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FEBRUARY 26-MARCH 3, 2012 | Issue 37

Read



ANIMAL TALES

New family-friendly flick tells the true story of a man who bought a zoo, but it's not just the animals who steal the screen



TURNING JAPANESE



TEA FOR TWO

The quaint English countryside look is big news in fashion and perfect for scones and croquet on the lawn

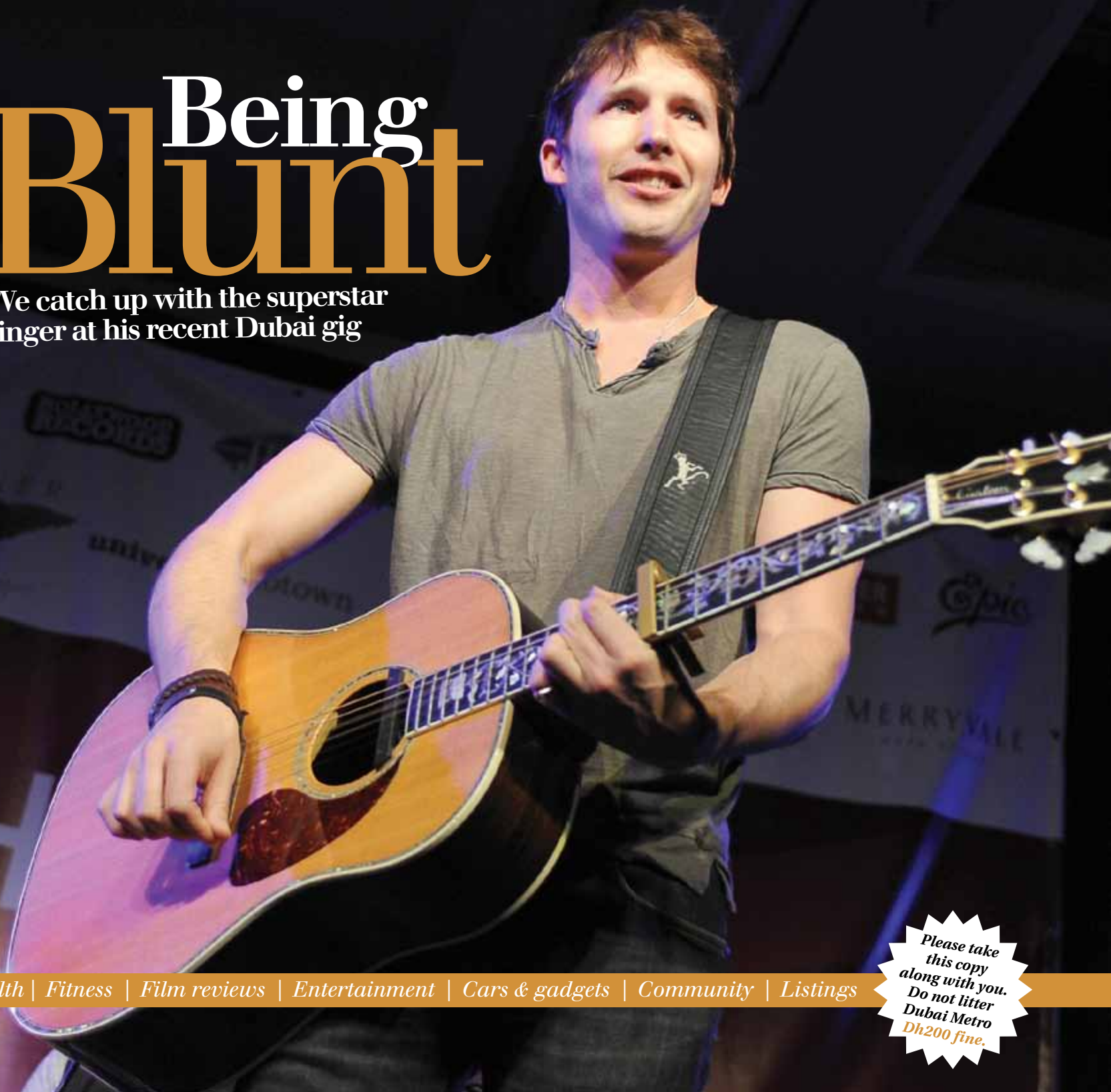


OFFICE ENERGY

By applying principles of feng shui to your office you could be boosting your career without even trying

Being Blunt

We catch up with the superstar singer at his recent Dubai gig



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

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Dh200 fine.

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Read. Poll

Would you change your nationality for any reason?

- Yes
- No
- Not thought about it

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Do women get the recognition they deserve in the workplace?

Yes	51%
No	22%
Not enough	27%

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

Dear Read., For over two years, the people of Dubai have been using the Metro. It is a curiosity for some, while it is a necessity for others. How many have stopped to think about the Metro?

First and foremost it has been designed with the environment in mind. Then it was charted out in a particular way so as to cater to the masses. It must have taken into account all the areas that felt congestion as well as those which needed to be visited by the public. One of these areas are public offices, the other is shopping. For areas not directly connected, feeder buses are made available to different routes at no extra cost.

The special needs people, ladies, those desiring a little glam are all catered to. One thing that we do not see is a driver who takes charge of the journey, as in most modes of transport. Doors open and shut after giving clear warning. In the beginning there was music which soothed many a tired and weary traveller. I only hope that adequate usage will enable the Metro to install television; people could keep in touch with news or other entertainment.

For every category of people, it is an exciting journey. There is one compartment which is divided into two, the one catering to the gold class, and the remaining half catering exclusively to ladies.

THE DUBAI METRO SIGNIFICANTLY IMPROVES TRAVEL IN THE CITY. PIC: SAMUEL VILLARUEL



Hence ladies who find it discomfoting to join the crowd can feel comfortable in the ladies compartment. It is also convenient when passengers want to disembark, at one of the stations where they can switch from the Red to Green Line.

One thing I have noticed is that since the Metro keeps on time, and even split seconds matter, people have learned to tune themselves in order to be able to board the earliest train instead of having to wait another five or ten minutes. For those who do not need long term commitment there are daily passes, but these need to be defined between starting and ending stations.

There are so many things to mention about the Metro, but brevity is the soul of wit. So let us wait for another time in order to learn and hear of other wondrous feelings about the Metro. A big thank you to the rulers, the staff and all users who make the Metro a thing to marvel. Even executives who can afford cars with drivers feel proud to use the Metro, because in many cases it makes more sense.

TK Thomas

Thank you for taking the time to share your thoughts with us. It's good to know people appreciate the services provided by the RTA.

My Metro life

Tiffany Lowther
 Hairdresser, Visiting



I am currently in Dubai visiting relatives and, as well as using Dubai taxis, I have been taking a few trips on the Metro.

I wanted to write to *Read.* while I'm here to share my thoughts and all I can say is wow, I am amazed! I live in London where the underground system has been a major part of the city for over 100 years, yet it's a service that people abuse on a daily basis, littering stations and spraying graffiti on trains. Trains are often late and can become jam-packed with people, so much so in fact that



OLD DUBAI IS INTERESTING

I avoid it during peak times and on weekends. The Dubai Metro is one of the cleanest forms of public trans-

port I have ever been on and the costs per trip seem very reasonable compared to what you would pay for the same journey in England.

So far I have used the Metro to get to malls, to visit Old Dubai, meet my cousin at her workplace and even just to head out for dinner. I am here for another three weeks and I plan to take in as many other sights via the Metro as I can while I'm here. Well done Dubai!

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

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Station by station guide

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MARCH 1-3, 7:30PM
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This theatrical comedy tells the story of Grand Fenwick, a small nation in Europe that relies solely on its export of one product to the rest of the world. When a vineyard in California reproduces their beloved product, the people of Fenwick set out to seek justice—and a solution to their financial problems—with unexpected consequences. Tickets are Dh75 for general seating.



Documentary of Sea

UNTIL MARCH 15
XVA GALLERY, BUILDING 7,
DIFC

This exhibition is curated by the acclaimed Iranian artist Vahid Sharifian, and features a varied and thought-provoking collection of the canvas, video and photographic works of 10 different Iranian artists, each focusing on depictions of the sea. For more information call 04 358 5117.

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Jazz From Paradise

UNTIL MARCH 13

THE FARJAM COLLECTION, DIFC

If you still haven't been along to see the latest series of Miri creation contemporary carpet masterpieces on display at The Farjam Collection, make sure you catch the exhibition before it closes on March 13. The unique exhibition is free to the public, so head down to check out some of the beautiful creations on display before the show closes.




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Charice in concert



MARCH 2

DUBAI FESTIVAL CITY

Fans of the international songstress are in for a treat, as singing sensation and star of *Glee* Charice lands in Dubai for this one-off concert as part of the tour to promote her second album *Infinity*. The gig follows a planned appearance in Dubai last year that was cancelled. Tickets are Dh195 for a front pit ticket or Dh95 for a regular ticket. See page 09.

The Burning Question

Q Would you like to visit outer space and do you believe there is life on other planets?



Chirag Mutreja

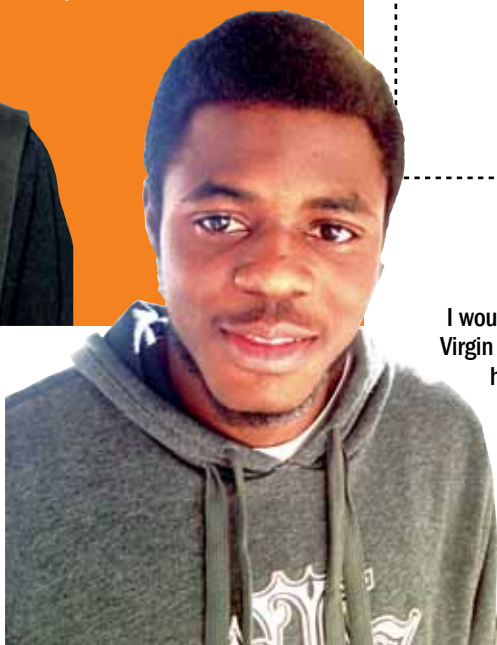
STUDENT, BUR DUBAI

I don't really believe there is life on other planets and I've never really been interested in going to space, so no I probably wouldn't take the opportunity.

Fope Oye

STUDENT, MEDIA CITY

Sure, I would definitely take a trip to space if I could. I believe in life on other planets, in fact I sometimes think I am a Martian.



Ami Doctor

BANKER, TECOM

I would be pretty scared but I think it definitely would be a thing worth doing. I would say there is life on other planets and it would definitely be a good thing if we could make contact with them.



Praveen KC

SALES EXECUTIVE, ABU DHABI

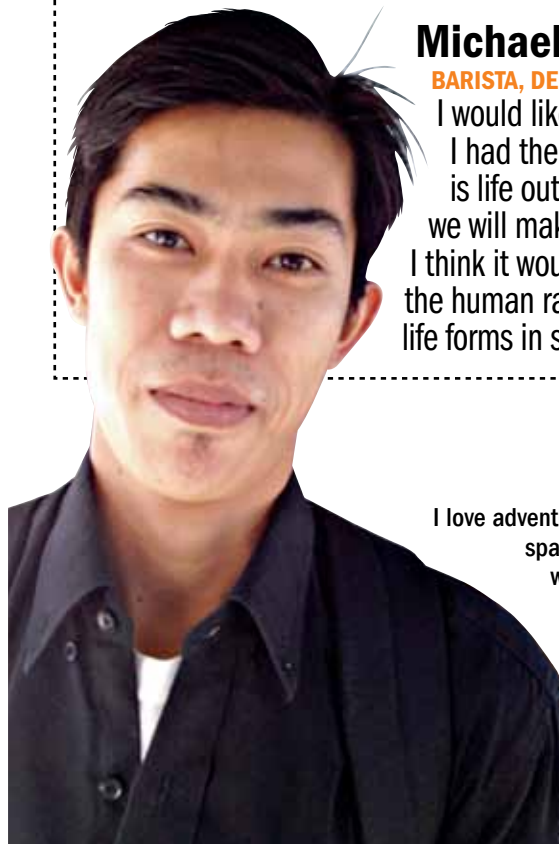
I would love to go into space, when I heard Virgin were going to do space trips I thought how much I would love to go, but it's very expensive. I do believe in life on other planets, we can't possibly think we are alone in the universe.



Michael Manuel

BARISTA, DEIRA

I would like to travel to space if I had the chance. I think there is life out there and one day we will make contact with them, I think it would be a good thing for the human race to discover new life forms in space.



Sajid Mustafa

MARKETING, SHARJAH

I love adventure so I would definitely go into space if I had the opportunity, who wouldn't? I think there are signs of life on other planets, like water on Mars, but I'm not sure if something like humans exists.



Marie Seraphim

STUDENT, VISITING

Yes of course I would to go into space, I think most people would. I believe there is life out there, although whether they would be friendly is another thing.



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

Ask your friends which animals they fear most and you'll probably get a wide range of answers—sharks, snakes, bears, spiders, bees; take your pick. Sharp teeth, claws, venom and size make us view many creatures as a menace. But are the animals we perceive as fearful really the most treacherous? One animal's bite results in the deaths of a million people per year, find out which it is today.



MONDAY

Everyone dreams of living in a mansion when they're young. Countless rooms, huge gardens, slides instead of stairs—we wanted it all. Drool over some mindblowing mansions online today.



TUESDAY

Niagara Falls is an impressive sight to behold, but the tallest waterfall is ten times taller. Visit readme.ae today to learn about the current kings of the breathtaking waterfall world.



WEDNESDAY

Now Greece has accepted the austerity measures needed to secure their latest bailout, collectively, the countries of the world have racked up a \$40 trillion debt. Find out who owes the biggest chunk.



THURSDAY

Avalanches can be surprising, sublimely beautiful and deadly. They can sweep trains off their tracks, crush buildings, uproot trees and bury people. Would you know how to survive one?



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)

How important for our future do you think studying prehistoric evidence is?

It will give a snapshot or time series analysis/or trend analysis that could predict future trends and remedies to curb the threats and negative traits in elephants in regard to environmental changes

—Kyesswa Marvin

There exist a fine line between the PAST and the FUTURE - and that's the PRESENT. Therefore, knowledge of what occurred yesterday will equip you today to be ready of what might tomorrow brings!

