yrs experience. On husband's visa. Email adarsh031@gmail.com.

Filipina seeks full-time job as sale person/ office staff. 6 yrs experience in Dubai. On transferable visa with NOC. Call 0553077161/0502784189.

Egyptian male, seeks job. 5yrs experience in administration in a UAE company. Holds a valid UAE D/L. Email, islammazzen80@hotmail.com/call 0506721267.

Sales coordinator seeks full-time job. MBA holder. 5yrs experience. Well versed in ERP Oracle, Orion, Maximizer CRM. Valid UAE D/L. Call 0566749498.

Ugandan, 28, diploma holder seeks a full-time job as a customer service representative/store assistant. Hardworking/ambitious with good

communication skills. Email semugy@gmail.com/call 0553164689.

Male seeks full-time job in sales/customer service/F&B supervisor. 6+ yrs experience in hospitality. Speaks fluent English, French, Arabic, Spanish. On visit visa. Call 0553297328.

Indian male, 29, seeks full-time job as a store keeper. 3yrs experience in UAE. Call 0508535838/email vivininj@gmail.com.

AUTOS



Toyota Corolla 1.8, 2008 model for sale. Good fuel efficiency. Body condition fair with good interior. At good price. Call 0507638001.

Mazda CX9, 2009 model for sale. Done 33,000km. Good condition inside/outside. No mortgage. Call 0504605312.

Hyundai Santafe, 2012 model for sale. Lady driven. Silver colour, in mint condition. Driven for 5,400km. Dh75,000. Call 0557698114.

ITEMS



Brand new Dell Optiplex 960 available for sale. Full set compact PC-Intel, Core 2duo 2.66 Ghz, 4GB RAM, 160GB HDD, DVD RW Multi, 20" wide screen Dell LCD, multimedia keyboard, new Dell USB optical mouse, Windows 7 Ultimate. In outstanding condition. Dh900 only. Call 0558325364.

HP Z400 high-end workstation available for sale. Intel Xeon W3505 processor, 8GB, ECC RAM, 1GB quadro FX3800, 1 terra, DVD RW, Windows 7 ultimate X64 OS. Dh3,000 only. Call 0558325364.

Items for sale: Wooden TV rack with shelves, Dh100, music system with speakers, Dh150, steel writing table with drawers, Dh100. All in good condition. Price negotiable. In Bur Dubai. Call 0551566070/043252291.

Items for sale: New Swiss ladies watch Kolber, Dh500. Big coffee table, Dh800. Side table, Dh200. Italian coffee machine with filter, Dh250. All in good condition. Call 0506254496.

Dell Latitude E4200 available for sale. Come w/docking station, 64GB, SSD hard drive, 2GB RAM. Core 2DUO 1.4GHZ, DVDRW. In excellent condition. Call 0554809334.

Desktop computer for sale. 1800 CPU. Dh980. Comes with 1 year warranty. Still in good condition. Email ajit777@hotmail.com.

Brand new Samsung LED TV available for sale. 40-inch, Dh1,999. Full HD, 100Hz, CMR, USB, Movie Hard Disk. Playable w/local and intl. warranty (still in original packaging). Call 0552408555.

Kenwood Health Grill HG266 available for sale. In very good condition. Dh100 only. Email af_sj@yahoo.com.

SERVICES



Cleaning and maintenance service available for homes or corporates at competitive rates. Call 0561139575.

Maths, science & accounting tutoring lessons available. For all ages. Near metro station. Call 0504941862.

Baby sitting and play school services available in OPC area, Bur Dubai. Call 0528974905.

Private tutoring lessons available in English. Lessons accessible for all ages. Starting from KG up to university levels. Nationalities not specific. Call

0566197801.

Baby sitting services available. OPC area, behind Apsara supermarket, Bur Dubai. Call 0561570492.

Home tutoring lessons available in graphic design, animation, 3D visualization, video editing, print media and much more. Call 0555731512.

Tutoring lessons available. Experienced teacher. Courses in Maths, Science, S. St. English and spoken English. From classes of KG to grade 7. Call 0557539490.

Baby sitting services available for all the ages. Located near fish roundabout. Call 0567811570.

