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FEBRUARY 12-18, 2012 | Issue 35

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FUTURE PROOF

Developments in technology are pushing forward at a faster rate than ever before. What might the future have in store?



A VENETIAN DREAM



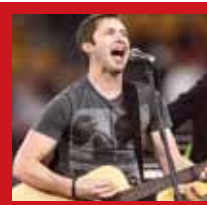
STYLED WITH LOVE

Whether it's formal wear or heart-coloured hues, Valentine's Day is the perfect opportunity for anyone to dress up



GETTING JAZZED UP

The Dubai International Jazz Festival 2012 boasts a stellar line-up of stars and an action-packed gig schedule.



Straight from the Heart

Could there be a special Valentine's Day message inside for you?

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

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

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Read. Poll

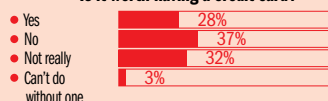
What is your monthly spend on mobilephone charges?

- Dh50-100
- Dh101-300
- Dh301-500
- Dh501-1,000
- Dh1,001+

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Is it worth having a credit card?



Letters

Email: letters@readme.ae

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

✉ LETTER OF THE WEEK

It's really shocking to see empty beverage cans lying on the roads, streets, parks and beaches. Why can't people just pick them up and drop them in designated bins?

Most people don't realise that aluminium is a 100 per cent recyclable material. But they don't even know that recycling just one aluminium beverage can will conserve enough energy to watch TV for three hours.

As a proud student member of the Emirates Environmental Group (EEG), I've learned that recycling is an important part of a sustainable lifestyle. The EEG has a programme called Family Day where families drop off their recyclables on Saturdays at the office in Jumeirah.

Aluminium cans are collected and brought to a recycling centre (which we have here in Dubai). The cans are crushed, shredded and melted. The melted aluminium is converted into bars or ingots and shipped to can makers and beverage companies where they are filled with contents and sold to supermarkets and groceries.

It is estimated that over 500 million beverage cans are sold every year in the UAE but 93 per cent of them are dumped or thrown away in the landfills. They add up to the average 8,000 tonnes of municipal waste generated daily which affect our environment terribly.

The spectre is clear. We don't



ALUMINIUM CANS CAN BE EASILY RECYCLED

need to wait and see the day when our beautiful deserts are filled with rubbish.

The EEG has been actively campaigning for the recycling of aluminium cans as part of its proper waste management programme. It will hold its annual Can Collection Day on February 23 from 9am to 12:30pm at various locations across the country.

The Can Collection Day is a great platform for the young and the old to come forward and show their love for our environment. All we need to do is deposit as many aluminium beverage cans as we can to the nearest drop off centre designated by EEG. The highest collectors will even be rewarded and appreciated by the EEG.

So start collecting cans from your local groceries, marts, shops or schools and ask your neighbours, friends and classmates to do the same. Also, sign up for EEG's annual Can Collection Day. We can all make a difference. Let's spread this wonderful environmental awareness, spread the love and care for our environment and start recycling now!

Yours Sincerely,

Drishya Dinesh

8th Grade

Delhi Private School, Sharjah

ED: Thank you for your letter Drishya. We can only hope people will be more environmentally aware. For more information and details, visit www.eeg-uae.org

My Metro life

Mohammed Shabeer
 Accounts executive, Deira



I am from Kerala, India, where everyone is used to living with greenery and waterfalls. Because

of this environment in which I grew up, I am very much in love with my native place. And then I moved to Dubai. When I arrived here I saw the nice roads with grass and plants on both sides, I thought "Alhamdulillah, the environment is good even in this atmosphere". At this time, the traffic used up a lot of energy and time. The construction of the Metro was ongoing at that time and travelling around could

often be a headache. According to my job I used to go from Al Rigga to Al Ras every day. In the old days the journey required a bundle of energy



to get there by bus. But since the Red - and especially - Green Lines were started, it has become easy to get there, with no stress about being late into the office. In the future, I am expecting to see all the colours of the rainbow for the Metro Lines. Thanks to the RTA for their wonderful effort, performance and conduct, especially over the recent opening of the Green Line. Keep going - we are all there with you!

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

QR codes



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Metro pics



Post your pictures (any subject) on the Facebook page of *Read*. The most creative ones will be published. The pictures must be your own and should not be copied from any source or be digitally manipulated. Post your pictures on the wall at www.facebook.com/readmeae



MARK ANTHONY R. PUENTESFINA

SAMANTHA HETTIARACHCHI



RASTABOY CENTENO



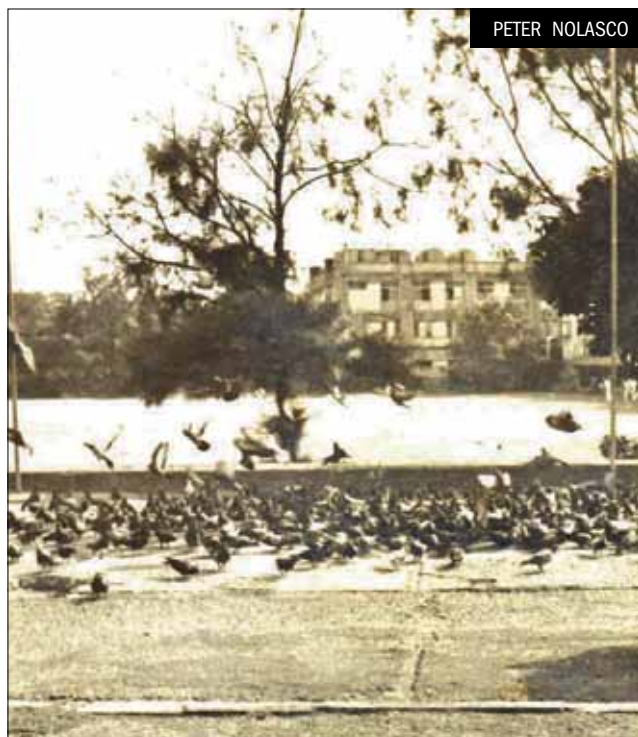
VAN CARLO CALAGUAS



FEROZ AHMED



PAUL YASON



PETER NOLASCO



ZIA SHAHID

Station by station guide

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Concert for a Cause in the name of Love

FEBRUARY 13, 8PM, AMERICAN UNIVERSITY IN DUBAI
Piano player, Massimo Fiocchi Malaspina (seen), and baritone, Niccolo Scaccabarozzi, will perform for the first time in the UAE at this exclusive charity concert hosted by The Rotary Club of Jumeirah and the Rotary Club of Milano San Siro. The proceeds gathered will go to Senses Residential and Day Care for Special Needs, the first non-profit residential care facility in the UAE that is specially committed to taking care of disabled children and young adults.

Almost, Maine



FEBRUARY 14-18, DUCTAC, MALL OF THE EMIRATES

One winter's night, eight couples fall under the spell of that funny thing called love. *Almost, Maine* is the perfect show to have you laughing, sighing, and clearing the lump in your throat this Valentine's Day. For something different than the usual meal for two, why not take your loved one along to see this piece of heartwarming theatre? Shows are at 7.30pm, with matinee performances Friday and Saturday at 5pm. Dh100 per person, tickets available at the Ductac box office.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



KFC Bucket Run



FEBRUARY 24, FROM 7.30AM, THE WALK AT JBR

The KFC Bucket Run is set to be bigger and better than ever before when it hits Dubai again this month. In association with UAE Red Crescent, the event will help raise funds to provide education to children. Registration starts at 7.30am at the KFC outlet on JBR Walk, while the 5km run itself starts at 8.15am. The event is open to everybody from serious athletes to amateur runners, children and families. More details on page 19.

serious athletes to amateur runners, children and families. More details on page 19.

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Jazz From Paradise

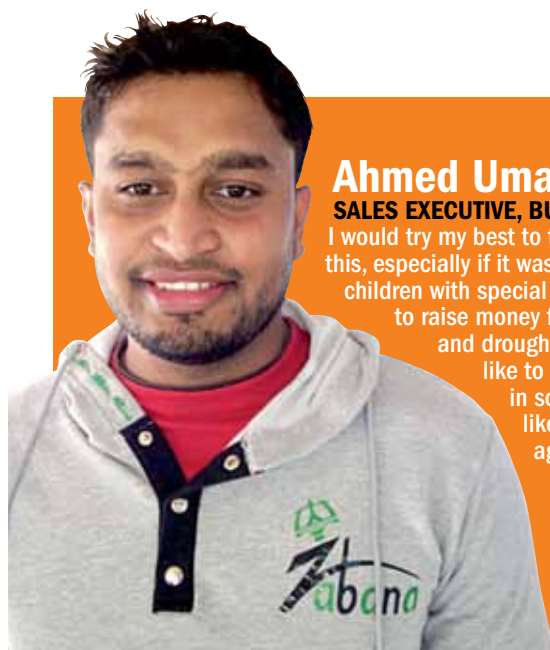


FEBRUARY 13-MARCH 13, THE FARJAM COLLECTION, DIFC

Following on from the recent success of the *Chants From Paradise* exhibition, The Farjam Collection will be exhibiting a new series of Miri creation contemporary carpet masterpieces. The exhibition is free to the public and will be open until March 13, so make sure you head down to check out some of the beautiful creations on display.

The Burning Question

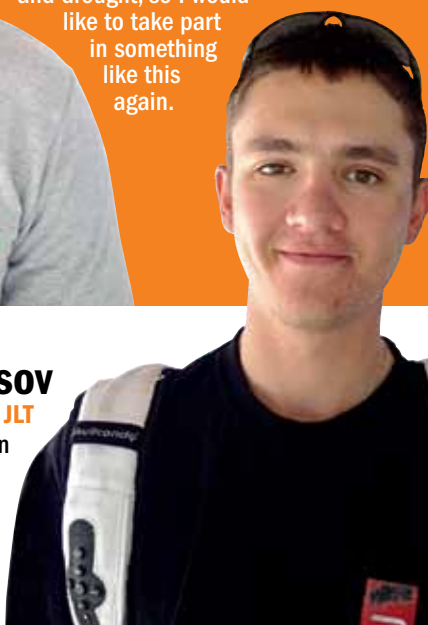
Q What would your motivation be for joining the KFC Bucket Run in aid of the UAE Red Crescent on February 24?



Ahmed Umair

SALES EXECUTIVE, BUR DUBAI

I would try my best to take part in an event like this, especially if it was for a charity that helped children with special needs. One year, I helped to raise money for people affected by war and drought, so I would like to take part in something like this again.



Artem Streltsov

MEDIA PRODUCTION, JLT

I would just like to participate in something that raises money in general. I try to take part in these types of things when I can, and have previously joined in the Terry Fox Run and other fundraising events.

Leila Guecioueur

TEACHER, VISITING

My motivation to do a fun run would be to raise money for a cancer charity, especially one that provides cancer care for children. I think these events go down well in Dubai as there is good weather for it, plus it gives people the chance to get some exercise and enjoy themselves.



Lamar Jensen

CEO, JUMEIRAH

It would have to be to do something for other people.

If we can all do something to help others, then surely that's the whole point.



Ahmed Hasna

SALESMAN, JLT

I would probably just do something like this for myself, but I would, of course, try to use it as an opportunity to help. I think it's a good thing if people take part.

Mohammed Yasar

INSURANCE UNDERWRITER, VISITING

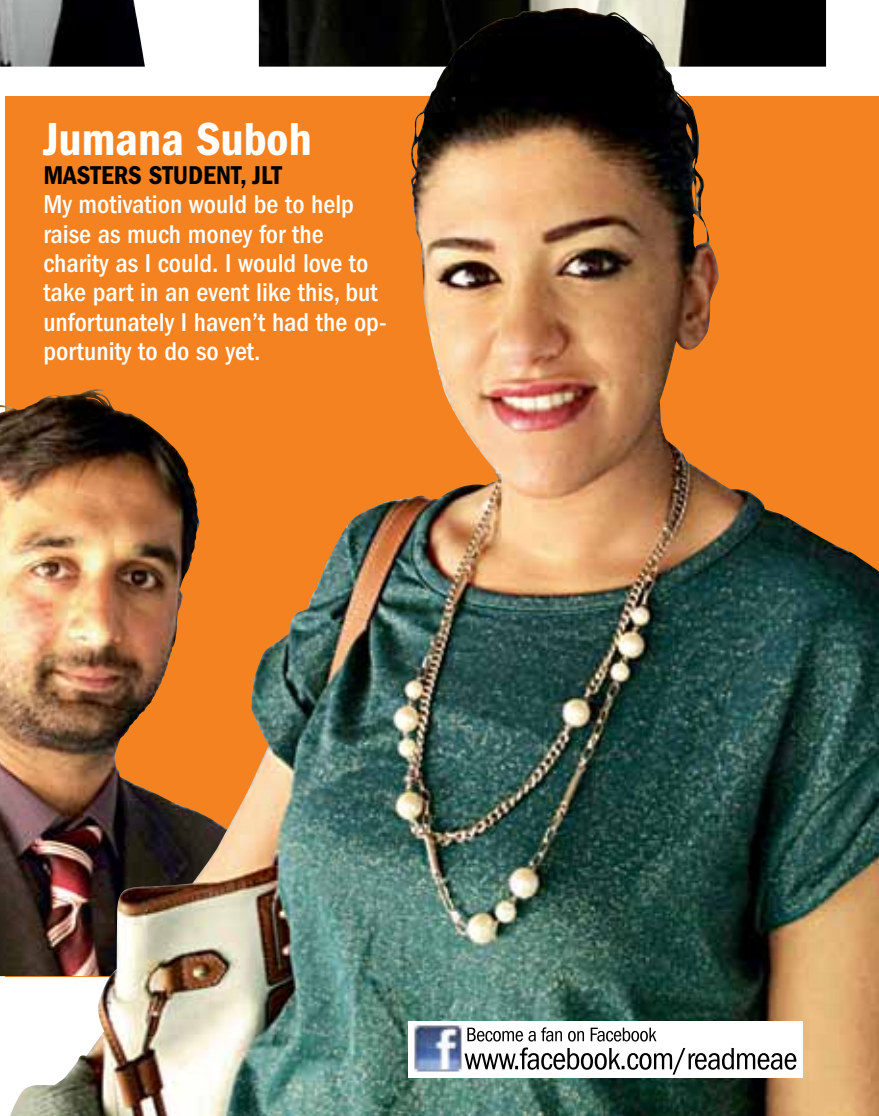
My motivation would be to help the children. I might consider doing a marathon one day to raise money for a children's charity.



Jumana Suboh

MASTERS STUDENT, JLT

My motivation would be to help raise as much money for the charity as I could. I would love to take part in an event like this, but unfortunately I haven't had the opportunity to do so yet.



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

When three men walked into the EG Bürle Foundation museum in Zurich, Switzerland, on February 12, 2008, grabbing the four paintings closest to the door in broad daylight, they unwittingly scored the most valuable pieces in the museum's collection. The four paintings together are worth approximately \$163 million. Check out some other daring art heists online today.



MONDAY

In a world of smartphones, it seems there's an app for just about everything bar tucking your kids into bed at night. We bring you the top five apps that can help you to organise your life.



TUESDAY

Cupid is smiling upon us today. The act of professing one's love on February 14 has been with us for centuries, but when and why did it all begin? We check the kiss-sealed records to find out.