—Clen Nicolas

What products would you like to see removed from the shelves of supermarkets, and for what reason?

I agree with their plan to remove soft drinks because in hot countries like UAE, even though we know the adverse effects of them we are



WHAT WOULD YOU REMOVE?

attracted towards them to avoid thirsty. Secondly I would like to request to remove chips packets, which are very dangerous (like causing cancer) and attractive to most of the children too. Even few parents who are working, are giving chips as snacks to their children in tiffin box while going to school and as well as in the evening.

—Aparna Kantipudi

I would like to request to remove cigarette packets from shelves of supermarket, as well know smoking is one of the biggest causes of premature death and it is essential that action is taken to help people quit and discourage young people from starting to smoke in the first place. More over its pollute environment also. So it will be a good idea to remove it from supermarkets.

—Hamrash Abdul Sathar



THE PAST CAN TEACH US FOR THE FUTURE

What amazing stories of survival have you heard?

Recently after the last earthquake in Pakistan in March 2010, in which an 80 year old woman survived under the ruins for a whole TWO MONTHS! And on what? Just a single piece of bread and dripping water from pipes! A God's miracle or what?

—Abdul Muid

Former captain in the British Army, James Blunt, makes Dubai feel beautiful.

An officer and a gentleman

The British gent who won our hearts with smash hits such as *You're Beautiful* and *Goodbye my Lover* landed in Dubai for the Jazz Festival last week and wowed audiences with his performance, which showed no signs of him slowing down just yet. *Read.* met the man himself for a chat before he hit the stage.

Born James Hillier Blount, the singer began his education at the exclusive Harrow School in the UK before following in the family's military tradition and attending the Royal Military Academy Sandhurst. He rose to the rank of Captain and saw service as part of the NATO peacekeeping force in Kosovo. The

singer was even called upon to guard the Queen and stood guard at the Queen Mother's funeral.

Leaving the army in 2002, the gifted singer changed his name to James Blunt and set his sights on a musical career.

Blunt explains, "I think I came from a pretty naïve musical background. I learnt musical instruments when I was growing up but I didn't know of too much other music. In a way I think it has been kind of a good thing as I didn't know the rules of music, so I wasn't restricted in that way. Now that I know a little bit more I love the golden era of the seventies and singer-song writers like Elton John, Cat Stevens, Paul Simon and David Bowie."

Surprisingly, he even admits to being a lover of dance music, having settled on the island of Ibiza, renowned for its DJs and dance acts.

"My albums are always inspired by life. I travel a lot so I use an acoustic guitar, which is why lots of my songs are slow and miserable, and this time round I am lucky enough to be able to travel with an electric guitar which as a result means I have been able to write songs that I have always wanted to write. They are more upbeat, rock songs and more fun. I have written a few miserable songs and I'm not that miserable. My songs come from the heart so I don't know what type of songs I will do in the future. They could be happy or sad I don't know what life will bring,

who knows what will happen in the future," said Blunt.

The singer has received numerous awards including two Brit Awards, two World Music Awards and five Grammy nominations, however it's his love of live music, as he demonstrated to crowds at the Jazz Festival, that has seen his career soar.

"I have been on the road now for over a year in over 220 cities and in all that time, I think what is amazing is that I still get on with my band and crew and they still get on with me. We are like a family, really, after all that time together. For everything you see in the music industry, the red carpets and hair and make-up and award ceremonies, the main job really is doing a tour." ●

Charice set to light up Dubai Festival City

CONCERTS

It's hard to believe that Charice Pempengco is still only a teenager as the Filipino singing sensation gears up for her second performance in the UAE. Fans of the 19-year old star have been waiting eagerly for her return since long before last year's last-minute cancellation of her Za-beel Park gig.

The singer-slash-actress's meteoric rise to fame came with the simplicity of a YouTube clip that captured

the attention of US talkshow giants Ellen Degeneres and Oprah Winfrey, which then catapulted her into a starring cameo role in *Glee*—possibly the biggest American show to hit our TV screens since *Friends*—as foreign exchange student Sunshine Corazon.

To date, Charice has performed alongside amazing artists like Michael Bublé, Celine Dion, Andrea Bocelli, and Josh Groban, before the release of her first album, which hit the top of the charts in Japan and



19-YEAR-OLD CHARICE PROMISES HER FANS A NIGHT TO REMEMBER

Asia, and debuted at number eight on America's Billboard Hot 100.

As part of her nine-city tour across Asia in order to promote the official release of her studio album, *Infinity*, which is due later in 2012, Charice will be hitting the stage in Festival City in Dubai, for one night only on March 2, giving fans another taste of her powerful vocals.

321 Events, a Dubai based premier events organising company involved with more than a few international artists struck the gold deal to bring

in the acclaimed pop star to perform in Dubai. 321 Events is the same event producer for the resounding Chris Brown Live in Dubai concert held last December.

Zoha Beig, CEO of 321 Events, stated, "Charice's fans in the UAE are so excited to see her perform in concert after Charice's international stardom status. With numerous Top 1 music hits from her self-titled album to this new *Infinity* album, this concert will spell many surprises and excitement for her UAE fans."

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The next big thing?

We're close to the point of social network saturation, where everyone who's going to network is networking, where every network that could be networking people is networked up to the nines and where everything that could possibly be said about social networks has not only been said, but has been said several thousand times in tens of languages.

Enough. No more. We can't possibly take another network. That was, at least, the message from many people confronted with one social network too many last year.

"Many felt they were already Facebooking and Tweeting, let alone YouTubeing and the all the other good sharing stuff"

Google+ was an interesting attempt to create a new player in the online networking game and it brought some smart ideas to the

table (instantly encompassed by its rivals, Facebook in particular). But many felt they were already Facebooking and Tweeting, let alone YouTubeing and all the other good sharing stuff.

And yet there's a new network in town now that's causing a great deal of fuss. It is, admittedly, brilliant and combines elements of Facebook, Twitter and other networks in a fresh and visually appealing way. It allows people to share, to co-curate content and to comment on it. The new best thing is called Pinterest and it works by letting you create, or contribute to, online 'pinboards'. It's still in private beta, but you can request an invitation. It's growing exponentially with little sign it'll slow down any time soon, and it's already creating a huge amount of varied debate. Keep an eye out for it, folks.

Taking out the trash



CleanSpace One has permission to launch with a galactic clean-up operation.

When we look up at the night sky, it may seem that the space between the ground and the moons, planets and stars above is relatively empty. But between us and the great unexplored, there lie thousands of pieces of space junk—human-made fragments of now useless satellites, rockets and tools, all floating in the Earth's orbit.

When operating a spacecraft in orbit such as the International Space Station, this debris is a worry. The trajectories of each fragment, many of which are less than one centimetre long, often overlap, causing collisions which cause more collisions. Around three years ago, a Russian satellite collided with one from the US, creating at least 1,000 pieces of new debris.

And as impressive as the Interna-

tional Space Station is, being hit with any reasonably sized pieces of junk will still have serious consequences given that the pieces can travel at speeds of up to 27,000 kilometres per hour. Because of this, the space station is forced to adjust its orbit constantly, though avoiding catastrophe is never guaranteed.

Thankfully, the Swiss Space Centre thinks it has the answer, which comes in the form of CleanSpace One, an unmanned "janitor" satellite that is designed to seek out pieces of space junk and force them back to Earth

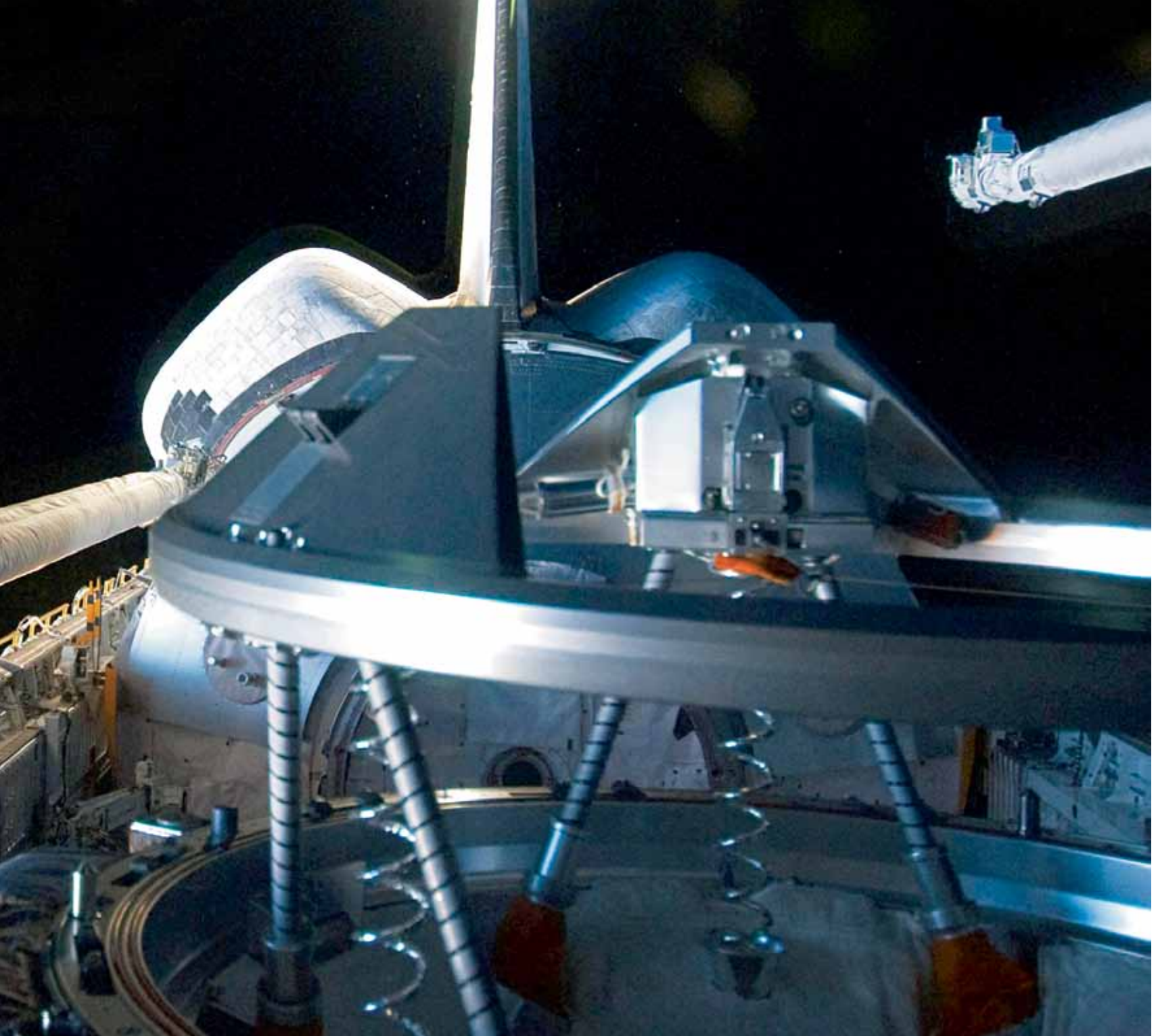
with its robotic arm. The fragments would then simply burn up in the atmosphere before they reached the surface.

Planned for launch in three to five years, CleanSpace One's first targets are to be either the Swisscube satellite, which was launched in 2009, or Tisat, a 2010 satellite. The problem is, each version of the janitor machine would only be able to shoot for one large piece of debris at a time, before being decommissioned itself; the technology for it to complete multiple missions is still a long way away, even when the going rate for one is \$11 million (Dh40 million).

This means that for every disused satellite that the Swiss intend of cleaning up, they will have to send up one single CleanSpace satellite, making for an expensive cleaning bill. There are other problems, too. CleanSpace One must make it onto the exact orbital

27,000

The speed at which space junk can travel in km/h



plane of its target, latch onto it at high speed and then fling it back to Earth. The calculations behind such a task are monumental, and this is without even considering variables such as other pieces of junk in the vicinity.

The scientists have plenty of work cut out for them in developing an “ultra-compact motor” that will allow the satellite to move into these complex positions at such high speeds. What’s more, the grasping mechanism

of its motorised arm would have to work at up to 27,000 kilometres per hour, which is no mean engineering feat. It would also have to work while the piece of debris is rotating, meaning it will have to be able to calculate which parts of the debris are the safest and most effective to latch onto. The scientists are reported to be taking inspirations from various plants and animals that can latch onto objects or prey under strenuous conditions.

But, of course, the biggest drawback is that the satellite offers a one-shot-only chance of clearing up single pieces of junk. Given the first one is expected to take around two years to build and launch, this means that it will be some while yet until it starts to make an impact on the floating junk surrounding our planet. What’s more, the costs could begin to quickly outweigh the benefits.

But, so far, this is the first real effort

that has been taken to clear up space junk. Other ideas include a sustainable satellite that would be able to clean multiple objects on a single mission, or else a ground-based laser, which would target objects and eliminate them straight away. Unfortunately, though, they are a long way off from being developed. Either way, it would seem that, as we do on Earth, we need to address our litter problem in space. ●

Splash

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INFINITY TOUR

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MUNCHEY WITH A VERY FRIENDLY FELINE

The long-running Feline Friends organisation continues to find homes for stray cats and kittens across Dubai.

GOOD CAUSES

It is a common sight in Dubai. A stray cat wanders up and nuzzles your feet; no collar, no fear, and looking in need of a good meal. Unfortunately, due to the often transient nature of our city, many animals are often abandoned by their owners when it's time to leave the country—for a holiday or permanently.

While many of us would love nothing more than to take these cats into our home and give them the love and attention they require, it is sadly not as simple as that. For many people, committing to owning a pet is not an option due to the fact they may only be here a short while. But that is where Feline Friends come in. The initiative aims to give a temporary home to the fluffy creatures wandering the streets of Dubai, but—as Feline Friends is not a registered charity—they need the public's help.

Feline Friends chairperson Lesley Muncey says, "The most obvious way to help is by fostering a cat or kitten.

