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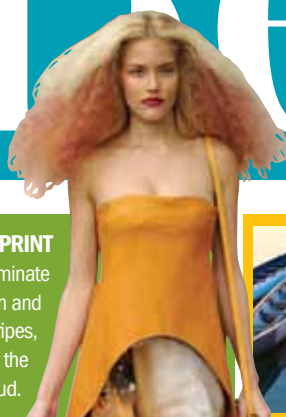
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MARCH 4-10, 2012 | Issue 38

Read



PUTTING IT IN PRINT

Bold, bright patterns dominate the runway for both men and women. From spots to stripes, animal prints to squares, the key is loud and proud.



MANILA FLAVOURED FUN



GROWING UP

The creators of hit indie flick *Juno* are back with their latest offering, but can *Young Adult* live up to its predecessor?



CAT GOT THE CREAM

The name Jaguar is renowned for luxury, style and finesse, and not without justification as the XK proves.



Curve *nail, hair & beauty saloon*

BURJUMAN CENTER, GROUND FLOOR, TEL : 04 355 3788

How the in-car technology we take for granted could be a risk to our safety.

Driving up the risk

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

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Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, In this day and age, I find it hard to understand why not everybody is on Twitter. In light of a 22-year-old man having gone missing during the week, only to finally be identified in an intensive care unit in Dubai thanks to pictures that circulated through the micro-blogging site. Something like that should surely influence people to sign up. It's free and helps so many people in the most random of ways.

Simon Benahmed

It's true that the site works wonders in the cases of missing persons. Because it's less personal, the bulk of your followers aren't necessarily people you know—which differs from Facebook—so the net you cast can spread a great deal wider. It was great to see another missing person found with the aid of Twitter.

✉ Hi *Read.*, I bought a new car last month which was my first

big purchase as an adult. It really made me feel grown up and gave me the independence and freedom to explore the parts of the UAE the Metro can't take me to, like Fujairah or Ras Al Khaimah. Now though, cars are being recalled due to safety issues which has put me on edge and fearing longer trips. I had planned to go to Musandam next weekend but now I don't have the confidence in my motor to get me there. It was this feeling that influenced me to buy a newer vehicle. How can cars come off the production line with faults, knowing the amount of technology involved in building them? Maybe I was better off sticking to public transport.

Emma Hartley

Although public transport is everything you said it is, don't lose your independence due to one technical, but fixable glitch. Some manufacturers are asking customers to be aware that many of the recalls are not safety-related, and that the authorised service centre would just like to check over your vehicle and make a free of charge rectification if deemed necessary.

Read. Poll

What would you do if you won Dh1 million?

- Spend it all
- Save it all
- Spend part and save part
- Give it away to charity

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Would you change your nationality for any reason?

Yes	36%
No	53%
Not thought about it	11%

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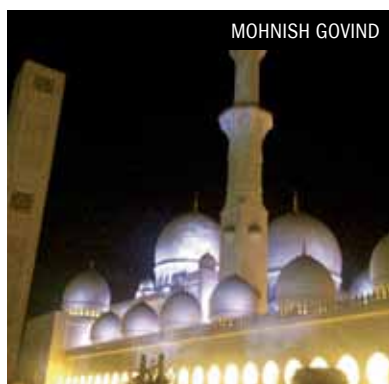
Metro pics



