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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.

✉ WORLD IN MOTION

I was really disappointed the other night—when returning from Ibn Battuta to Dubai Marina on the Metro—to find that the moving travelators had been switched off, and a notice pinned to them declaring that due to 'conservation issues' they would not be in service. As a pensioner with a medical condition, I really do rely on them to get me across the long walkways. This practice is probably done to save energy, and can it not be reasonable that, as paying customers, passengers should not have to walk? To save energy, why not have a motion sensor on the travelators, so that they only work when someone is using them?

Alan Godfrey

✉ METRO EXPRESS

One of the things that Dubai can boast about is its Metro system—one can't help but admire it. I use the Metro daily going to work at



7am. In regards to this, can anyone survey the volume of commuters at Financial Centre Metro Station for a possible express Metro trip stop? I believe we have lots of passengers waiting in the morning, and I know one is already set up at World Trade Centre Metro Station. If this is made possible it would be great.

Remy Lebeau

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Health hazards at work

How there could be certain negative aspects of your job that are affecting your health adversely.

How many times do you find yourself thinking, "This job is going to kill me"? While that may be extreme, the truth is that various factors within your job do play a crucial role in your mental and physical health.

When the majority of your work day consists of sitting at a desk staring at a computer, movements and activity becomes ever more important. Desk jobs can affect physical health in many ways. Lack of movement causes you to not burn off calories you consume throughout the day and decreases overall metabolism.

Sticking with a job you dislike can further affect your mental health. People who stay within a role or organisation through obligation or a perceived lack of other options are more likely to experience physical health problems, including symptoms of fatigue, stress and burnout.

"My back hurts" is the most common complaint by people with a desk job. If your job includes sitting in the same position for hours, you can have some serious problems. Sitting on a chair in the same posture for six to eight hours can lead to back or neck problems. Try to keep your back straight so that there is less strain on your muscles or joints.

Another issue is that of vision problems. If your work includes sitting in front of the computer all day, you might be putting your eyesight at risk. Try to wear protective glasses or install a screen shield on your monitor to keep your vision intact. Signs of eyestrain can include blurry vision, watery or dry eyes, and head-

“People who stay within a role or organisation through obligation or lack of other options are likely to experience health problems.”



Fit to work

There are many small choices you can make that will add up to a healthier you.

Walk: During work hours, try to walk around for five minutes every hour, even if it's just a stroll. This way you can relax your eyes and give your back a break.

Exercise: It's often difficult to get to the gym after work every day, but try to get some form of exercise for at least an hour a day.

Healthy meals: If you tend to indulge in calorie-loaded snacks at your desk you will end up gaining weight and become unhealthy. Try to opt for fresh fruits, nuts and veggies as snack foods.

Back relief: Place a small cushion behind your back while sitting to protect your spine.

Massage: A stiff neck can cause a lot of tension. Massage therapy by a professional can help relieve some of this stress.

aches. To avoid it, try increasing your font size so you don't have to squint at the screen. Also, it helps to look away from your computer time and again for a few minutes to allow your eyes to adjust to different distances.

Another important factor that can be a hassle in a traffic-heavy city, such as Dubai, is commuting. The

act of simply getting to work can end up taking its toll on your health, especially if you are exposed to stressful driving conditions each day.

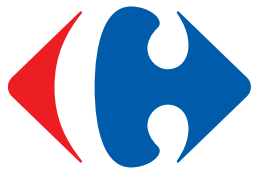
Other physical health issues could include insomnia, headaches, obesity, high blood pressure and an increased risk of heart attacks. These symptoms can occur regardless of your job type—whether you sit hunched in front of a computer or work outside performing physical labour—as they are often caused due to the onset of stress. Unfortunately, preventing stress is not always within your hands, but the way you deal with it is. Finding energy outlets, like exercise, often helps.

Obviously, you don't want to end up quitting your day job for health reasons. But, luckily, there are many ways you can counteract the effects of a sedentary work life. It is important to incorporate activity throughout your day. Whether it's walking that extra few miles or climbing the stairs to get to your office floor instead of taking the elevator, you can make a change. ●



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Fight back against some of the most common hair-raising horrors.

Lost lustre

An irregular cuticle surface exposes the inner core of the hair strand, making it appear dull and lifeless. The sun, air conditioning and chlorine are major factors in damaging the cuticle—particularly in a city like ours—so keep up with those regular trims to get rid of dull ends before they spread to the full length of the hair.

Fight it: Look for products packed with vitamin E to soften the strands and add some shine back into your locks. Coconut oil is a great shine booster when massaged into the hair and scalp—try to leave it on for around 15 to 20 minutes for maximum results.



The frizz monster

When the outermost layer of the hair, known as the cuticle, gets lifted and displaced, it turns frizzy. High humidity can also have untoward effects on frizz levels—as those who have experienced a Dubai summer will know. Frizz typically begins at the ends of the hair, so regular trims will help, while avoiding harsh chemicals and processes will also help to fight the frizz before it takes hold.

Fight it: Use a moisturising conditioner on the ends of your hair, followed by a heat protection spray and a serum when drying and styling. However, once frizz begins, the only way to eradicate it properly is to cut those pesky ends off.



Hair drought

Many different factors can play a role in creating a mane that looks drier than the desert. Chemical treatment, heat styling, sun, chlorine, air conditioning; all these things can dry your hair out. Dry hair is also almost always lacking in protein. Look for products that contain essential

fatty acids, such as omega 3, omega 6, and vitamin B5.

Fight it: Try to go easy on the heat styling and allow hair to dry naturally when possible. Avoid washing your hair every day, and look for moisturising, gentle cleansing and styling products for the days when you must use them.



Flat as a pancake

Limp, weighed-down hair is often caused by overactive oil glands in the scalp—the same glands that produce sebum to keep the scalp moisturised. Flat hair can also occur when the strands have been stripped of their natural moisture, so striking a balance between too much or too little oil is key to boosting the body in your hair.

Fight it: Use a lightweight conditioner from mid-shaft to the ends of the hair, then, once dry, blast with a shot of dry shampoo. This will boost volume and help absorb oil throughout the day. A cut with hidden layers (also known in the industry as seamless layers) will help to boost the natural volume of your hair.

On thin ground

It's normal to shed some hair every day, but if you notice your hair begins to suddenly start thinning it may signal underlying issues. It may, however, also be the result of lifestyle, environmental factors, or stress. Using a shower filter may protect against some of the effects of Dubai's water—known to cause hair fall in many people—however, if you notice your hair is thinning rapidly and is very noticeable, seek advice from your doctor.

Fight it: Make an appointment with your doctor to get to the bottom of the problem. Some medications, vitamin deficiencies or medical conditions can often contribute towards hair loss, but it's essential to establish the cause properly and make necessary improvements.

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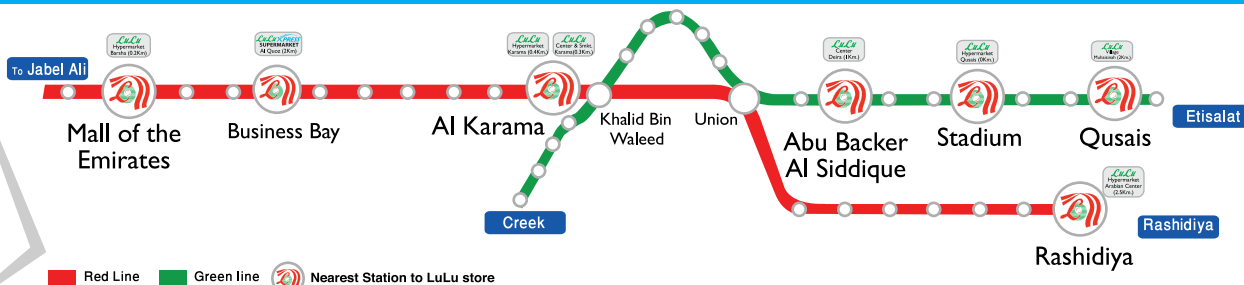
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NEWS ON WHEELS

Renault registers good sales in 2012



Arabian Automobiles, the exclusive dealer of Renault in Dubai and the Northern Emirates, has announced its 2012 sales results for the Renault brand, indicating a record 67 per cent growth compared with 2011. In 2012, among the European brands, Renault saw its market share in the UAE grow by two per cent. The company has attributed the significant results to growing customer confidence as well as the availability of a wider range of Renault models which appeals to different customer segments.

Ashish Goel, Deputy General Manager, Arabian Automobiles Renault, said: "With the onset of 2012, the business saw a double digit growth in sales thanks to growing confidence in customers' purchase behavior and interest in the Renault line-up. The arrival of the Renault Duster gained a lot of interest among UAE residents and played a huge role in increasing traffic to our showrooms."

Since its launch in May 2012, the Renault Duster has become the biggest selling passenger vehicle for Arabian Automobiles' Renault division. The Duster starts at a 'shockingly affordable' price of under Dh50,000, and the small SUV's blend of features have proved to be a winning combination for customers.

Customers can book a test drive of Renault models from Arabian Automobiles via www.renault-me.com or by calling 800 RENAULT (7362858).



The fourth kind

Toyota unveil a brand new 4th generation version of their seminal crossover RAV4.



THE NEW GENERATION

Toyota started the whole compact SUV movement in the 1990s with the first car-based small 4x4, the original RAV4. Many thought it was madness, wondering who would want a chunky little 4x4 when most of their driving would be around the city? Many were very wrong indeed, and the RAV4 has gone through 3 generations and chalked up 4.5 million sales since.

Now, we see the release of the all-new 4th generation of the popular crossover, a completely fresh reinvention of the concept, a version designed for the motoring needs of 2013 and beyond.