Many people only come to Dubai for a few years, and owning a pet may not be an option. However, fostering provides the ideal opportunity to love and care for a cat that needs a temporary home, and believe me there are plenty of them."

Last year marked Feline Friends' 20th anniversary, yet they are by no means closing their books to new members. Muncey says, "Although we have built up a fantastic group of volunteers, we are still just as

keen for new members

as we were on day one. People often don't realise that Feline Friends is not a regis-

"We rely on donations, fundraising, and volunteers helping out however they can"

tered charity and therefore receives no funding—we rely on donations, fundraising, and volunteers helping out however they can."

The need for more foster carers is a year-round one, however, now that we are heading towards the summer, it could be the

perfect time to start thinking about how you can help provide a loving home for a cat or kitten who needs one. Muncey explains, "Summer is always difficult, as many foster carers go on holiday and we urgently need short-term carers to take over responsibility in their absence. Many people think they don't have space to foster a cat, however the majority are indoor cats so will live happily in apartments. They also worry it may be expensive, but Feline Friends covers all medical costs. The only thing we ask fosterers to help with is food and litter, although we offer a supply of food that can be picked up locally."

Even if you are unable to foster a cat, there are still ways to be a Feline Friend. In the past, people have gone about fundraising in a variety of manners, including setting up cake sales, bric-a-brac fairs, book sales, or even skydiving. So why not do your bit to help? Visit www.feline-friendsdubai.com





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Salon will colour you beautiful

Fresh to Dubai from French shores, VOG is the new kid on the beauty block with a future that's looking bright.

REVIEW

Situated on Jumeirah Beach Road, Sunset Mall is still relatively unknown to many shoppers. However, to beauty enthusiasts there is one specific reason to pay a visit. Tucked away on the first floor you will find VOG, a new French salon which offers ladies the ultimate in luxury and pampering, at prices which are affordable for everyone.

When entering the salon, we were met not only by the friendly receptionist, but members of the team who came out to say hello.

Once led into a serene, darkened room, facial therapist Erwena began to work her magic. Facials are often known for making women feel worse about themselves thanks to an overzealous, highly-critical skin analysis, luckily this is not the case at VOG. An hour and a half of bliss—only interrupted by the pore cleansing squeeze



segment—provides a full face MOT and skin that stays bright and glowing for days after.

After the facial, it was time for some serious nail attention. With Wilma taking charge of the manicure and Melogin on the pedicure, these two nail experts work their magic quickly and neatly, providing a flawless result that lasts well over a week, which when you consider the bargain Dh100 price tag for a mani/pedi makes it all the more reason to go back.

In Dubai's saturated salon market,



the thing that makes this new addition stand out most is the service. The therapists are chatty and friendly, but not imposing, and the attention to detail and care taken

over each service is second-to-none. With an impressive list of hair treatments, make-up and beauty therapy, what excuse is there not to check out this new salon?

Kill Shot

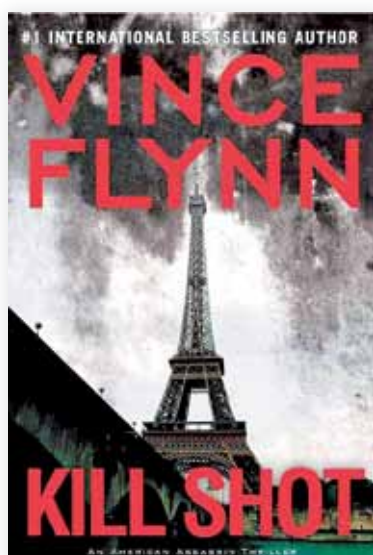
by Vince Flynn

BOOKS

In the year since the CIA trained and then unleashed him, Mitch Rapp has been steadily working his way through a list of men, bullet by bullet. Rapp is given his next target, and finds the man asleep in his bed in Paris. In the split second it takes the bullet to leave Rapp's silenced pistol, the trap is sprung and he finds himself in the fight of his life.

The next morning, nine bodies are discovered in one of Paris's finest hotels. Finger-pointing begins in earnest as no one wants any part in what has become an international crisis.

Rapp must avoid capture or die quietly. Operating on his own and outside the control of his handlers, it will soon become clear that nothing is more dangerous than a wounded and cornered Mitch Rapp.



In Flynn's newest page-turner, the stakes are higher than they've ever been as Mitch Rapp embarks on the journey that will turn him into America's most deadly asset. The non-stop action in this shockingly realistic political thriller will keep your pulse pounding till the very end.

If you like this then you could try...

The Sentry by Robert Crais

Dru Rayne and her uncle fled to LA after hurricane Katrina; but now, five years later, they face a different danger. When Joe Pike witnesses Dru's uncle beaten by a protection gang, he offers his help, but neither of them want it. As the level of violence escalates, Pike himself becomes a target as he learns that Dru and her uncle are not who they seem.

Ringo 2012

Artist Ringo Starr **Label** Hip-O Records ★★☆☆☆

ALBUM

With such an enigmatic friend like Paul McCartney, you'd be forgiven for not paying too much attention when Richard Starky releases an album. Best known to the world as the Beatles' drummer, Ringo Starr, and as an integral part of the revolutionary 'Fab Four', he helped change the world of pop music.

Starr's seventeenth solo studio record, *Ringo 2012*, cannot help but recall the title of another classic album by Starr, 1973's *Ringo*—in fact, *Ringo 2012* features a startlingly new and improved version of *Step Lightly* from the massively successful *Ringo*, as well as *Wings* from 1978's *Ringo the 4th*.

Those who already know and love Ringo—and understand what his latter-day recordings are about (namely, cheerfully looking back on his fortunate life through lively, though only occasionally adventurous, melodies and percussion)—are aware of what to expect.

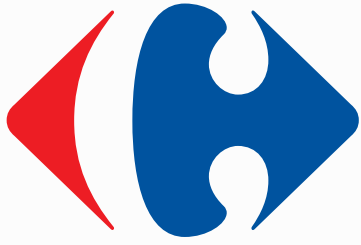
Where the album may fall down most, is with it clocking up an un-



impressive 29 minutes, with two of the nine songs being covers, another two re-recordings, leaving a mere five new first-rate examples of Beatlesque pop-rock.

As a drummer his proficiency is often under-rated, or derided as simplistic, but Ringo Starr remains an influence on many of today's best rock drummers. Strong playing and strong vocals—sure, we all know Ringo has never been the greatest vocalist, but on *Ringo 2012* his vocals are solid and his harmonies are a welcome surprise.

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Joint forces

Arthritis is a common condition affecting many people, but what are the warning signs?

Arthritis is actually not a disease, it's a descriptive term for "inflammation of the joint" which can be caused by an autoimmune disease, broken bone, general wear and tear on joints, or infection—usually by bacteria or virus.

We tend to think of arthritis as an old persons disease but in fact it can strike at any age. There are over 100 different types of arthritis but the three most common types are osteoarthritis, rheumatoid arthritis and juvenile arthritis.

Osteoarthritis is the most common type of arthritis. It's a chronic condition characterised by the breakdown of the joint's cartilage. The breakdown of cartilage causes the bones to rub against each other, causing stiffness, pain and loss of movement in the joint. Osteoarthritis is most common in the heavily used joints of the knees, hips, shoulders and hands and tends to start after the age of 45.

Rheumatoid arthritis is a chronic condition, mainly characterised by inflammation of the lining of the joints. It can lead to long-term joint damage, resulting in chronic pain, loss of function and disability. It can attack any joint and in the early stages, symptoms can come and go, often making diagnosis difficult.

Juvenile arthritis refers to any form of arthritis or an arthritis-related condition that develops in children or teenagers who are less than 18 years of age. With any form of arthritis, early diagnosis offers the best outcomes. Here are some of the symptoms to look out for:

Osteoarthritis: Joint soreness after inactivity or periods of overuse of a joint, stiffness after rest that disappears quickly as activity begins again, morning stiffness lasting no longer than 30 minutes, joint pain which is less in the morning and stronger at the end of the day following activity. Also, the pain and stiffness can affect a person's posture, coordination and ability to walk.

Rheumatoid arthritis: Regular morning joint stiffness, persistent joint pain that does not improve, joint pain that is getting worse over time, joints that are swollen, red, hot or tender to the touch, joint pain accompanied by fever, several affected joints, joint problems that affect with



your ability to move or function

Juvenile arthritis (aged under 18):

Joint pain or swelling, muscle or soft tissue tightening, joint misalignment, changes in growth patterns

The best way to prevent arthritis is to live a healthy lifestyle, take plenty of exercise and keep your weight within the normal range for your height. A high intake of Omega 3 and 6 oils may also help prevent arthritis. New research is showing a high intake of sugar and also gluten can also make the symptoms worse. Avoid smoking at all costs as smoking depletes the body of calcium.

There are no conventional treatments for arthritis so most drug regimes focus simply on managing



pain. However the Arthritis Foundation in the US advises that long-term use of arthritis drugs can be damaging and sometimes can actually make the symptoms worse so it's worth checking out alternatives. The one thing all doctors agree on is that exercise is the most effective treatment. Gentle walking, yoga, swimming and weight training can all make a huge difference.

Most people who have arthritis may never need surgery. However, if your joints are very damaged and other treatment is not helping, surgery may be suggested. If your doctors suggest surgery, discuss what is being offered, and why, so you can make an informed decision about

Bare facts

- Arthritis is more common among women than men, and girls are twice as likely to develop juvenile rheumatoid arthritis as boys.
- There are over 100 forms of arthritis, including little known forms like Kawasaki disease, which involves inflammation of the blood vessels.
- Osteoarthritis is the most common form of arthritis, affecting around 27 million Americans.



ARTHRITIS CAN OCCUR IN ANY JOINT

whether to go ahead. As well as the benefits, there are always some risks with having surgery, so discuss these with your consultant beforehand.

One easy thing you can do in Dubai is make sure you get enough vitamin D. Spending just 15 minutes with your arms, legs, face and back exposed to the sun can give you all the vitamin D you need, and an added benefit is that optimum levels of vitamin D are also thought to reduce the risk of heart attacks. ●

ASK THE EXPERT



DR SANJAY PARASHAR
SPECIALIST PLASTIC SURGEON
COCOONA.AE

Tummy troubles

A **tummy tuck** is a procedure to remove excess skin and fat in the tummy area and to repair the muscles in patients who have post-pregnancy bulges, flab, or excess skin post-weight loss.

The surgery is performed under anaesthesia. The first step is to remove excess fat in the tummy and waist area by liposculpturing. This is followed by a bikini line (females) or swim trunk (male) incision to remove the excess skin fold and repair the underlying rectus muscle.

The final step involves repositioning the belly button if necessary.

The operation leaves a scar in the bikini line/swim trunk area fairly low down, with a scar inside the belly button. The best scar is a pale white line that fades with time, although some people can have a dark thick scar that may require scar treatment.

The risks are very rare in expert hands, however, the potential risks—as with any surgery—include bleeding, infection, excessive scarring, unevenness and, very rarely, serious complications like clots in high risk individuals.

Sometimes, a tummy tuck is performed on obese individuals who have large hanging folds of tummy flab that cause limitation in movement. In such situations, an average of 10-15kg of weight can be removed, which allows patients to feel lighter and gives them motivation to control their weight by exercise and diet.

Other common patient groups are women over 30 years with a history of multiple pregnancies, patients who have lost a massive amount of weight, or individuals with a very large hanging tummy.

“It allows patients to feel lighter and gives them motivation to control their weight”

Patient confidence is key

2012 deadline given for hospitals in Dubai to gain international accreditation.

HEALTH NEWS

Patients in Dubai hospitals will be able to have more confidence in their treatment after the Dubai Health Authority gave all hospitals operating within the emirate of Dubai until the end of this year to get international accreditation.

Dr Ramadan Ibrahim, the director of DHA health regulation said that 61 per cent of hospitals working in the emirate of Dubai have received international accreditation so far, 29 per cent are in the process of obtaining it, whereas the remaining have not begun the process of accreditation yet.

Ibrahim said, “Obtaining international accreditations is an important part of our strategy to ensure we further strengthen the quality of the health sector in the emirate and provide the community with high standards of healthcare services. We will fully support all facilities that are facing hurdles in obtaining these

accreditations and we shall guide and support them.” He also said, “We believe that these accreditations will lead to a quantum leap of progress for the health sector in the emirate.”

Ibrahim explained the department is presently responsible for regula-

tory policies of more than 2,200 facilities operating in Dubai, including clinics, specialised laboratories and pharmacies, in addition to 20 hospitals in the private sector, four hospitals in the government sector and 18,000 nurses, technicians and doctors.



QUALITY CARE FROM HEALTH SERVICES



Cheap and breezy

While the weather is perfect, head outdoors for some low-cost, high-result fitness.

It's the time of year when Dubai is at its temperate best, save for a sandstorm here or there, which means that getting fit in the great outdoors is luxury best taken advantage of immediately. But getting those elusive fitness levels often demands more than the pounds of flesh you're willing to part with.

However, it needn't cost an arm and a leg to stay on top of a routine. There are more than enough cheap ways to get in shape and enjoy the glorious weather, before it becomes unbearable and drains you of your energy.

You may find yoga to be quite boring, or gyrotonic to be overly complicated. But what would happen if you mixed yoga with acrobatics, and threw in some Thai massage for good measure? What you'd then have is acro yoga.

Acro yoga sessions are conducted in pairs, with one partner lying on the ground, legs in the air at a 90-degree angle, while the other balances on their feet and attempts various yoga positions. It may sound challenging, but rest assured that acroyoga is open to people of all levels of fitness and flexibility—even those with limited experience of mat-based yoga.

By performing poses in pairs, with one of you acting as a stabilising base, both partner's core muscles

have to work extra hard just to maintain a position. The power of gravity and natural resistance play their part in enabling both bodies to achieve a greater range of flexibility than from yoga performed on mats.

There are remarkable health benefits, too. It'll tone you as well as loosen you up. Unless you do a very dynamic form of yoga, you won't build a lot of strength. Acroyoga focuses equally on strength and flexibility. There are outdoor classes in Dubai, suitable for beginners, daredevils, or those looking to make friends.