Home tutoring classes available. Near Karachi Darbar, Frij Murar, Deira. Experienced teacher with convenient timings in evenings and reasonable fees. From KG to 5th grade. Call 042365862, 0567533972.

Tutoring lessons available. Till grade 4. Courses include Hindi and French. Call 0566542245.

Tutoring lessons available. For CBSE students up to grade 8. Located in Sheikh Colony, Al Qusais. Call 0503027090.

ACCOMMODATION



Single bed space available for rent. Spacious and quiet room. Kabayans only. Near Union metro station. Rent for Dh500 + free internet. Call 0552948295.

Shared room available for rent. Single Indian/Sri Lankan females only. Rola Street, Bur Dubai. Rent for Dh750 + DEWA + internet. Call 0529859060.

Room available for rent. W/separate bath. Indian Muslims/working females only. To be shared with family. Near bus stop, Saudi masjid, Sharjah. Call 0566918794.

Bed space available for rent. Bachelors only. Near Satwa bus stop. Comes w/ attached bath/kitchen/ washing machine. Rent Dh600. Starting November 16th. Call 0556932581.

Shared accommodation available for rent. Indian females only. Comes w/ attached bathroom & balcony. In Al Qusais, Dubai. Walking distance to metro and bus station. Call 0505501577.

Furnished room available for rent. Located in Al Nahda, Sharjah. Comes with Wi-Fi Net. Rent Dh1,500. Call 0559782233.

Bed space available for rent. Kabayan females/males only. Near metro station, Al Manama, Sunrise/ LuLu Hypermarket. Al Nahda. Rent Dh450 + free Wi-Fi/TFC. Call 0559294435.

Furnished shared room available for rent. Comes w/attached bathroom. Keralite Muslim couples only. Call 0505382430.

Shared furnished accommodation available for rent. Comes w/central A/c/ separate bath. Working couple/single females only to be shared with South Indian Hindu family. Near Al Qusais metro station. Rent Dh1,500. Free internet. Call 0559822160.

Flat and bed space available for rent. Located in Karama. Call 0509615357.

Room available for rent. Keralite Muslim family only. Clean and neat. Located in a new villa, Rashidiya. Call 0559447538.

Bed space available for rent. Indian working females only. Located in JVC building, Bur Dubai. Call 0562815658.

Furnished shared room available for rent. Located in Al Nahda, Sharjah. Call 0559782233.

2 bed spaces available for rent. Keralite Muslims only. Near Union metro station opposite Al Ghurair. Rent Dh350 + W/E, internet + food/mess facilities. Call 0507140716.

Spacious master bedroom available for rent. Comes w/bath and built-in cupboards. Keralite Christian couples/ females only. Located in LuLu Village, Al Qusais. Call 0552634810.

Master bedroom available for rent. Come w/full bath. Indian couples only. Located near metro station, behind Dubai Grand Hotel, Al Qusais. Call 0501526271.

Shared room for rent. Indian families only. Located near metro station, Bur Dubai. Comes w/attached bathroom. Rent Dh1,800. Call 0551197459.

2 furnished bed spaces for rent. Keralite bachelors only. Near Al Fahidi metro station. Comes w/shared bath/kitchen. Call 0501192852/0508913709.

Bed space available for rent. Keralite Indian bachelors only. Located near Salah Al Din metro station, behind Reef Mall, 2nd building. Internet, kitchen/car parking facilities. Call 0503690114/0554539656.

Furnished shared room available for rent. Comes w/attached bathroom. Keralite Muslim families only (couples only). Near NMC Hospital. Call 0505382430.

Furnished room available for rent. Comes w/attached bathroom. Keralite Muslim couples preferred. Starting from December 1st. In Al Nahda. Easy access to bus stop. Call 0558706916.

Spacious semi-furnished room available for rent. For couples/females only. Nationality not important. Near Dafza metro station, Al Qusais. Rent for Dh1,600 + DEWA. Call 0561495643.

Room available for rent. Family/working females only. Located near Hamarian Centre, facing Clock Tower, Deira. Call 0504981660.

Shared accommodation available for sale. Rent for 1 month only. Located in Naif, Deira. Call 0561539594, 0557455521.

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

MISCELLANEOUS



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Business Bay Canal in focus

Construction work on Dh1.5 billion project to begin in 2013 and boosting Dubai's bid for World Expo 2020.