Gone are the old corrugated sides of the original, the blobby headlights of the next, and the frankly rather portly looks of the third generation. Gone too are the signature high roofline and spare wheel mounted on the rear door, a bold decision to make, but one that offers a significant improvement in aerodynamics and fuel efficiency. Hiding the spare wheel below the rear floor allows for the use of a conventional lifting tailgate, and

the boot is still substantial enough to be genuinely useful, even cavernous, when the second row seats are folded flat.

Overall, the new design is very much more modern, sleek and car-like than previous versions, and the new front end design indicates a new Toyota corporate face. Exterior design is dynamic and accomplished. Chief Engineer Akio Marimoto singled out the surface design of the exterior as one of his favourite accomplishments for the new car, declaring himself quietly pleased with the result. And so he should be.

Toyota rediscovered its mojo with the 86 last year, and current President of Toyota, Akio Toyoda, has

declared that he intends to make Toyotas fun again, to bring back the excitement for which they were once renowned. Fighting

talk, but recent events would suggest that he's completely serious.

So, what do you get? The 4th generation, 2013 RAV4 is a four-door, compact crossover SUV, with a 2.5l four cylinder engine and five seats, available in three trim levels already familiar from other parts of the family, GX, GXR and VXR. All get the same engine, shared with the Camry, producing 176bhp and 172 lbs-ft of torque. Drive goes through a brand new 6-speed automatic (a huge improvement over the previous four), and goes to all four wheels through a new system called Dynamic Torque Control 4WD. There is a choice between Eco and Sport modes, and new electrically assisted steering. Spring and damper rates have also been tuned to deliver a more responsive feel, and the whole set-up promises better acceleration with reduced fuel consumption.

On the move, the new RAV4 is immediately livelier. The steering is quick, and the ride is very car-like despite the RAV4's off-road ability. The interior is streets ahead of previous generations, and the whole package should be very easy to live with.

In short, Toyota have kept what made the original RAV4 such a breakthrough, preserving the DNA of the original, but bringing everything bang up to date. ●

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TRAVEL NEWS

Kenya posts rise in visitors from UAE

The Kenya Tourist Board has reported a 96.3 per cent rise in the number of UAE visitors for the first ten months of 2012 compared to the same period in 2011. Between January and October 2012, there were 32,865 arrivals into Kenya from the UAE compared to 16,738 in 2011. As a result, the UAE now holds 3.2 per cent of Kenya's market share compared to 1.6 per cent in 2011.

Speaking about the latest figures, John Chirchir, Regional Marketing Manager at the Kenya Tourism Board, said, "Since establishing a representational office in Dubai, the number of visitors from the UAE has continued to register double-digit growth year on year and these recent arrival figures show the UAE as the fastest growing inbound market for Kenya."



"The key drivers of this remarkable growth are Kenya's safari offerings which allow visitors to experience the country's natural beauty as well as adventure, in addition to the diversity of Kenya's cultures and attractions," Chirchir added.

At just over four hours flying time from any major city in the GCC, Kenya is a short haul destination for residents within the region. In addition, the number of airlines travelling to Kenya from around the GCC is growing with Kenya Airways, Emirates, Etihad, Air Arabia and RwandAir all flying directly from the UAE to Kenya. Kenya Airways, Qatar Airways, Gulf Air, Saudi Arabian Airlines, and Ethiopian Airlines also fly directly from additional GCC cities to Kenya.

The Norway of Arabia



A DIFFERENT SIDE OF THE MIDDLE EAST

The quiet, pristine wilderness area of **Musandam** is thriving with a dynamic diversity of life, with rugged mountainous fjords giving it a truly unique natural character.

Separated from the rest of Oman by the east coast of the UAE, and guarding the southern side of the strategically important Strait of Hormuz, the Musandam Peninsula is a land of beautiful fjords, small villages and dramatic, mountain-hugging roads. No longer difficult to reach, this beautiful peninsula, with its cultural eccentricities, is well worth a visit if you're on an extended tour of Oman, or if you're just after a taste of the wilderness away from Dubai.

As the endless development of the UAE withers and the straight road begins to buckle towards the Musandam border, a cliffside track winds around the fractured coast and leads you to this Omani exclave. The capital of the province, Khasab, is small but far from sleepy. Its souq resounds to a babble of different languages, including Kumzari, its harbour bursts with activity, and there's the splendid fort, built by the Portuguese to keep

their sailors supplied with dates and fresh water.

Despite the tanker motorway a few miles to the north, the waters around Musandam are pristine and full of wild dolphins that streak through the water like torpedoes. Just an hour from Khasab

are dive sites with schools of blue and yellow Indian Ocean angelfish, Arabian butterfly fish, snappers, lionfish, groupers, stingrays and turtles. In fact, some experts think that the coral of Musandam is among the best in the world due to the absence of heavy industry along the coast and few fishing fleets in the area.

Rolling off the road onto any of the beaches that line the coast offers the perfect opportunity to while away the hours splashing around in the Arabian Gulf. Later on in the evening, the beach packs out with local residents, conducting meetings around a campfire, and makeshift fishermen catching local delicacies with nothing but a piece of string and a hook.



STUNNING FJORDS

Top five things to see and do

- Omani fjords
- Khasab castle
- Dhow cruise to Telegraph Island
- Beach camping
- Off-road driving through the Hajar Mountains

As the only access to the Persian Gulf, the Straits of Hormuz wash the shores of Musandam, carrying rich nutrient laden waters from the Indian Ocean into the gulf and attracting a staggering range of marine life—from turtles,

sharks, rays, dolphins and whales, to the small reef-dwelling creatures that form the basis of the food chain.

Until recently, the dusty heart and stony interior of Musandam could only be explored on the back of a mule. Now, however, a road climbs steadily into the great Hajar Mountains—that stretch for close to 500km, reaching 3,000 metres at the highest point. The road soon becomes a track carved into the hillside, with extraordinary drops off the side into oblivion. At the crest of one hill, the entire landscape opens up before you. Mountains hewn, carved and hacked from the ancient foundations of Earth sweep to the horizon.

It is the Gulf, but not as you know it. Otherworldly Musandam is not a place for those looking for fusion food and FIJI Water, fine hotels or a Lamborghini showroom. This is the Middle East of wilderness, serenity and, above all, beauty. ●



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THE LAUNCH

LG introduces 84-inch Ultra HD TV

LG Electronics (LG) has launched the world's first 84-inch Ultra HD TV in the UAE and in response to growing consumer demand for larger, more immersive home TVs with greater functionality. The Ultra HD TV boasts superb picture quality with eight million pixels per frame, four times the resolution (3840x2160) of existing Full HD TV panels; due in large part to LG's advanced Triple XD Engine. The additional Resolution Upscaler Plus allows images from external sources such as hard drives and user-generated content websites to be rendered in higher detail.

Bringing this exciting new experience to the 3D entertainment arena, LG has equipped its Ultra HD TV with



Cinema 3D technology to ensure the impressively large display provides the most immersive viewing experience possible. 3D Depth Control allows viewers to fine-tune the 'distance' between near and far objects on the screen.

LG's new Magic Remote also allows users to intuitively access and navigate the Home Dashboard while LG's Smart TV ecosystem now includes approximately 1,400 apps and access to a growing community of premium content services.

More media content can be accessed via portable devices such as laptops, mobile phones, tablets and flash memory drives using the Smart Share Plus function. The imbedded 2D to 3D conversion engine expands the availability of 3D content and Dual Play takes head-to-head game play to a whole new level by allowing opponents to simultaneously see different images on the same screen.

Multifaceted mobiles

Using smartphone technology to shape a "better you" could balance out the time you waste on games and social networking.

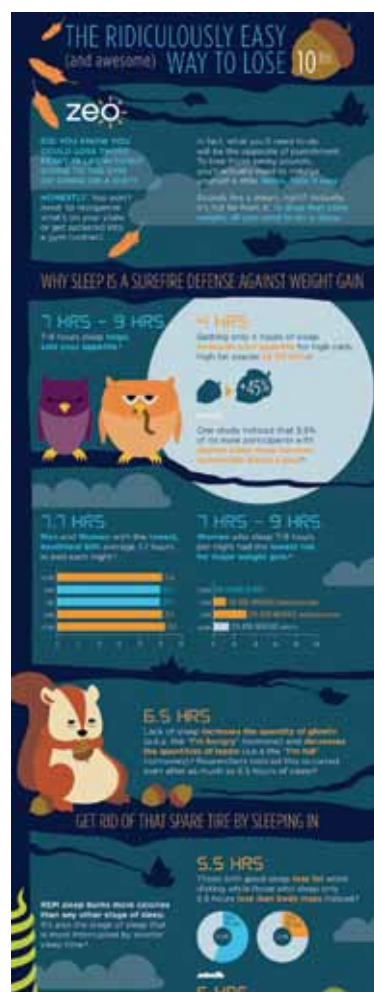
There's no doubting that smartphones have made our lives easier, although our dependency on them may become somewhat of a hindrance. From time wasted on Angry Birds, to scouring jokes of the day, we spend a lot of time flicking our fingers across screens. But, if they must become an extension of our bodies, perhaps we should at least help them work with our biology?

Fitocracy for the iPhone takes the drudgery out of exercise by turning it into a game. You can undertake quests, unlock achievements, and "level up" with the points you earn after every physical exertion. You can also join groups to chat about exercise and compete on the leader board. The only downside is that the wealth of features makes the app rather difficult to navigate.

An app that spans the OS spectrum, available on iPhone, iPad, Android, Windows Phone and BlackBerry, MyFitnessPal makes counting calories as painless as possible thanks to its extensive database of more than two million food items. It tells you how many calories you can eat per day—based on your personal statistics and goal weight—and you can log your exercise to make the calorie tracking more accurate.