WEDNESDAY

What will Earth look like in 500 years? Will we revert back to a Little Ice Age, or will we be living on a planet barely inhabitable due to excessive heat? Discover what the futurists see for our planet.



THURSDAY

The Skywards Dubai International Jazz Festival kicks off tonight with world-renowned star James Blunt taking the stage. But some performers, like Rick Astley, only manage one-hit-wonders.



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

What was your favourite television show when you were younger?

WWE was my favourite show since I was a kid. Even though it's choreographed, the storyline always made me watch it. Missing almost none of its shows =D

—Hisham Mohammad

I never liked WWE because it subliminally promotes VIOLENCE in all sort of ways... it is not even sports... I will just stick on special effect sci-fi tv like Sliders, Quantum Leap, Smallville and many to mention... I will not waste my time and money

on any WWE shows. Sorry that's my personal opinion...

—Aquilles Brigido Ico Catiempo

As a kid, I used to watch Zee Horror Show which used to be quite scary then... It was always an interesting thing for me to watch as my mom



HOW CAN WE HELP THE ENVIRONMENT?

made me realise that ghosts n all were fake.. Also, I used to watch Small wonder which was about this little robotic girl who used to appear human but was a robot... Not of course, every kid's favourite - A cartoon (although I wasn't much into them) but I used to love watching Tom n Jerry... The kid in me is still alive to watch them fight :)

—Roma Nandwani

What initiatives do you think should be taken to make the UAE greener?

Also keep disposal centers (room/bin) at every business/outlet respectively i.e., medical disposal (for expired tablets) at medical store, used clothes bin at malls.

—Aparna Kantipudi

Paper bags still mean Trees and that plan won't work well... What about growing more shady trees on



FANCY BEING STRANDED ON AN ISLAND?

road side ????:P
—Saw Yee Lin

If you had to be stranded anywhere, where would it be and what would you do?

I will fly 4 hrs (Islamabad) superb whether there will be now days

—Azad Panchi

Island, spread utmost love
—Kyesswa Marvin

Help feed the hungry

New charity single aims to raise money for WFP.

MUSIC

Internationally acclaimed artist Sami Yusuf has appealed to people in Dubai and the world over, asking them not to forget the people of the Horn of Africa, who are facing a hunger crisis and, in some areas, the continuing impact of the worst drought in 60 years.

"Most victims are Somali families, who continue to run away from conflicts and drought affecting their country and, when lucky, find themselves in refugee camps in Kenya and Ethiopia," said Yusuf, a celebrity partner for the UN World Food Programme (WFP), speaking recently in Dubai. "They never asked to be there; our conscience and humanity cannot allow us to let those people down."

The British singer and composer has dedicated his latest song *Forgotten Promises* to the fight against hunger in the Horn of Africa. The song is at the heart of a unique fundraising campaign entitled LiveFeed. All proceeds will be donated to WFP to help sustain and scale-up its relief efforts in the region, where millions of lives and livelihoods are still being threatened.

Yusuf's initiative, through his partnership with WFP, aims at reviving donors' interest to help WFP address the severe food crisis. "I chose this fight because I find it unbearable that one in seven people in the world still goes hungry to bed every night, and that five million children die of hunger-related causes every year," he said. "Hunger is a solvable problem. From the moment we know that, we have to do something about it."

LiveFeed offers people the opportunity to fight hunger in the Horn of Africa by downloading the *Forgotten*



CONFLICTS AND DROUGHT STILL PLAGUE THE HORN OF AFRICA

PHOTO: WFP - MARCO FRATTINI



SAMI YUSUF



Promises song, or making a direct donation online through www.livefeedafrica.org. With each song downloaded at US\$0.99, WFP is able to feed two people in the Horn of Africa for a day. The CD version of *Forgotten Promises* has hit music stands across the Mid-

dle East, enabling Yusuf's fans and LiveFeed supporters to help feed five people in the drought-stricken region with each CD purchased.

WFP is providing food assistance to nearly eight million people in the Horn of Africa. The situation however remains dire, particularly in central and southern Somalia. Ashraf Hamouda from WFP says, "Significant progress on the ground has been made over the past few months with WFP's food assistance but we still need to reach out to millions of people and most importantly to help support these communities in their efforts to rebuild their shattered lives."

To donate to WFP's Horn of Africa online appeal through the LiveFeed campaign, go to: www.wfp.org/donate/hoa_livefeed



Dubai gears up for all that jazz

Music fans are getting ready for an exciting line-up at this year's Skywards Dubai International Jazz Festival.

FESTIVALS

Dubai, for a number of decades now, has been made up of an ever-changing and multicultural population, constantly in need of cultural events that vary in both type and genre. That being said, music is a common link between cultures which is becoming more evident from the growing number of concerts held throughout the Middle East, and Dubai in particular.

Based on extensive research conducted over two years, the theme of "Much more than Jazz" was introduced for the first time in the UAE with the initiating of the Dubai International Jazz Festival 2003, which has now grown to an annual icon featuring world-class artists and performers covering all genres of jazz music as diverse as blues, funk, swing, acid, rock, contemporary, modern, and fusion.

This year Dubai Festival City will serve as new home for the 10th edition of the Skywards Dubai International Jazz Festival, which will see an outstanding line-up of legends, stars and divas converge on a specially designed, acoustically enhanced venue from February 16-24, with 27 live shows over nine nights, allowing thousands of music enthusiasts a glorious opportunity to chill and listen to some of the finest music available.

Warming up the stage and the audience in his distinctive style on opening night will be the smooth sounds of Michael Roach, before Acoustic Alchemy, who have pushed the limits of the acoustic guitar's potential for almost 25 years, embrace a spectrum of musical styles from straight up jazz to world music and beyond. Closing out the evening will be multi-award winning James Blunt with a 90 minute set bringing all his hits laden with lyrics of truth and real-life tales.

The highlight of night two will undoubtedly be the return of musical



JAMES BLUNT



JASON MRAZ

genius Jools Holland and his Rhythm and Blues Orchestra. The pianist, bandleader, singer, composer, and television presenter will be the perfect act to close out the first weekend of main concerts, before leading the true jazz aficionados into five nights of being awed through the melodies and harmonies provided by a stellar roster of jazz musicians.



JAMES MORRISON

Kicking off the second weekend is acclaimed artist Sandi Thom, who'll be bringing a new raw, raunchy, rock and blues sound to Festival City showcasing her tremendous skill on lead guitar, outstanding performances on the harmonica and her incredible vocal talent. Following Sandi Thom will be American jazz fusion band Spyro Gyra, before double Grammy-winning Jason Mraz closes the penultimate night with his pop rock and blue-eyed soul.

The festival closes in style with The Dirty Robbers playing roots music with high energy, Brett Dennen offering his infectious folk and pop music, and the stunningly soulful James Morrison closing out what is certain to be the biggest and best jazz festival to hit Dubai to date. ●

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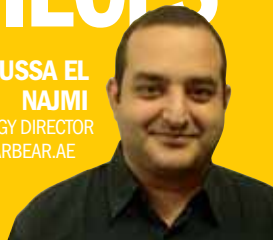


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BYTES & PIECES

MOUSSA EL
NAJMI

TECHNOLOGY DIRECTOR
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Downloading brain power

Every minute, more than 60 hours of video material is uploaded to YouTube. That is equivalent to 31.5 million hours of content in one year. A single person would need approximately 3,600 years to watch all that material. And best of all, it's not all rubbish. Remember in the movie *The Matrix*, when Neo gets up from one of his learning sessions and says, "I know Kung Fu"? We can't download knowledge into our heads just yet, but we sure can share it. Do you want to learn how to take photographs,

"In our own way, we are downloading knowledge into our heads."

mastering lens and aperture control techniques, understanding light? It's online. Want to learn how to build electronics boards, incorporating intelligent sensors and complex communication chips, cheaply? It's online. Maybe you are interested in make up, learning the difference between being a winter or summer and how colour theory can make you look glamorous. In our own way, we are downloading knowledge into our heads.

Many of us think of the Internet as critical infrastructure, some countries have declared it as a fundamental human right. Next time you are online, do yourself a favour and download some knowledge via your eyes and ears and learn something new. Wikipedia has more than 13 million articles in 200 languages. Visit the MIT OpenCourseWare site and benefit from the best university education for free. Surf YouTube and learn a new skill. And if you are a parent, don't just encourage your kids to do that, why not do it yourself and inspire them to do the same?



Over the past two decades, the world has seen extraordinary technological development. With the rise in personal computers, the internet and mobile phones followed by smartphones and tablet PCs, anyone visiting from the early 1980s would feel as if they had been transported into a piece of science fiction.

But technological innovators have also focused on more than simply making everyday life easier for the masses. For example, the last decade also saw the creation of the Large Hadron Collider, designed to unlock

the secrets behind the origins of the universe, and medicine has progressed to the extent that previously fatal diseases are now treatable, if not curable. What's more, the barrage of new technology is nowhere near stopping, with amazing inventions and potentially world-changing discoveries just around the corner.

This was illustrated last week, when reports that science can now translate brainwaves or thoughts into words written on a computer screen. It might sound a little futuristic, but the California-based study has shown that, when the brain is in direct contact with electrodes, a computer model can decipher brainwaves into

the words that the person is thinking about.

The study builds on research done in 2011, when scientists were able to measure patterns in blood flow to different parts of the brain. This allowed a computer model to guess which images the test subjects were thinking of,

Changing the world

The pace at which technology is moving is faster than ever, what could the future hold?

COULD HYDROGEN CARS BE THE
FUTURE OF MOTORING?

100 km

The short distance which most fully electric cars to date can travel between charges.

recreating, in the researchers' words, "movies in the mind".

In terms of practical applications, the technology still has a long way to go. But it could, one day, be used to benefit those who are speech-impaired or else those who are comatose. Indeed, a prosthetic device could be fitted to those who cannot communicate, allowing them to at least send their thoughts to a computer screen when attempting to speak to people.

Another innovation involving brainwaves also has applications when it comes to helping those with disabilities. A headset developed by Australian company Emotiv, coupled with software developed by IBM, has already helped a patient with locked-in syndrome, after his healthy mind became trapped in an unusable body, following a stroke.

But the headset is not to do with communication; it is to do with being able to move objects with the mind. This is not a question of giving some-

one the powers of telekinesis; rather, it can measure brainwaves and translate them to complete a pre-designed task. The system does require "training" to link a specific thought pattern to a specific action, but it does mean that some locked-in patients could start to use computers or even robotic aids.

These uses of technology, at the moment, only benefit a few people, though they could eventually be honed for more commercial applications. But one innovation that could change lives for everybody is the development of the hydrogen fuel cell, which can be used to either power a car, or indeed, an entire street, with the only waste product being water.

Car manufacturers have been working since the 1990s to build zero-emission vehicles with hydrogen fuel cells, though the technology is only becoming viable now. In 2007, Honda released a full-production vehicle

named the FCX Clarity, a four-door saloon that runs on hydrogen fuel and only emits water. It offers a similar travel range to any conventional petrol-powered car, making it a preferable alternative to a fully-electric vehicle, most of which can only travel 100 kilometres between charges.

The only drawback to these cars is that it is very difficult to produce the hydrogen fuel required to make them work. What's more, most petrol stations simply do not stock hydrogen fuel, though governments have been keen to press the need for this.

With this advancement, we could end up seeing an eventual demise of the petrol-powered car. Some may lament this, but the upshot is that we can say goodbye to our dependence on fossil fuels for transport, as well as to the harmful toxins that are emitted. With this in mind, the future looks a little brighter. ●



TECHNOLOGY IS INCREASINGLY TAPPING THE POWER OF THE MIND

Tech beat



MATERIAL TAKEN DOWN

Facebook and Google have removed "objectionable" material hosted on their sites, following a civil suit in Delhi, which accused them, along with 19 other web firms, of hosting material that could cause unrest within the community. Judges have threatened to block any web sites that do not appear to crack down on offensive material.



WINDOWS GETS KINECT

Microsoft has launched a version of its motion sensor, Kinect, that is compatible with a Windows-supported PC, ending the policy of making it a product exclusively for the Xbox 360 games console. The new device can track movements 10 centimetres closer to the screen than the old one, though it is likely that it will cost almost twice as much.



GOOGLE GLASSES

According to various reports, a prototype version of Google's rumoured Heads-Up Display (HUD) glasses has been spotted, looking like Oakley's Thump glasses. Though nothing is confirmed, experts speculate that the glasses could have web access, and display information obtained from the cloud on the visor.



NO MORE STARTS

Screenshots of the new Windows 8 build display emerged last week, with the biggest news being that Microsoft seems to have said goodbye to its famous start button in the bottom-left. Instead, there will be a hot button and what Microsoft is calling a "super bar", which will be customisable and feature all the computer's main functions.

The floating city

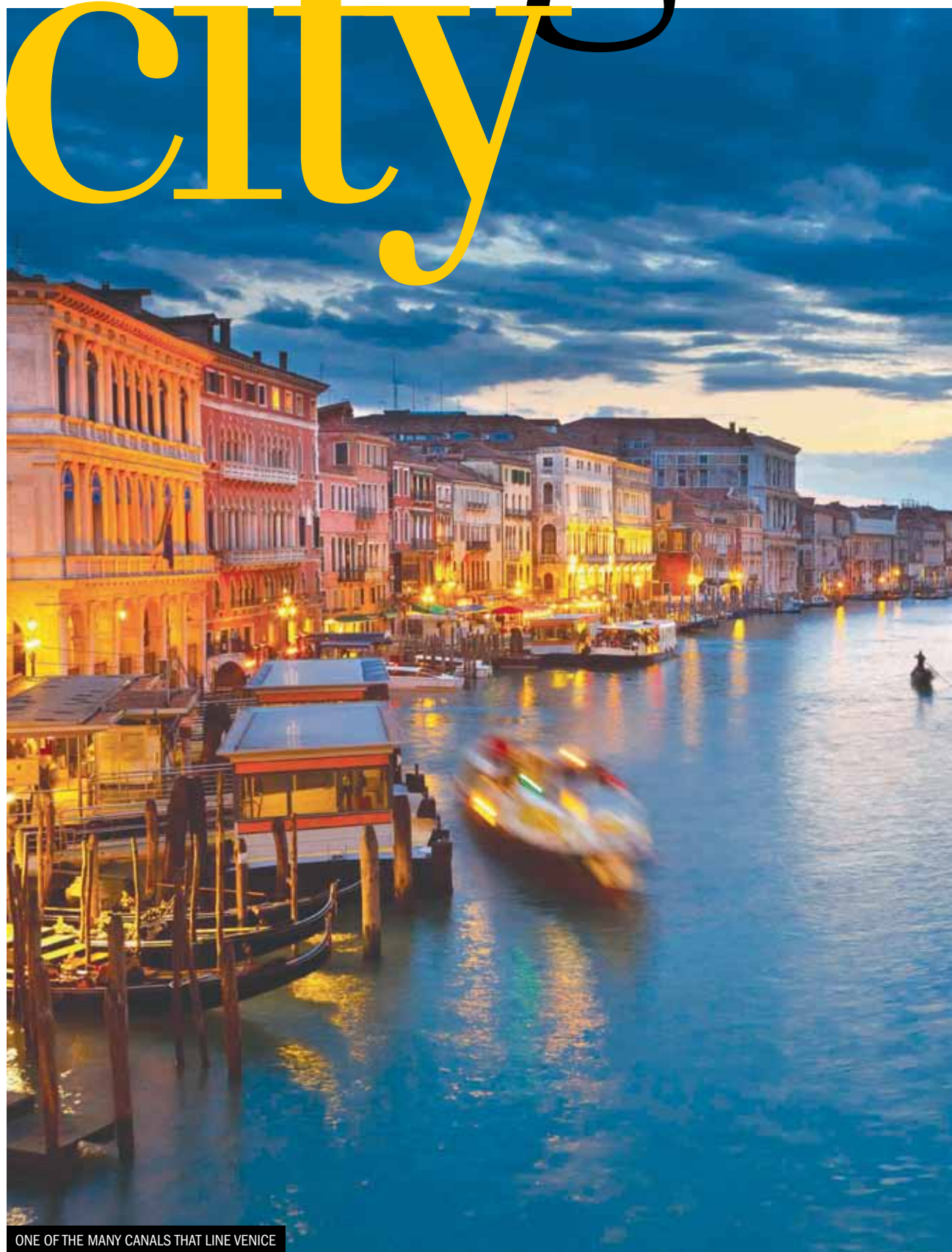
The ancient city of romance, **Venice**, presents visitors with a world like no other.