Maybe even the slight rise in temperature has taken its toll on you. If that's the case, taking to the water should be right up your street. Most of us have some kind of access to a pool, and if it's out in the fresh air then even better.

Just by swimming a few lengths to the deep end and back, swimming can not only give you a great workout, but often a free one. That feeling of being invigorated after a swim is unlike any other, so what excuse is there not to take a dip?

To challenge the core muscles, while in the pool try sitting with a woggle float between your legs so that it is supporting your pelvis. Rather than move, this discipline is all about keeping your balance as the gentle swell of the pool water buffers you from one side or the other. Position your arms either side of your body

“That feeling of being invigorated after a swim is like no other.”

but resist the temptation to use them to aid your balance. This will place more responsibility on your trunk to maintain equilibrium.

Exercise like this, performed in water, is a fantastic way of strengthening the core muscles. There are, in fact, classes in Dubai such as 'aqua woggle', whereby you can learn a whole host of other woggle-based activities to improve your pool fitness regime.

Then again, being in the water might not make you feel like you've worked up enough of a sweat to warrant a good fitness regime, in spite of the results that you will see. So if sweating is how you judge your workout, you can't go wrong with some outdoor kickboxing. While classes—particularly outdoor classes—are widely available in our city, all you need is a willing partner and the correct gear, then a park or the beach can easily be transformed into a free, fresh air filled gym.

As is the case with all forms of martial arts, the workouts that are performed while learning kickboxing have great benefits for a person.

They help increase the speed, agility, strength and cardiovascular endurance of the practitioner.

It is only natural that with hard workouts such as those associated with kickboxing, the physical fitness of a person will greatly improve. The physique becomes well proportioned and you get a great body shape by burning fat quickly for a lean appearance—isn't that what it's all about?

At the end of the day, or early morning, whatever way you decide to get into, or stay in, shape, you can't deny that the weather is begging you to enjoy it. Just be sure to drink plenty of fluids and stay the course, and you'll look spectacular long before the searing heat forces you back indoors. ●

Where to try

Acro Yoga: Every Friday from 10am in Safa Park (enter through Gate 2). Cost: Free.

Aqua Woggle: Saturday, Monday, Wednesday 9am, Tuesday 5:45pm at Hayyal, Meadows. Cost: Dh40 (Dh30 for members).

Muay Thai Kickboxing: Monday 7:30pm in Al Barsha Park. Cost: Dh85.

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Country Charm

Head to the English countryside with cute, traditional fashion. Ditzy florals, classic tea dresses and tee-bar sandals are elegant and girly all year round. Team with cute loafers for an up-to-date edge.



DOLCE AND GABBANA

English rose

Nothing says ladylike sophistication faster than a blouse and pencil skirt combo. 'Forties flair fully revolves around the pencil skirt. Think polished elegance with a touch of glamour. Look no further than this ensemble from Preen and crisp blouse from Jasper Conran. Pear shapes opt for dark pencil skirts, whilst top-heavy shapes opt for this season's lace pencil skirts. A blouse in a rich, muted colour is the last word in understated elegance and will add an elegant vibe to any look.



PREEN



JASPER CONRAN



CAROLINA HERRERA

Vintage chic

Take inspiration from the '40s as vintage-style dresses with floral and bird prints take centre stage. Make like Dolce and Gabbana and work a top to toe look with retro hair and makeup. Pencil skirts worn with tight-fit cardigans and miniscule sweaters are a great way to wear the trend. Add a rounded toe heel and a flash of red lippie to vamp up the look for an evening out.

Time for tea

The tea dress is a wardrobe staple that no girl should live without. It's easy to throw on and looks refreshingly romantic and is guaranteed to make you look stylish and pretty for all of spring's parties and festivals. Floaty and floral, long and short, there's a style for everyone. Take your cue from the stars and simply style with a clutch or pair with socks and sandals for a preppy twist.



FEARNE COTTON



ZOOEY DESCHANEL



KEIRA KNIGHTLEY

Her

Styling the trend

The pretty tea dress is the English rose's downtime favourite. This trend is all about the silhouette so keep the waist in focus and keep the look demure yet alluring with dresses with an at-the-knee or below-the-knee hemline. This dress from Monsoon would certainly be invited for afternoon tea. Team with statement shoes and accessorise with minimal make-up in pale blush hues for that classic, English rose look.



MONSOON

Country gent



MANTARAY

The paisley print bears an air of dignity, class, and distinction that shows smart style, whether in bold necktie patterns or muted, tonal prints on shirts. Opt for a paisley inspired shirt from Debenhams for a distinguished and smart look.

For a classic, heritage style, choose a checked shirt in shades of red from Next or French Connection. Add a silk scarf or bowler hat for the ultimate British countryside look or opt for a pocket square, belt and bag to add a richness to your overall style.

FASHION OPINION

RACHEL DUGGAN

FOUNDER AND EDITOR
CLASSICWITHCOLOUR.COM



Style over substance

With fashion week underway in New York, London, Paris and Milan, international designers are showcasing their latest creations to audiences of editors, writers, celebrities, buyers and bloggers. Holding enough power to influence what you and I wear for Spring/Summer and Autumn/Winter, their fashion does not determine style.

Fashion is dictated by designers and trend forecasters, with similar trends floating across a wave of designers. The decadent baroque style print, popular in the 1990s and synonymous with Versace, has been brought back to life, and as Spring/Summer collections start to line the rails of stores, major trends focus on prints, floral, lace, neon and strong block colours.

There is one essential difference between style and fashion. Style is your own. It is a personal expression of you, your taste, likes and dislikes. How you dress, put outfits together and accessorise them speaks volumes about you and your style. The same piece of clothing can be interpreted and styled differently by 10 people.

One trend running from high street to high end is lace and crochet detail. Pairing a lace crocheted top with denim cut offs, a tan handbag and flat gladiator sandals can create a relaxed boho look, while teaming it with fitted trousers, a blazer and pearls can define a classical, chic style.

While the designers may create the fashion, style is your own to create, embrace, and most of all, have fun with.

"Style is a personal expression of you and your tastes"



ALEXA CHUNG



ED WESTWICK



MATALAN



JUDE LAW



Working up the energy

Something as simple as where you place your desk could be affecting your career progression.

These days, we are all clambering as hard as we can to get to the top of the career ladder. While you can draft and re-draft your CV, take as many courses as possible, and network harder than a mobile phone service provider, many people are looking to more unusual methods in an attempt to progress.

In unstable economic times, you need every advantage to advance in your career. Some people believe that something as simple as where your desk is placed or the location of your office within the building could be having an effect on your career progression.

Feng shui is renowned for its use within the home, however more and more professionals are starting to believe in its power within the work environment. It all depends on how the chi, or energy, circulates within your work space. The following simple feng shui tips will help you create a working environment in which you can feel productive, happy and successful.



Command position

Your desk should be placed in what is known as the 'command' position. This means you should have a clear view of the room and the door, without being in direct line of the door as sitting in front of a door puts you in the firing line of rushing chi.

Don't sit with your back to the door, this may make you feel as though you are under attack by your co-workers. If you are facing a wall, place a mirror on the wall so you can see behind you. Ideally, you should be able to walk around both sides of your desk. This encourages the chi to flow freely around the room.



Trust your instincts

When you look around your office or workspace be sure to consider your feelings. Do you feel more comfortable and energetic in the surroundings? Does the room or area seem to flow naturally? If there are any items that create stress when you look at them, such as an overflowing in-tray or an imposing calendar marked with red crosses, remove them or put them in a drawer. The way we feel within a room or space is instinctive, so whatever naturally feels right for your energy is usually correct.



Opening doors

If you have your own office with a door, the door should be able to open to a full ninety degrees, so avoid storing boxes or placing bookshelves behind it. A clear and open doorway not only makes colleagues feel welcome, but it attracts wealth energy into your work space and allows you to take better advantage of new opportunities.

What is the Bagua map?

A Bagua map is used to map a room or space in order to see how different sections correspond to aspects of a person's life. These sections are divided into such categories as relationships/marriage, family/health, and wealth/blessings.

The map is used to find areas lacking good chi (energy) and negative spaces. For example, if the Bagua map is placed over plans for a house and shows the toilet in the wealth/blessings area, this would suggest any money coming in would disappear quickly, as though it were being flushed away.



Life energy

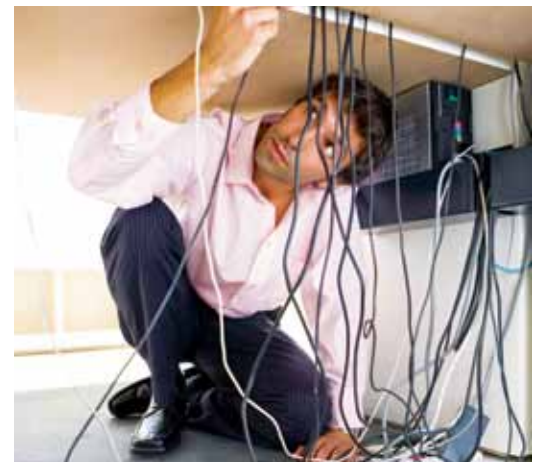
Many feng shui experts will use something called the Bagua map when arranging a space, which illustrates how different sections of a space, such as your desk, correspond to different aspects of life. For instance, the back left corner of your desk represents wealth and the back right corner represents relationships.

But even without any knowledge of the Bagua map, you can easily add life energy to your desk by getting a bamboo or money tree plant. This can improve overall relationships among coworkers, as well as attracting wealth and good fortune.

Be clutter free

Make sure you don't have bags, shoes, leads or computer towers blocking your leg room. You should have plenty of space for your feet, as anything that inhibits leg room could make you feel stuck in your job, almost as though you couldn't run away if you tried.

Likewise, cluttered, heavy bookshelves or weighty pictures on the wall above your head can cause anxiety and pressure. The downward pressure these create is even believed by some Feng Shui experts to give you headaches.



Crowded, frantic and blindingly modern, Tokyo lives life in the fast-lane, several miles ahead of anywhere else. A relentless energy courses through its neon-lit streets, where Japanese business men and women, attired in the latest fashions, jostle with old ladies selling paper fortunes and bewildered tourists trying to navigate their way around modern skyscrapers and ancient shrines.

Without doubt, Tokyo is one of the most futuristic cities in the world. The latest gadgets barely have time to reach the shelves before they are being pushed into sales bins and replaced by newer, more advanced models. In the busy Akihabara district, electronics shops sell every type of gadget imaginable and many more that are not, including remote-control tissue boxes and battery-operated planetariums for the bath that project the entire visible universe onto the ceiling while you bathe.

Even more baffling is a visit to Odaiba, a man-made island in the middle of Tokyo bay. This is home to the National Museum of Emerging Science and Innovation, where you can watch celebrity robot Asimo in

Time travel in Tokyo

The Japanese city sent from the future.

action and wander open-mouthed around awe-striking exhibits as a virtual creature, projected onto the floor, follows you from room to room.

Technology is ingrained in the culture here, where you can rent cubicles containing a TV, BluRay player, computer and games console by the hour to get your electronic fix. Yet



there's another side to Tokyo completely at odds with the neon lights, touch screens and geeky gadgets that have come to define the culture here. For all its modernity, Tokyo hasn't forgotten it's traditional core, which lies quietly beneath the shiny, metallic surface, refusing to be shunted into a sales bin and replaced by something more up to date.

Strolling into the sleepy district of Taito, otherwise known as downtown, is like walking back through time to a Tokyo that has resisted the continual thrust of modernisation. Here, small street markets and the occasional old, wooden house gesture towards an older city, one where traditions and ancient ceremonies are still part of everyday life.

Start in Ueno Park, one of the best spots to view the famous cherry blossom trees, which are still revered in traditional Japanese culture. Then move on to the museums, many of which are concentrated around this area. Among the best is Honkan, where works of artistic and historic value, including calligraphy, tea ceremony art, noh and kabuki-related artefacts give you an impression of



CHERRY BLOSSOMS IN UENO PARK

the culture that underpins this quirky and unpredictable city. Also worth visiting is the gigantic Tokyo National Museum, which houses around 100,000 art objects covering Japanese history from the Jomon period to the twentieth century.

In the Sumida district you can attend a sumo wrestling match and watch the extraordinary spectacle of enormously fat Japanese men trying to heave one another outside the ring. To get a better understanding of this strange sport, head to the sumo museum, although unfortunately for tourists who aren't versed in the local tongue, most of the exhibits are

in Japanese. This is typical of Tokyo, which is not a city that tries to make itself accessible to tourists. However, it is all part of the fun in a city that gives you no choice but to immerse yourself in the local culture and live life the Japanese way. ●



RELENTLESS ENERGY

Not to be missed in Tokyo:

- Tsukiji fish market – Watch live tuna auctions and enjoy a sushi breakfast at the world's largest and busiest fish market.
- Meiji shrine – Soak up the serene atmosphere at this peaceful place of worship.
- Shinjuku Gyoen National Garden
- Escape the bustle of the city in this beautiful spot.
- Ebisu – Head to this trendy neighbourhood for a bite to eat in the evening.
- Karaoke – Throw your inhibitions to the wind and get involved in this traditional Japanese pastime.