Despite its name, another app, entitled RunKeeper, covers the full gamut of aerobic activity, including mountain biking, cross-country skiing, swimming and rowing. It can take advantage of your smartphone's GPS to track your progress on a map if you're outdoors, but it works equally well for indoor workouts at the gym, especially if you pair it with a compatible heart-rate monitor.

“MyFitnessPal makes counting calories as painless as possible thanks to its extensive database of more than two million food items.”



Running is a great, low-cost way to get fit, but it can be hard to break into if you've never done it before. Get Running is a "Couch to 5k" running programme that gradually has you running five kilometres (or for 30 straight minutes) in nine weeks. The first week has you alternating walking for one minute and running for 90 seconds for half an hour. Sure, you could just as easily organise the timing yourself, but putting your smartphone to use is just, well, smart.

Once you've got your fitness groove on and you're headed to a better lifestyle, it's best to get a good night's sleep. And, what do you know, there's an app for that. The Zeo Sleep 101 tracks your sleep and then allows users to monitor how their patterns change, even serving up advice about how to get a better night's rest, too.

Zeo Sleep 101 and other similar apps, such as Sleep Cycle, track your sleep using the accelerometer within the iPhone to measure movements while you're away in the land of nod. This information is collated into various graphs, allowing an overview of your sleep cycle and quality, with results that can be tracked over a period of time to pinpoint what may have caused specific sleeping problems.

Not only does it rub in the fact you don't sleep well, but it also provides you with advice and challenges to kick-start your progress. All of this—alongside the accelerometer technology being used to wake you up at just the right time in your morning sleep cycle—means you're already starting the day alert, on the right foot and fighting fit for your assault on that smart health kick. ●

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Station by station guide

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



Jazz Hats

JANUARY 21, 7.30PM
THE FRIDGE, ALSERKAL AVENUE, AL QUOZ 1, STREET 8

The Fridge concert series is back for its twelfth season, with a line-up that's as eclectic and entertaining as ever. Kicking off the latest edition will be Samvel and Arthur, the Armenian jazz duo better known as Jazz Hats.

With guest musicians and soulful songstress Kerrie-Anne on vocals, expect a set list including classics from Charlie Parker, Thelonious Monk, and Chick Corea among others. Doors open at 7.30pm and entry is Dh50 per person, free for under 18s.



I Know, I Knew

UNTIL JANUARY 27
GALLERY OF LIGHT, DUCTAC, MALL OF THE EMIRATES

Following her successful residency as part of Ductac's Artist in Residency programme, emerging Emirati artist Sara Al Haddad presents her second solo exhibition in Dubai, entitled *I Know, I Knew*. The work on display uses deconstruction and reconstruction in order to explore the process of readjusting expectations. Hidden layers are exposed to become new focal points and previously unseen details are thrown into a different context, illustrating how the true nature of things around us are often disguised.

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The Eye of Dubai

UNTIL JANUARY 28

THE PAVILION DOWNTOWN

This video installation by Christian Jankowski features a film made during the artist's first trip to Dubai, where he and his film crew were led to various destinations by their local guide, Rami Farook, where they remained blindfolded until the last night of the trip when they viewed their film for the first time. Accompanied by a documentary from the BBC World News series *Collaboration Culture*, chronicling the making of the film, this unique installation is a must-see.



Falling Leaves

JANUARY 23 -
MARCH 7

THE THIRD LINE, AL
QUOZ 3

Golnaz Fathi returns to The Third Line gallery with a new body of work entitled *Falling Leaves*. Using

traditional Iranian calligraphy and the epic poem *Shahnameh* by Persian poet *Ferdowsi* as a point of departure, Fathi interprets the renowned work through a contemporary lens that breathes new life into an ancient practice and story.

Dubai at its best



Make the most of this year's Dubai Shopping Festival (DSF) with these great offers.

Jumbo offers

For every purchase of Dh300 made at any Jumbo store during DSF 2013, customers will receive a raffle coupon for a chance to win gold. Customers will also receive assured gifts such as digital cameras, 500GB hard disk drives, 7-inch android tablets and routers with a purchase of a laptop. For smartphone lovers, any purchase will entitle them to win Dh250 accessory vouchers. In addition, Intel presents a scratch and win promotion, for opportunities to win up to Dh5,000 cash. According to Vishesh Bhatia, Jumbo



Electronics CEO, Jumbo offers great value for money on Sony products, including up to Dh500 gift vouchers, price drops on various models and high-value bundles such as Xperia Ion smartphones and Blu-ray home theatres on large screen TVs buys. Jumbo also gives customers who purchase products worth Dh1,500 and above a special discount booklet with 15 discount vouchers for various accessory products and brands.

Luxury living

Damac Properties is giving away luxury Audis with properties bought during DSF 2013. Clients who purchase the penthouse suite at Burjside Boulevard, or the signature collection at Ocean Heights, will receive the 2014 Audi R8. Buyers of other properties across the Damac portfolio will also be able to take home a brand new Audi. Any three bedroom property bought during DSF will come with an Audi A8, a two bedroom sale will be rewarded with an Audi A6 and customers who buy a one bedroom property during DSF will get their very own Audi A4.



Rivoli style

The Rivoli half-back offer entitles shoppers to 50 per cent value back immediately, in the form of gift vouchers for future purchases at any Rivoli store. The offer runs until February 3, and is valid on all the world-class brands—including Juicy Couture and Lacoste watches—available at Rivoli Prestige, Rivoli Arcade, Hour Choice and Eyezone.

Paris Gallery



Paris Gallery has put together a host of offers for a special luxury shopping experience throughout DSF 2013. 'DSF @ Paris

Gallery' showcases exclusive perfumes, fashion sunglasses and watches, cosmetics and designer wear accessories. For every purchase, customers will receive exclusive gifts from the luxury house and there is the chance for 10 lucky customers to win a Paris Gallery deluxe gift basket.

Ecco sale

As part of DSF 2013, Ecco's part sale promotion of 25 to 60 per cent runs until February 3 on selected items. Ecco owns and manages every step of the shoemaking process, thus synergising style, comfort and quality into its products. Ecco is available at The Dubai Mall, Mall of Emirates, Deira City Centre, Dubai Festival City, Marina Mall and Mirdif City Centre.



Triple excitement



Majid Al Futtaim Properties' malls—Deira City Centre, Mirdif City Centre and Mall of the Emirates—are giving away a combined Dh1.3 million in gift card prizes. Shoppers can participate in 'Drop In and Triple Your Win' at Deira City Centre and Mirdif City Centre, and 'The Pick of Dubai's Best Shopping Festival' at Mall of the Emirates, a promotion that gives shoppers the chance to win three times their original Dh300 spend, every hour, every day until Dh1.3 million is given away. Shoppers can also participate in the 'Price the Prize' competition by guessing the price of a featured product, which changes every day.

Win at Outlet Mall

Until February 3, shoppers at Dubai Outlet Mall have the chance to win a new Nissan Pathfinder 4x4 for every Dh250 spent in the mall. Bargain hunters are also in for a treat as individual retailers host their own promotions, in addition to the daily discounts of between 30 to 90 per cent off on products spanning fashion, accessories, furniture, homeware, sports gear, leather goods and jewellery. This year, Dubai Outlet Mall is also offering family entertainment and live music performances to keep shoppers entertained.



Money mania

Oasis DSF Money Mania offers shoppers a chance to win gift vouchers up to Dh500,000. Within 60 seconds, participants must grab as many notes as possible to win gift vouchers equivalent to their total monetary value. This year, notes totalling Dh10,000 are up for grabs, while double value notes have also been introduced. The 'Classic Game' allows people to pick notes at random within 60 seconds, while the 'Tag Team' option allows two people to play as a team. The 'Extra Time' option offers 10 extra seconds of play inside the cube, while 'Lucky Note' introduces an extra Dh1,000 voucher into the cube.



Givenchy chic

Chic glasses from Givenchy are proving irresistible this DSF. Priced between Dh1,100 and Dh1,500, the exquisitely crafted glasses are available at Yateem Opticians, and are sure to make you the focus of attention.



European extravaganza

Mercato presents its 'Around Europe in 32 days' promotion as part of DSF 2013. For every Dh200 spent at Mercato or its sister mall, Town Centre Jumeirah, shoppers



will receive one raffle coupon for the DSF grand prize draw for the chance to win one of two brand new Toyota RAV4s. Mercato is also hosting European themed entertainment, and is open until midnight every day during DSF.

Glow with Lamcy Plaza

During DSF 2013, customers who shop for Dh200 at any outlet in Lamcy Plaza are entitled to participate in the gold raffle promotion, which gives away 24-carat gold bars to lucky winners through weekly draws. Two customers stand a chance to win a 100g gold bar every week. Winners will be selected through raffle draws, held on January 20 and 28 and February 4, 2013.



Go for gold

Until February 3, two weekly winners will have the chance to each win 100g of 24-carat gold when shopping for Dh200 at Arabian Centre. Children can also enjoy free face painting, arts and crafts, as well as a ride on the Arabian express train through the mall. Free entertainment over the weekend (Thursday, Friday and Saturday) includes five family theatrical shows at 6.30pm, 8pm and 9pm in the Night Court area.



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Body language mistakes

Ways in which the unspoken language you use within the workplace could affect how colleagues perceive you.

BEHAVIOUR

Your ability to use your body language in a way that emphasises your words is vital to your career success. From getting a promotion to closing a deal, your non-verbal communication can make a big difference to whether you succeed or you don't. There are sometimes indirect gestures, facial expressions and even shifts in your entire body that can give the wrong impression about you. The way you speak, walk, sit and stand says a lot about you. By becoming more aware of your body language, you will put yourself in a better position in business and life. That said, many of us sometimes send mixed messages that might reveal something different than what we actually meant to say. This can affect how others react to us. Akhtaboot reveals the top body language mistakes that can ruin your career.