Romantic, breathtakingly beautiful and overflowing with cultural and architectural marvels, Venice is a city beyond compare. This isn't just because the ancient Italian city is built on water with canals for streets. Much of Venice's majesty lies in the sheer sense of antiquity that pervades its historic churches, bridges and squares and the sense that little has changed here in five hundred years.

This was when Venice was in its heyday, a time when the city was a major maritime power, an important centre of commerce and, most significantly for today's visitors, a honeypot for Renaissance artists and musicians. During the sixteenth century, Venice became one of the most important musical centres of Europe, attracting composers from all over the world. This legacy lives on today in the daily concerts and operas that take place in the squares and theatres around the city.

Venice also boasts the most artistic masterpieces per square kilometre of any city in the world. In the magnificent Gallerie dell'Accademia lies the city's single most important art collection. Here, works ranging from the fourteenth century to the eighteenth century are on display, including masterpieces by the likes of Bellini, Tintoretto and Titian.

However you don't have to venture inside an art gallery to witness masterpieces in Venice. Here, the major-



ONE OF THE MANY CANALS THAT LINE VENICE

ity of the buildings are themselves masterpieces and any stroll through the squares or gondola ride along the canals will reveal more than enough to keep your eyes wide and your camera clicking to capture the marvels of this spectacular city.

Incredibly, all this is only a small part of what Venice is famous for. Historically, a major part of Venetian trade was in the ornate glass-work carried out by the city's tradesmen. Today, the tradition of glass-blowing remains very much alive and no

Must-see places in Venice

- Piazza San Marco
- St Mark's Basilica
- The Doge's Palace
- Museo Correr
- Murano island
- The Gallerie dell'Accademia
- The Teatro La Fenice
- The Campanile
- Burano island
- Torre dell'Orologio

visit to the city is complete without a quick trip to the island of Murano, where the famous glass of the same name is still made.

Another centuries-old tradition here is the exquisite, hand-made Venetian masks. In days gone by, these were worn for festivals and balls, particularly during the annual Carnival of Venice, where revellers would don them to conceal their identity and social status for the night. Now, they are more popularly hung on the walls of homes for decoration, thanks to their ornate and elaborate designs.

There's also the cuisine. Italy is famed for its food but Venice has its own style, which becomes evident as you wander away from the central

touristy restaurants and into the side streets. Here, local bacaros serve Venetian staples like sarde in soar (sardines marinated in order to preserve them for long voyages) and fegato alla veneziana (Venetian-style liver.) The city also numbers a great many sweet foods among its culinary staples, including a tasty milk pudding known as rosada and light butter biscuits called bussolai.

With such a rich history and so much to offer, it's not surprising that Venice has gathered many names over the years. Known variously as La Dominante, Serenissima, Queen of the Adriatic, City of Water, City of Masks, City of Bridges, The Floating City and City of Canals, Venice's long list of titles speaks for itself. ●



THE FAMOUS GONDOLAS



A CITY ON WATER

Is Venice sinking?

In the last century the marshy land that the city sits on has lowered by around 25cm. In fact, Venice has always been slowly sinking, dropping into the sea at a rate of around 7cm every thousand years but the recent increase has more to do with global warming and melting polar ice caps than with Venice sinking into its own foundations. By far the greatest threat to Venice, as with many coastal cities, is the pace at which the sea level is rising. During high tide season, many of the city's streets become flooded and wooden walkways have to be erected to allow pedestrians to pass through safely. These days, Venice experiences around 100 floods per year and during high tides in autumn and winter the Piazza San Marco, the lowest area of the island, becomes completely covered with water. In 1966, the Great Flood displaced 5,000 people from their homes and destroyed \$6 billion of treasured art work. Since then, Italy has been working on plans to hold back the waters of the Adriatic Sea and protect the people, the priceless cultural treasures and the historic city from the threat of rising sea levels.

Magic at the water's edge

With a name that translates as 'the magic on the water', a meal at **Thiptara** certainly lives up to its promises.

RESTAURANTS

While many of us like to think of ourselves as food connoisseurs, we are also often guilty of being food bores. Yes, you may regularly eat Indonesian or Chinese, but do you really eat it as the locals would?

When *Read.* went along to sample the Thai cuisine on offer at Thiptara, The Palace, we were more than prepared to order the usual green curry and be done with it. However, the Chef's Table experience ensured there was no danger of simply sticking to the familiar, and boy were we glad of that.

After a run-through of the menu from Chef Sutthipunth, and a quick check of how hot we could handle when it comes to the kick, the meal began with an array of authentic appetisers, including melt-in-the-mouth lamb skewers, perfectly prepared beef salad, and king prawns so fresh they were almost still swimming. To finish the



MARVEL AT THE DANCING FOUNTAINS AS YOU DINE

starter, not one but two soups were served, of which the creamy coconut chicken was the stand out winner.

A break between starters and main allowed for a chance to move outside, where the Dubai fountain provides

the perfect backdrop to the stunning cuisine, not forgetting the fact that the world's tallest building watches over you as you dine. Not one but five dishes made for a stomach-popping main course, with the soft-shell black pep-

per crab proving such a hit that a previous non-crab eater at the table ended up eating three. After such a flavour-packed series of dishes, fresh fruit and crepes provide the perfect dessert, satisfying for any sweet tooth yet fresh, light and delicately arranged.

While the outdoor seating really is something else, it's at the Chef's table where you can really get a true, up-close-and-personal taste of authentic Thai. From the private glass booth at the edge of the kitchen, it's possible to watch as every spice, every ingredient, every last ounce of TLC is added by the team. So, next time you feel like something out of the ordinary, head down to Thiptara for a truly tip top dining experience.

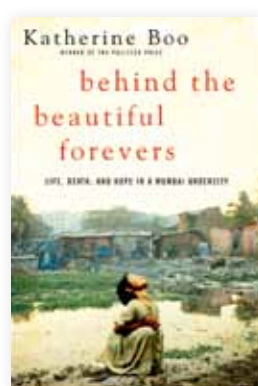
Behind the Beautiful Forevers

by Katherine Boo

BOOKS

To write this deeply moving and poignant book, Pulitzer Prize-winning Katherine Boo spent three years living with the inhabitants of the Annawadi slum, which is next to Mumbai International Airport and home to more than 300 huts and shacks. It is a district of poverty, forgotten by the fast-moving economic growth of the city in which it resides, and left behind to rot amongst the waste.

But Boo's reporting is about much more than the squalid surroundings in which she spent so long. Instead, it focuses on the remarkable people who live there, delving into the way they attempt to raise families, earn livings and survive as best they can. And one



thing unites every single one of these residents; a desire to move on to a better life, making for compelling, unforgettable characters, all the more lovable due to their real-life existence.

There are few writers who could so perfectly illustrate the human will to live and make the best of things, and with Boo's efforts, the picture is painted with such clarity that it beggars belief that her work is non-fiction.

Born to Die

Artist Lana Del Rey Label Interscope ★★☆☆☆

ALBUM

Lana Del Rey's debut album has come out on the back of plenty of pre-release fanfare, meaning that, for both critics and fans, much was expected of it. The singer herself has been the subject of tabloid ridicule, with accusations she has a billionaire father, has had cosmetic surgery, and changed her name for legal reasons, though nothing has been proven to support them. Either way, the excellent quality of her first single, *Video Games*, is not up for debate, and the new album was a chance to prove that she meant business.

Unfortunately, the chance has been wasted. There's no doubting that there are some stand-out tracks in the likes of *Dark Paradise*, *Million Dollar Man* and *Twin Peaks*, which all manage to pull off a delicate balance between listenability, artistry and emotion. There are a few tracks that fail to make much of an impression, though these hardly matter

compared to the elephants in the room.

There are some truly awful tracks on this album. *Radio* is laughably pop-tastic, to the point that it sounds like a middle-aged housewife creating what she thinks will appeal to the kids. Meanwhile, *National Anthem* offers a flimsy chorus and some embarrassing attempts at rap. There are other bad songs, too, which is a shame, because Del Rey could have done something good here. Perhaps she's better off as a socialite, after all.

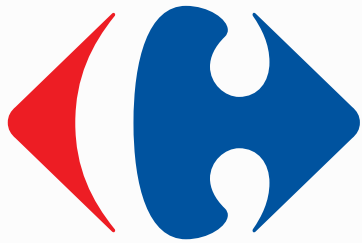


If you like this then you could try...

Escape From Camp 14 by Blaine Harden

In this shocking and inspirational novel, journalist Blaine Harden offers the story of Shin Dong-hyuk, one of the few people born in a North Korean political prison to have escaped and survived to tell the tale. A harrowing tale of breaking free from one of the world's most repressive states.

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Can't get no sleep

We can all struggle to sleep every now and then, but for some people, each night presents a battle to drift off.

Most adults, at one time or another, have experienced insomnia or sleeplessness, be it from stressing over a job interview, worrying about children, or struggling with environmental factors like noise, light, or more often than not in Dubai, extreme temperatures.

However, insomnia is merely a symptom, rather than a standalone diagnosis. By definition, insomnia is "Difficulty initiating or maintaining sleep, or even the perception of poor quality sleep" according to sleep specialist Lenor Spiller.

Insomnia may therefore be due

to inadequate quality or quantity of sleep. "Insomnia also varies in how long it lasts and how often it occurs", Spiller continues. "It can be short-term—acute insomnia—or can last a long time as with chronic insomnia. It can also come and go, with periods of time when a person has no sleep problems."

Acute insomnia can last from one night to a few weeks, whereas the symptom is called chronic when a person has insomnia at least three nights a week for a month or longer.

There are certain causes to transient or acute insomnia which unfortunately just can't be avoided, such as jet lag, changes in shift work, uncomfortable room temperature, stressful situations in life—exam

preparation or unemployment—and uncontrolled physical symptoms like nasal congestion, pain, or just a simple frustrating cough. These are things that are just a fact of life and something we must learn to deal with, as acute insomnia most likely will not require treatment and can often be prevented or cured by practicing good sleep habits.

Insomnia is not defined by a specific number of hours of sleep that one gets, since individuals vary widely in their sleep needs and practices", states Spiller. "Although most of us know what insomnia is and how we feel and perform after one or more sleepless nights, few actually seek medical advice."

"If you think you have insomnia,

talk to your health care provider. An evaluation may include a physical exam, a medical history, and a sleep history.

You may also be asked to keep a sleep diary for a week or two, keeping track of your sleep patterns and how you feel during the day, and in some cases, you may be referred to a sleep centre for special tests," Spiller concluded.

The major causes of chronic insomnia include depression, anxiety or long-standing stress and will generally cause you to have problems with concentration or memory and endure long periods of sleepiness during the day.

Treatment for chronic insomnia generally first considers any underlying conditions or health problems that are causing the insomnia. If it



continues, your doctor may suggest behavioural therapy, an approach that helps you to change behaviours that may worsen insomnia and help learn new behaviors to promote

sleep. Techniques such as relaxation exercises, sleep restriction therapy, and reconditioning may be useful to get you back on track and snoozing all night. ●

Patient care at its prime

HEALTHCARE

Prime Medical Center, the first out-patient group to be awarded the prestigious Dubai Quality Appreciation Program Award, the Sharjah Economic Excellence Award and the first out-patient centre to be ISO certified, provides personalised and high quality healthcare to Dubai, Sharjah and Abu Dhabi residents.

The multi-speciality out-patient medical centre also offer super-speciality services like gastroenterology, urology and andrology, endocrinology, pulmonology, neurology, cardiology, psychiatry, cosmetic dermatology, orthodontistry and paediatric dentistry, besides other specialities and general medicine.

The team of physicians and professionals at Prime Medical Center have extraordinary acceptance of their expertise from the family to the executive segment in diagnosis and treatment, serving over 2,000 medically insured and self-paying patients on a daily basis at all branches, with a continuous focus on quality service, employee care and strategic branding being key to their success.

A network of pharmacies, MediPrime Pharmacies are located adjacent to most of the branches of Prime and where the dedicated staff is functional, with adequate stocks of a variety of prescription as well as over-the-counter medicines to complement the full range of medical services.

The Prime Group recently launched Premier Diagnostic Centre, an ultimate centre for a range of diagnostic services, health screening and wellness programmes suitable for Dubai's residents and visitors, ranging from basic to comprehensive packages for



PRIME MEDICAL CENTER TAKES PRIDE IN MAKING HEALTHCARE A PRIORITY

which they generally travel to Europe, Thailand and India.

Premier has a team of specialised male and female radiologists to suit specific patient needs besides expert pathologists, microbiologists and physicians offering everything from MRIs to sleep study. Prime Medical Centers

are located in Deira, Jumeirah, Mizhar, Bur Dubai, Sheikh Zayed Road, Sharjah and Abu Dhabi.

A new, easy way to book an appointment at any branch of Prime through their dedicated call centre is of immense convenience to customers, and can be reached by calling 04 272 0720.



ASK THE EXPERT



SAHAR MOUSSLY
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It takes two to tango

Are you in the midst of a difficult and painful relationship and losing hope? Before arriving at a decision, take time to ponder in thought. As the cliché says, it takes two to tango, and it couldn't be any truer than when applied to salvaging a relationship. It can seem an impossible task when you are deep in throes of pain, but also surprising are the statistics that show just how many relationships can be saved

"We all have an inherent need to be loved, needed and appreciated."

from a seeming point of no return. Conflict is part of every relationship. So is growth.

Relationships move through several phases over the years. The first of them being discovery of your partner's likes, dislikes and habits. This is fairly easy to do in the initial period. Equally important is to keep exploring each other and the world around you. Make sure you spend time developing individual relationships with family and friends, which in turn will help give both of you the space to grow. Be vocal in your appreciation of your partner. A breakdown in communication is many a time the root cause of discontent among couples. We all have an inherent need to be loved, needed and appreciated and therein exists the key to a successful relationship.

As internationally best-selling self-help advocate, author and lecturer Wayne Dyer says, "Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you."



Know your numbers

Firstly, no personal trainer can write a proper cardio programme for you without knowing your heart rate. You are an individual, not a machine, and your body performs as such. Ever wondered why you keep going to the gym and don't lose any weight?