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Lunch Tour with guide **AED 525/-**
Pick up 12.30pm / Drop off 3.30 pm
Evening Snaks tour with guide **AED 300/-**
Pick up 3.00pm / Drop off 7.00 pm
Dinner tour with guide **AED 475/-**



DUBAI CITY TOUR AED 110/-

Pick and drop off inclusive

Visit of Dubai Museum
Dubai Creek Pick up 10.00am
Jumeirah Mosque Drop off 2.00pm
Jumeirah Beach
Burj Al Arab Pick up 3.00pm
Madinat Jumeirah Drop off 7.00pm
The Palm - Atlantis Hotel
Dubai Marina Burj Khalifa



DESERT SAFARI

AED 120/-

Pick and drop off inclusive

Camel Riding
Henna Painting
Arabic Tea/Coffee
Shisha (hubbly-bubbly)
Sunset Photographs

BBQ Buffet Dinner
Sand Boarding
Belly Dancing Show
Tanura Show
Dune Bashing



HATTA MOUNTAIN SAFARI AED 200/-

Pick up and drop off inclusive

This tour combines history, culture and adventure. Driving through Wadis, Hatta Treks, Hatta Pools, Carpet, Pottery Market, Hatta Heritage Village, Hatta Dam, Hatta Fort Hotel, Oman/Hajar Mountains, Rocky Landscapes
Pick up 8.30am / Drop off 2.30pm



MORNING SAFARI AED 80/-

Minimum 4 persons

Adventurous Dune Driving
Camel Riding (Optional)
Sand Boarding
Quad Biking (Optional-upon request & availability)
Pick up 8.30am / Drop off 1.30pm



QUAD BIKE RIDE AED 250/-

Pick and drop off inclusive



DINNER CRUISE 4 star AED 120/-

Pick and drop off inclusive

Welcome Drinks
International Buffet (4 Star Catering)
3 Hours Cruising
Tea/Coffee/Soft Drinks
Henna Designing
Magic Show/Tanura Show
Background Music
Pick up 7.30pm / Drop off 10.30pm



JET SKI AED 250/-

Pick up and drop off inclusive



HUMMER SAFARI AED 275/-

Pick up and drop off inclusive

Pick up 3.30pm / Drop off 9.30pm



24 Hours Reservation



A touching tale

Inspired by a true story, Cameron Crowe's **We Bought a Zoo**, is a heart-warming family movie.

NEW RELEASE

Based on true events which inspired a documentary, *Ben's Zoo*, in 2007, chronicling the remodelling of the Dartmoor Zoo in England, director Cameron Crowe has now adapted the tale for cinema audiences.

While the true life story has its share of drama, Crowe's version has Benjamin Mee's wife Katherine pass on long before the family ever arrive at the zoo. In reality, Katherine died three months before the reopening of the park. For the film's purpose, Crowe renames the zoo, Rosemoor Wildlife Park and changes the setting to California.

Matt Damon plays Benjamin Mee, a father who moves his young daughter (Maggie Elizabeth Jones) and teenage son (Colin Ford) out to the country to start off somewhere new. After the death of his wife, life has spun completely out of control, and then Mee discovers his new home is a strugg-

ling closed-down zoo. Taking this task as an adventure to change everything in their lives, Mee sets out to re-open the zoo and give his children the all-time American experience. At the Rosemoor Wildlife Park, the family is introduced to a team of quirky staff members led by head zookeeper Kelly Foster (Scarlett Johansson).

Together, in spite of mounting debts and personal tension, the group works to prepare the zoo for the grand reopening and try and let go of Katherine. Filled with inspiration and heart, *We Bought a Zoo* is enjoyable and realistic.

The zoo comes with 49 species of wild animals, a staff of colourful characters and, for the grieving father and troubled son, ready-made girlfriends; dream girls Scarlett Johansson and Elle Fanning. Fanning's



SCARLETT JOHANSSON



precocious Lily is just the tonic to cure Dylan of the mopes, while Johansson's Kelly, a senior staff member, is all-American-gorgeous and conveniently, if improbably, unattached.

Some of the finest scenes in the film are crafted beautifully between Mee and his two children. There are more than a few moments in the film where Benjamin Mee takes a couple of minutes with either his daughter or son and has a heartfelt conversation with them. The scenes with his daughter will put a smile on your face by how cute and touching they are, while the scenes with the son hit you in the gut through intensity.

The film can be praised for its wonderful cast. Maggie Elizabeth Jones, the young actress who plays six year-old Rosie, adds humour to the script. Then, of course, the most hysterical performance in the entire film goes to Thomas Hayden Church. His role as Matt Damon's brother may be small but in each and every scene that he's in he provides hilarity to the

Did you know?

- Matt Damon went to Harvard University but dropped out with just 12 credits left needed to graduate because he got the lead role in a play.
- During the 1990s Damon and friend, Ben Affleck wrote a screenplay about a young math genius which they pitched in Hollywood for a long time. Eventually they made changes to the script and ended up with *Good Will Hunting* and a few Oscar wins.



MATT DAMON IS PERFECTLY CAST AS BENJAMIN MEE

film's tone. With that said, the force that binds the disparate characters together and anchors the story in emotional truth is Damon's Benjamin. His struggle gives the movie a soulful pull, even at its most predictable. Whether he's pleading with an ailing Bengal tiger not to give up the will to live, lost in melancholy solitude or yelling in frustration at his son about a shared pain that neither of them can express, Damon brings integrity and intrinsic decency to a character just searching for the courage to emerge from grief.

Crowe can uplift the audience through different tones in the film, whether that is light, dark, or mixed. *We Bought a Zoo* blends these tones together beautifully and creates positive ripples from beginning to end through a fantastic family journey. ●

SILVER SCREEN

Once upon a time



We've had superheroes, now it looks as though fairytales are about to have their turn in the cinema spotlight. We've already been treated to a new version of *Alice in Wonderland* and a very dark *Red Riding Hood* in the past twelve months, along with the fairytale-esque *Twilight Saga*, so what's next in line?

Hansel and Gretel: Witch Hunters is due to hit big screens in March. The story takes place 15 years after their traumatic gingerbread-house incident, when the siblings have become a formidable team of bounty hunters who track and kill witches all over the world.

Next up is the tale of *Sleeping Beauty*, in which Princess Aurora is cursed by an evil witch to sleep forever unless awoken by her true love. *Beastly*, an upcoming film based on the fairy tale, *Beauty and The Beast*, is yet another case study in the fairytale list.

So what's making these age old stories such priceless material for filmmakers? Perhaps the industry is realising that not every comic book adaptation is a sure thing. Teenage girls (and their mums, aunts and grandmothers) have shown that they are just as loyal an audience, with just as much money to spend - not only at the movies but also on themed merchandise. With a darker twist and - often quite gory - plotlines, the males can also be convinced. Looks like the reinvention of fairytales could be the movie industry's 'happily ever after'.

Bollywood news



High praise for actress Basu

Bollywood actor R. Madhavan praised actress Bipasha Basu by saying that she is one of the most outstanding actresses that he has ever worked with.

"It has been a privilege to work with a heroine like her who has never made anybody wait for her on the sets. Bipasha has never been late on the set," said Madhavan.

Book worm Bollywood

Actor John Abraham feels that instead of being inspired by Hollywood, Bollywood filmmakers should start adapting stories from books.

"Most of the time, in our industry we get a lot of inspiration from other films, especially English films. But I think the best inspiration you can get is out of books," the 39-year-old said at a recent book launch.



Not a horror tale

Filmmaker Vikram Bhatt says his next project *Dangerous Ishq* is being wrongly perceived as a horror film.

"*Dangerous Ishq* is 3D and it's a mystery set in reincarnations. The media is wrongly reporting it as a horror," Bhatt posted on Twitter. The film marks the comeback of Karisma Kapoor and features Rajnesh Duggal.

Listings

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



MAN ON A LEDGE

MOVIE GUIDE

Grand Cineplex - Wafi

Amphibious (3D) - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
Banat El Amm - 10:00, 12:20, 14:40, 17:00, 19:20, 21:45, 00:00
Catch 44 - 12:10, 14:10, 16:10, 18:10, 20:10, 22:10, 00:10
Chain Letter - 22:00, 00:00
The Devil Inside - 12:00, 13:45, 15:30, 17:15, 19:00, 20:45, 22:30, 00:15
Ek Main Aur Ekk Tu - 10:00, 13:00, 16:00, 19:00
Ghost Rider 2 - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Safe House - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40
Tere Naal Love Ho Gaya - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
This Means War - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
The Vow - 10:30, 13:15, 15:45, 18:30, 21:15, 23:45
The Woman in Black - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Grand Megaplex - Ibn Battuta

Alvin and the Chipmunks 3 - 10:30, 12:30, 14:30
Amphibious (3D) - 15:30, 17:15, 19:00, 20:45, 22:30, 00:15
The Artist - 21:00, 23:00
Banat El Amm - 10:00, 11:00, 12:20, 13:20, 14:40, 15:40, 17:00, 18:00, 19:20, 20:20, 21:45, 22:45, 00:00
Beauty and the Beast - 10:15, 13:00, 14:45, 16:30

Beauty and the Beast (3D) - 10:15, 12:00, 13:45
Big Miracle - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45
Cat in Boots - 11:00, 13:00, 15:00, 17:00, 19:00
Catch 44 - 10:15, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Devil Inside - 10:30, 12:45, 15:00, 17:15, 19:45, 21:45, 23:45
Ghost Rider 2 - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Ghost Rider 2 (3D) - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45, 00:30
Hugo - 12:30, 14:45, 17:00
The Iron Lady - 20:00, 22:00, 00:00
Jodi Breakers - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00, 01:30
Man On A Ledge - 16:30, 18:30, 20:30, 22:30, 00:30
Mission: Impossible 4 - 12:00, 15:00, 18:00, 21:00, 00:00
One For The Money - 10:30, 12:30, 14:30, 16:30, 18:30
Safe House - 10:00, 12:20, 14:40, 17:00, 19:15, 21:35, 23:55
Tere Naal Love Ho Gaya - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
This Means War - 11:30, 13:30, 15:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 24:30
The Vow - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45, 00:45
W.E. - 19:15, 21:35, 23:50
The Woman in Black - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00

Grand Cinemas - Festival City

Amphibious (3D) - 19:00, 20:45, 22:30, 00:15
Banat El Amm - 10:00, 12:20, 14:40, 17:00, 19:20, 21:45, 00:00
Beauty and the Beast (3D) - 10:15, 12:00, 13:40, 15:30, 17:15

Big Miracle - 10:50, 13:00, 15:10, 17:20
Catch 44 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Devil Inside - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
Ghost Rider 2 - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Man On A Ledge - 19:30, 21:40, 23:50
Safe House - 12:00, 14:20, 16:40, 19:00, 21:20, 23:40
This Means War - 11:30, 13:30, 15:30, 17:30, 18:30, 19:30, 20:30, 21:30, 22:30, 23:30, 24:30
The Vow - 10:30, 13:15, 15:45, 18:30, 21:15, 23:45
The Woman in Black - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50

Grand Cinecity - Al Ghurair

Banat El Amm - 10:00, 12:20, 14:40, 17:00, 19:20, 21:45, 00:00
Catch 44 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Devil Inside - 10:30, 12:45, 15:00, 17:15, 19:25, 21:35, 23:55
Ghost Rider 2 (3D) - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:50
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Tere Naal Love Ho Gaya - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
This Means War - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
The Vow - 10:30, 13:15, 15:45, 18:30, 21:15, 23:45

Grand Metroplex - Metropolitan

Amphibious (3D) - 10:20, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Banat El Amm - 10:00, 12:20, 14:40, 17:00, 19:20, 21:45, 00:00
Big Miracle - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Casanova - 10:30, 13:30, 16:30, 19:30, 22:30
Ek Main Aur Ekk Tu - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Spanish Masala - 11:30, 14:30, 17:30, 20:30, 23:30
Tere Naal Love Ho Gaya - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

Grand Mercato

Banat El Amm - 10:00, 12:00, 14:00, 16:00

Big Miracle - 10:00, 12:00, 14:00, 16:00
Catch 44 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Ghost Rider 2 (3D) - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:50
Jodi Breakers - 18:00, 20:30, 23:00
Safe House - 17:15, 19:30, 21:45, 00:00
This Means War - 10:15, 11:00, 12:00, 13:10, 13:45, 15:20, 15:30, 17:30, 19:40, 21:50, 00:10
The Woman in Black - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Vox Cinemas - Deira City Centre

Amphibious (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Banat El Amm - 10:00, 12:15, 17:00, 21:45
Catch 44 - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Devil Inside - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Ek Main Aur Ekk Tu - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
Jodi Breakers - 11:30, 14:30, 17:30, 20:30, 23:30
Mission: Impossible 4 - 10:15, 15:45, 21:15
Omar Wa Salma 3 - 14:30, 19:15, 00:00
Safe House - 13:00, 18:30, 00:00
Tere Naal Love Ho Gaya - 09:45, 12:30, 15:15, 18:00, 20:45, 23:30
This Means War - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Woman in Black - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

Vox Cinemas - Mirdif City Centre

Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00, 16:00
Amphibious (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00,

00:00
The Bodyguard - 10:00, 15:30, 21:00
Catch 44 - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 23:45
The Devil Inside - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Ghost Rider 2 (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Jodi Breakers - 20:30, 23:30
Journey 2 (3D) - 10:30, 12:30, 14:30, 16:30, 18:30
Mission: Impossible 4 - 12:45, 18:15, 23:45
Omar Wa Salma 3 - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Safe House - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Tere Naal Love Ho Gaya - 18:00, 20:45, 23:30
This Means War - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Vow - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00, 23:15
The Woman in Black - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Vox Cinemas - Mirdif City Centre

Amphibious (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Bodyguard - 15:00, 20:45
Catch 44 - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Devil Inside - 09:45, 23:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Ghost Rider 2 (3D) - 18:00, 20:00, 22:00, 00:00
Jodi Breakers - 12:00, 17:45, 23:30
Journey 2 (3D) - 10:00, 12:00, 14:00, 16:00
Omar Wa Salma 3 - 13:45, 18:45, 23:45
Safe House - 11:15, 16:15, 21:15
This Means War - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45



THE WOMAN IN BLACK

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

The Woman in Black - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

Reel Cinemas - Dubai Mall

Amphibious (3D) - 14:05, 16:05, 18:15, 20:20, 22:25, 00:30

The Artist - 17:30, 19:40, 21:50

Banat El Amm - 14:50, 17:00

Beauty and the Beast (3D) - 11:10, 13:15, 15:20, 17:25, 19:30

Big Miracle - 11:20, 13:35, 21:35

Catch 44 - 11:35, 13:50, 15:00, 17:10, 19:20, 21:35

Chain Letter - 15:20, 00:05

Dark Horse - 15:20, 17:25, 19:30, 21:35, 23:55

The Devil Inside - 14:15, 16:15, 18:20, 20:25, 22:15, 00:15

Ghost Rider 2 - 12:15, 14:20, 16:35, 19:00, 21:15

Ghost Rider 2 (3D) - 15:40, 17:55, 20:10, 22:25

The Grey - 13:15, 15:30, 17:45, 20:00, 22:15

The Iron Lady - 19:10, 21:25, 23:40

Jodi Breakers - 17:15, 20:15, 23:15

Journey 2 - 11:15, 14:40, 16:45

Omar Wa Salma 3 - 11:40, 14:10, 16:40, 19:10, 21:40

One For The Money - 14:20, 16:40

Safe House - 11:30, 13:50, 16:20, 19:00, 21:30

Tere Naal Love Ho Gaya - 17:30, 20:30

This Means War - 11:00, 14:35, 16:55, 19:20, 21:40, 00:20

The Vow - 12:45, 15:00, 17:15, 19:30, 21:45

W.E. - 19:05, 21:25, 23:45

The Woman in Black - 11:10, 13:15, 15:20, 17:25, 19:35, 21:40

Reel Cinemas - Marina Mall

The Artist - 17:50, 20:05

Beauty and the Beast (3D) - 11:25, 13:30, 15:40

Big Miracle - 12:10, 14:30, 16:50, 19:10

The Descendants - 21:30, 00:10

The Devil Inside - 17:45, 19:50, 22:00, 00:20

Ghost Rider 2 (3D) - 17:40, 19:55, 22:10, 00:25

The Iron Lady - 11:05, 13:20, 15:35, 22:20, 00:40

Journey 2 - 11:15, 13:30, 15:35

Safe House - 11:50, 14:20, 16:55, 19:20, 21:45, 00:30

This Means War - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:05

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



www.dubaicalendar.ae



Middle East Exclusive Exhibition



Date: February 27 - 29

Duration: 3 days

Audience: Trade professionals

Category: Exhibitions

Venue: Dubai World Trade Centre, Sheikh Zayed Road

Cabsat MENA/Satellite MENA

CABSAT is the leading event of its kind in the Middle East. It is an annual showcase for the latest developments in the electronic media and communications industry.