BAD BODY POSTURE

Growing up, our parents constantly asked us to sit up straight, and for good reason. Slouching is associated with insecurity and lack of strength, while leaning forward can often give the impression that you're aggressive. The ideal way to go about body posture is to maintain a neutral position; sitting tall with your head held high. Studies have shown that even when we don't feel confident, testosterone and cortisol levels in the brain are affected, which means that we can change other people's perceptions—and even our own body chemistry—simply by changing body positions.

BREAKING EYE CONTACT

It's no secret that eye contact is an important aspect of communication. It makes you come across as interested, friendly, and confident. Many professionals tend to feel uncomfortable holding eye contact once a personal connection has been established. While it may feel slightly awkward to consciously plan when you'll make eye contact with people and when you won't, in practice it may make it much easier. Just try to use as much eye contact as possible, not get down on yourself over the times you can't, and slowly try to get more used to it.

POINTING FINGERS

Body language experts generally agree that hands send more signals

than any other part of the body except for the face. Using your index finger to point at someone or something is one of the worst body language signs that you can make. Pointing your fingers at another person can cut up the personal space between you in an aggressive way and it is strongly associated with anger when directed at another person.

NODDING YOUR HEAD EXCESSIVELY

Excessive head nodding implies that you feel that the speaker has made his point or taken up a sufficient amount of time. Fast head nodding is rather like the hand gesture given off-camera by the director to a performer, indicating that "time is up". Nod once or twice with a smile of agreement, then try to find your comfort zone and stay there.

FIDGETING

Fidgeting is the act of playing relentlessly with your fingers, hair, or items of clothing such as rings in an unconscious way. This may be a result of nervousness, agitation, boredom or a combination of all these factors. Recent studies have revealed that those who fidget burn more calories, have better circulation, and experience less back and joint pain. They also think and remember more effectively when fidgeting. However, since most people see fidgeting as a sign that you are not concentrating, try to come up with creative ways to do it discreetly. ● By Akhtaboot—the career network (www.akhtaboot.com).

“We can change other people's perceptions—and even our own body chemistry—simply by changing body positions.”



Harman house set for DSF

Popular retail chain reveals how it is on track to achieve \$400 million target revenue for the fiscal year 2013.

RETAIL

Harman house, the home, professional and car infotainment retail chain, expects to achieve a 45 per cent increase in sales at this year's edition of the Dubai Shopping Festival (DSF). The forecast is attributed to the increasing demand for consumer electronics in the region in general and the UAE in particular. The retail store's positive outlook also complements Harman Middle East's announcement that it will achieve its target revenue of \$400 million for the fiscal year 2013.

Amit Malani, President, Harman Middle East, said, "We are excited about our participation in DSF 2013. We are seeing that the buying trend is still on the high side and this year we are offering unbeatable offers on products such as flat screen and



AMIT MALANI

smart TVs, home theatre systems, docking stations and headphones.

"We are witnessing a positive change in the consumer electronics segment and DSF 2013 will surely prove to be rewarding as well—with consumers seeking products that showcase quality products with better connectivity, performance, speed and the convenience to suit their lifestyles. During our participation at DSF we are focusing on giving more value to the customer for each purchase of our bundle offers and promotions," Malani continued.

One of the key highlights of Harman house's participation at DSF 2013 is the showcase of the world's first docking station from JBL for the latest Apple devices

bearing a Lightning port connector and the first ever range of harman/kardon headphones. Other harman/kardon and JBL products on offer include iPhone and iPod docking stations, headphones, flat screen TVs and home theatre systems. Aside from the value back offer, Harman house is also offering bundle offers featuring iPad Mini, bluetooth adapters and AKG wireless headphones.



SOUNDS GOOD



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Street style

Follow the fashion of today's young pop stars, with an edgy and eye-catching take on sophisticated street style.

Sassy stars

UK girl band Little Mix are a great inspiration for chic casual wear. Whether they are on stage or walking the red carpet, they make a popstastic statement in neon colours, playful prints and so-tacky-it's-cool jewellery. Look for great casual shoes for a chic sporty look. Retro sneakers in colourful suedes, high-tops, boots or sandals look fierce with most casual wear. Also, use casual accessories, bright plastic jewellery and funky handbags to mix things up.

MISS SELFRIDGE

MARKS & SPENCER

Him



LITTLE MIX

Her

Fashion frenzy

This style is great to have fun with. Popular trends include sequins, bow ties, layered jewellery, tights or knee-high socks, skinny jeans and cute tops. You need to keep it simple but, at the same time, add some flair. Streetwear these days is all about showing off your own unique sense of style, and the stars are always dressed in super edgy, individual looks. To take influence from them, opt for pieces built around basic styles and bold colours. Also, look for body-skimming pullovers that offer visual interest, like bold lettering, along with contrasting stitching or flashy buttons.

Graphic girls

Choose interesting tank tops that you can layer under blazers, cardigans or sweaters. Look for interesting, graphic tops that are easily dressed up or down. Sequined racerbacks are sporty and have an eye-catching appeal. Denim shorts are very much in trend these days along with jumpsuits in different colours and designs. Also, a little bit of flash can go a long way toward jazzing up your style. Look for detailed cuffs or tops with a bit of bling that you can tone down with your favourite jeans. Hints of spiky metal are another way to up the ante on street fashion.



RIVER ISLAND

DOROTHY PERKINS

RIVER ISLAND

MISS SELFRIDGE

JUSTIN BIEBER



Dapper dude

Denim continues to reign strong as the number one choice for men's street wear. When it comes to jeans, keep them dark and well fitted to avoid the overly low-slung look seen in music videos. A plain white shirt and casual blazer gives this look an edge of refinement. Alternatively, you could opt for a cardigan or a leather jacket. Kanye West is an icon when it comes to street wear and he is often spotted wearing several edgy pieces such as a leather varsity jacket, hoodie, and biker jeans. Sporty shades are a great addition to a modern ensemble, while you shouldn't be afraid to experiment with bold colours. Try pairing a purple and black gingham shirt with a black tee underneath to set you apart from the rest.

BURTON

BURTON

RIVER ISLAND

RIVER ISLAND

BURTON

MARKS & SPENCER

RIVER ISLAND

TOPMAN

Cool casuals

For a chilled look, take teen sensation Justin Bieber's lead—bold colours in casual staples will add vibrant kicks to your outfit. Skinny jeans with leather detailing will provide a distinctive style, while no street-influenced look is complete without a fresh pair of sneakers.

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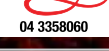












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NEW RELEASE

Quentin Tarantino often finds inspiration in less "reputable" genres and styles: Asian martial arts movies, spaghetti westerns and blaxploitation. Among his achievements has been his successful argument that the maligned and neglected B movies of the past should be viewed with fresh eyes and unironic respect.

Like Tarantino's celebrated World War II epic *Inglourious Basterds*, *Django Unchained* is crazily entertaining, brazenly irresponsible and also ethically serious in a way that is entirely consistent with its playfulness. Christoph Waltz plays Dr. King Schultz, a charming, sadistic German bounty hunter (masquerading as an itinerant dentist) whose distaste for slavery makes him the hero's ally and mentor.

That hero, first glimpsed in shackles and rags on a cold Texas night in 1858, is Django (Jamie Foxx), who becomes Schultz's sidekick. Schultz is an amoral gun for hire, tracking down fugitives and habitually choosing the first option offered in the formulation "Wanted: Dead or Alive".

Did you know?

- The movie was inspired by the 1960s spaghetti western *Django*, with original actor Franco Nero having a small role in this film.
- Jamie Foxx used his own horse, Cheetah, in the movie.
- Russ Tamblyn, whose character in this movie is named "Son of a Gunfighter", starred in the 1965 movie *Son of a Gunfighter*.
- Tamblyn's real-life daughter, actress Amber Tamblyn, plays a character in *Django Unchained*, aptly named "Daughter of a Son of a Gunfighter".
- Excluding films in which the cast is billed alphabetically, this is the first time in 16 years that Leonardo DiCaprio didn't get the top billing.

Over time, the traditional roles of white gunslinger and non-white sidekick are reversed, as the duo's mission shifts from Schultz's work to the rescue of Django's wife, Broomhilda (Kerry Washington). After the couple tried to run away from their plantation together, they were whipped, branded, and Broomhilda was sold.

Django and Schultz's search for her leads them to Candyland, a Mississippi estate whose debonair master, Calvin Candie, is played with almost indecent flair by Leonardo DiCaprio. Candie is assisted in his savagery by Stephen (Samuel L. Jackson), a house slave who may be the most shocking invention in *Django Unchained*.

Like many westerns, *Django Unchained* latches onto a simple picture of good and evil, taking homicidal vengeance as the only form of justice.

But, for regeneration through violence to take place, two essential figures must be present: the captive, usually an innocent woman held against her will, and the hunter, who is obsessed with protecting her honour and securing her freedom. Broomhilda and Django certainly fit those roles, and yet the roles, historically, were not intended for them. The idea that regenerative violence could be visited by black against white—instead of the reverse—has been almost literally unthinkable.



A SAVAGE ROLE FOR DICAPRIO

Ask yourself, then, why the violence in this movie will suddenly seem so much more problematic, so much more regrettable, than what passes without comment in *Jack Reacher* or *Taken 2*. Tarantino is a virtuoso of bloodshed, that's for sure, and also more enamoured of a particularly toxic racial slur than any decent white man should be. But decency in the conventional sense is not his concern, though, in another sense, it very much is. When you wipe away the blood and the anarchic humour, what you see in *Django Unchained* is moral disgust with slavery, instinctive sympathy for the underdog and an affirmation (in the relationship between Django and Schultz) of what used to be called brotherhood.