A metabolic assessment will tell you the heart rate where you reach your anaerobic threshold (AT). It will tell you your aerobic base (AB), how wide your base is, and how aerobically efficient you are. Your anaerobic threshold is your highest sustainable exercise intensity expressed as a heart

"You may find your fitness level plateaus or even decrease."

rate, and your aerobic base is critical for performance, particularly over distance. As your heart rate training zones

change, you will notice how your times improve, how much stronger you feel, how training becomes less challenging, how your body composition improves and weight is lost. Knowing your threshold and having an efficient aerobic base allows you to run at a sustainable pace and prevents fatigue in the latter stages of the training session. If too much of your training session is spent at or above your threshold, you may find your fitness level plateaus or even decrease. A metabolic assessment will help prevent the negative effects of over-training.

With this valuable information and the correct training regime, your body will make adaptations which will improve your aerobic capacity and efficiency, help move your anaerobic threshold higher and train your body to burn fat as a preferred fuel. You will shed any unwanted excessive pounds.

Packing a punch

Boxing in non-contact classes can provide a fitness regime with some serious clout.



You'd be hard pressed to find someone that will debate the fact that professional boxers are at the peak of their

fitness, save for a few over-sized heavyweights. If you look back to the 1950s, you'll find some of the best boxers of the time sporting svelte physiques. Today, however, the average boxer is ripped, toned, and strikes an appearance as hard as nails.

Enter boxercise, an exercise class based on the training concepts boxers use to keep fit. Boxercise emerged in the UK in the early 1990s, and there are now thousands of boxing-style classes the world over. But boxercise, body combat, boxfit and boxing fitness all have one thing in common—they are non-contact.

"Boxing is the fast track to a strong, lean body. It can strengthen the arms, thighs, bottom, shoulders, abdominals and wrists—a vulnerable

area as both men and women age," says personal trainer Naomi Curry. "And there's something about throwing punches that makes everyone feel stronger."

Boxing exercises are much easier than many people think, and those who dislike complicated step or aerobics classes will find the movements very straightforward. "Even if you have two left feet, you can still box," assures Curry. "Classes, which come in variations such as fit boxing, boxercise, box circuit or body combat, are suitable for anyone from beginners to the very fit because you can govern how hard or fast you work."

Boxing training is for everyone, regardless of shape, size or gender. You have to remember, every boxer will have started from ground level, so

Did you know?

Boxing has been contested at every Summer Olympic Games since its introduction to the programme at the 1904 Games, except for the 1912 event in Stockholm, because Swedish law banned the sport at the time. The 2008 Summer Olympics was the final games with boxing as a male only event. Beginning with the 2012 Summer Olympics, women's boxing will be included in the programme, with triple world amateur champion Katie Taylor from Ireland tipped to take the gold medal home.



anyone and everyone can work their way up to a good level of fitness.

"Many people don't realise that boxing is about discipline, and it's a great way to increase discipline in other areas, such as diet. If everyone took up boxing, we'd live in a fitter world and a better world, mentally and emotionally," Curry reckons.

Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups. Most boxercise classes are aimed at men and women of all ages and fitness standards. As no class involves the physical hitting of an opponent, it is a fun, challenging and safe workout.

The results from boxing's incorporation into training programmes effectively achieves results in muscle toning whilst increasing stamina and endurance, while flexibility is improved with more co-ordination in body movement. Silk shorts and flashy robes are not required, but that doesn't mean you won't still be on your way to an ideal, toned physique, and punching well above your weight. ●



Keep on running with KFC



RUNNING AND HELPING A CAUSE GO HAND IN HAND

FUN RUN

After a successful turnout in 2011, the KFC Bucket Run 2012 looks set to be bigger and better. KFC, in association with UAE Red Crescent, will help raise funds to provide education for children, with this year's run scheduled for Friday, February 24.

The event is set to be a fun-filled, fully loaded day in terms of excite-

ment and things to do, at a venue that has become the heart of the community in Dubai, The Walk at JBR, which is all set to play host to this event. Registration starts at 7.30am at the KFC JBR Walk outlet with the run starting at 8.15am. The event invites everybody, from serious athletes to novices and families just

looking to bond and test their fitness over a fun-run.

There will be a wide variety of activities and entertainment throughout the event for everyone to enjoy, including a DJ and live music to keep everyone on their feet. The kids will be amused with fun activities that include face painting, balloon bending, a special 'Chicky Show' and much more. Prizes for the winners, participation certificates, free KFC

food and gifts will also be given to all who attend the event.

The KFC Arabia fan page on Facebook gives participants the full run-down of the details for the event which is KFC's way of thanking its customers for their continued support, while it also showcases the chain's way of giving something back to the community, by helping provide education to our greatest asset, the children.



Classic trends

Get traditional in a little black dress from Miss Selfridge for a classic style. Look for longer lengths in this style, and choose a dress with detailed finishes in metallic gold, silver or bronze to keep this simple style upscale-appropriate. Get lacey in a black and gold, sumptuously flowing dress from Evans. This little number is comfortable and glam enough for your favourite fancy restaurant.



Cute and casual

If you want to stay comfortable on Valentine's Day, opt for a soft, knee-length summer dress from Monsoon or a jumpsuit from M&S for a playful look. Choose a dress with pleated detailing or floral prints for a feminine style. Try an ethereal palette for even more charm; neutrals like taupe, ivory, pastel pink and pale violet are in trend for spring 2012.



Roses are red

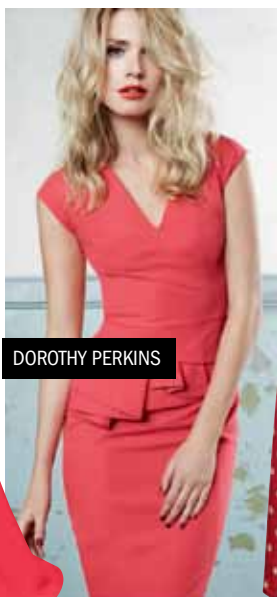


GEORGE CLOONEY AND STACEY KIEBLER

Fancy and formal

Look the part in a lavish, floor length red ensemble to add a little glamour to your dining. Take note from Christian Dior's spring 2012 collection in a 50s style silhouette red dress, for a bang on trend look.

The richness of an ankle-length dress, like this one from Dorothy Perkins is perfect for when there's still a chill in the night air, while a knee-length pencil style dress is equally alluring and right on-trend.



DOROTHY PERKINS



DOROTHY PERKINS

Whether you are dining at a formal restaurant, having a casual lunch with friends, or an activity day out, there is something for you to wear this Valentine's Day.

Her



CHRISTIAN DIOR



ASOS

Flirty and fun

Opt for a pair of figure-flattering, slim capri trousers in bold coral or red from New Look for a casual, relaxed look. Top it off with a plain fitted t-shirt, cropped jacket and chunky wedges. Go girly chic in a flowing, chiffon dress from Miss Selfridge or opt for a fitted tailored dress in Valentine's red from Topshop.

TOPSHOP

MISS SELFTRIDGE

NEW LOOK

Dress up to the latest trends and make the most of your looks to win hearts all around. Here are some ready-to-go styling top tips to help you charm your spectators.

Him

Top tips

For a casual look opt for a pair of jeans and a checked shirt from ASOS or a pink shirt and navy chinos from New Look. Add a blazer or jacket to make your outfit more stylish. For a more formal look, channel your inner Clooney and don a full-on tuxedo. Always pair a suit with pointed dress shoes, for a masculine, on-trend style.

NEW LOOK

GIORGIO ARMANI

ASOS

METRO RETAIL THERAPY



Go red this Valentine season

Paint the town red this Valentine's Day with a touch of CND Shellac Wildfire and Decadence nail polish. The two nail polishes are now available in beautiful shades of red. CND Shellac is known for its chip resistance, and long lasting effect.



The sophisticated wildfire is a perfect red shade and is a perfect match to any outfit, while the Decadence nail paint is a darker shade of red and is ideal for the sophisticated lady with a subtle edge to her personality.

The Shellac service has a long-lasting effect for 2-3 weeks with high gloss shine. The manicure does not require surface filling during application or removal. CND Shellac manicure is the best option for anyone who is in need of a quick fix for their nails in a professional manner on Valentine's Day. CND Shellac also helps accentuate a woman's personality by giving her hands and feet the extra edge with a burst of stylish colours. CND Shellac nail varnish is priced at Dh104.

True colours

Many believe that the colours of a person's aura can reveal what lies underneath.

An aura is the the electromagnetic field that surrounds the human body (Human Energy Field or HEF). Those who believe in the holistic and spiritual side of existence claim that the HEF is a collection of electromagnetic energies, that can permeate through the physical body and remain suspended around a person to form an oval shaped field known as the aura.

This 'energy leak', so to speak, exists in a range of different colours and is made up of seven layers. Although each layer has its own unique frequency, they can all affect one another, as well as the person's feelings, emotions and health.

Anyone is capable of seeing the aura surrounding another person, it just takes time and practice. Try positioning a friend against a plain white background and letting your focus go slightly hazy; with a little patience you may find you start to see the colours of their aura. Make a note of which colours you can see and use our brief guide to find out what each colour means.

Orange

Relates to vitality and emotions. An orange aura can mean good health, excitement, energy and stamina. It can also reveal that a person is in good reproductive health, intelligent, detail-oriented, sometimes a perfectionist and often scientific.



Blue

Relates to the throat and thyroid gland. Blue often suggests a cool, calm, and collected person, who is caring, loving, and spiritually intuitive. A dark blue however can reveal a person's fear of the future, or fear of saying what they really mean.



Green

Relates to the heart and lungs. Green is a very comfortable, healthy colour of nature, which can represent growth, balance and change when seen in a person's aura. It can reveal a person generous heart and desire to teach or help others.



Black

Usually indicates a long-term issue with forgiveness, which has collected in a specific area of the body and can lead to health problems. Black can also reveal past life hurts, unreleased grief, or a former injury/illness depending on where in the body it radiates.

Yellow

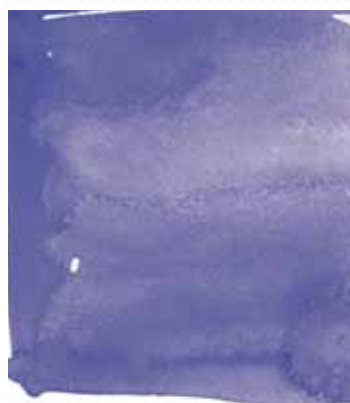
Relates to life energy and optimism. A yellow aura can suggest awakening, inspiration, and intelligence. It can reveal a creative, optimistic, easy-going personality, yet it can also be a sign of an underlying power struggle.

White

A pure state of light, which often represents a new, not yet designated energy in the aura. White can reveal spiritual, non-physical qualities, purity and truth. Many also believe that white sparkles or flashes of white light in an aura can indicate that the person is pregnant or will be soon.

Red

Relates to the physical body, heart or circulation. Red creates the most friction which can mean money worries, anger or anxiety or nervousness. Red can also reveal that a person is powerful, energetic, competitive, with a strong sense of willpower.



Purple

Relates to the brain and nervous system. Purple is considered the most sensitive and most wise of all the colours. It is regarded as the intuitive colour in the aura, and can often reveal psychic power, a sixth sense, or that a person is finely in tune with their inner being.



MAKE YOUR OWN

Cushion cover

Have a go at creating a bespoke look for your home

HOBBYCRAFT

Instead of trying to find a cushion cover to match your furniture, why not select the perfect fabric for your home and make your own. Once

What you will need

- 50cm x 50cm of material (for a 40cm x 40cm cushion cover)
- Cushion 40cm x 40cm
- Pins
- Thread
- Ruler and pencil
- Scissors
- Iron
- 30cm zip fastener
- A sewing machine (or needle and thread if you have the patience!)

you've got the hang of it you can make them as gifts for family and friends too.

Step 1: Using the ruler and pencil, draw two 40cm x 40cm squares on the underside of the fabric. Take care to leave a 1.5cm margin outside the line on all sides before cutting each square out of the fabric. You should end up with two 43cm x 43cm squares.

Step 2: Lay the squares one on top of the other, with the pencil sides facing outwards. Then choose the edge on which you want to position your zip (generally at the bottom of the cushion cover) and, following the pencil line, sew two 6.5cm seams along that edge, beginning at the outside edge of each side and working inwards. You should now have a 30cm opening in the middle of your cushion cover, where you can place the zip.



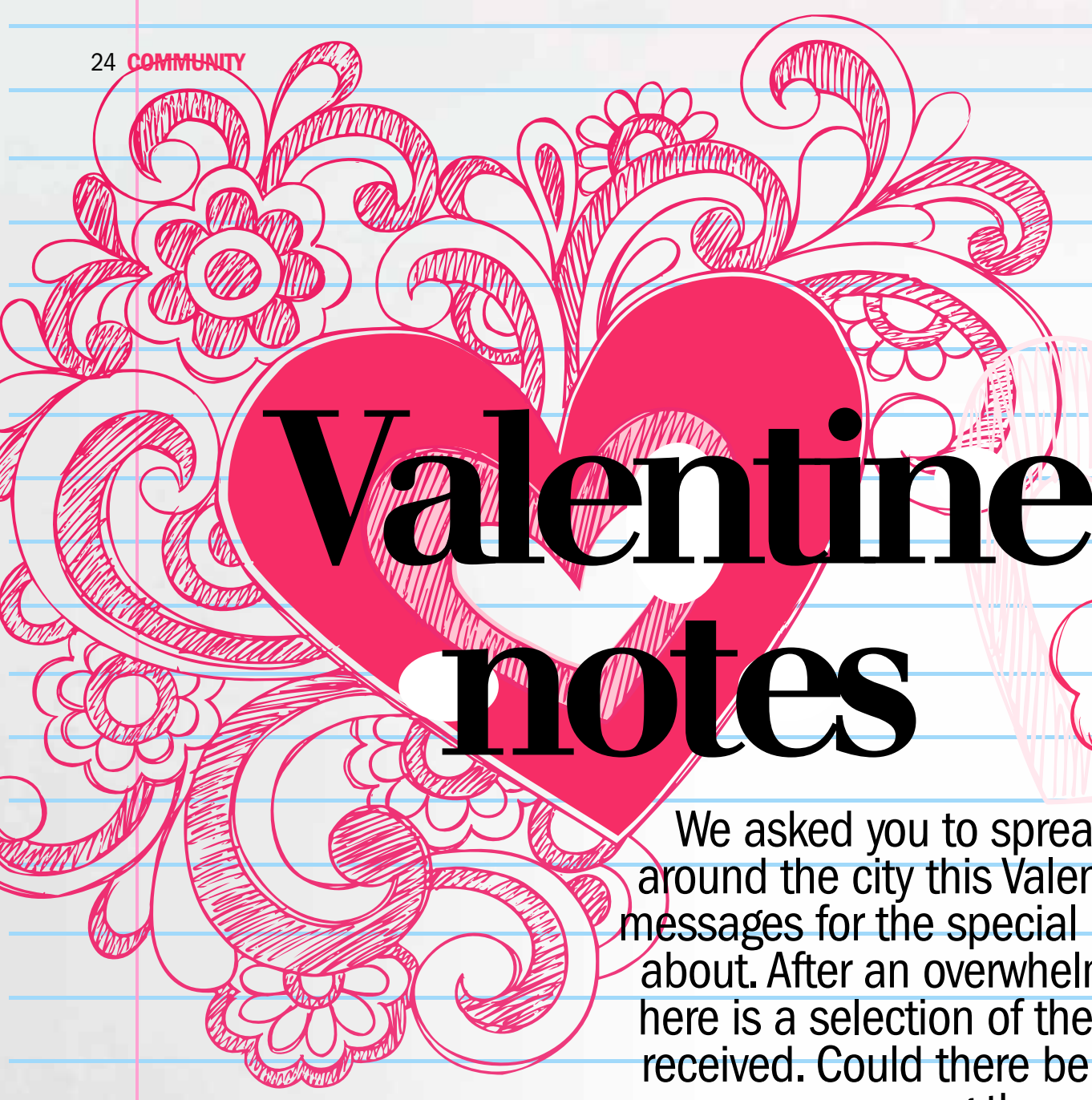
Step 3: Open the seams flat and iron them down, including the edges that haven't been sewn. Take the zip and, right side up, tack it along the edges of the gap, so that the zip closing faces away from you and is out of sight.