Date: February 28 - March 1

Duration: 3 days

Timings: 10am - 6pm

Audience: Trade professionals

Category: Exhibitions

Venue: Dubai International Convention & Exhibition Centre, Sheikh Zayed Road

Admission: Register online - free



Dubai World Cup Carnival - Race Meeting 12

Don't miss out on all the fun at the Dubai World Cup Carnival.

Date: March 1

Duration: 1 day

Timings: 6:30pm

Audience: Public

Category: Sports

Venue: Meydan Racecourse

Admission: Admission is free

Telephone: 04 327 0077

Backstage presents The Mouse that Roared

This satirical look at the 1960s cold war environment offers a hilarious look at superpowers and the politics that surround them.

Date: March 1 - 3

Duration: 3 days

Timings: 7:30pm

Audience: Public

Category: Arts and culture

Venue: Ductac

Admission: Regular Dh75, Students and Backstage members Dh50

Telephone: 050 655 0443

Dubai Polo Gold Cup Series 2012



Dubai Polo Gold Cup is the premier polo competition of the year played at the stunning Dubai Polo Club. Playing host to some of the best polo teams in the world and attracting the leading players from Argentina, England and the UAE, this prestigious international polo tournament is played under the patronage of His Highness Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai.

Date: March 2 - 11

Duration: 10 days

Audience: Public

Category: Sports

Venue: Dubai Polo and Equestrian Club

Admission: Regular Dh150

Telephone: 050 119 0732

Charice Infinity Tour: Dubai

With a No. 1 song on Billboard's Dance Charts (*Pyramid*) and a major role as the exchange student, Sunshine Corazon, on the hit TV show *Glee* last season, there is no doubt that Charice is a rising star. Currently billed as America's hottest singing teen sensation, the Filipino recording artist and actress rose to fame through YouTube and Oprah Winfrey's endorsement that she is "the most talented girl in the world".

Date: March 2

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Festival Park, Al Badia Golf Club, Dubai Festival City

Admission: Regular Dh95, Front Pit Dh195

Telephone: 04 450 3505

Dubai World Cup Carnival - Race Meeting 13

The 2012 Dubai World Cup Carnival will be contested through March with 16 fixtures to be offered. The third Meydan Masters International Jockey Challenge began with the Dubai World Cup Carnival on January 5 and will run through to the famed 17th running of the Dubai World Cup on March 31.

Date: February March 3

Duration: 1 day

Timings: 6:30pm

Audience: Public

Category: Sports

Venue: Meydan Racecourse

Admission: General admission is free.

Telephone: 04 327 0077





King of the desert

★★★★☆ The dune-bashing, mountain-scaling, luxury-laden Nissan Patrol LE is leagues ahead of the pack..

It's a rare occasion when you get the opportunity to test the full capabilities of a car when you only have it for a few days to test drive.

Sure, you can pick it up to a decent speed careening through traffic on Sheikh Zayed Road, and whip it around corners on longer drives through the mountainous regions, but really putting it through its paces without fear of coping repair charges is virtually unheard of.

That in itself is almost enough to show Nissan's faith in the indestructibility of their tank-like Patrol. However, we'll start with how it looks. There's no sugar-coating it, the new flagship 5.6 litre V8 Nissan Patrol LE is a monster among SUVs. The sheer imposing nature of the beast as you stand next to it assures you that, once inside, you'll have nothing and no one to fear.

Long gone are the days of boxy

dune tackling

4x4s. This machine's shapely exterior is a breath of fresh desert air. Focusing on the interior, it's clear that the designers had a keen eye on the Middle Eastern market, featuring generous amounts of smooth cream leather, polished aluminium and wood grain panelling to create a luxurious interior to make you forget what this SUV is capable of when put to the test.

Looking in the super-sized side-view mirrors may give you an initial shock, leaving a feeling that you're sitting in the front seat of the car coming up on your left, but once you settle with the enormity of the mirror, it acts as if your blind spot has

SPECS
(as tested)
Engine: 5.6 litre V8
Power: 400hp@5,800rpm
Torque: 560Nm@4,000rpm
Transmission: 7-speed automatic
with manual mode
0-100km/h: 7.3 secs
Price: Dh215,000





gone from being a tiny smartphone screen to a 50" plasma.

Nissan says it spent 13,265 hours (553 straight days) just heat and dust testing the new Patrol in Australia and the Middle East—so it can handle some serious conditions. The new model also makes use of an entirely new platform and chassis so it has twice the lateral rigidity of the outgoing model.

Behind the wheel, in the gritty Fujairah mountains, the new Patrol accelerates in the same manner as a luxury European V8 large SUV would—with enormous enthusiasm and no respect for your licence.

Keep your foot flat to the floor and the V8 emits a very aggressive (yet subdued) muscular sound that will certainly scare the neighbours back into their inferior compact SUVs.

Incorporating the world-first Hydraulic Body Motion Control

System (HBMC) and an upgraded four-wheel independent suspension set up, ploughing through rocks and ravines has never been more fun, and safe. Free of that panic that often sets in when you hit a speed bump just a touch too hard, the Patrol takes to the mountains like a sure-footed goat, only with greater stability and much better handling.

An exceptionally effective braking system kicks in with the Hill Descent Control—a welcome addition when navigating mountain tracks at seventy degree angles—with HDC maintaining a constant downhill speed of 7km/h in 4H mode, or a more forgiving 4km/h in 4L mode.

Having felt the mountains had thrown all obstacles they could in the path of the Patrol, yet still lost to the Japanese marque, it was time to continue through the desert to pit its automotive wits against the stubborn dunes of Ras Al Khaimah.

With a quick flick of a switch from snow and rock to sand drive mode, it was foot to the floor once more to hear the engine roar, kicking up a sandstorm on the way.

Professional rally drivers won't get a look in, with the wheel spins, dune bashing and racing camels that you just have to get out of your system once in the cockpit.

Of course, we could tell you that the Patrol is the safest ever, with Lane Departure Warning and Prevention. That it can comfortably seat eight passengers. That it comes kitted out with a HDD navigation system, a 9.3GB music box hard drive and a multi-screen DVD entertainment system, and how it does the cleverest little thing by increasing the sound volume as you accelerate to drown out the revs of the engine.

But at the end of the day, this machine was built to be the king of the

England whitewash over Pakistan

CRICKET

It was suggested that Kevin Pietersen had the last two matches of this series to save his one-day international career and less than a week later he has back-to-back hundreds to his name—the second a career-best 130—a spring in his step and a strut at the crease as he guided England to a whitewash against Pakistan with four balls to spare.

Pietersen became the second England batsman in the series, following captain Alastair Cook, to hit consecutive hundreds and it was the second time Pietersen had achieved the feat, following the South Africa series in 2004-05 at the start of his career.

The series, too, is a huge feather in the caps of Andy Flower and Cook.

The 4-0 scoreline is England's first whitewash against anyone other than Bangladesh or Zimbabwe since they beat Australia before the 1997 Ashes.

It was another tale of Pakistan's batsmen failing to build on starts as four of them passed 20 but none bettered Shafiq's confident 65. On a surface being used for the second time in three days it was difficult for new batsmen to force the pace straight away, demonstrated by the way the innings fell away.

England rested James Anderson and Stuart Broad while Graeme Swann had a minor calf strain, which gave the chance for Briggs to claim a commendable two for 39 and Dernbach four for 45. The latter cleaned up the lower order with Pakistan losing their last six wickets for 35 runs.





PROFESSIONALS CAN GIVE KEY GUIDANCE TO AN INTERN

It's never too late to become an intern

Becoming an intern for a company is no longer merely the domain of teenagers looking to get a foot in the door.

CAREERS

For fresh graduates and job seekers trying to gain entry into the industry of their interest, an internship can be the only means to try out a new job and gain hands-on experience in a wide variety of career fields without making a permanent commitment that you might regret later on.

Whether you take on a position in the same company you interned at or not, working with professionals will not only help you build your career network, but it also offers useful references and information about future job opportunities. Akhtaboot unveils some useful tips to help you make the most of an internship and to pursue the right career path.

Choosing the right internship

Research companies in the career field of your interest. Whichever way you contact these companies, be sure to mention that you're looking for an internship and not a full time job. Let them know that you're looking for any kind of experience in the indus-

try, whether it's through an internship or a more informal arrangement such as volunteering.

Take initiative

What is most important for you as an intern is to stand out; performing above and beyond what is expected of you will help you gain the respect of your boss and coworkers. When something needs to be done in the office and nobody seems eager to do it, offer to do it during the times when you don't have anything else to do.

Forget about the money for now

Internships don't usually pay in the same way that full-time jobs do. Don't let your need to earn money distract you from your main goal. If you choose a career only for the money but don't have the required skills to do the job, chances are that you won't hold that job for long, assuming you even land one to begin with. Keep in mind that this isn't just a job; it is actually an educational experience as well.

“An internship will not only help build your career network, but offers information about future job opportunities.”

It's not just about the experience

Internships are not just career help programmes from the company's point of view, they are actually an effective way to identify and cultivate employees for their company or other companies in the industry. Interns who understand this fact give their best effort and make sure that they learn everything they can about the business.

Flaunt your networking skills

The number one advantage of an internship is the relationships you build with the professionals you meet

during that short period of training. This network can be of great value to you throughout your career, but you have to work on it. Make sure that you stay in touch with those who might be able to help you in the long run.

You are still an intern after all

During your internship period, always keep in mind that you are still an intern; nobody expects you to be an expert in everything. In fact, your coworkers are the ones responsible for your career training. Feel free to ask questions when you are faced with any difficulties. You will learn more this way rather than assuming how things work.

It's never too late to apply for an internship program in order to gain experience in the field of your interest. Many recent and not-so-recent university graduates arrange their own internships after graduation. Internships are always a good way to discover if you find yourself in a particular industry. Whatever the case might be, consider it a learning experience. It's always better to discover certain things during an internship rather than a full-time position. ●



Post-it

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JOBS AVAILABLE

Female receptionist & telemarketing staff required for an event & wedding company. Should have experience in the similar field. Email CV events.matterz@gmail.com.

Receptionist required for front office at a car rental and transportation company. Email CV amvernoor7@gmail.com.

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

Motor Bike Messenger required. Should be young, smart and hard working and have at least 1 yr experience. Must read + write English. UAE motor bike license-MUST. Send CV salesyne@gmail.com.

Cashier, required for a Manufacturing Co. in Dubai & Sharjah. Should have knowledge in accounts. Any nationality. Call 0506392619.

Security guard, any nationality required for a Security Co. in Dubai. Should be responsible. Good salary provided. Call 0505286578.

Computer operator, required for a Manufacturing Co. in Dubai. Should be experienced in computers. Call 0503162073.

Receptionist, required for a Manufacturing Co. in Dubai. Should be fluent in English. Knowledge in MS Office is a must. Call 0566211393.

Hotel Manager, required for a well developed 5 Star Hotel in Dubai. Should be experienced in the hotel industry. Attractive salary with benefits. Call 0509258783.

Office boy, required for a newly opened branch of a multinational Co. in Dubai. Any nationality. Call 0506740183.

Typist, any nationality, good in typing, required for a Typing Company in Dubai. Salary from 3000-4000AED. To apply call: 050-6392619.

Helpers, Filipino & Sri Lankan, required for a cleaning company in Dubai. Salary 1000 AED + commission + tip + accommodation + visa provided. Contact: 0501577618.

Marketing Executive, with good marketing skills, required for a Marketing Company in Dubai. Good salary package with all benefits provided. Contact: 0566202658.

Electrician, any nationality, required

for a Construction Company based in Dubai. Salary with all benefits provided. Interested applicants call: 0502547164.

Motorbike Messenger, with valid Motorbike D/L, required for a Cargo Company in Dubai. Salary + accommodation + visa provided by the company. To apply call: 0505286578.

Heavy/Light Driver required for a well developed company in Dubai. Candidate should have valid D/L & should understand English. To apply call: 0503412602.

Document Controller required for an admin department of a company in Dubai. The candidate should have knowledge of English. Suitable applicants call: 0503180396.

Showroom Manager, with experience as Manager, required for an Automobile Showroom in Dubai. Attractive salary with all benefits provided. For more info call: 0505287379.