MATTAR AL TAYER INSPECTS THE PLAN OF THE BUSINESS BAY CANAL EXTENSION PROJECT

STRATEGIC PROJECT

The Roads and Transport Authority (RTA) has taken the initial steps towards the realisation of the Business Bay Canal extension project, which has been endorsed by HH Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, comprising modifications on the existing roads and bridges to extend the canal from Sheikh Zayed Road up to the beach of the Arabian Gulf. The RTA will award the project contracts before the end of this year, such that contractors will start construction as early as the first quarter of 2013.

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, recently visited the project site accompanied by the CEO of Traffic and Roads Agency engineer Maitha bin Udai; Director of Roads Nabeel Mohammed Salih; Director of Strategic Planning Nasir Hamad Bu Shehab, and a host of engineers from the RTA as well as Parsons, the project consultant.

Al Tayer inspected the path specified for the water canal from Business Bay, which stretches 2.8km in length,

and ranges from 80 to 100 metres in width. The canal will cross Sheikh Zayed Road (before Safa Interchange) and pass through Safa Park, Wasl Road, Jumeirah 2 and Jumeirah Road, going on to terminate at the Arabian Gulf, ensuring the renewal of water in the canal. Al Tayer also reviewed the facilities and houses impacted by the project.

Al Tayer directed the team overseeing the project to prioritise it, considering it one of the vital projects undertaken by the RTA. The canal passes across populous areas, which have facilities and services that ought to be dealt with in a professional manner. He directed study of the best path for the canal, taking into consideration the hydraulic study of the water flow in the canal, and the navigation of marine transit means.

Al Tayer also directed proper attention to the areas running parallel to the canal, which will be a key tourist landmark in Dubai attracting tourists and sport enthusiasts. He also called for allocating areas for service utilities, cycling and pedestrian tracks, greens, and pedestrian bridges linking both sides. Al Tayer instructed the work team to conduct

“The project will add a fresh urban and tourist landmark to the emirate, which will boost Dubai's bid to win the hosting of the World Expo 2020.”

a comprehensive study of the traffic movement in areas impacted by the canal to ensure smooth traffic flow in the vicinity of the project. He stressed that the traffic movement on Sheikh Zayed Road must not be impacted, considering it a key traffic corridor in the emirate.

The construction of the project, which costs about Dh1.5 billion, requires the construction of bridges rising up to 8.5 metres over the canal on the key roads intersecting with it. This comprises the construction of a six-lane bridge in each direction of Sheikh Zayed Road and a two-lane bridge in each direction of both Al Wasl Road and Jumeirah Road to ensure free-moving marine traffic in the canal around the clock.

Marine transit stations will be provided throughout the canal to ease

movement of the public and promote marine and tourist mass transit.

The RTA will carry out several improvements on key roads intersecting the canal as well as the surrounding areas, including the construction of roads alongside the canal to assist mobility between those districts.

As for pedestrians, free and safe movement will be provided by constructing three pedestrian bridges across the canal in addition to footpaths on all the new main bridges passing over it. Tracks dedicated to jogging and cycling will be constructed along both sides of the canal, while landscaping works will include greens, benches, and public relaxation areas, among other various facilities and tourist-oriented projects.

The water canal will generate a plethora of business and investment opportunities including the possibility of floating hotels, hotels and restaurants on both sides, as well as the provision of integrated tourist and recreational facilities in Al Safa Park. The project will add a fresh urban and tourist landmark to the emirate, which will boost Dubai's bid to win the hosting of the World Expo 2020.