Step 4: Sew the zip into place 3-5mm from the edge of the fabric. It's easier if you undo the zip before you start. Once the zip is sewn, pull the two edg-

es back together so they lie straight.

Step 5: Pin the other edges of the fabric squares together and sew along the pencil line all the way around the rest of the cover. Then, undo the zip and turn the cushion cover inside out.

Step 6: Finally, run the iron over the seams to smooth and flatten them, place a cushion inside the cover, then sit back and admire your hard work!



Valentine notes

*I saw you a few
days ago and I'm
certain you saw
me too.*

*But what good does
it do?*

*I can't go on
chasing cars, much
more chase you.*

*PS. I still love you
xxx*

Faiza,
No words explain, no
expressions show, no actions
speak. I'm just helpless, trying
to say more than 'I love you'.
—Kamal

We asked you to spread a little love
around the city this Valentine's Day with
messages for the special people you care
about. After an overwhelming response,
here is a selection of the love letters we
received. Could there be a message for
you among these pages?

To my daughter,
You are the
best thing
that's ever been
mine. Happy
Valentine's Day
my dear little
angel Zaara
Eshal.
With love, Nimi.

Dear Nachika,
I love you for the way you are and for
how you make me feel, but most of all I
love you because you're mine for real.
—Laila Naseem

As a child safe within your embrace,
Through all the trials that I would face,
I knew that under your wings I could hide,
You have shown compassion by my side.
After all the smiles and through all the tears,
Two angels who have fallen from the sky,
To fix my wings when I couldn't fly.
—Sana Ali

To my husband,
How do I begin to tell you how lucky I am to
have you in my life? Oh what an honour it is
to be your wife. You're my best friend in times
of sorrow, the reason for sweet yesterdays and
my promise for a beautiful tomorrow.
Yours eternally, Amal.

Love is a rare
commodity,
a fuel which
feeds my fire.
For love in
whatever form,
I'm eternally
grateful. Thank
God I have you,
Ngetz.
—Clen David

To a very special
person,
May you never
find love in any
place, other than
in my arms. May
you never find
peace in any
place, other than
beside me.
—Damoshiat

*Barnana,
My heart for you
will never break,
my smile for you
will never fade. My
love for you will
never end, I love
you!
From Arun*

Valentine's Day is also
my Mom's birthday, so
I want to wish her and
my Dad a very happy
Valentine's Day! I love
you Mom, I love you
Dad, every day and
forever. Thank you for
everything!
—Roma Nandwani

To my husband Francis Madera, I thank God for giving you in my life—I love you.
JM xoxo

I always need you no matter what age I am, You made me laugh, wiped my tears, hugged me tight. Watched me succeed, kept me strong and drove me a little crazy at times!
Happy Valentine's Day, darling.
—Aparna

To my Tsaw,
Words always fail me to express how much I love you.
Saw x

I Love you so much Aileen Sallao, Cai Mabala and Faisal Hakeem, this will be a magical day for us!
—Danielle

Daddy Imran,
Although we cannot be together this Valentine's Day, I want you to know you are always in our hearts.
From Ilyas and Mommy x

To Mom and kuya brain,
If there are words which meant more than appreciation and affection, surely I would say it to you every single day.
I love you both!
Love Bejealaine x

Be,
Thanks for your love, for being a great wife and for giving me the most precious gift yet—our son. I love you very much!
Your loving husband,
Sherluck H.

You never stop loving me, and in spite of everything, we are really both lucky to have each other. Happy Valentine's Rainer Clasicas, I love you!
—June Marylyn Ballesteros

Thank you Mahal for all the support you have given me, through good and bad times you were there. I love you, happy hearts day!
—Sheila Rose

To my Husband Jawad,
Since we met, I've fallen in love with you a hundred times for a hundred different reasons.
With love,
Humera x

Ali,
I know you don't love me and you will never come into my life, but my love is true. Today you can never understand, because you are very happy, but my arms are always open for you.
I love you.

I just want to let my hubby know how much I love him. This our first Valentine's Day since we got married!
—Sidra Surmed

Leo,
After all that we've been and are still going through, I'm so happy we're together. I love you to the moon and back, forever.
—Reena

Happy Valentine's Day to my sweet friend Tamara.
TamTam I wish you a happy life!
—Mahmoud Munie

NEW RELEASE

Renny Harlin's flaring firecracker of a film, *5 Days of War*, resurrects clichés from several decades of Hollywood war movies in its depiction of the brief fighting in 2008 between Russia and the Georgian republic. In that conflict, Russia invaded the breakaway Georgian republic of South Ossetia in what the film implies was a sneaky attempt to snatch it back to the bosom of Russia while the rest of the world was distracted by the Beijing Olympics. The history, of course, is much more complicated and shaded than the movie begins to let on.

In this tale of modern war, Thomas Anders (Rupert Friend), a freelance American war correspondent, and his photographer, Sebastian Ganz (Richard Coyle), risk their lives to alert the world to the goings-on in Georgia and save it from catastrophe. From a filmmaker's perspective, a mini-war like the Russian-Georgian conflict is perfect, because it doesn't drag on. This one is a tidy little package in which the good guys triumph over the evil empire in a victory for freedom.

The movie is prefaced with an epigraph, ascribed to Hiram Johnson, a Republican senator from California, in 1918, saying, "The first casualty of war is truth." The "truth" that Anders and Ganz reveal is contained in footage of the atrocities committed by Russian troops and mercenaries during their invasion, which the correspondents shoot and store on a digital memory card. The Russians will do anything to get their hands on that card to avoid the same kind of bad PR, that, as one Russian baddie puts it, America suffered from after invading Iraq.

The movie's military arsenal of tanks and helicopters supplied by the Georgian army makes the forces deployed

"The viscerally stirring battle scenes include not an ounce of computer-generated embellishment."

Ethnic divisions, political double-dealing and vicious banditry make *5 Days of War* exciting if nothing else.

Their only
weapon is
the truth



VAL KILMER



THE FILM PAINTS RUSSIANS AS UNCARING BARBARIANS

look mighty impressive, and the viscerally stirring battle scenes include not an ounce of computer-generated embellishment.

The largely non-stop action begins with a prequel set in Iraq, in which Anders and his girlfriend and fellow reporter, Miriam, are suddenly caught in heavy crossfire during a television interview in a car, and Miriam dies. Her death helps explain Anders' perpetual sulk in an undernourished performance by Friend.

After the Iraq fiasco, Anders, back home in California, is enticed by "Dutchman" (Val Kilmer) to join him in Georgia. There, in the border village of Viziana, he meets Tatia (Emmanuelle Chriqui), a Georgian schoolteacher whose sister's wedding is disrupted by heavy shelling. Anders and Ganz agree to try to reunite her with her family, who disappeared in the chaos, if she will serve as their interpreter.

Did you know?

- Andy Garcia was sought for the role of Georgian president Mikheil Saakashvili for two reasons; he resembled Saakashvili and he is Saakashvili's favourite American actor.

- Near the beginning, president Saakashvili can be seen munching on his necktie. This was based on an actual incident, in which the president was caught on camera while chewing on his tie, unaware that the camera was rolling.

- Director Renny Harlin got a medal ("Kultainen ansiomerkki") from Finnish WWII veterans in 2004 after he helped to organise the "Kiitoksen paikka".

The movie is a continuous barrage of explosions, sneak attacks, chases, life-and-death face-offs, and amazing rescues that are as far-fetched as they are exhilarating.

In *5 Days of War* you're either a hero, like the Georgian special forces captain (Johnathon Schaech), or a villain like the heavily tattooed mercenary and dispassionate butcher (Mikko Nousiainen), who is as dastardly as any Hollywood Nazi. A blustering Andy Garcia, adopting an indeterminate accent, plays the besieged Georgian president, Mikheil Saakashvili.

The film's most brazen tactic is its appending of a coda in which real-life "witnesses", actual Georgians who lost homes and family members, attest to the horrors. If the testimonies are intended to certify the director's sincerity, they only make what came before seem even more like violent, shamelessly manipulative entertainment that is not to be trusted. ●

SILVER SCREEN

MATHEW HAMILTON GREEN
FILMMAKER



Falling for Spielberg

As a filmmaker, I obviously hold Mr Spielberg in fairly high regard. There is no denying the impact that he has made on modern cinema, however I, like many, can be more than critical of some of his work.

However, after watching his latest release, *War Horse*, the feeling has changed. I have gone from admiring his work but pigeon-holing him into his own little box marked 'Spielberg', to absolutely falling head over heels for his latest offering. Like many of the other men in the audience, I was fully prepared to be watching

"In no way whatsoever did I expect to be quite so taken by this film."

a family-friendly, slightly dull but ultimately uplifting movie. What I found, however, was an epic tale which moved

beautifully from scene to scene, infused with some—pretty harrowing—battlefield action, which ultimately revolved around, well, a horse.

Thanks to the attention to detail and stunning screenplay, those of you who may happen to hail from the UK's west country will particularly enjoy being transported back to your homeland, while those who have never seen a green field in their lives will gain just a snippet of the smells, the sounds and the sights that lie thousands of miles away. In no way whatsoever did I expect to be quite so taken by this film, but—and I know we are hardly into 2012 yet—this looks likely to hold the top spot for me. See it at the cinema while you still can.

Bollywood news



Vidya says no to marriage

At first, Vidya Balan grabbed attention with her sultry act in *The Dirty Picture* and later, with her relationship with the UTV head, Siddharth Roy Kapoor. Now, with the Bollywood wedding season in full-swing, there are speculations of Vidya tying knot with her beau. However, Balan stated that she is not planning on getting married within the next year or two.

Acting over body-type

Actor Akshay Khanna says he is not a fitness freak and doesn't understand Bollywood's obsession with six-pack abs. Khanna, who has spent more than a decade in the industry, insists having a perfect physique might make for a good appearance on-screen but not for a good actor. The 36-year-old is returning to the big screen this year in *Gali Gali Mein Chor Hai*.



Secret made public

It was 2003 when aspiring actors Genelia D'Souza and Ritesh Deshmukh first crossed paths on a movie set. Over the next nine years, the media hounded the couple for a confirmation of their relationship, which never came. That was until the announcement of the wedding in early 2012.

Listings

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



THE IRON LADY

MOVIE GUIDE

Grand Cineplex - Wafi

Agneepath - 11:00, 14:00, 17:00, 20:00, 23:00
Coriolanus - 12:00, 14:20, 16:40, 19:00, 21:25, 23:50
Ek Main Aur Ekk Tu - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Ek Main Aur Ekk Tu (3D) - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Grey - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
The Iron Lady - 11:00, 13:30, 16:00, 18:30, 21:15, 23:30
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:55
Mission: Impossible 4 - 13:00, 15:30, 18:00
Omar Wa Salma 3 - 12:00, 14:20, 16:40, 19:00, 21:20, 23:45
Safe House - 12:20, 14:20, 17:00, 19:20, 20:30, 21:40, 22:50, 00:00, 01:10
Star Wars Episode 1 (3D) - 10:20, 13:00, 15:40, 18:20, 21:00, 23:40
The Vow - 10:40, 12:50, 15:00, 17:10, 19:25, 21:35, 23:55

Grand Megaplex - Ibn Battuta

Agneepath - 11:00, 14:20, 17:40, 21:00, 00:15
Alvin and the Chipmunks 3 - 10:30, 13:00, 15:50
The Artist - 21:30, 23:40
Cat in Boots - 11:00, 13:00, 15:00, 17:00
Chronicle - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 21:15, 22:15, 23:15, 00:15
Contraband - 10:30, 12:45, 15:00,

17:15, 19:30, 21:45, 00:00
Coriolanus - 12:00, 14:20, 16:40, 19:00, 21:25, 23:50
Dream House - 21:00, 23:00
Ek Main Aur Ekk Tu - 10:15, 12:30, 15:00, 17:30, 18:30, 20:00, 22:30, 00:00
Gali Gali - 10:00, 13:00, 16:00, 19:00
The Grey - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:15
Haywire - 22:00, 00:00
Hugo - 10:45, 13:15, 15:30, 18:00
The Iron Lady - 11:00, 13:30, 16:00, 18:30, 21:15, 23:30
Journey 2 (3D) - 10:30, 12:30, 14:30, 16:30
Man On A Ledge - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Mission: Impossible 4 - 12:00, 14:45, 17:30, 20:15, 23:00
Omar Wa Salma 3 - 12:00, 14:20, 16:40, 19:00, 21:20, 23:45
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Safe House - 10:10, 12:20, 14:20, 17:00, 19:20, 20:20, 21:40, 22:40, 00:00, 01:00
Sherlock Holmes 2 - 18:20, 21:00, 23:35
Star Wars Episode 1 (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
Tinker, Tailor, Soldier, Spy - 19:00, 21:30, 23:50
The Vow - 10:40, 12:50, 15:00, 17:10, 19:25, 21:35, 23:55
War Horse - 12:30, 15:30, 18:30

Grand Cinemas - Festival City

Coriolanus - 12:00, 14:20, 16:40, 19:00, 21:25, 23:50
Ek Main Aur Ekk Tu - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Grey - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
The Iron Lady - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Journey 2 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:55
Mission: Impossible 4 - 20:30, 23:00
Omar Wa Salma 3 - 11:50, 14:10, 16:30, 18:50, 21:10, 23:30
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Safe House - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40
Star Wars Episode 1 (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
The Vow - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

Grand Cinecity - Al Ghurair

Agneepath - 11:30, 14:30, 17:30, 20:30, 23:30
Ek Main Aur Ekk Tu - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Gali Gali - 11:00, 14:00, 17:00, 20:00, 23:00
The Iron Lady - 11:00, 13:30, 16:00, 18:30, 21:15, 23:30
Omar Wa Salma 3 - 12:00, 14:20, 16:40, 19:00, 21:20, 23:45
Safe House - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Star Wars Episode 1 (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
The Vow - 10:40, 12:50, 15:00, 17:10, 19:25, 21:35, 23:55

Grand Metroplex - Metropolitan

Agneepath - 11:00, 14:00, 17:00, 20:00, 23:00
Chronicle - 11:15, 13:00, 14:45, 16:30, 18:15, 20:00, 21:45, 23:30
Ek Main Aur Ekk Tu - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:55
Mission: Impossible 4 - 12:00, 14:45,

17:30, 20:15, 23:00
One For The Money - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Safe House - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Spanish Masala - 13:00, 16:00, 19:00, 22:00