Waiters, any nationality, required for a Restaurant in Dubai. Salary + accommodation + visa provided by the restaurant. To apply call: 0505286875.

Cleaners (No's 11), any nationality, required for a contracting company in Dubai. To apply please call: 0504173094.

JOBS WANTED

Indian male seeks job as an architectural draftsman. 2 yrs experience. Call 0507710234.

Indian male, MBA, seeks job. 2 yrs experience in logistics/finance/admin. Fluent in English. Skilled in MS Office. On visit visa. Call 0503390749/Email syedzubaidas@mail.com.

Male 30, MBS (accounting), B.com seeks job. 5+ yrs experience in basic accounting. Familiar with account software. Call 0557974708/Email wwwtipuuk@live.com.

Male, CFE-USA qualified, MBA (Finance), CFC, Chartered Business Consultant (Canada) seeks job in auditing, risk management, finance & accounting. 14 yrs experience. Call 0559479784.

Male, ACCA qualified seeks job. 2 yrs experience in accounting. Call 0554086885/Email umair_ali182002@yahoo.com.

Pharmacist (doctor in pharmacy) seeks job as a trainee pharmacist. 1 yr retail pharmacy experience. Lives in Deira. Fluent in English, Urdu, Punjabi, French. Call 0556877608/Email owais_pharmacist@hotmail.com.

Indian male seeks part-time job. Have good working experience. Call 0509412636.

Male seeks part-time job in sales & marketing. 17 yrs experience in Far East and Middle East market. Fluent in English, Japanese, Arabic, Korean, Urdu. Email gcbbusiness1@gmail.com/call 0507763493.

Indian female, 30, M.Sc, B.Ed. seeks job in teaching/administration/customer service. 6 yrs experience. Excellent skills in MS Office. Fluent in English. Email fizanafeesa@gmail.com/call 0554684880.

Indian male, 32, B.Com, seeks job in retail sales/key accounts. 7 yrs experience in sales (Stationery/FMCG). Owns UAE driving license. Fluent in English. Email firuknoidu@gmail.com/call 0503141681.

IT technical/staff seeks job. Well experienced in cabling and termination CAT6/CAT5 cable UTP wire. Call 0552065773.

Pakistani male, 30, BA, seeks job as data entry operator, office assistant, sales management. Skilled in computer hardware & software. Talented and motivated. Email saad.sheikh83@gmail.com/call 0509289015.

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

Ugandan female, 29, BSc in IT and nursing seeks job in healthcare institution. 5 yrs experience in management. Call 0551126194.

Pakistani male seeks job. Qualified and well experienced as a dental assistant. Call 0556371994/Email asimdr@live.com.

Pakistani male, USA qualified seeks job in hospital, school, college or professional office as an admin officer assistant. 13 yrs experience. Call 0556371994/Email legal-way@hotmail.com.

Keralite female, MBA marketing/HR. Experience as sales coordinator/HR/ administration. On husband's visa. Skilled in MS Office. Email priya.reshmi101@gmail.com.

Indian male, 25, seeks job. 5 yrs experience in accounting & administration. Owns UAE driving licence. Call 0558736737.

Egyptian, male seeks job in senior sales executive/customer service. 15 yrs experience Qatar/ Dubai. Expert in interior design. Familiar with MS Office. Communication skills. Call 0552302006/Email waleed.elsayed@yahoo.com.

Indian, female, 29, BA/IATA seeks job as a travel consultant. 7 yrs experience in the same field. Fluent in English/Hindi. Skilled in Galileo, Amadeus, Abacus &

World span. Email prajidhananjay@gmail.com/call 0554684880/0504141345.

Indian, female graduate seeks job. 15 yrs experience in tours and travel/ administration. On resident visa. Call 0567173132/chanel1319@gmail.com.

Indian female seeks job in customer service, administration and office assistant. Call 0556277175.

MISCELLANEOUS

Vocalist looking for a Filipino band mate in Dubai. Genre Grunge. Can sing Italian and French. Can play electric guitar and bass. Call 0507055362.

Worldwide family financial protection plan available with guaranteed return. Call 0507369196.

Savings, investments, insurance in one. Worldwide, guarantee return with profit, no locking period, low premium, high coverage. Call 0558418262/Email ngi.nbd@gmail.com.

Visa assistance for Kabayans. 1 to 2 months tourist/visit visa. We accept installment. Call 0501149849.

AUTO

Honda Civic, 2004 model for sale. Black colour. In good condition. Price for 18,000AED/- negotiable. Call 0557964093.

Honda Accord, 2000 model for sale. White colour in VGC. Four months registration with full insurance coverage. For 12000AED/. Price negotiable. Call 0505933976.

ITEMS

iphone 3GS available for sale. Still in package/brand new. Call 0502824696/Email giti76@hotmail.com.

SERVICES

Cleaning and valet parking services available. For inquiry call 043585750/Email info.cleaning@dorsauae.com.

Car lift services available in a 4-wheel drive. From Al Ghurair Centre near Union metro station to anywhere in Dubai, Sharjah, Ajman and other locations. Call 0559083357.

Home tutoring lessons available. 8 yrs of professional language training in French/English to adults and children. Call 0501828599/Email AlexanderU-AEDubai@gmail.com.

Home tutoring lessons available in mathematics and science to CBSE/ ICSE/O-LEVEL students and classes I-X. Call 0552047190.

ACCOMMODATION

Two bed spaces available for rent. Spacious room/with attached bathroom. 4 people max. For Kabayan ladies only. Near Al Rigga metro station. Rent for 650AED + DEWA. Call 0508895479/0508808064.

Shared accommodation available for rent. Executive Indian ladies only. Opposite Muraqabad police station. Rent for 1000AED. Excludes water/ electricity. Internet facility available. Call 0551185820.

Shared accommodation available for rent. In Karama. Keralite/Tamil bachelors only. To be shared with another roommate. Rent for 750/AED. Call 0552611840.

Bed space available for rent. In Satwa near bus station. W/E and internet free. Call 0556932581.

Shared room available for rent. Attached bathroom Kabayans only. Beginning of Feb. In Al Khail Gate 2 Emirates accommodation. Near Noor Islamic Bank metro station. Call 0502734493/0502478740/4560527.

Room/bed space available for rent. In a villa. Filipinos only. In Jaffiya, behind Emirates Coop., walking distance to Jaffiya bus stop. Free DEWA. Call 0504514603.

Shared accommodation available for rent. Executive Keralite Muslim bachelors only. Furnished. For 450AED/ excluding DEWA. Near Talal super market in Alshab colony, Hor Alanz. Internet also accessible. Call 0504680188.

Single room available for rent. In Al Khail Gate, Phase 2, Al Quoz. Filipinos only. Call 0505097432/ 0508739204.

Bed space required for an Indian person from Kerala at Naif road/Al Nakheel area, Deira, Dubai. Call 0566593100.

Single spacious bedroom available for rent. Keralite couples. Bathroom attached+ cupboards. In Ghusais, Lulu village. Call 0501423275.

Bed space available for rent in a villa. Executive bachelors only. In Hor Al Anz near Karachi Darbar restaurant. Rent 300AED/ including DEWA. Call 0556085541/0553052509.

Partition available for rent. Filipinos only. Near Karama. Free internet. Rent for 1000AED/. Can hold 8 people in flat. Call 0504619340, 0566948150.

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Dubai Metro is record breaker

Dubai Metro enters Guinness Book of World Records as world's longest driverless metro network.



MATTAR AL TAYER AND SENIOR RTA DIRECTORS DURING THE CEREMONY TO HAND OVER THE GUINNESS CERTIFICATE

WORLD RECORD

The Dubai Metro, comprising both the Red and Green Lines, has entered the Guinness Book of World Records as the longest driverless metro network in the world, spanning 74.695 kilometres in total. The award is a further addition to the achievement already made by the Dubai Metro Red Line in September 2011, which set a Guinness World Record as the longest driverless metro line in the world, extending across 52km.

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently received the Guinness certificate from Talal Omar, the regional director of the Guinness Book of World Records in the Middle East, in

“He also admired the functionality of the system, citing the orderly and disciplined users of the Metro.”

the presence of Adnan Al Hammadi, CEO of the Rail Agency, and several directors of the RTA.

When receiving the award, Al Tayer dedicated the achievement to His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, who is the driving force of the Dubai Metro project. “The implementation of the Dubai Metro project is a true testament to

the vision of HH Sheikh Mohammed bin Rashid Al Maktoum in uplifting the infrastructure of Dubai Emirate. His Highness has been closely monitoring and directing all phases of the work progress in the project, and endorsed the suitable route from several alternatives presented. His Highness envisioned using the Metro as a backbone linking various parts of Dubai city, enabling commuters smooth mobility while enjoying a panoramic view of the city's landmarks. Parts of the track have been selected to be underground and others elevated to support this vision and suit the urban layout of the Dubai city. From inception, His Highness directed to make the Dubai Metro the best in the world and therefore cutting-edge technology of the rail industry has been endorsed including an air-conditioning system in stations and trains befitting the climatic conditions of Dubai's urban districts. All trains are operated by an integrated electronic system enabling the exercising of enhanced control and setting trip timings in a highly accurate format. The Metro stations feature a creative and distinctive architectural design pattern, and have been fitted with the latest safety and security techniques. Parking lots have been allocated for private vehicles and public buses in each station.

“The total length of the Green and Red Lines combined amount to 74.694km, of which 52km are on the red line, and 22.694 km are on the green line. The Metro has a total of 47

stations of which 29 stations are on the Red Line and 18 stations are on the Green Line. The two lines intersect twice; first at the Union Station which is the biggest underground metro station in the world, spanning an area of 25,000 square metres, and second at Khalid bin Al Waleed Station, which is one of the most stunning metro stations in the world, thus enabling users smooth transfer between the two lines through these two stations,” said Al Tayer in a concluding remark.

Talal Omar, the regional director of the Guinness Book of World Records in the Middle East, said, “The certificate has been awarded to the Dubai Metro following a tour by a team from the Guinness Book of World Records on the Red and Green Lines of the Dubai Metro where measurements of the two lines have been taken.” He also expressed his delight to have this global achievement registered in the name of Dubai Emirate to embellish Arab achievements records.

Talking about the Dubai Metro system, Talal himself was highly impressed by the project as a whole and by the fabulous design of the metro stations, which feature different themes of water, air, fire, and earth as well as the iconic heritage-inspired designs. He also admired the functionality of the system, citing the orderly and disciplined users of the trains as well as the rapid growth in the Metro ridership which is continuously on the rise.



MATTAR AL TAYER RECEIVING THE GUINNESS CERTIFICATE FROM TALAL OMAR

11.8m use Green Line in five months

Ridership levels exceed expectation since the opening of the Green Line in September 2011.

GREEN LINE

Since starting operation in September 2011, the Green Line of the Dubai Metro has seen ridership levels soar beyond expectations with as many as 11,849,172 passengers travelling on the Green Line up until January. This is indicative of the unanticipated growth in the number of commuters using the line; which proves that it stretches across vital, cultural and residential areas in Dubai, making it the most popular mass transit means around.

Ramadan Abdullah, Director of Rail Operation at the RTA Rail Agency, said: "The growing numbers of passengers using the Green Line reflects the substantial evolution in the culture of community members vis-à-vis the use of mass transit means, particularly the Metro, as it offers a physical and psychological relief for commuters in a hassle-free travelling experience.

"Over less than five months, the Dubai Metro Green Line has managed to break the 11 million passengers barrier, as the line has a host of benefits and features highlighted by the cover-



RAMADAN ABDULLAH

age of several destinations in Dubai that meet the needs of various community segments. The track passes through vital heritage, business, residential, cultural and health spots, rendering it the most demanded and used public transport means in the area. The ridership of the Green Line hit 2.785 million passengers last December, and in January 2012 the figure reached 2,849,171 passengers,"

"The most popular station was Al Fuhaidi, where the number of users clocked 694,176 passengers"

he elaborated. Abdullah indicated that the most popular metro station on the Green Line was Al Fuhaidi Station, where the number of users clocked 694,176 passengers. This is attributed to the strategic location of the station as it sits at the junction of Khalid bin Al Waleed Street, Al Musalla Street and Al Mankhool Street in an area packed with electronic and computer shops, several banks, and the Gulf Centre.

Next in the most popular stations list comes Bani Yas Station, as the number of commuters using the station over the last two months has hit 664,351 passengers. The station is

in close proximity to the old business centre of Dubai, which is a highly attractive point to tourists and visitors hailing from various nationalities and groups.

Third in the pecking order of the Metro stations is Al Ghubaiba Station, which was used by 504,771 passengers in December and January. The Station is located in the heart of the vibrant locality of Al Bastakiya and Shindagha, just near the Heritage & Diving Villages, which are iconic UAE heritage landmarks and a destination to considerable numbers of visitors besides bordering the marine transit modes (abras).

The success of the Dubai Metro adds to the success of the city, which is aspiring to develop best-in-class services in public and mass transit systems in general, and the Dubai Metro in particular to keep pace with the massive urban, cultural and residential boom seen by the city. It also contributes to serving the needs and expectations of a wide spectrum of community members as a whole, and helps conserve the environment.

RTA commends CDA initiatives

ACHIEVEMENTS

The Roads and Transport Authority (RTA) has commended the huge efforts and strategic initiatives undertaken by the Community Development Authority (CDA) in Dubai towards fostering a vibrant community, that has the blueprints of success and excellence, capable of enriching the prominent profile of the UAE worldwide.

A statement to this effect was made in a gathering recently hosted by the CDA at Al Rashidiya Majlis and attended by various directors and high-level employees of both the RTA and CDA. Mohammed Obaid Al Mulla, RTA Board Member, conveyed the greetings of Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, to the attendees comprising residents of Rashidiya as well as the



CDA officials, reiterating that the RTA keeps the delivery of classy services to all segments of the community at the top of its priority list, and always seeks to introduce the best practices to upgrade these services in a way that goes beyond expectations of RTA customers. He stated that this can

only be achieved through maintaining effective communication with them and reaching out to them at their localities.