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

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

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

معاً نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

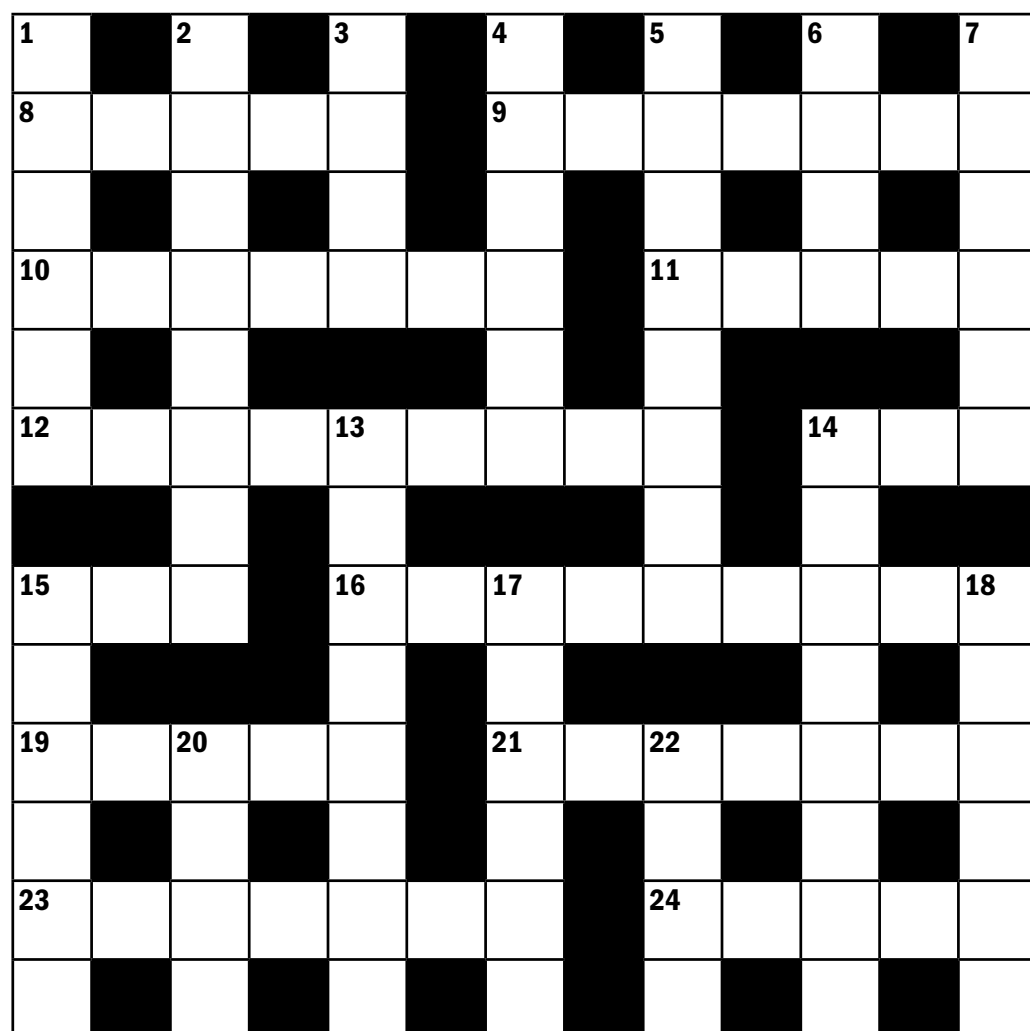
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Taking your time

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



Crossword

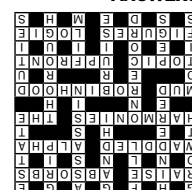
Across

8 Elevate (5) **9** Engrosses (7) **10** Swayed clumsily when taking steps (7) **11** Police officers' letter before bravo (5) **12** Melodious sounds (9) **14** Common word that often precedes a noun (3) **15** Band who had a hit with *Tiger Feet* (3) **16** Maid Marian's beloved (5,4) **19** Subject or theme of discourse (5) **21** (Due) in advance (2,5) **23** Reckons (7) **24** John ___ Baird, TV pioneer (5)

Down

1 Increase (6) **2** Obstructed (8) **3** Decreased, declined (4) **4** Indian leader assassinated in 1948 (6) **5** Hired murderer (8) **6** Travelling bag (4) **7** Person's entire assets, as mentioned in a will (6) **13** Logged officially (2,6) **14** Meticulous (8) **15** Designs (6) **17** Skin discolouration (6) **18** Import charges (6) **20** Wooden fasteners (4) **22** Story told using moving pictures (4)

ANSWERS



Recipe

Autumn crumble

Everyone loves a home-made crumble and this recipe, with juicy fruit and a crunchy topping, is just delicious.