Grand Mercato

Ek Main Aur Ekk Tu - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Iron Lady - 11:00, 13:30, 16:00, 18:30, 21:15, 23:30
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:55
Omar Wa Salma 3 - 12:00, 14:20, 16:40, 19:00, 21:20, 23:45
Safe House - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
Star Wars Episode 1 (3D) - 10:20, 13:00, 15:40, 18:20, 21:00, 23:40
The Vow - 10:40, 12:50, 15:00, 17:10, 19:25, 21:35, 23:55

Vox Cinemas - Deira City Centre

Agneepath - 12:15, 16:00, 19:30, 23:00
Alvin and the Chipmunks 3 - 10:15, 12:15, 14:15
Casanova - 16:15, 19:45, 23:15
Coriolanus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Ek Main Aur Ekk Tu - 15:00, 17:30, 20:00, 22:30, 01:00
The Grey - 11:00, 13:30, 16:00, 18:45, 21:15, 23:45
House Husband - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Journey 2 (3D) - 11:00, 13:00
Mission: Impossible 4 - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00
Omar Wa Salma 3 - 11:15, 13:45, 16:15, 19:00, 21:30, 00:00
Safe House - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
Star Wars Episode 1 (3D) - 11:15,

14:15, 17:15, 20:15, 23:15

Vox Cinemas - Moe

Chronicle - 17:15, 19:15
Coriolanus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Ek Main Aur Ekk Tu - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Grey - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
The Iron Lady - 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Journey 2 (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Man On A Ledge - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
Mission: Impossible 4 - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
A Monster In Paris (3D) - 11:15, 13:15, 15:15
Omar Wa Salma 3 - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
One For The Money - 21:15, 23:30
Safe House - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Star Wars Episode 1 (3D) - 11:00, 14:00, 17:00, 20:00, 23:00
The Vow - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15

Vox Cinemas - Mirdif City Centre

Chronicle - 21:45, 23:45
Coriolanus - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Ek Main Aur Ekk Tu - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Grey - 12:00, 16:45, 21:30
Journey 2 (3D) - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45
Man On A Ledge - 09:45, 14:30, 19:15, 00:00
Omar Wa Salma 3 - 11:45, 14:15, 16:45, 19:15, 21:45, 00:15
One For The Money - 14:15, 18:45, 23:15



EK MAIN AUR EKK TU

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

Safe House - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Star Wars Episode 1 (3D) - 11:15, 14:15, 17:15, 20:15, 23:15
The Vow - 11:45, 16:30, 21:00

Reel Cinemas - Dubai Mall

Agneepath - 12:40
The Artist - 14:05, 16:15, 18:25, 20:35, 22:45, 00:55
Chronicle - 14:20, 16:15, 18:15, 20:10, 22:10, 00:10
Contraband - 16:40, 19:05, 21:25, 23:45
Coriolanus - 11:35, 13:40, 16:15, 19:05, 21:25, 23:45
The Descendants - 14:10, 16:40, 19:10, 21:40, 00:10
Dream House - 11:05, 15:30, 17:35, 19:40, 21:45, 23:45
Ek Main Aur Ekk Tu - 14:20, 16:40, 19:05, 21:25, 23:45
The Grey - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Haywire - 14:30
The Iron Lady - 14:30, 16:45, 19:05, 21:20, 23:35
Journey 2 - 11:50, 14:00, 16:20, 18:40, 21:00, 23:30
Man On A Ledge - 12:40, 14:50, 17:00, 19:15, 21:30, 23:45
Omar Wa Salma 3 - 11:40, 14:10, 16:40, 19:10, 21:40, 00:10
One For The Money - 11:55, 14:20, 16:40, 19:00, 21:20, 23:40
Safe House - 11:10, 14:05, 16:40, 19:15, 21:50, 00:25
Star Wars Episode 1 (3D) - 11:20, 14:05, 17:05, 20:05, 23:30
The Vow - 12:45, 15:00, 17:15, 19:30, 21:45, 00:05
Underworld: Awakening - 14:00, 16:05, 18:10, 20:15, 22:20, 00:25

Reel Cinemas - Marina Mall

The Artist - 17:35, 19:45, 21:55, 00:05
Chronicle - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
The Descendants - 12:00, 14:30, 17:00, 19:30, 22:00, 00:30
The Iron Lady - 11:05, 13:20, 15:35, 20:00, 22:15, 00:30
Journey 2 - 11:20, 13:25, 15:30, 17:45
Safe House - 11:50, 14:20, 16:50, 19:20, 21:50, 00:20
Star Wars Episode 1 (3D) - 11:35, 14:35, 17:35, 20:35, 23:35

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



www.dubaicalendar.ae



Fourth international conference on drug discovery and therapy plus the first biotechnology world congress

The primary objectives of these conferences are to present the world with the frontiers of drug discovery and biomedical research; from bench side to the clinic.

Date: February 12 - 15
Duration: 4 days
Audience: Trade professionals
Category: Conference, healthcare
Venue: Dubai Men's College
Admission: Register online
Telephone: 04 354 6118



Aadab Arz Hai

Spend a magical evening listening to live ghazal performances by Jogiraj, Jay Prasad and Somdatta.

Date: February 17
Duration: 1 day
Timings: 6:30pm
Audience: General public
Category: Music
Venue: Emirates International School, Al Thanya Road, Jumeirah
Admission: Balcony Dh50, Silver Dh75, Gold Dh100, VIP Dh125, WVIP Dh150
Telephone: 04 357 0155

Dubai traditional dhow sailing race



Come watch the Dubai traditional dhow sailing race 43ft.

Date: February 18
Duration: 1 day
Audience: General public
Category: Sports
Venue: Dubai International Marine Club, Mina Seyahi
Telephone: 04 399 5777

Pakistan vs England Cricket - ODIs

Pakistan vs England in UAE 2012 is an international bilateral series being held right here in the UAE.

Date: February 13 - 21
Duration: 9 days
Timings: 3pm - 11pm
Audience: Public
Category: Sports
Admission: Dh150 per day



Omega Dubai Desert Classic

The Omega Dubai Desert Classic attracts some of the biggest names in golf. Tiger Woods has featured at the event six times since 2001 and has won it twice.

Date: February 6 - 12
Duration: 7 days
Audience: Public
Category: Sports
Venue: Emirates Golf Club
Admission: Buy tickets online



Almost, Maine - a unique Valentine's Day theatre show

Bring your special someone to this unique Valentine's Day theatre show.

Date: February 14 - 18
Duration: 5 days
Audience: General public
Category: Arts and culture
Venue: Ductac
Admission: Dh100 for the show only (all days), Dh310 for the show and dinner at Kempinski (Feb 16, 17, 18), Dh415 for the show and Valentine's Day dinner (Feb 14)
Telephone: 050 986 1761

Skywards Dubai International Jazz Festival 2012

An experience no jazz aficionado will want to miss out on.

Date: February 16 - 24
Duration: 9 days
Audience: Public
Category: Festivals, music
Venue: Festival Park, Al Badia Golf Club, Dubai Festival City
Admission: Main gig nights: standing Dh295, middle seat Dh395, front seat Dh595, VIP Dh995. Jazz Fest: Online registry is free, tickets at the gate Dh100
Telephone: 04 391 1196



Leading the charge



★★★★☆ The leading player of the 4x4 market becomes supercharged for a super driving experience.

As far as luxury 4x4s go, the Range Rover arguably invented the entire genre. Every X5, Cayenne and Land Cruiser on the road today owes a little bit of its existence to the fact that Land Rover thought it might be an idea to add a few creature comforts to what had been until that point a utility vehicle.

Up to that point buyers had bought a car for running around in and a 4x4 for collecting sheep from a snowy field. With a remarkable bit of foresight, the engineers in the UK thought there might be a market for a car that could do both equally well and the Range Rover was born.

If you get the chance to sit in one of the very early 1970 two-door models the main thing that will

strike you is that the DNA from this original vehicle still remains in the latest 2012 Range Rover models. The panoramic seating (called command position by Land Rover), the dash layout and the overall feel of the car.

By contrast to the early cars, today's Range Rover has all the creature comforts of a top-of-the-range luxury car. However, according to Land Rover, the new car still has that 'go anywhere' ability that made the original so popular.

The new Range Rover Supercharged is the very top model in Land Rover's line-up, although the shape varies little from the HSE model. Only the grills and a few small touches allow passers by to tell the difference. On the road however, the two are poles apart. The HSE is smooth and powerful, but the Supercharged model brings

a whole new dimension to owning a Range Rover. The power from the forced induction is incredible. The 5.0 litre V8 pumps out 510hp, giving the Supercharged model a 0-100 km/h time of 6.2 seconds.

The only thing that still needs sorting is the body roll in corners. Unfortunately this is the compromise Land Rover seem to have made to retain the off-road ability. Both the X5 and the Cayenne are far better in the corners, but then again, both are pretty poor in the desert. In the real world however, most owners will hardly venture off the tarmac, so the on-road handling certainly needs to be looked at.

It's a shame that the handling is not up to the same spec as the engine, as the Supercharged is one serious car in a straight line. It'll surprise more than a few car owners, especially as it weighs in at more than 2,680kg. It's also equipped with a serious set of brakes, so scrubbing

SPECS
(as tested)
Engine: 5.0 litre V8 Supercharged
Power: 510hp@6,000-6,500 rpm
Torque: 625Nm@2,500-5,500 rpm
0-100km/h: 6.2 seconds
Top speed: 225 km/h
Price: Dh435,000

off all that speed and momentum isn't an issue for the big car.

Inside, you don't get an extra row of seats, as in the LR4, but you do get one of the most comfortable 4x4 interiors in the market. Everything feels very high rent and the finish is excellent. The piano black trim works really well and, finger marks aside, adds to the opulent feel. There are also some clever touches, like the dual view screen that allows the driver to see the important info, whilst the passenger watches TV... on the same screen. It also has one of the best sound systems you'll find in a modern car today.

The Range Rover Supercharged somehow manages to satisfy two

510_{hp}

The power pumped out by the 5.0 litre V8 engine.

diametrically opposed worlds. Yes, there are other SUVs that will out handle it and a few that'll keep up with it, but if you want a car that can cross deserts in supreme comfort with a serious touch of class, there is still only one real luxury 4x4. ●



CLEVER INTERIOR TOUCHES

THE 2,680KG BEAST



England bowled over by Pakistan



ENGLAND LOSE TO PAKISTAN

CRICKET

England crashed to a humiliating Test series whitewash against hosts Pakistan on UAE soil, and now will hope to rebuild ahead of their ODI series against the same opposition, who sit higher than England in the ODI rankings, this week.

Pakistan recorded its first ever clean sweep against England with an emphatic 71-run victory in the third and final Test on Monday. England—chasing an imposing 324-run target—were dismissed for 252 on the fourth day with fast bowler Umar Gul grabbing 4-61 and offspinner Saeed Ajmal 4-67.

Matt Prior delayed the inevitable with an unbeaten 49 off 58 balls before he ran out of partners.

Pakistan won the first Test by 10 wickets and the second by 72 runs

when they bowled out England for 72 while chasing 145 runs.

The whitewash has now put England in danger of losing the ICC's jackpot of \$175,000 which is awarded to the top Test team until the April 1 cut off date every year, if South Africa beat New Zealand 3-0 next month.

Pakistan, who were bowled out for 99 in their first innings, became the first team to win a Test after being dismissed for under 100 since England, dismissed for 76 in the first innings, beat South Africa at Leeds in 1907.

For Pakistan it was a fifth series whitewash, their last coming in a 3-0 triumph over Bangladesh in 2003. Saeed Ajmal finished the series with 24 wickets to win the player-of-the-series while young Azhar Ali was man of the match for his 157 in the second innings.

The art of switching jobs

A career change may seem daunting, but there are a few tricks and tips you can use from Akhtaboot to ease the move.



MAINTAIN YOUR PROFESSIONALISM

CAREERS

Most people who work in a job they actually hate choose not to quit right away for many different reasons. It could be because of the paycheck they get or maybe because they think they are not competent enough for the job they really want. There are all sorts of reasons or excuses for not seeking out a “dream job”.

Akhtaboot is here to the rescue with the steps that you should take to make sure that your career transition is smooth and that you are fully prepared for the switch.

Assess your situation

You must truly understand the reasons behind the dissatisfaction with your current job. Once you do, it becomes easier for you to try and solve them. In many cases, a conversation with your boss, a change in attitude or an increase in responsibility could be all that is needed to give you job satisfaction. If, after some thorough reflection, you still decide that you need to take a break from your current situation, proceed armed with the knowledge of what you don't want from your next job in addition to what you do want.

Get to know yourself

The next critical junction in your job-

switching journey is to determine your strengths and weaknesses in a career context, in addition to what environment you like to work in. Are you happiest working in teams, or alone? Do you work well under pressure? Do you like to be given strict deadlines or general milestones? Knowing your own work style and how well you fit within a certain type of company gives you a more realistic expectation of what your next potential job will be.

Explore your options

Nowadays, job seekers (and even job switchers) are spending hours looking for jobs using online recruitment websites such as Akhtaboot.com. Take the time to read this information and thoroughly analyse the company and the job before applying to it. Also keep in mind that the competition is fierce, so try and increase

“Knowing your own work style gives you a more realistic expectation of your next potential job”

your chances for a successful application by refining your search and applying only to relevant jobs.

Be honest with your current boss

Once you find a new job, you should talk to your boss about it. Chances are that your current boss won't be too excited about your decision, but if you are sincere and honest about your reasons for wanting a change, most probably, your boss will understand. Always be open to what your boss has to say at this point, and try to be respectful and to leave on a good note.

YOU'RE HIRED!



Give proper notice

Once you have made up your mind to leave, be sure to give your employer the appropriate notice that is considered standard for your position. The amount of notice will normally be set out in the contract with your current employer. Typically, it is one month. However, many senior positions will require that you provide even more notice before you leave.

Offer your training services

Your current company has spent a lot of time and money training you and it will naturally cost them just as much time and money—if not more—to find a replacement. In the spirit of cooperation and good relations, offer to train another employee prior to leaving. After all, you would not want to leave your former co-workers in a state of confusion after you are gone.

No matter what your reasons are for switching jobs, it is important to make your exit smooth for all parties involved. While you may be moving on to a bigger and better position, your current employer still has a business to run. You must maintain your professionalism at all times, no matter how much you feel like dropping everything and walking out the door today. ●

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Business associate/sponsor needed for a trading company in medical devices that covers the entire Gulf region. Interested parties willing to invest, email -nalinco@gmail.com.

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

AutoCAD & 3D max designer is urgently required. At an exhibition stand co. in Dubai. Preferred Filipino. Should have experience in the field of exhibition stand industry. Salary to be discussed. Email rala_27@yahoo.com.

Sales Account Manager/Executive is urgently required. Should have 1 yr experience. Must be self motivated, target focused. Excellent communication skills, computer literate. Should own UAE driving license. Must be qualified in signage, exhibitions, event branding. Send CV to salesyne@gmail.com.

Motor Bike Messenger required. Should be young, smart and hard working and have at least 1 yr experience. Must be fluent in English. Should own valid UAE motorbike license. Send CV salesyne@gmail.com.

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

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

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

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

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

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

Customer Service Representative, with good communication skills, required

for a company in Dubai. Contact us: 0505989184.