Al Mulla stressed that all RTA agencies and sectors are keen on studying ideas and feedback received from the public, and honour contributors of constructive suggestions.

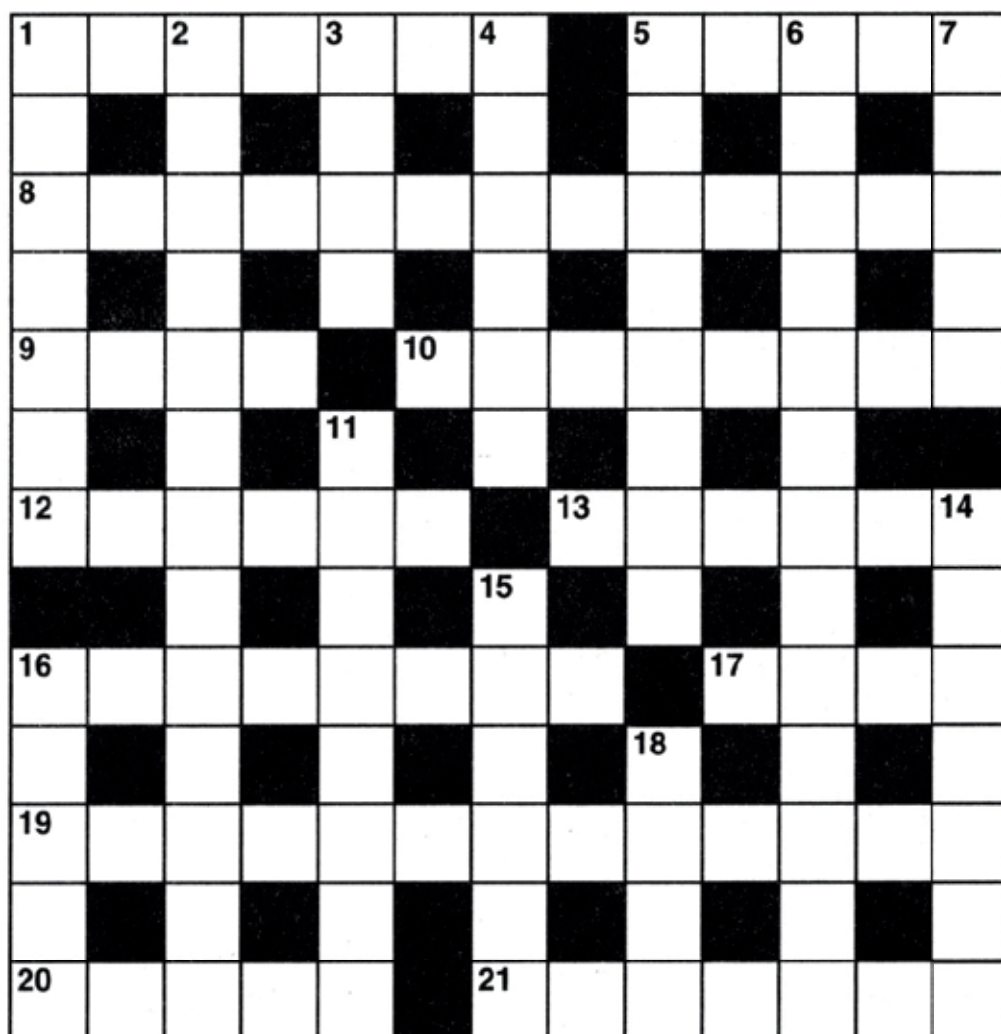
"RTA always endeavours to make the mass transit systems the ideal choice of mobility and makes ceaseless efforts to promote the culture of using the public transport means among residents of the emirate. It urges them to benefit from the advanced transit means in place highlighted by the Dubai Metro, public buses, marine transit means as well as the

solid infrastructure provided to run these means and other accompanying services and strategic initiatives such as Nol card, toll gate system (Salik), journey planner (Wojhati), and e-services among other programs which play a vital role in the integration of this network," stated Al Mulla.

He urged the attendants to capitalise on the e-service package provided by the RTA, calling on citizens and residents to give due consideration to the multiple benefits and advantages associated with these services such as the smooth, transparent and speedy transactions that can be processed from home or office using computers or smart phones. Such services save time, effort and expenses that would otherwise have to be spent on driving and going through the hassles of reporting to service centres, let alone the parking woes.

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 Execution frame (7) 5 Pants and gasps (5) 8 Note to someone asking for money (7,6) 9 Solemn vow (4) 10 Convoys of vehicles (8) 12 Snow sport (6) 13 Emotionally as one (6) 16 Ferocious struggle for supremacy (8) 17 Render momentarily unconscious (4) 19 Casual trousers for hot climates (7,6) 20 Currents (5) 21 Please (7)

Down

1 South-east Asian apes (7) 2 Prone to steal (5-8) 3 Disregard (4) 4 Gesture, indication (6) 5 Face-hiding game played with young children (8) 6 By ___, with irregular intervals of action and inaction (4,3,6) 7 Browses (the internet) (5) 11 Old treasures (8) 14 Powerful ruling family (7) 15 Large garden scissors (6) 16 First public appearance (5) 18 Closed (4)

ANSWERS



Recipe

Classic carrot cake

Sweet and creamy, this cake is always a family favourite.

Ingredients

200ml sunflower oil
4 eggs
4 tbsp clear honey
225g plain flour
2 tsp baking powder
½ tsp bicarbonate of soda
pinch of salt
1 tsp vanilla essence
175g grated carrots

For the icing

75g cream cheese
2 tbsp butter
340g icing sugar, sifted
1 tsp vanilla essence

Method

1. Preheat the oven to 180C/350F/Gas

mark 4.

2. In a large mixing bowl, whisk together the oil, eggs and honey until combined.

3. Add the flour, baking powder, bicarbonate of soda, salt, vanilla essence and grated carrots and beat well.

4. Pour the mixture into a greased 23cm cake tin. Place it in the oven for one hour until a skewer poked into the centre comes out clean. Leave to cool on a wire rack then remove from the tin.

5. For the icing, beat the cream cheese and butter together in a bowl until light and fluffy. Add the sifted icing sugar and vanilla essence and stir until combined.

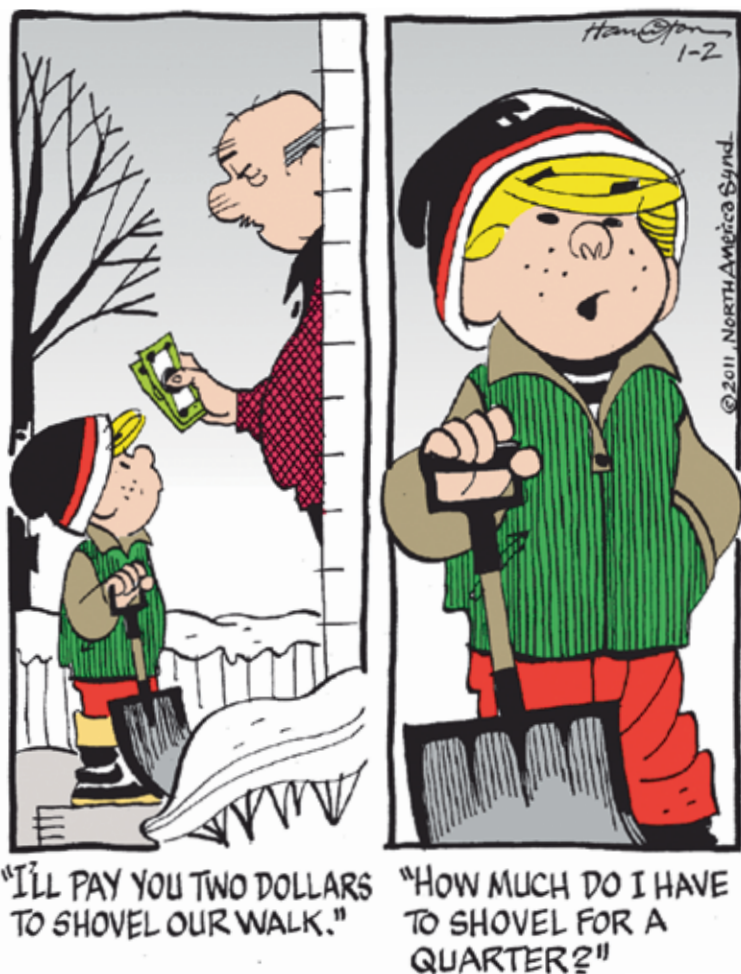
Serves
6



6. Cut the cake into two pieces horizontally then spread a thick layer of cream inside. Put the two pieces

together again then, using a palate knife, spread the icing across the top of the cake.

Dennis the menace



Henry



Ollie and Quentin



Spiderman



Here to help

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

Q I have smoked for a number of years and I have a hard brown coating on the back of my teeth. It has always bothered me and I think people can see it when I laugh. Is there any special toothpaste I can get for this or something?

Read: Certain toothpastes, especially those containing baking powder, can lift off some of the staining, however you're probably best to visit your dentist for a full scale and polish. This is a relatively painless, although slightly sensitive, procedure, which is the most successful way of removing all the tar stains from your teeth.

Q I really suffered in last week's sandstorm. My nose was streaming every time I left the house and my eyes started stinging whenever I had to step outside. Do you think I'm allergic to sand? I hope not, living

in the desert!

Read: Your reaction sounds fairly normal. Most people will avoid being out when there is a lot of sand and dust in the air, but if you need to be outdoors the sand can irritate your nose and eyes quite easily. Try wearing a disposable mask and sunglasses if you must be out in a sandstorm; unfortunately they are something we have to contend with more often than other countries.

Q I think my son may have some kind of attention disorder. I tell him one thing and he forgets what I've said within about five seconds. He is always hyper and needs to touch and smell everything he sees. What do you think it could be?

Red: It is probably best to seek expert advice from a children's doctor. It does sound as though your son is displaying some mild symptoms of an attention deficit disorder, however, only a medical professional can carry out the correct tests to confirm or dispel this and give you a diagnosis.

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Pulls hard	Atlantic-coast US state	Climbing plant	Long-term custom	Right, fitting	Small noisy firework	— Sampras, tennis great
			Irked			
Top of a toadstool	21st Greek letter	Colony-making insect		Burrowing animals	Positions at an angle	Rocky
		Greek rainbow goddess	Famous fiddling emperor	Water basin	Parasitic arachnids	
Snivels				Japanese waistband		Mass of water
Leeds' river			Adverse, harmful		Barbican symphonic group (inits)	
Left-hand page	Country on the Persian Gulf			— away, corroded		
			Greek holiday isle		Give utterance to	

Sudoku 1

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

Sudoku 2

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

ANSWERS
ARROWWORD

SUDOKU 1

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

SUDOKU 2

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

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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

You may have recently reopened the lines of communication between yourself and an old friend, which has proved to be a great relief for both of you. It is easy for many people to hold grudges, but it's not always so easy to forgive and forget.



TAURUS

(APR 21 - MAY 21)

You might have experienced a bout of new energy towards work, which makes each day a lot more bearable, even perhaps pleasurable, than before. It might even be a good time to start thinking about moving roles within the company.



GEMINI

(MAY 22 - JUN 21)

Perhaps you are finding it hard to keep an eye on what comes in and what goes out of your bank account. This has been going on for some while now and it's time to take control, otherwise the consequences could be worse than they need to be.



CANCER

(JUN 22 - JUL 23)

People still seem to be draining your energy and offloading their problems onto your shoulders. Perhaps it's time to speak up and let them know enough is enough? There is only so much sympathy you can give before you start to feel bogged down yourself.



LEO

(JUL 24 - AUG 23)

You may have attracted a new admirer, although this is not someone you are necessarily feeling the same way about. You must be up front with them straight away or else you may end up hurting their feelings and losing a potentially good friend.



VIRGO

(AUG 24 - SEP 23)

Your social life seems to have been gathering pace recently and an exciting new venture could come from this. Think small to begin with however, and remember to take any new ideas in a slow and steady fashion; the tortoise always wins the race after all.



LIBRA

(SEP 24 - OCT 23)

It seems as though each day is simply a continuation of the previous at the moment, but instead of blaming the lack of apparent excitement on your situation, have you considered it could be down to your own reluctance to try anything new?



SCORPIO

(OCT 24 - NOV 22)

Recent conversations with your boss have seemed promising and it looks as though a promotion or change of job role may be on the cards. This comes at a time when money is a concern, so pat yourself on the back for all your hard work.



SAGITTARIUS

(NOV 23 - DEC 21)

If you have been thinking of booking a weekend break, or even just a day at the spa, why not make time to do it this week? You have been working hard and looking after your family, so take the time to enjoy some rest and relaxation.



CAPRICORN

(DEC 22 - JAN 20)

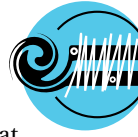
There may be some fairly unsettling news on the horizon, but make sure you don't panic before you have all the information. What sounds quite shocking at first could turn out to be a lot less serious, so do your research and listen to the facts.



AQUARIUS

(JAN 21 - FEB 19)

A recent project you have been working on at home gives you great satisfaction, maybe it is something you might consider taking up as a hobby, or perhaps even a second income? Plenty of people would love to have your artistic flair.



PISCES

(FEB 20 - MAR 20)

Your social life seems to have taken a back seat recently, which has, in fact, done you the world of good. Now you have control over work and home life again, why not arrange a get together with friends? They will be glad to see you.



This week's local weather

SUN



26th

MOSTLY SUNNY
HIGH 29C
LOW 20C
HUMIDITY 48%

MON



27th

MOSTLY SUNNY
HIGH 22C
LOW 18C
HUMIDITY 50%

TUE



28th

MOSTLY SUNNY
HIGH 22C
LOW 17C
HUMIDITY 42%

WED



29th

MOSTLY SUNNY
HIGH 23C
LOW 19C
HUMIDITY 41%

THU



1st

SUNNY
HIGH 24C
LOW 20C
HUMIDITY 44%

FRI



2nd

SUNNY
HIGH 25C
LOW 20C
HUMIDITY 45%

SAT



3rd

SUNNY
HIGH 27C
LOW 22C
HUMIDITY 49%

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