Maybe it's not so different from its Oscar competition *Lincoln*—an entirely different movie about slavery. But if *Django Unchained* is not the better of the two movies, it is arguably more radical, both as cinema and as history, and more than worth the price of admission. ●

Unleashed fury

Full of pain and fraught with peril, **Django Unchained** sees a slave-turned-bounty hunter set out for bloody vengeance.

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

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Coming up this week



TODAY

Leaving a job can be one of the most stressful occasions in your working life. Especially as you may have spent years becoming an integrated part of your company. But what are some of the best reasons to switch to a new job?



WEDNESDAY

Even after they're gone, their financial legacies live on. From Marilyn Monroe to Michael Jackson, we bring you the top deceased celebrity earners.



THURSDAY

The Ancient Egyptians were one of the most advanced empires. However, the inexplicable aspects of Ancient Egypt have also stemmed numerous myths.



MONDAY

Those who love a good puzzle do it for the satisfaction of completing the challenge and finding a solution. What is the most difficult puzzle in the world, and how do you solve it?



TUESDAY

Some computer manufacturers are burning the midnight oil to add a green sheen to their products. What poisons possess your PC, and do they have the ability to harm you?



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.

Valentine's Day February 14, 2013 is fast approaching!

The February 10-16, 2013 edition of *Read.* will feature a special Valentine's Day 2013 section. This is an ideal opportunity for retailers planning special offers and deals for Valentine's Day 2013.

For inquiries and bookings call 04 390 2904
or email advertising@readme.ae

Read.
THE WEEKLY
EXCLUSIVELY ON THE DUBAI METRO



Listings

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



HYDE PARK ON HUDSON

MOVIE GUIDE

Grand Cineplex - Wafi

The Bang Bang Club - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Chinese Zodiac - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Django Unchained - 11:20, 12:20, 14:30, 15:30, 17:40, 18:40, 20:50, 21:50, 00:00, 01:00
Gido Habiby - 19:20, 21:40, 00:00
Inkaar - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Jack Reacher - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
The Last Stand - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Matru Ki Bijlee Ka Mandola - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Melancholia - 10:30, 15:00, 19:30, 00:00
The Tall Man - 13:00, 17:30, 22:00
This Is 40 - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Grand Megaplex - Ibn Battuta

Argo - 21:00, 23:20
The Bang Bang Club - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Chinese Zodiac - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
Da Thadiya - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Django Unchained - 11:20, 14:30, 17:40, 20:50, 00:00
Great Expectations - 10:40, 13:10, 15:40, 18:10, 20:40, 23:10
The Hobbit - 11:45, 15:00, 18:15, 21:30, 00:45
Hyde Park On Hudson - 11:30,

13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Impossible - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Inkaar - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Jack Reacher - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
The Last Stand - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Les Miserables - 10:30, 13:30, 16:30, 19:30, 22:30
Matru Ki Bijlee Ka Mandola - 11:30, 14:30, 17:30, 20:30, 23:30
Melancholia - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
One More Try - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Parental Guidance - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Samar - 10:30, 13:30, 16:30, 19:30, 22:30
Skyfall - 10:30, 13:30, 16:30, 19:30, 22:30
Tad The Lost Explorer (3D) - 10:00, 11:50, 13:40, 15:30, 17:20, 19:10
This Is 40 - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Grand Cinemas - Festival City

The Bang Bang Club - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Chinese Zodiac - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
Django Unchained - 10:20, 11:20, 13:30, 14:30, 16:40, 17:40, 19:50, 20:50, 23:00, 00:00
The Hobbit - 10:00, 15:30, 21:00
Hyde Park On Hudson - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Impossible - 13:15, 18:45, 00:15
Inkaar - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Jack Reacher - 11:15, 16:15, 21:15

The Last Stand - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Les Miserables - 12:00, 15:00, 18:00, 21:00, 00:00
Life of Pi (3D) - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
Matru Ki Bijlee Ka Mandola - 17:20, 20:20, 23:20
Tad The Lost Explorer (3D) - 10:00, 11:50, 13:40, 15:30
This Is 40 - 13:45, 18:45, 23:45

Grand Cinecity - Al Ghurair

Chinese Zodiac - 10:20, 12:40, 15:00, 17:20, 19:40, 22:00, 00:20
Django Unchained - 11:20, 14:30, 17:40, 20:50, 00:00
Inkaar - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Last Stand - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Matru Ki Bijlee Ka Mandola - 10:00, 11:30, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 23:30
One More Try - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Samar - 10:30, 13:30, 16:30, 19:30, 22:30

Reel Cinemas - Dubai Mall

Argo - 13:30, 17:55, 22:20
The Bang Bang Club - 13:35, 18:20, 23:05, 01:15
Caught In The Crossfire - 16:00, 20:25, 00:50
Chinese Zodiac - 14:00, 16:30, 19:00, 21:30, 00:05
Chinese Zodiac (3D) - 12:30, 15:00, 17:30, 20:10, 22:40, 01:10
Django Unchained - 11:05, 14:00, 17:25, 20:50, 00:15, 00:55
Gido Habiby - 13:30, 15:50, 19:05, 20:35, 00:35
Great Expectations - 11:20, 14:00,

16:40, 19:20, 22:00, 00:40
The Hobbit - 11:00, 14:20, 17:40, 21:00, 00:20
Hyde Park On Hudson - 11:20, 13:25, 15:30, 17:35, 19:40, 21:45, 23:50
The Impossible - 15:35, 20:35, 01:30
Inkaar - 12:00, 14:35, 17:10, 19:45, 22:20, 00:55
Jack Reacher - 14:20, 17:00, 19:40, 22:10
The Last Stand - 11:10, 13:30, 15:50, 18:10, 20:30, 22:50, 01:05
Les Miserables - 11:40, 14:55, 18:05, 21:10, 00:30
Life of Pi (3D) - 13:00, 18:00, 23:00
Life of Pi (3D) - 13:30, 16:05, 18:45, 21:25, 23:55, 00:55
Matru Ki Bijlee Ka Mandola - 16:05, 21:35
Parental Guidance - 15:35, 20:05, 00:35
Tad The Lost Explorer (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Tall Man - 13:20, 17:50, 22:20
This Is 40 - 11:05, 13:50, 16:40, 19:30, 22:15, 00:55

Reel Cinemas - Marina Mall

Django Unchained - 11:00, 14:25, 17:50, 21:15, 00:40
Great Expectations - 14:10, 19:35, 22:15, 00:50
The Hobbit - 11:15, 14:35
The Impossible - 12:30, 17:15
Jack Reacher - 11:30, 16:50
The Last Stand - 14:55, 19:40, 22:00, 00:20
Les Miserables - 17:55, 21:05, 00:15
Life of Pi (3D) - 14:10, 19:00, 21:35, 00:10
Tad The Lost Explorer (3D) - 11:00, 13:00, 15:00, 17:00
This Is 40 - 11:25, 16:45, 19:30, 22:15, 00:55



LIFE OF PI

Vox Cinemas - Deira City Centre

The Bang Bang Club - 09:45, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Chinese Zodiac (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Da Thadiya - 11:00, 13:30, 16:00, 18:30, 21:00, 23:45
Django Unchained - 11:00, 14:15, 17:30, 20:45, 00:00
The Impossible - 10:00
Inkaar - 10:00, 11:15, 12:45, 14:00, 15:30, 16:45, 18:15, 19:30, 21:00, 22:15, 23:45, 01:00
Jack Reacher - 10:15, 13:00, 15:45, 18:45, 21:30, 00:15
The Last Stand - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Life of Pi (3D) - 09:45, 12:30, 15:15, 18:00, 20:45, 23:45
Matru Ki Bijlee Ka Mandola - 11:15, 14:15, 17:15, 20:15, 23:15
Samar - 12:30, 15:15, 18:00, 20:45, 23:30

Vox Cinemas - Mall of the Emirates

The Bang Bang Club - 19:15, 21:30, 23:45
Chinese Zodiac (3D) - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Django Unchained - 11:00, 14:15,



GREAT EXPECTATIONS

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



17:30, 19:15, 20:45, 22:30, 00:00

Great Expectations - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

The Hobbit (3D) - 09:30, 12:45, 16:00

Hyde Park On Hudson - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00

The Impossible - 11:15, 13:45, 16:15, 18:45, 21:15, 23:15

Jack Reacher - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

The Last Stand - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00

Les Misérables - 10:30, 13:45, 17:00, 20:15, 23:30

Life of Pi (3D) - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45

Parental Guidance - 09:30, 11:45, 14:00, 16:15, 18:30

Tad The Lost Explorer (3D) - 09:15, 11:15, 13:15, 15:15, 17:15

This Is 40 - 20:45, 23:30

Vox Cinemas - Mirdif City Centre

Chinese Zodiac (3D) - 10:30, 13:00, 15:30, 18:30, 21:00, 23:30

Django Unchained - 11:00, 14:15, 16:00, 17:30, 20:45, 00:00

Gido Habib - 19:15, 21:45, 00:15

The Impossible - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45

Jack Reacher - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15

Les Misérables - 20:45, 00:00

Life of Pi (3D) - 09:15, 12:00, 14:45, 17:45, 20:30, 23:15

Parental Guidance - 09:30, 11:45, 14:00, 16:15, 18:30

Tad The Lost Explorer (3D) - 09:00, 11:00, 13:00

The Last Stand - 09:15, 11:30, 13:45, 15:00, 17:15, 19:30, 21:45, 00:00

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Dubai Shopping Festival 2013

Dubai Shopping Festival 2013 features 'Dubai at its Best'.