Ingredients

2 cooking apples, peeled, cored and diced
2 ripe pears, peeled, cored and diced
250g plums, halved, stoned and chopped
50g light sugar
1 tsp ground cinnamon

Crumble topping

85g butter, diced
175g plain flour
75g sugar

Method

1. Preheat the oven to 190°C.

Combine the fruits in an ovenproof dish then sprinkle with the light sugar and 1/2 tsp of the ground cinnamon. Spoon over 3 tbsp of water, then level the fruit. For individual crumbles, divide the fruit evenly among six large ramekin dishes on a baking sheet.

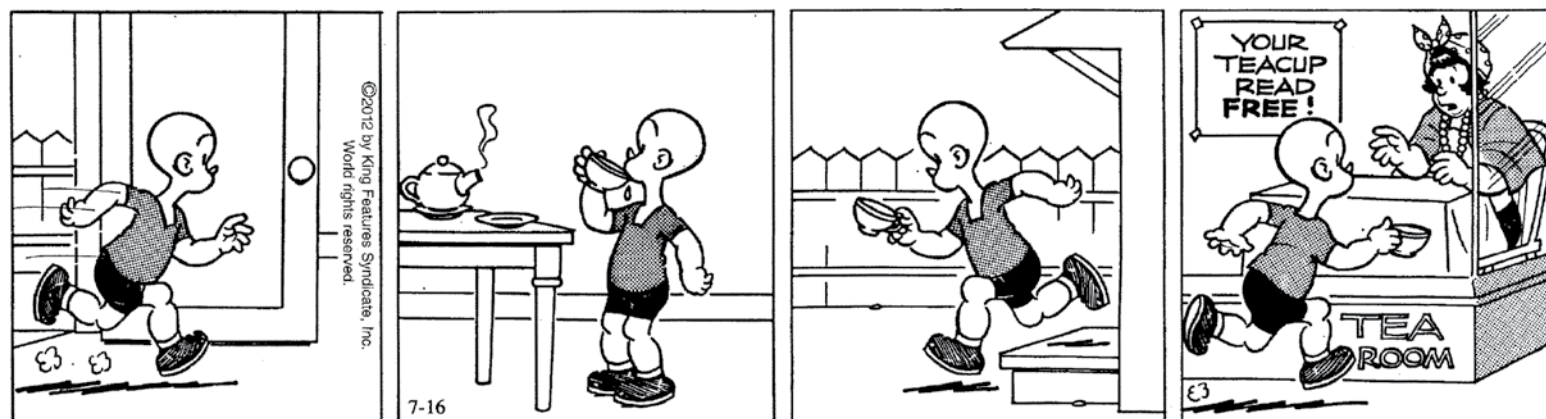
2. Rub the butter into the flour using your fingertips until the mixture is crumbly. Stir in the sugar and the remaining cinnamon.

3. Sprinkle the mixture over the fruit but don't press it down. Bake in the oven for 50 minutes until the crumble is nice and golden and the fruit juices have started to bubble up around the edges. Bake individual crumbles for 25–30 minutes. Serve warm with a dollop of custard.