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



ASIF SATTAR



MOHNISH GOVIND



BABAR ISAAC GILL



RICKYARCIAGA



JAINE ROSE VISPERAS



MYLA VILLEGAS RUIZ



LEMUEL MUYO LAMPA

Station by station guide

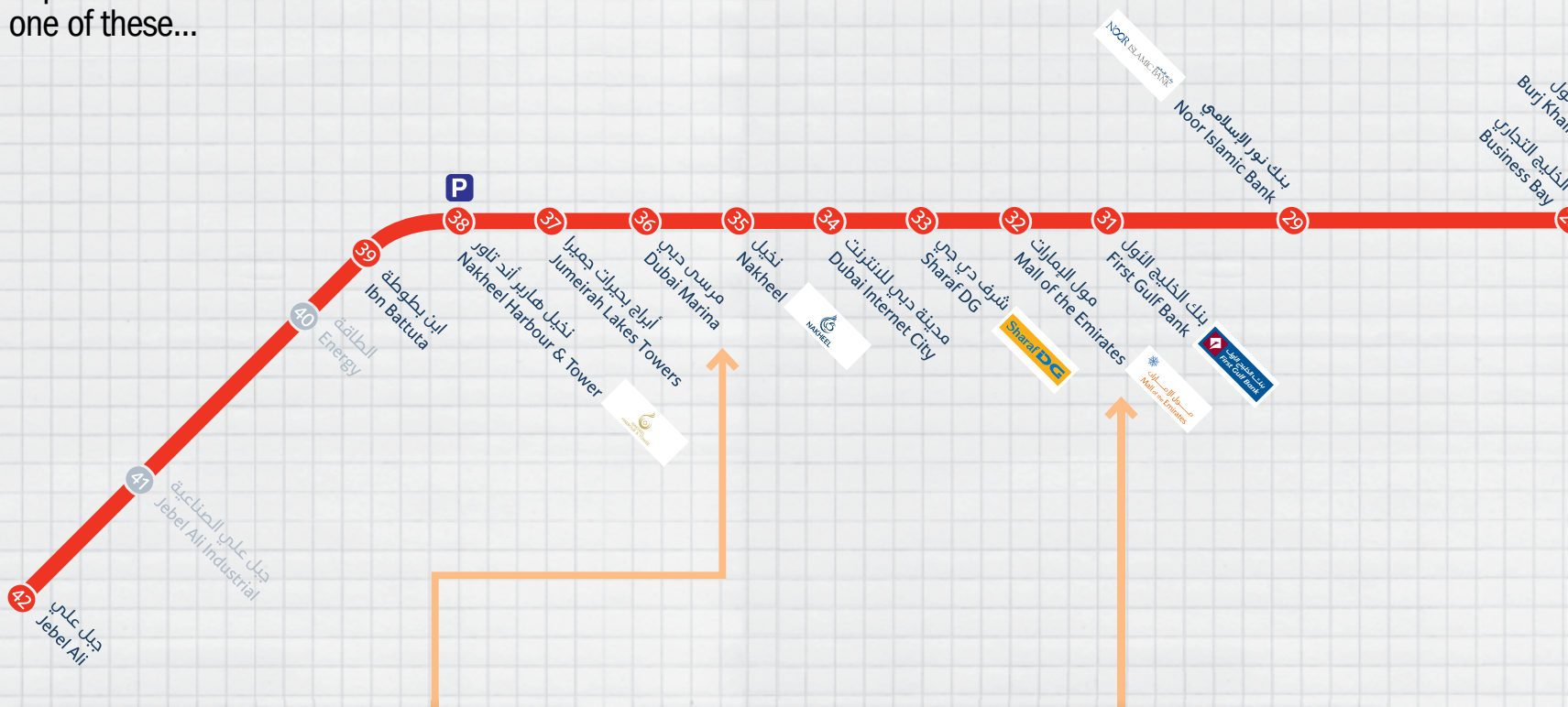
Looking for something to do? You could always hop off the train and visit one of these...



Navigating the Art Fair

MARCH 7, CUADRO FINE ART GALLERY, DIFC GATE VILLAGE
Cuadro, the fine art gallery at DIFC, will hold a discussion between Antonia Carver, Fair Director of Art Dubai and Bashar Al Shroogi, Director, Cuadro and Art Dubai Patron, around the notion of demystifying Art Fairs. Preceding Art Dubai, the

informal seminar, entitled 'Navigating the Art Fair' will introduce the international contemporary art fair to an intimate audience at Cuadro, allowing the speakers to address the audience's questions in a casual setting. Free entry.