Date: Until February 3

Audience: Public

Category: Festival

Sign and Graphic Imaging Middle East 2013

Sign and Graphic Imaging Middle East 2013 is the region's largest exhibition in the signage, graphic imaging, screen and digital printing industries.

Date: January 20 - 22

Timings: 11am - 7pm

Audience: Trade

Category: Exhibition

Venue: Dubai World Trade Centre

Admission: Free admission for trade visitors only

Telephone: 04 343 5958



Dubai International Comedy Carnival

This DSF, catch the first edition of the Dubai International Comedy Carnival.

Date: January 22 - 26

Audience: Public

Category: Entertainment

Venue: Dubai Festival City

Admission: Free

Telephone: 600 545555



Dubai Latin Festival 2013

An exciting, four-day Latino dance and music extravaganza.

Date: January 24 - 27

Timings: 9pm

Audience: Public

Category: Entertainment

Venue: Ibn Battuta Gate Hotel

Telephone: 04 364 4881



Standard Chartered Dubai Marathon 2013

It's time for the annual Standard Chartered Dubai Marathon, so get ready to race.

Date: January 25

Timings: 7am

Audience: Public

Category: Sports

Venue: The Pavilion Downtown Dubai

Admission: \$120 - 42.195km, \$60 - 10km, \$15 - 3km



Jebel Ali Horse Races

Experience fast-paced horse racing action at the Jebel Ali Racecourse.

Date: January 25

Timings: 2:30pm

Audience: Public

Category: Sports

Venue: Jebel Ali Racecourse

Admission: Free

Telephone: 04 347 4914

Cultural Night Market 2013

The Cultural Night Market is a new global trend for shopping, knowledge sharing and cultural awareness within local communities.

Date: January 25 - 26

Timings: 2 - 10pm

Audience: Public

Category: Entertainment

Venue: Safa Park

Admission: Dh15 per person, free for children under 10 years

Telephone: 050 461 8888



Metro Classifieds



The February 10-16, 2013 edition of *Read.* will feature a special Metro Classifieds section allowing you to wish your loved ones for Valentine's Day 2013.

SMS your personal message to 5049 (etisalat or du) for only Dh25*
(*160 characters. Extra characters will be charged double).

For details call 04 390 2904 or email advertising@readme.ae

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JOBS AVAILABLE

Housemaid required for a part-time position in Deira. Should hold visa. Food and accommodation will be provided. Monthly salary Dh1,000. Call 0509589604.

Indian male, sales executive urgently required for a leather marketing product company. Should own valid UAE D/L. Owning car is preferable. Call 0552157492.

Urgently required for international coffee shop Barista, preferably female, w/ or w/o experience in Dubai. Fluent in English & Req. Housemaid. Send CV: hr.vwpta@gmail.com/0529833552.

Tailor/Cutter/Pattern maker required for ladies fashion & tailoring. Must be experienced in cutting and stitching. Call 0553301440. Send CV hfrifroz@hotmail.com.

JOBS WANTED

Degree holder seeks full-time job in sales and marketing. 19 years experience in similar field. Fluent in English, Japanese, Korean, Arabica and Urdu. Email gccbusiness1@gmail.com.

HR professional, with MBA (HR) degree seeks full-time job. 6 years relevant experience in reputable organisations. Email javedbcs@hotmail.com/call 0556811134.

PRO agent seeks full-time job. Experienced in government and all types of official work. Call 0529190003.

Male, 27, Japanese/English/Arabic translator seeks full-time job. 5+ years

experience in translation & coordination. Call 0563729948/email semoo112@gmail.com.

Indian female, MSc (HR) from UK seeks job. 18 months experience with British co. in Dubai. Email vkamanat@gmail.com.

Indian male, seeks full-time job as a sales executive within the FMCG field. 7 years experience in FMCG as sales cum merchandiser. Call 0554850525.

Certified internal control auditor, PFA, CA Finalist, BCom, seeks full-time job. 5 years experience in big firms. Call 0558335791, email somani@hotmail.com.

Filipino electrical engineer seeks full-time job. 13 yrs experience in Gulf. HV/LV/ELV, commercial & hi-rise. Call 0551095413/email knhie@yahoo.com.

Automotive service advisor, 8 years experience and skills looking for job. Call 00971527394602.

Indian male, BCom, seeks job as accounting cum administrative assistant. Call 0551016920 or email hafizgulam@gmail.com.

Full Auditor/Accountant status in UAE. CPA, BA, MBA, CA (part qualified), 5 year big 4 & industry exp, proficient in MS Office, As2, seeks job. Call 0527742206.

ACCA member with 4 years of experience in Audit/Accounts with world's 5th largest audit firm as well as in industry seeking a job in the UAE. Call 0527378365.

Indian female, electrical engineer with 3 years experience. Currently on husband's visa, seeks job. Call 0501552068.

MBA graduate seeks job as an event coordinator/event organiser. 2+ years experience in event management. Holds UAE D/L. Email fawaz.tatar@yahoo.com/call 0551175549.

ACCA member, BBA (Acc & Fin accounting & finance), seeks job in similar fields. 5+ years experience. Call 0501481564/zeeshanjanjua@gmail.com.

Indian male, BCom graduate seeks full-time job in accounting. Enough experience. On visit visa. Call 0555153585.

Graphic designer male, graduate seeks full-time job. 3 years experience. Can join immediately. Portfolio; www.nabeelmukhtar.com/call 0505003749.

AUTOS

Toyota Arion, 2011 model for sale. White colour, number 2. In good condition. Call 0506759444.

Peugeot 308 Feline, 2009 model for sale. In excellent condition. Lady driven. Call 0551483052.

Nissan Sunny, 2004 model for sale. Fully automatic, in excellent condition. Call 0552416369.

Caravan made in Germany for sale, 5-star quality in excellent condition, as good as new. Call 0509936100.

BMW 520 for sale, 2002 model, excellent condition, the car has two colours yellow and blue, registered in the car ID, please call 0529511511.

ITEMS

Brand new Samsung Galaxy, Note 2. One year warranty. For only Dh2,299. At Jumeirah mall-J3. Call 0503508093.

(New & Original) Rolex box available for sale. Call 0529927723.

Samsung Galaxy, Note 2, 3G available for sale. 1 year warranty. Dh2,199. Call 0503508093.

SERVICES

Auto loan services available. Drive your dream car home (used/new). Fast approval, minimum documentation. No bank statement required. Call 0562581925.

Facing challenges or need legal help? We offer legal help services to all that are in need. Our firm is a one-stop shop, with internationally certified lawyers for all your legal needs. Call 0551750295.

Staff Pick & Drop/Luxury conveyance services available. We Pick & Drop anywhere in Dubai and Sharjah. Call 0558711422.

Shower filter installation services available at your home and anywhere in the UAE. We work on removing 99% chlorine from your shower water. Unit price for only Dh199. Call 0551058988/ www.extremepurefilter.com.

Apple MacBook/iPad/iPhone/iPod repair services offered by professionals. Call 0554400280.

Abazar shelving system available for supply and installation services. We work on all kinds of heavy & light duty racking systems in warehouse/office. Call 0557867806.

PAC Institute offers CA ACCA CMA CIA CPA courses. Accounting/Finance lessons available. With the highest standard of education & exam focused coaching. Call 043881701.

Get rid of Arthritic/body pains with 1hr Ayurvedic treat/massage & free Dr. consultation. For only Dh99. At the Kairali Ayurvedic Ctr, Deira. Call 042298046.

Home tutoring lessons available from grade 1-6. Courses in O Level, accounting and business studies also available. Behind Madinah mall in Muhaisnah. Call 0529755134.

Car rental services available at cheap rates. With new cars available. Call and book now 0552331454.

Gulfatourism offers for UAE tourist/ Transit visa available for 14/30/60, accessible 24 hours. Call 0555307466, 043254433.

Spoken English classes @Dh550 per month. British trainer and flexible class hours. Wisdom Institute, near BurJuman Metro Station. Call now 043964455, 0509593754.

Hair loss treatment, Keratin Cacao treatment, facial, hair colour, body massage. Avail 50% discount on all services. Book for appointment: 0559288928.

We buy all types of used and scrap cars anywhere in UAE. If you wish to sell your used or scrap car please contact Sultan Sultan. Call 0505373425.

ACCOMMODATION

Furnished bed space available for rent. Executive South Indian bachelors only. Comes with 2 rooms, bathrooms, balconies, new split AC, bed, fridge, washing machine, Alamarah, Locker, etc. facilities. Opposite Royal Ascot Hotel, near Quality Restaurant building, Bur Dubai. Starting from January 25 and February 1. Call 0552807962, 0505458620.

Bed space available for rent in a brand new flat. Comes with attached bath, kitchen. Females only. Internet facility. Located near Dnata, Clock Tower, Deira City Centre. Call 0529878699.

Newly renovated spacious room available for rent. Working couples/2 executive females only. Comes with separate bathroom. Near Al Fahidi metro station, Bur Dubai. SMS only 0501851740.

Fully furnished bed space available for rent. Filipinos only. Comes with gym, E Vision. TFC and internet facilities. Near Karama bus and metro station. Call 0504002998.

Furnished room with dining room available for rent. In Mirdif. Call 529190003.

Two furnished bedroom apartments available for rent. Weekly/monthly. Located near metro station, Muraqabat, Dubai. Call 0559734447.

Furnished bed space available for rent. Comes with 2 rooms, bathrooms/balcony and extra appliances. Opposite Royal Ascot Hotel near Quality Restaurant building, Bur Dubai. Call 0552807962, 0505458620, 0507290287.

Spacious studio flat available for rent. Comes with separate kitchen. Families only. Near Al Fahidi metro station, Bur Dubai. Monthly/ quarterly rent. SMS 0501851740.