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

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

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

JOBS WANTED

Graphic Designer, 14 years advertising experience in Dubai, seeks full-time job in multinational advertising agency. Transferable Free Zone Visa (Media City). Highly experienced in all graphic work, Mac & PC platform. Can join immediately. Call 0559704790.

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

Senior sales associate seeks full-time job. 4 yrs experience. Fluent in English, Hindi and Russian. Email arabic.email.rajkhadka47@yahoo.com.

Russian seeks job. Experienced in hospitality, retail, sales, logistics and customer service. Owns UAE Driving License. Call 0557705807.

Indian, male, MBA, seeks job. 4 yrs experience in accounts/admin/logistics. Fluent in English and Hindi. Familiar in MS Office. On a visit visa. Call 0558772647/ email matkovoort@gmail.com.

Indian, 34, seeks job in the administrative field. 15 yrs experience in UAE. Expected salary 4000/- AED. Owns valid driving license. Call 0507059230.

Indian male, seeks job as an office administrator/admin assistant. 2 yrs experience. Good communication skills. Familiar with MS Office. Call 0554469629/ email shahul_mcy@yahoo.com.

Indian male, B.Com, MCFA seeks job. Gulf experience. Fluent in Arabic, English, Hindi, Tamil & Malayalam. On visit visa. Call 0551471163.

Indian, male, MBA, Marketing, seeks full-time job. Call 0508671953.

Indian male, 27, seeks job. 4 yrs experience as 3D visualizer, interior designer and draughtsman. Call 0558802949/ email mvibins@gmail.com.

Pakistani dental assistant, diploma (USA) seeks job in the dental field. 12 yrs experience. 2 yrs MOH experience in Saudi Arabia. Email asimdr@live.com / call 0556371994.

Male seeks part-time job. 2 yrs of working experience in accounting. Call 0558594083.

Indian, male, MBA seeks job. 1+ yrs experience in project management. Skilled in scheduling/ executing projects. Good communication skills. Familiar in MS Office, MS Project & Primavera. On visit visa. Email muzammilpasha09@yahoo.com / call 0503987151.

Male, 30, seeks job. 5 yrs experience in accounting MBS (Accounting). Knowledgeable in accounting software. Call 0557974708.

Filipino male seeks job in customer servicing/administration. Can join immediately. Call 0501696288.

Indian, female, seeks job in accounting and finance. 6 yrs experience in leading BPOs in India. Knowledgeable in general ledger accounting and book close activities. Skilled in SAP/MS Office. Call 0558579737/ email rvanishree@yahoo.co.in.

Pakistani Graphic Designer, 8 years advertising experience, seeks full-time job. Highly experienced in all graphic work, Mac & PC platforms. Can join immediately. Call 0505018569, Email: hashmi.mn@gmail.com

MISCELLANEOUS

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

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

Exchange your old laptop with the new Toshiba i5 or i3 second generation laptops. Call 0509815607.

AUTO

Toyota Yaris, 2008 model for sale. Automatic gear, manual windows, silver colour. Price for 25,000AED. Call 0508332633.

Mitsubishi Lancer, 2010 model for sale. Silver colour. In good condition. Price for 26,500AED. Call 0508332633.

SERVICES

Home tutoring lessons available in mathematics, social and science to CBSE/ICSE/O-level students and classes I-X. Might consider other subjects also. Call 0503027090.

Car lift services available starting from Rashidiya metro Station to DIP2 & return. At reasonable rate. Call 0503091983.

Baby sitting services available near Etisalat metro station. Call 0503172574.

Arabic courses available to all. Learn to speak fluent Arabic at a reasonable price. Call 0551873541.

ITEMS

Bed and mattress available for sale. Both for 300AED. Clean and in good condition. Size: 120x180. Call 0557917024.

Carrier air condition device available for sale. In good condition. Call 0509254650.

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

ACCOMMODATION

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

Two bed spaces available for rent. Kabayan ladies only. Near Al Rigga metro station. Rent for AED650 + DEWA. Call 0508895479.

Single room available for rent. Ladies only to be shared with another lady. Near metro - Dubai Airport Free Zone. Starting from the 10th. Rent 600AED + W/ Electricity. Call 0555274523.

Single room available for rent. With attached bathroom. Starting from the 15th of Feb. At Al Khail Gate 2 Emirates Accommodation near Noor Islamic Bank metro station. Call 0502734493/0502478740/4560527.

Room/bed spaces available for rent. Arab bachelors only. At Hor Al Anz Abu-hail between Century Mall and Al Mulla Plaza. Call 0504754499/0507956579.

Bed space available for rent. Goan ladies only. At Bur Dubai, behind Apsara Supermarket. Call 0556692531.

Bed space available for rent. Indian bachelors. At Al Qusais, behind Dubai Grand Hotel, near metro station. Free car parking, unlimited Wi-Fi and kitchen facility. For 500AED+ DEWA/internet. Call 0551385164.

Semi furnished room available for rent. Big room & separate bathroom. Indians only. For small family/working ladies. Near Al Rigga metro station. Call 0505643795.

Single bed space available for rent. At Satwa near bus station. D/E free. Call 0556932581.

Bed space available for rent. Kabayans only. All genders. Opposite Union metro station, near Al Ghurair. For 450/-AED. Free DEWA and TFC. Shared Wi-Fi. Call 0552457706/0504967615.

Bed space/room available for rent. Indian bachelors only. Behind Dubai Grand Hotel, Al Qusais. Unlimited Wi-Fi. Walking distance to Airport free zone metro station and bus stop. Call 0551385164.

Shared accommodation/bed space available for rent. Executive Indian Muslim bachelors only. Behind Crowne Plaza, facing Emirates Towers, SZR. For 600AED + DEWA. Call 0507082328/0508787695.

Two bed spaces in a luxury flat available for rent. In Karama. Keralites only. Above Kashmir Palace Hotel, opposite G Mart. Call 0558521614.

Bed space in a villa available for rent. In Hor Al Anz. Executive Muslim bachelors only. Rent 300/AED+DEWA. Call 0556085541/0553052509.



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Public buses' punctuality up

New figures released by RTA Chairman Mattar Al Tayer show more buses than ever stick to schedule.



MATTAR AL TAYER IS BRIEFED ON HOW ADHERENCE TO BUS SCHEDULES IS ENSURED

BUSES

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, revealed that public buses' adherence to the approved schedules has soared from 16 per cent in early 2009 to 77 per cent in 2010, and continued the upsurge to hit 80 per cent in 2011, whereas this percentage in a country like Singapore, a country known for its high bus-on-time performance, is 83 per cent. The percentage of bus schedule adherence compared with actual journeys made grew from 85 per cent in 2009 to 99 per cent in 2010 and 2011, and the average number of monthly journeys last year reached 225,520 journeys. Customer contacts inquiring after delays in bus arrivals plummeted from 500 contacts per month in 2009 to 25 contacts per month in 2010 and dropped further to as low as 8 contacts per month in 2011.

Al Tayer made these remarks in a tour made to the RTA Public Transport Agency that took him to the Automated Vehicle Management (AVM) Control Centre, at the Bus Department, and the Booking and Dispatch Centre at the Transportation Systems Department, during which he was accompanied by RTA Board Member Moham-

med Obaid Al Mulla, Acting CEO of the Public Transport Agency, Ahmed Mohammed Al Hammadi, Acting CEO of Dubai Taxi Corporation, Youssef Al Ali, and several RTA directors.

Al Tayer attended a briefing about the operational results of buses during the past three years, which reflect a drop in the overall number of kilometers done by buses, and an increase in the number of passengers as a result of the Journeys Rescheduling Programme introduced by the RTA upon the analysis of passengers' movement following the operation of the Dubai Metro. The average monthly distance covered by buses in 2009 clocked 9,152,081 kilometres, which dropped to 5,670,907 kilometres per month in 2010, but moved up to 6,500,000 kilometres per month in 2011. Bus adherence to the number of scheduled kilometres reached 99 per cent in 2011, which compares well with 97 per cent in the UK.

Al Tayer toured the AVM Control Centre where he reviewed the work mechanism at the centre, journey schedules and the tracking of bus movements. He was briefed by Ahmed Al Hammadi about the processes of the centre, which was opened in November, 2009. The centre contains 24 large screens and has the capacity

“Al Tayer toured the AVM Control Centre, where he reviewed the work mechanism at the centre.”

to house 22 employees per shift but is currently operated by 14 employees per shift. The centre is manned by 27 employees, 26 per cent of whom are Emiratis, and is integrated with four bus operation and tracking systems.

Al Tayer was briefed on the tasks delivered by the centre, which attends to electronic surveillance to establish the extent of adherence to schedules, routes and on-time journeys. The average number of bus journeys made in 2011 was in the order of 231,000 journeys per month. The centre measures the daily mobility efficiency of 850 buses, ensures on-time arrivals and departures from stations, takes necessary action to ensure adherence to schedules, and monitors the integration with the other control centres

existing in the RTA. About 20 emergency plans have been carried out by the centre from 2009 to 2011, and the centre oversees the punctuality of the real-time passengers timing system in the Metro stations through 89 screens mounted in various Metro stations.

During his tour, Al Tayer inspected the Booking and Dispatch Section at the Transportation Systems Department, which was opened in 1995 and expanded in 2009. It has a capacity to house 35 operators, four booking followers and four supervisors. The centre works 24 hours a day on a three-shift basis throughout the week and attends to the handling of all calls for booking taxis and assigns them to franchise companies based on location, speed and other parameters in accordance with a specific time frame. It produces periodical reports to all franchise companies showing the extent of implementation of the franchise agreement made judging by the number of trips made, vehicular deployment, and response speed, among others. It also follows up customers' complaints and suggestions about the improvement of the service level, and ensures the timely response and analysis thereof as well as the submission of relevant reports to the department.

RTA receives visiting delegation

Customer service department at RTA shares its knowledge with Abu Dhabi-based ministry body.

DELEGATIONS

The Customer Service Centre at the RTA recently received a visiting delegation from the Customer Service Department at the Ministry of Interior in Abu Dhabi to review the best practices and top-notch systems adopted by various sections, customer service centres, call centres and the quality and customer care section of the department. They were also acquainted with the sophisticated systems in use, which are aligned with the highest global standards.

The delegation was received by Ahmed Mohammed Mahboob, Director of RTA Customer Service, who stressed the importance of these visits, considering them as key channels of achieving the single common objective of enhancing the business conduct which would be made possible through exchanging expertise with various entities across the UAE, and reviewing the best practices capable of enhancing the performance and achievement drive.

"RTA successes have made it a point of attraction for many others seeking



to benefit from its advanced practices and cutting-edge programs," he noted.

"The customer service centres feature high on the priority of the department, as they are the front-end of the RTA and a point of communication between the community segments and all RTA officials. These centres provide a holistic range of diverse services that include responding to customer inquiries and

furnishing callers with a constant flow of information that concerns them. Such offering is made through a sprawling network of centres spanning the emirate, enabling customers to process their transactions in a handy manner without having to wait for long. After all, customer service centres play a huge role in receiving customer feedback and constructive input that contributes

to the enhancement of the business processes and the overall performance of RTA agencies," added Mahboob.

The meeting was interceded by a visual presentation illustrating all sections of the customer service department focusing on the work mechanism of various affiliated branches and centres in Dubai, along with the key services they provide. It also touched on the call centre and its crucial role in giving a clear vision and proper destination for callers from different community segments in responding to their inquiries. It also highlighted the careful employee selection mechanism in place at the centre, covering assessing the professional competencies in establishing proper communication with others with a view to raising the profile of the RTA.

The Customer Service Team escorted the delegation on a tour of the RTA's call centre as well as Umm Al Ramool Customer Service Centre, and acquainted them with the latest systems in use at these sites aimed at maximising customers' satisfaction.

RTA signs deal to boost marine services

AGREEMENTS

The RTA, including all affiliated agencies and sectors, is seeking to realise its strategic goals that form the foundation for the evolution and improvement of its service for all segments of the community in order to keep pace with the current development drive seen by the UAE in all sectors and at all levels. Among the effective strategies adopted by the RTA to achieve such objectives is entering into partnership agreements representing a diverse cast of activities within the business community.

In this context, the Public Transport Agency recently signed a Memorandum of Understanding with the Dubai Creek Golf and Yacht Club revolving around achieving RTA's third strategic goal, customer centricity calling for heeding to customer demands and

boosting their satisfaction with the mass transit services in the emirate, the fourth strategic goal that encourages commuters to use mass transit means, and the sixth strategic goal calling for the financial sustainability through augmenting revenues.

The agreement was signed for the Public Transport Agency by its Acting CEO, Ahmed Mohammed Al Hammadi, and for the Dubai Creek Golf and Yacht Club by its General Manager, Christopher May, in the head office of the Public Transport Agency in Dubai in the presence of directors and managers from both parties.

Al Hammadi welcomed the club's delegation, considering it a key step



AHMED MOHAMMED AL HAMMADI SIGNS THE MOU WITH CHRISTOPHER MAY

towards establishing bilateral relations through which the joint cooperation can be stepped up to a level as high as a strategic partnership that can play a pivotal role in upgrading mass transit systems such as marine transit modes, particularly as the RTA has a

marine transport station in the venue of the Dubai Creek Golf and Yacht Club.

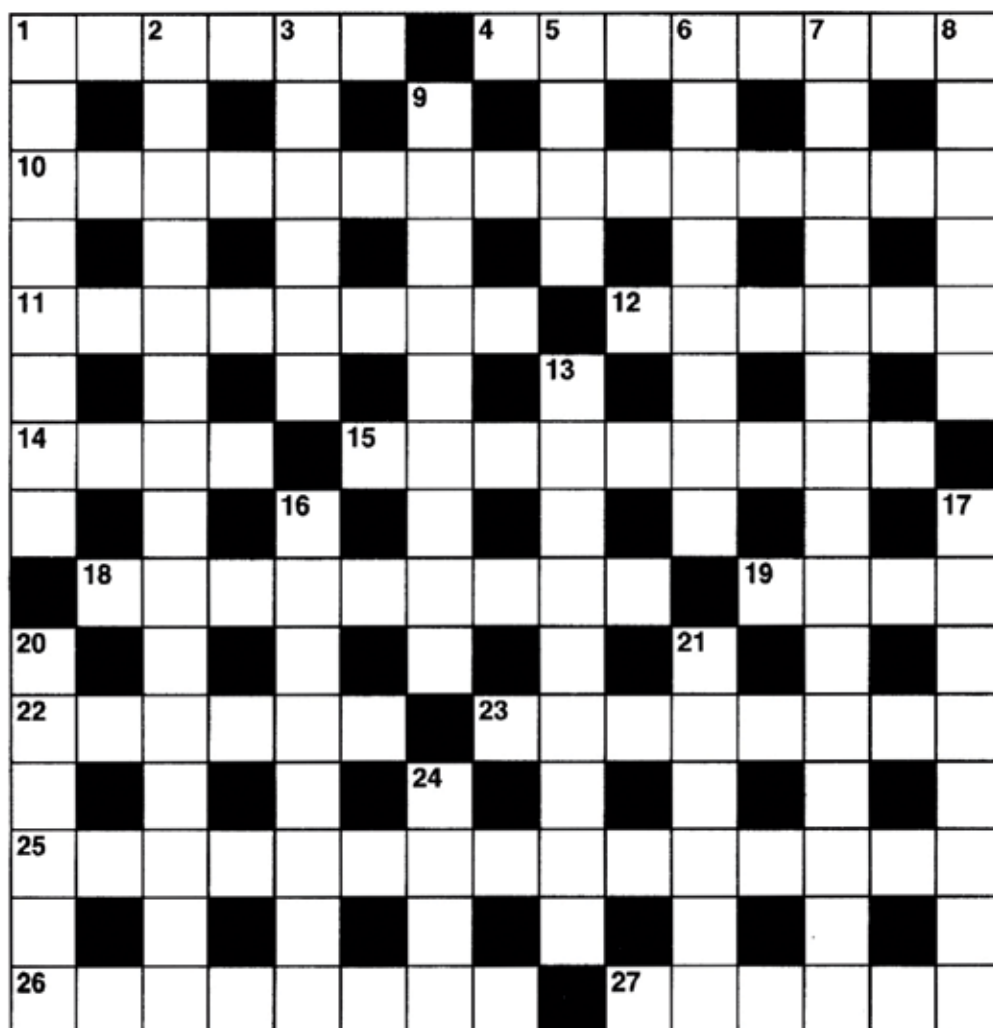
"We are thrilled and honoured to work side by side with the Dubai Creek Golf and Yacht Club, and contribute to uplifting the tourist activities in general and marine transport in particular, especially as the Public Transport Agency is offering advanced tourist marine transit services such as the water bus, water taxi and Ferry Dubai,"

said Al Hammadi.