Career Comeback coffee mornings

MARCH, CAFE NERO, DUBAI MARINA MALL

Dubai Marina Mall and Bayt.com are assisting women who want to get back to the workforce with the 'Career Comeback' coffee mornings. This series of free informative sessions is held at Cafe Nero, Dubai Marina Mall, on the first and third Sunday of each month at 10am. 'Career Comeback' coffee mornings serve as a forum for discussions for women who have taken time off to raise their children or those who are new to the city. The forum features different job related topics aimed at helping them get back into careers, in a relaxed and supportive environment. For more information, call 04 436 1020 or visit www.dubaimarinamall.com



International Women's Day Campaign

MARCH 1-10, MALL OF THE EMIRATES

In celebration of International Women's Day on March 8, Mall of the Emirates has launched a 10-day campaign 'It's a Women's World this March at MOE' to honour women in the UAE and throughout the Middle East. Embracing the official International Women's Day theme, 'Connecting Girls, Inspiring Futures,' the mall will honour five diverse women in Dubai who, through their own inspiring stories and commitment to charitable work, reflect the strong, independent and admirable qualities underlying the campaign. International Women's Day is celebrated throughout the world to inspire women and to celebrate their remarkable achievements. Mall of the Emirates encourages women to display their pride in being a woman by wearing a badge in the shape of the female symbol, which will be handed out within the mall during the campaign.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



Drive against plastic bags

**MARCH 6, LUSH HANDMADE COSMETICS, 12-1PM
THE DUBAI MALL**

In support of the recent UAE announcement to ban plastic bags, and in coordination with the Ministry of Environment and Water in Dubai and the support of various environment groups in the UAE, Lush Cosmetics has created a giant 'bag monster' to descend on Dubai shoppers for one hour on March 6, to raise awareness of the plastic bags issue and encouraging shoppers to swap their plastic bags with a free, reusable, eco-friendly tote bag from Lush. The bag monster, which resembles a walking, talking trash heap, is made of 350 plastic bags-the amount of bags an average family of four will use in just four months. All collected plastic bags will be sent to Recycle for a Cause in Dubai and Abu Dhabi for recycling into clothes and bags for those in need in the Philippines.



Weekend Fun

**MARCH 8-9
BURJUMAN**

Spring is in the air and Burjuman is offering kids lots of fun ways to get busy for free with exciting spring break weekends this March. The Hip Hop Workshop will progress from teaching simple steps to choreography and ensemble routines with a dance off at the end of each session and six prizes up for grabs each day. Kids will be able to get the look with colourful hand-made props such as bandanas and beaded bracelets or go all out with beaded braids and temporary tattoos. 'Weekend Fun' will take place from 6-9pm on March 8-9 at Level 1, opposite Virgin Megastore, Burjuman.

The Burning Question

Q Some experts suggest two sleeps of around four hours each may help us to function better. If you had the choice, how would you organise your sleeping patterns?



Delia de los Santos

NAIL TECHNICIAN

I would really like to get more sleep. I need about 10 hours to function properly but find it hard to make the time so I think trying to fit two sleeps in would be almost impossible with my work and lifestyle.

Anita Priya

STUDENT, MEDIA CITY

I find that my most productive hours for studying are around 10pm to 2am when everything is quiet. I often have two naps instead of one proper sleep to fit in with my study time and classes.



Stephanie Blake

TEACHER

I would absolutely love to take two sleeps but as a teacher it would be impossible. I frequently find myself exhausted in the evenings and would definitely benefit from squeezing in some extra zzz's, even if only for an hour or two, in the afternoon.



Ragesh Sajid

ACCOUNTANT

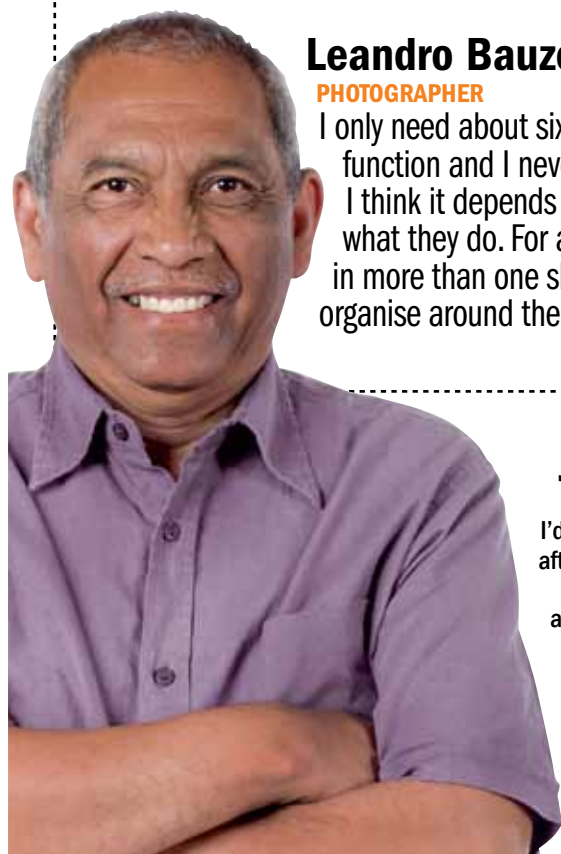
I think eight hours is ideal. If we had two separate sleeps it would be really hard to fit in a desk job. I wouldn't mind a short siesta at lunchtime though, that would certainly help me get through a long day at the office.