Room available for rent. Filipino couples/Sri Lankan couples/2 working ladies only. Located near Abu Baker metro station, Hor Al Anz. Rent for Dh1,400 + DEWA. Call 0504708264.

Sharing accommodation available for decent executive bachelor. (One room only - 2 people). Near Al Maktoum Hospital, Dubai. Attached bathroom and kitchen facilities available. Call 0559704790.

2 bedroom, furnished, for rent, weekly, monthly, in Al Muraqqabat Street. Near the metro station. Please call 0504953587.

Sharing room available near Fortune Plaza, Al Qusais, rent Dh800 + DEWA. One month rent should be paid in advance. Call 0558098027, 0558561347.

Bedspace available for Filipino ladies near Mall of the Emirates and metro station. Call 0529135193.

Bed space available for ladies in a brand new flat with central A/c, attached bath, kitchen & internet near Dnata clock tower area @Dh650 only. Call 0529878699.

Room available for rent. Located near DAFZA metro station, Al Twar. Starting from Dec 3. Indian couples preferred. Call 0551023300.

MISCELLANEOUS

Shop available for rent. In Meena Bazar, Bur Dubai. Call 0553052509.

Office space available for rent. In Meena Bazar, Bur Dubai. Call 0553052509.

Britishcare Nursery for sale in Ras Al Khaimah. Call 0501930884.

Special offer for Valentine's Day! Foil (Mylar) balloons/party plates & big size latex balloons. Call 0528158149/email dubaihut@gmail.com.

Check out Steelscnrionbike.com. We sell all kinds of bikes. For more info call 0507347667.

Personal loan and auto loan services, salary Dh4,500 plus variable income. Dh3,000 for auto loan. Fast approval and non-salary transfer. Call 0501647611.

Establish your own business in Dubai mainland. Low cost trade licence facilitation sponsorship, PRO, Visa etc. Free consultation. Call 0558983907/email sales@ebsuae.com.

Amazing offer for website design, starting from Dh399 + free hosting. Call 0508864342.

Visas to Canada, Europe and Australia available. For skilled workers, investors, entrepreneurs and students. Apply now on visa@migrationpartners.com/call 600522559, 0566944607/08.

Personal loan, salary Dh4,500 plus company accommodation & auto loan salary Dh3,000 available. Fast approval for personal and auto loan. No salary transfer required. Call 0563628279.

Personal loan, salary Dh4,500 plus company accommodation and auto loan salary Dh3,000 available, fast approval, no salary transfer required. Call 0567865862.

Big Abaya factory needs distributors. Call 0559744383.

Opportunity to start up a new business. Available to all residents that can afford time and money. Call 0505856098.

Golden opportunity! Partner/investor visa available. Dh20,000 with bank account & office space. Including, of one year sponsor & free trade licence. Call 0562695499.

NWALLETS - get your Name/Cell Number printed on genuine leather wallets. For personal use or as gift. For only Dh200. For more info search Nwallets on Facebook.

Website custom design and hosting within one week at Dh550 only. Please call 0501783304.

Personal loan services now only with salary of Dh4,250 plus company accommodation and auto loan with Dh3,000 salary only (used/new). Call 0554014386.

Establish your own business in Dubai. Low cost trade licence facilitation, sponsorship, PRO, visa etc. Free consultation. Call 0558983907/sales@ebsuae.com.

SMS your Classified ad to 5049. For assistance call 04 390 2904 or email advertising@readme.ae

Metro Retail

MEDIA SALES EXECUTIVE

Must have confident door to door sales experience with English titles in the UAE. Must have own car, preferable age 24-26. DMC visa + basic salary + good commission.
Send CV to dxbhunt@gmail.com

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zaheer@mishkatourism.com
www.mishkatourism.com



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- Quick Book

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- MOH-Arabic
- IELTS & TOEFL

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Ms. Fathima **052-7669400**

Mr. Safeer **052-7669500**

Ms. Yen (Kabayan) **056-6313966**

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Al Tayer honours departments

As the best-achieving RTA departments are awarded, the Traffic Agency leads for the second year in a row.

AWARDS

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently decorated the best-achieving RTA departments in the biannual RTA excellence forum, where the winning departments were honoured based on an in-house performance assessment regime aligned with the standards of the Dubai Government Excellence Programme (DGEP).

Al Tayer decorated five departments, where the Traffic Department at the Traffic and Roads Agency clinched the first position for the second year running.

The Development and Corporate Performance Department at the Strategy and Corporate Governance Sector finished second, followed by the Assets Department at the Corporate Technical Support Services Sector. The Internal Audit Department at the Office of the Chairman of the Board and Executive Director went a step back to finish fourth after filling the third spot in 2011, and the Fleet Operation Department at the Dubai Taxi Corporation finished fifth.



MATTAR AL TAYER WITH SOME WINNING TEAM MEMBERS

Al Tayer also honoured the departments with the most progressive performance, where the Commercial and Investment Department finished first. Next came the Transportation Systems Department, followed by the Marketing and Corporate Communication Department, then the Maintenance and Services Department, with the Buildings and Facilities Department finishing fifth.

Al Tayer reiterated the RTA's keenness to develop distinguished national leaders at various job levels, adding that over the past five years the RTA has provided support and resources, undertaken development projects and adopted various encouragement and motivational methods to nurture and qualify effective national leaders at every workplace and organisational level.

Abdul-Mohsin Ibrahim Younes, CEO of Strategy and Corporate Governance Sector, said, "The forum will be held on an annual basis starting from this year. From day one, the RTA was keen to adopt the DGEP model as a tool to enhance the government sector, diffuse excellence, innovation and quality concepts, share the best administrative and professional practices, and motivate employees."

RTA camp for employees' children

Children learn about the major achievements made by the RTA and various mass transit means in Dubai.

INITIATIVES

The Human Resources and Development Department, Corporate Administrative Support Services Sector of the Roads and Transport Authority (RTA), recently held a two-day orientation camp for the children of RTA employees and their families at Al-Aweer Hobbies Club in Dubai. During the camp, the children and the families of RTA employees were treated to various activities and events.

Kawthar Kadhim, Director of RTA Human Resources and Development, said, "On the first day of the event, a visual presentation was made to educate the children on the key achievements made by the RTA and various mass transit means operating in Dubai. The children were then



CAMP PARTICIPANTS GET READY FOR FUN

escorted on a Metro ride to enable them to know more about the Metro and how to use it. Other activities included drawing and colouring on various RTA public transport means. On the second day of the event, RTA

buses took the participants to the Al-Aweer Hobbies Club for a day packed with events and activities including cartoon characters, horse-riding, motor-biking, shooting, handicraft workshops, and a soapy playground."



Kadhim reiterated the RTA's commitment to stage various types of entertainment, social, scientific and health events and activities with the aim of improving the practical, social, health and psychological life of RTA employees and their families, in a way that reflects positively on their career and daily performance, which will ultimately boost the RTA's standing and enhance the quality of its service across all community segments.

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

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Taking your time

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

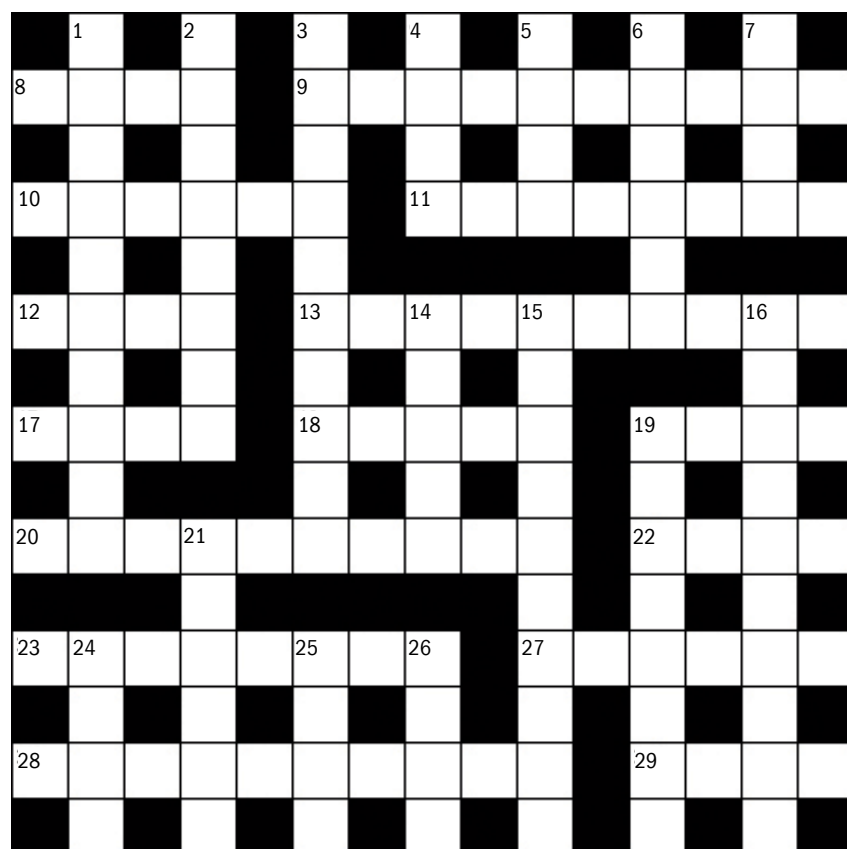
Crossword

Across

8 Fat (4) **9** Naming a candidate (10) **10** Stationary part of a motor (6) **11** Memorial (8) **12** A flightless New Zealand bird (4) **13** Inability (10) **17** Used to hold up trousers (4) **18** Court case (5) **19** Listen (4) **20** A shield (10) **22** Misplaced (4) **23** Penalised (8) **27** Come back (6) **28** With the current (10) **29** Marks on a playing card (4)