Al Hammadi called on the Dubai Creek Golf and Yacht Club to promote the RTA's marine services among visitors of the club in order to boost the profile and role of the mass transit services to make it the ideal choice.

Taking your time

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



Crossword

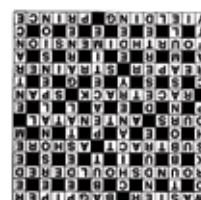
Across

1 Loafer (6) 4 Scottish musician (8) 10 Slouching (5-10)
11 Remove (8) 12 On the beach (6) 14 Belonging to you
and me (4) 15 During pregnancy (9) 18 Course for horses
(9) 19 Extend across (4) 22 Harvester (6) 23 Kitchen sieve
(8) 25 Space-time continuum (6,9) 26 Compliant (8) 27
Hereditary ruler (6)

Down

1 Group training session (8) 2 Downright inflexible (8,2,1,4)
3 Withstand (6) 5 Lean upon, border (4) 6 Base for a column
(8) 7 Private retirement benefit (8,7) 8 Fulfil (a promise) (6)
9 Sharp practice (9) 13 Period when a country is not at war
(9) 16 Left, abandoned (8) 17 Fascinate, delight (8) 20 Artful
(6) 21 Collect information (6) 24 Cumbrian river (4)

ANSWERS



Recipe

Naughty but nice chocolate mousse

This easy-to-make dessert is the perfect end to a home-cooked Valentine's dinner.

Ingredients

30g unsalted butter, chopped
100g dark chocolate, broken into
pieces
3 free-range eggs, separated
25g caster sugar
1 shot espresso
White and dark chocolate for
grating (optional)

Method

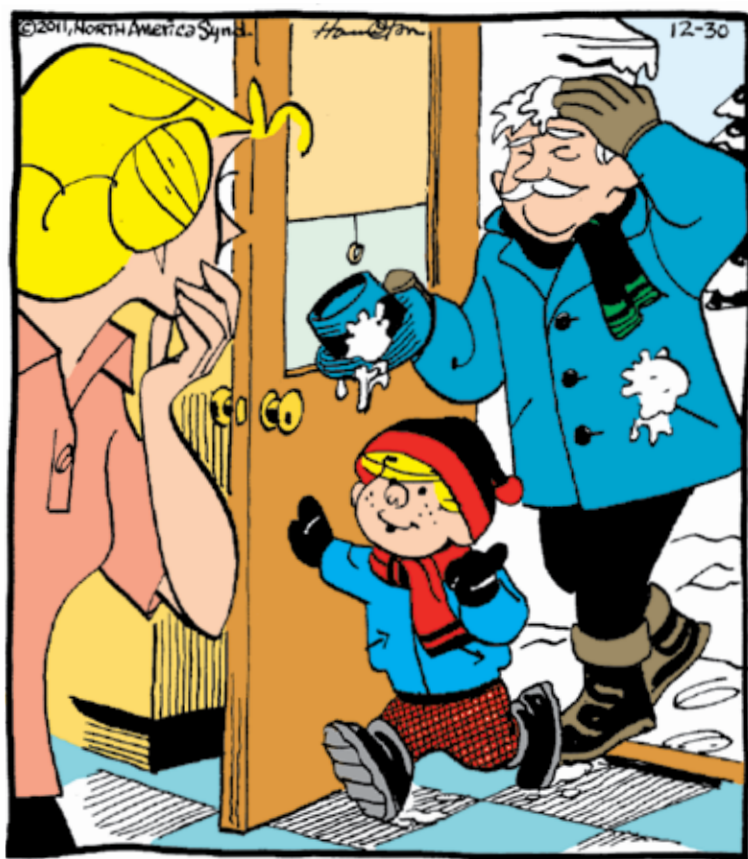
1. Preheat the oven to
180C/350F/Gas 4.
2. Bring a little water to the boil
in a pan, then reduce the heat until
the water is simmering. Suspend
a heatproof bowl over the water
(without touching the water). Add
the butter and dark chocolate and

Makes
6



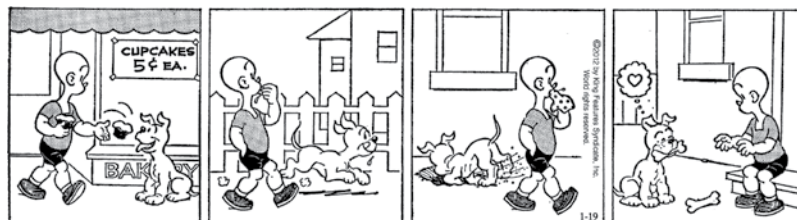
stir until melted. Remove the bowl
from the heat and set aside to cool.
3. Whisk the egg yolks and sugar in a
mixing bowl until nearly white and
thick in consistency.
4. Gently stir the whisked yolks into
the butter and chocolate, then add
the shot of coffee.
5. Whisk the egg whites until stiff
peaks form when the whisk is
removed, then gently fold them into
the chocolate mixture.
6. Carefully transfer the mousse to
small glasses or ramekins and chill
in the fridge for one to two hours, or
overnight.
7. To add a touch of decoration,
sprinkle on some grated dark and
white chocolate before serving.

Dennis the menace



"I LIKE SNOWBALL FIGHTS WITH GRAMPA. HE DOESN'T DUCK VERY FAST."

Henry



Ollie and Quentin



Spiderman



Here to help

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

Q My 12-year-old daughter has asked for a lock on her bedroom door. I am worried about this as I can't help thinking she is up to no good, what do you think?

Read: Chances are that your daughter is simply feeling the need for some privacy as she enters adolescence. It may be that she wants privacy when dressing without siblings barging in or parents wandering in without knocking. The early teenage years are an awkward stage so she would probably appreciate your compliance, so long as you agree that she unlocks it when you ask then there shouldn't be a problem.

Q My friends want to go travelling around Europe this summer but I am unsure of whether to join them. I get really homesick and have never been away for more than a couple

of days. I am 17 years old.

Read: You may regret not joining them in later life. So long as your parents agree and you plan the trip well, it's highly likely that you will end up having a great experience and rarely even think about home. Being young and free to explore the world is a great opportunity which many people wish they still had, so travel safely, stay together, book rooms in reputable places and enjoy the ride!

Q I have a strange sensation in my right eye. It has been there for a couple of weeks now and I am really conscious of it. It feels like my eyelid is flickering, what could it be?

Read: This sounds like a harmless eyelid twitch (blepharospasm), which many people get when they are tired, stressed or have been staring at the computer screen for long periods. The best thing to do is try to get a good few nights' sleep and rest your eyes when possible; chances are the twitch will eventually go away on its own.

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Torrent		Died or rotted		Snuggling		Floating ice mass		Sandwich filling (inits)		Japanese sash		Ice sheet
						Written defamations						
Short sharp turning		Indian resort region		Humdrum existence				Tartan		___ Becker, former tennis player		Sharp-flavoured
						Young cow	Major central European river		Have a flutter			
Roman Sun-god				Corinne Bailey ___ singer		Large stringed instrument					Small Fiat car	
Scalp covering						In the manner of (1,2)			Hurry			
Saw, maxim		Causing great anxiety (4-6)										
						Gave nourishment to			Chinese sauce			

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - JAMES BLUNT



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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Someone who has been a major player in your life for many years may have confessed some deeper feelings recently. While you were initially not sure of how to take this news, you may be starting to see a positive future with this person.



TAURUS

(APR 21 - MAY 21)

It may seem as though no matter what you have planned, someone always suggests something better. This is not always the way however; perhaps they are just better at making others go along with their plans. Why not try speaking up a little more?



GEMINI

(MAY 22 - JUN 21)

Your health has been somewhat of a concern recently, perhaps you should take a breather? A few good nights of sleep, some healthy meals and a good dose of rest and relaxation is all you need to get back to your usual energetic and happy self.



CANCER

(JUN 22 - JUL 23)

You may have been feeling a little down following the festive season, but the good news is that your mood is going to start picking up, along with your finances. Don't count your chickens before they hatch however; an expense you had forgotten about could rear its head.



LEO

(JUL 24 - AUG 23)

Have you always wanted to learn a musical instrument or a new language? If so, now is the time to do it. Your creativity levels are high and your energy and focus towards learning new skills is better than it has been in a long time. Go for it!



VIRGO

(AUG 24 - SEP 23)

A friend could really do with your advice right now. they are going through a situation that you have experienced, so your wisdom and knowledge could prove very useful to them right now. Don't patronise them however, they will appreciate honesty instead.



LIBRA

(SEP 24 - OCT 23)

Holiday plans you made with friends quite some while ago could be coming around soon. This gives you some much need excitement and an opportunity to finally take your new healthy eating regime seriously. It's time to get back in that gym.



SCORPIO

(OCT 24 - NOV 22)

A project at work has been proving very stressful and your sleep and health may have been suffering as a result. Take some time out for yourself to renew your energy levels and get into a clear, steady frame of mind once again.



SAGITTARIUS

(NOV 23 - DEC 21)

A recent confrontation with a friend may have left you feeling slightly shaken. Some harsh words were thrown around and a few hurtful things were said between you, but if you can meet up over coffee and speak in an adult fashion, the air can be cleared.



CAPRICORN

(DEC 22 - JAN 20)

It would seem that your recent spell of good fortune is coming to an end, but don't worry. A small lull in your energy levels is about to take hold, but you will soon be back to your positive self. Don't let this small bump in the road burst your tyres completely.



AQUARIUS

(JAN 21 - FEB 19)

The path to success is filled with various obstacles, but with a little thought and planning you can easily get around these things. Try writing a list of what you want to achieve, it will give you a much clearer picture in your mind of how to get there.



PISCES

(FEB 20 - MAR 20)

Someone is planning a big surprise for your birthday, but it's not necessarily what you would expect. Whatever it turns out to be, the initial shock of how much effort they went to will subside quickly and you will both enjoy a great time together.



This week's local weather

SUN

12th

WARM
HIGH 24C
LOW 18C
HUMIDITY 39%

MON

13th

WARM
HIGH 22C
LOW 19C
HUMIDITY 36%

TUE

14th

WARM
HIGH 22C
LOW 18C
HUMIDITY 34%

WED

15th

MILD
HIGH 21C
LOW 17C
HUMIDITY 34%

THU

16th

MILD
HIGH 21C
LOW 16C
HUMIDITY 35%

FRI

17th

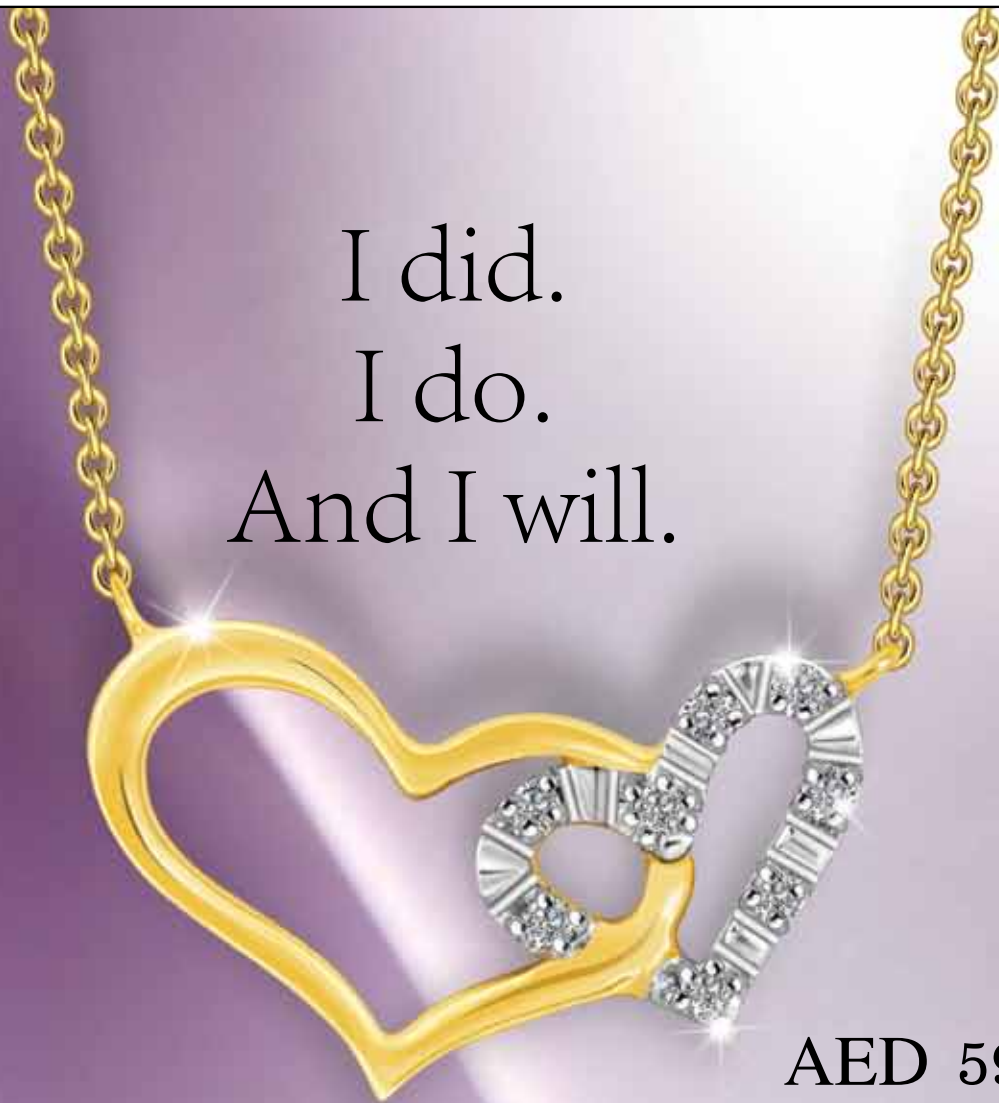
WARM
HIGH 23C
LOW 16C
HUMIDITY 39%

SAT

18th

SUNNY
HIGH 25C
LOW 19C
HUMIDITY 41%

I did.
I do.
And I will.



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