Serves
6



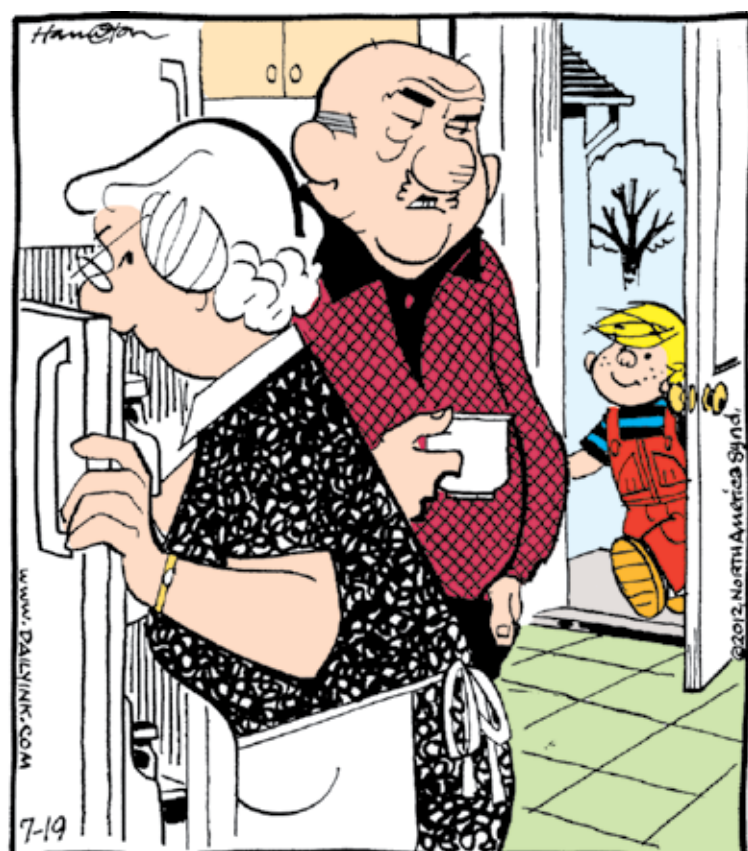
Henry



Spiderman



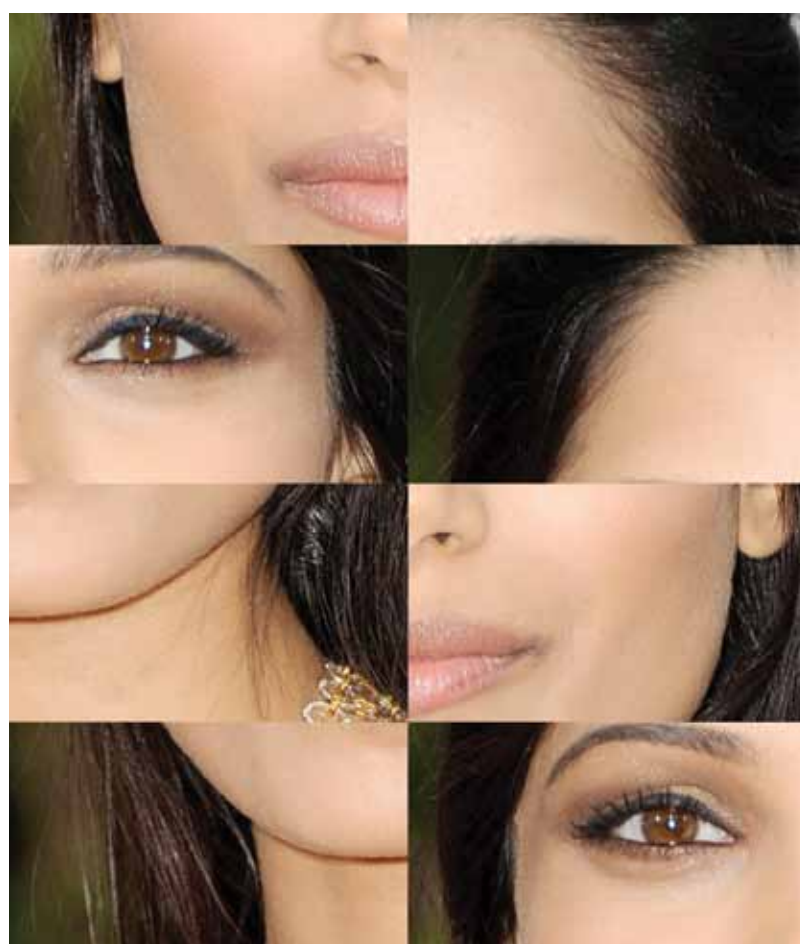
Dennis the menace



"I DON'T KNOW WHERE THE BRATWURST IS, BUT I CAN TELL YOU WHERE THE WORST BRAT IS."

Who's this?

ANSWER ON PAGE 34



Puzzles

Arrowword

Jason ____, Australian singer/actor		(Of a number) not even		Marco ____, White, celebrity chef		Move on one leg	Postage tokens	Nocturnal bird		Additional		Given a modulated pitch
Stomach illness (4,9)		Plunge				Binary base number				Brand-name chocolate toffee		Ties the knot
			Encountered		Gwyneth ____, US actress							
Selfishly keep for yourself		__ Brown, Judi Dench film			Uncle ____, USA personified			Sharpen				
						Flaked off						
Filmmaker's machine		Short-term office helpers						Fishing tackle				