Leandro Bauzon

PHOTOGRAPHER

I only need about six hours a night to function and I never sleep in the day. I think it depends on the person and what they do. For a lot of people, fitting in more than one sleep would be hard to organise around their jobs.



Jaleel Gadhi

SERVICE

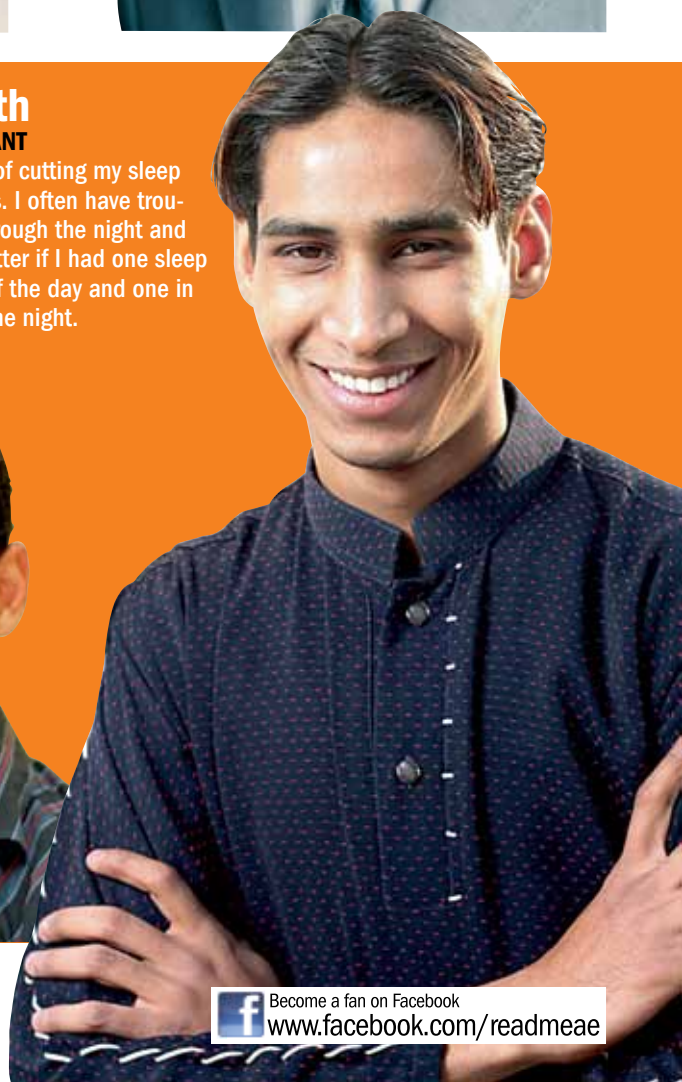
I'd like three sleeps, one after each meal. That way I would be refreshed for all my waking hours. I'm on my feet a lot at work so I really appreciate the chance to rest when I can.



Gopi Nath

SALES ASSISTANT

I love the idea of cutting my sleep into two chunks. I often have trouble sleeping through the night and would sleep better if I had one sleep in the middle of the day and one in the middle of the night.



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

The date was July 20, 1969, the day Apollo 11 landed the first human beings on the moon. It was the farthest we had ever travelled from the Earth and the first time humans ever stood on another object in our solar system. From there, it only seemed a natural progression that humans would venture to Mars as well. So what future inventions and adventures are we waiting on the most?