Down

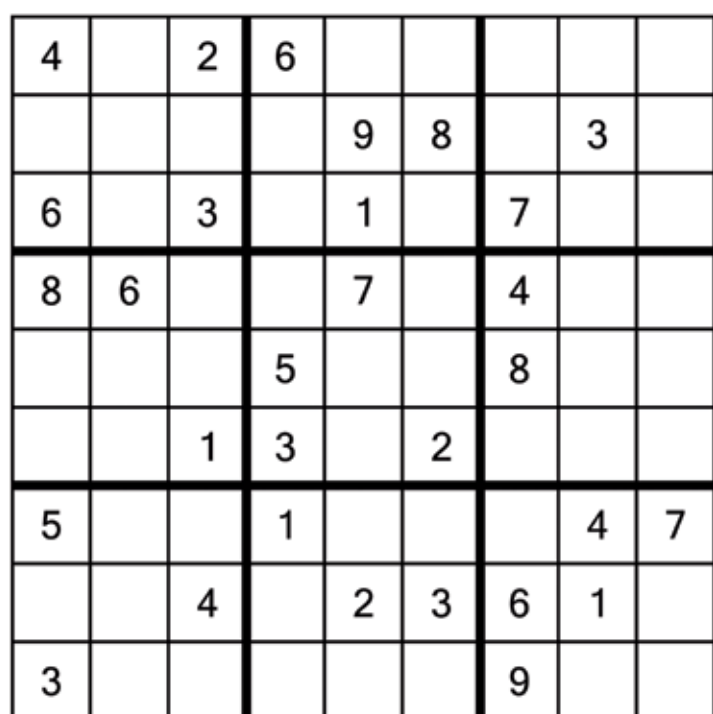
1 Sycophants (10) **2** Existing only in the mind (8) **3** Lacking aesthetic sensibility (10) **4** Islamic prayer leader (4) **5** In a little while (archaic) (4) **6** Nuclear (6) **7** Knowing a secret (4) **14** Bell (5) **15** Word that is the same back-to-front (10) **16** Copy (10) **19** Peaks (8) **21** Labour organisations (6) **24** "Once ____ a time" (4) **25** Despise (4) **26** Profound (4)



ANSWERS



Sudoku



Recipe

Healthy salsa gnocchi

This vegetarian dish is light, quick, and easy to make.

Ingredients

4 potatoes
320g plain flour
1 tbsp fresh basil, chopped
1 tbsp fresh parsley, chopped
2 large eggs, beaten
1 tbsp olive oil
12 small tomatoes
2 cubes vegetable bouillon
250ml boiling water
1 large red onion, finely chopped
2 spring onions
1 tbsp sesame seed oil
1 tsp chilli sauce
2 tbsp coriander leaves, chopped



Serves
6

shape, then cut with the back of the knife into 2cm thick pieces. **3.** Cook the gnocchi in batches. Add to boiling water and cook for two to three minutes until they rise to the surface. **4.** When the gnocchi are cooked and cooled, place them in a bowl then cover with cling film and chill.

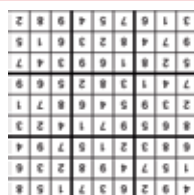
5. To make the salsa, dip the tomatoes in boiling water for 30 seconds to loosen the skins, then drain, peel away the skins and chop. **6.** In a bowl, combine the vegetable bouillon and hot water then add the chopped tomatoes along with the other salsa ingredients. Toss to mix. **7.** Place the gnocchi in a baking tray, brushed with the olive oil, and bake on a low heat in the oven until golden brown and crispy on both sides. Dress with the salsa and serve with a side salad.

Method

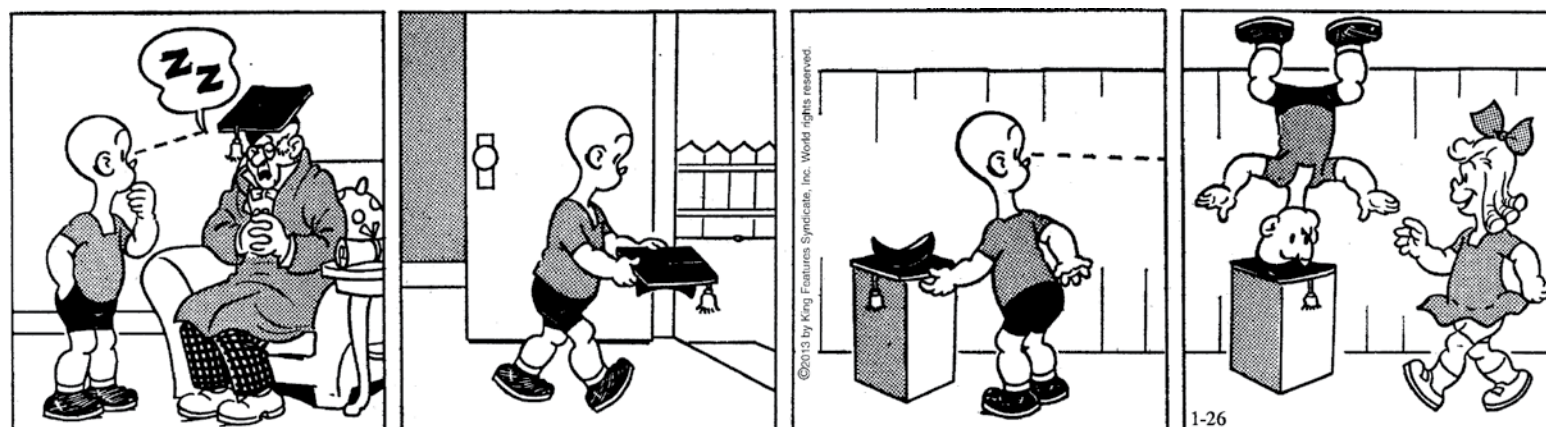
1. Bake the potatoes for 35 to 40 minutes. Peel, mash and mix them with the flour, basil, parsley and eggs to form a soft dough. **2.** Divide the dough into three equal parts. Roll each to take a sausage

ANSWERS

SUDOKU



Henry



Spiderman



Dennis the menace



"DENNIS!"

Who's this?



ANSWER - KRISTEN STEWART

What's in your stars?

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

ARIES

(MAR 21 - APR 20)

The clarity around everything you do makes for a positive week. You may begin wondering how money fits into the picture, which leads you to think about your future. Keep confidential papers under lock and key. Also, pay attention to nagging health issues.



TAURUS

(APR 21 - MAY 21)

You'll be tempted to make a promise you can't fulfil this week. A matter will finally work out in your favour but you need communication and compassion to make friendships work. Tension may erupt with a family member but don't let this spoil your weekend.



GEMINI

(MAY 22 - JUN 21)

You know the importance of scepticism and you may begin wondering about all the things you think you know, but can't do much about. Have faith in yourself and in others. Also, be sure to count the cost before making a large purchase this weekend.



CANCER

(JUN 22 - JUL 23)

Getting back to nature is key this week. You will be eager to revitalise your lifestyle and get away from the boring stuff. You would also be well advised to demonstrate that you're listening and that you really do care. Step on the brakes if you get the chance.



LEO

(JUL 24 - AUG 23)

You might want to loosen your grip as adaptability is important. Letting go will allow you to respond to changes with optimism. Look into subjects you know the least about, and try to be flexible with others as they could present a lucrative opportunity.



VIRGO

(AUG 24 - SEP 23)

A life circumstance could become challenging this week. Don't be afraid to ask for help, even though, deep down, you want to prove that there is more than one way to do things. The weekend is about picnics and family time, so forget your worries and have fun.



LIBRA

(SEP 24 - OCT 23)

This is a great time for connecting with friends. However, giving yourself too much to do and not enough time can wreak havoc on your mood. You'll want to escape to fantasyland and avoid facing the truth, but tact is required when it comes to certain dealings.



SCORPIO

(OCT 24 - NOV 22)

You may find yourself feeling highly motivated this week, so it's a great time to mingle and go with the flow. It's natural that you want to take the easy route, but you're not just being lazy—in fact, your brain is buzzing to get started on something fresh.



SAGITTARIUS

(NOV 23 - DEC 21)

This week you have no inhibitions. This is perhaps the best way to conduct yourself, as your upbeat mood will spread good cheer everywhere you go. Think about creating a new life priority list. Everything should start to fall into place with this new attitude.



CAPRICORN

(DEC 22 - JAN 20)

You'll be eager to break the rules and your rebellious side may be itching to come out. However, consider how your approach contributes to the outcome. Positive vibrations will surround all of your personal efforts, so why not think about updating your image?



AQUARIUS

(JAN 21 - FEB 19)

You run the risk of being misled, so listen to your intuition and don't do anything you're unsure of. Put your own needs before anyone else's and you'll discover that you know more than you thought. Capitalise on your extra energy by taking a long walk.



PISCES

(FEB 20 - MAR 20)

Your creative juices will flow and channel your artistic inspiration. Finding focus isn't easy but it is necessary to get things done. Warm up to the idea of new factors and new faces and change won't seem like such a bad thing. Search for serenity this weekend.



This week's local weather

SUN

20th

WARM
HIGH 23C
LOW 16C
HUMIDITY 50%

MON

21st

WARM
HIGH 23C
LOW 17C
HUMIDITY 47%

TUE

22nd

PARTLY CLOUDY
HIGH 26C
LOW 22C
HUMIDITY 46%

WED

23rd

WARM
HIGH 25C
LOW 20C
HUMIDITY 53%

THU

24th

WARM
HIGH 23C
LOW 19C
HUMIDITY 54%

FRI

25th

PARTLY CLOUDY
HIGH 24C
LOW 19C
HUMIDITY 51%

SAT

26th

WARM
HIGH 24C
LOW 20C
HUMIDITY 55%

Read.

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