Sudoku 1

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

Sudoku 2

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

ANSWERS
ARROWWORD

SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - FREIDA PINTO


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ADVERTISING

Micheal Kakish
Senior sales manager
E: micheal@cmm.ae

Mona Semaan
Senior sales executive
E: mona@cmm.ae

CONTACT US

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



Continental Multimedia FZ LLC
Dubai Media City, Phase 2, Building 6
Office No. G11
T: +971 4 390 2904
F: +971 4 445 6753
E: info@readme.ae
W: www.readme.ae
PO Box 502824, Dubai, UAE

BRANCHES

ABU DHABI:

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

KSA (JEDDAH):

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

BAHRAIN:

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

OMAN:

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

EGYPT:

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

JORDAN:

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

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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)

If a friend gives you advice about money or investments, don't take it. To follow their lead might prove to be disastrous. Participation in group activities also isn't advisable. Things could get out of hand and you could end up in the middle of an angry crowd.



TAURUS

(APR 21 - MAY 21)

Gossip and bad feelings among coworkers could occur and there might be some political shenanigans that would be best avoided. Don't believe everything you hear—chances are it isn't true. Keep to yourself right now and don't offer any opinions.



GEMINI

(MAY 22 - JUN 21)

Too much running around might have you feeling exhausted and under the weather. Therefore, this is a good time to avoid going out too much and get some rest. Don't push yourself too hard, you need to get back to your physical and emotional best.



CANCER

(JUN 22 - JUL 23)

Sometimes your relationships are like magnets. When you want to get close, the other person moves away, but when you take a step back, he or she runs back into your life. Human nature is a complex thing and often a bit of space is what's needed the most.



LEO

(JUL 24 - AUG 23)

Problems with your house might occur but don't try to fix it yourself, you could make it worse. Friends might want to visit, but be honest with them that it's not a good time. Discussions could quickly deteriorate into arguments, so be careful what you say.



VIRGO

(AUG 24 - SEP 23)

Stay close to home this week. Spending too much time in the car could lead to stress and bodily aches. Try to avoid office politics and stay clear of any arguments between coworkers. Right now, it's best to put your head down and get on with your work alone.



LIBRA

(SEP 24 - OCT 23)

Money matters might take a turn for the worse this week, so use every bit of financial savvy you have to put things straight. You will be able to pull everything together again, but only by using your own ingenuity. Don't depend on others to bail you out.



SCORPIO

(OCT 24 - NOV 22)

Check your house to make certain everything is in working order. There could be small hazards that need correcting. Tension might run high among family members, but don't waste time trying to mediate—they will have to work it out for themselves.



SAGITTARIUS

(NOV 23 - DEC 21)

Visits to family could catapult you into some negative situations, so it's best to stay home if you can. An angry phone call could put you in a shaky mood. Times like this are best spent keeping yourself to yourself and taking care of your own emotional health.



CAPRICORN

(DEC 22 - JAN 20)

You might be worried about your financial affairs. A past mistake could have led to some rather upsetting consequences, and now you need to harness every skill you have in order to set things straight. Your knowledge of modern technology could help.



AQUARIUS

(JAN 21 - FEB 19)

Your physical energy is very high this week. You're likely to want to get out and exercise, perhaps jog through the park or attend an aerobics class. But be careful. You might not be quite as fit as you think, and trying too hard could cause minor injuries.



PISCES

(FEB 20 - MAR 20)

Uncertainty and doubt about your insights might leave you down in the dumps. Don't try to force any solutions—it won't work. This isn't a good time to be out and about, because travel of any kind could pose problems. Stay close to home and take care of practicalities.



This week's local weather

SUN

11th

SUNNY
HIGH 33C
LOW 26C
HUMIDITY 49%

MON

12th

SUNNY
HIGH 33C
LOW 27C
HUMIDITY 52%

TUE

13th

SUNNY
HIGH 34C
LOW 26C
HUMIDITY 50%

WED

14th

SUNNY
HIGH 33C
LOW 25C
HUMIDITY 50%

THU

15th

SUNNY
HIGH 32C
LOW 24C
HUMIDITY 46%

FRI

16th

SUNNY
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LOW 24C
HUMIDITY 45%

SAT

17th

HOT
HIGH 33C
LOW 24C
HUMIDITY 43%

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