MONDAY

It seems like reality television, drama-tainment, has been the staple of many peoples' television habits for years. Where did it all start, and which "reality" shows have been most successful?



TUESDAY

The Dubai Tennis Championships came to an end at the weekend with world number one Novak Djokovic aiming to be the first to win the title four years in a row. Get a roundup of the action today.



WEDNESDAY

Dreaming is one of the most mysterious and interesting experiences of our lives. But what do we actually know about dreams, apart from the fact we forget 90 per cent once we've woken?



THURSDAY

Did you know that on this day in 1920 the Arab Kingdom of Syria, the first modern Arab state to come into existence, was established? Find out what else happened on this day throughout history.



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 traditional are you when it comes to marriage proposal and what do your traditions suggest?

Anybody can ask whoever they'd want to marry, any time of the year and wherever they want. Because of traditions people have been deprived of the right to love whoever they want

—Mike Sanchez

I wonder if any woman would wait 4 years to propose? According to the tradition followed its families who "arrange the marriage". But now its acceptable to find a spouse of own choice.

—Sneha Nair Sheefar

Did you stay up to watch the Oscars?

I would like to congratulate all the winners and nominees, they all deserve it...7 out of 10 I will be influenced by the movies recognized by Oscars... but Oscars is really glitzy and all superficial... as much as what we in the third world will always emulate... but I guess it is politics because they awarded the Best Picture in Foreign Language



WATCH WHAT YOU DRINK

to Iran's film "The Separation".. and if you listen to the speech of the director/producer.. you will know what I mean.

—Aquilles Brigido Ico Catiempo

Everything is running with politics now in this world even oscars...

_ Mahmoud Monier

How reliant are you on energy drinks or caffeine to get you through the workday?

I drink a few cans of sugarfree Red Bull per week but I'm cutting down and will stop soon because I know it's not good for me. Twice the amount of caffeine in this new drink sounds a bit scary if you ask me!

—Robyn Van Percy

These energy drinks r much more worse than the nrml Colas in my view... I wud rather choose to live on



OSCARS NIGHT IS BIG

water n air than hvin such drinks. A good breakfast wid plenty of fruits, a healthy lunch n a light dinner ending wid a glass of milk n fruits is more than enough for the energy and nutrients to make it into our system. Also, a good amount of sleep is a must to retain them all! :)

—Roma Nandwani

From busking in New York City, to performing weekly at coffee shops in San Diego, to achieving international success; Jason Mraz can't quite believe his luck.

The American singer-songwriter achieved commercial success with the release of hit single, *I'm yours* in 2008, propelling him to an international platform. And with the upcoming release of his latest album, *Love is a Four Letter Word* on April 17, Mraz's profile is only set to get bigger.

The Grammy award winner credits his latest album to his life experiences and recognising love.

Mraz explains in Dubai, "My new album is a 'letting go' in a lot of ways and that's what I've been able to do in the last two years. I've finally got to try things that have been on my mind, both musically, personally and spiritually. I have had experiences that I have always wanted to have and in doing so, I have found a new version of myself, a more confident me. I have taken a bit of a journey through my music. I call it *Love is a Four Letter Word* because I was trying my best to describe love. The album is really a reawakening for me, an understanding of what love is and it was such a daunting task. I wanted to get it just right and so I started falling into self-worth, thinking, 'Well, who am I to say what love is?' Love comes with its fair share of struggles and triumphs. All the songs are filtered through love, whether it's being a responsible being in the world and showing love, about unconditional love, loving someone no matter what, through any circumstances."

The final track on his new album, *The World as I See it*, sheds light on Mraz's deep passion for the environment. "I see the world as a remarkable place. I see myself as citizen of the earth. The song was inspired by Albert Einstein's memoirs. He had this brilliant outlook on the world and I share a lot of the same views, whereby politics, policy and war especially, do nothing for the greater good. I find that because I have a microphone I can shed light on



All that Mraz



important issues and charities. Being in the spotlight not only increases my responsibility to humanity but it also hopefully inspires other people," said Mraz.

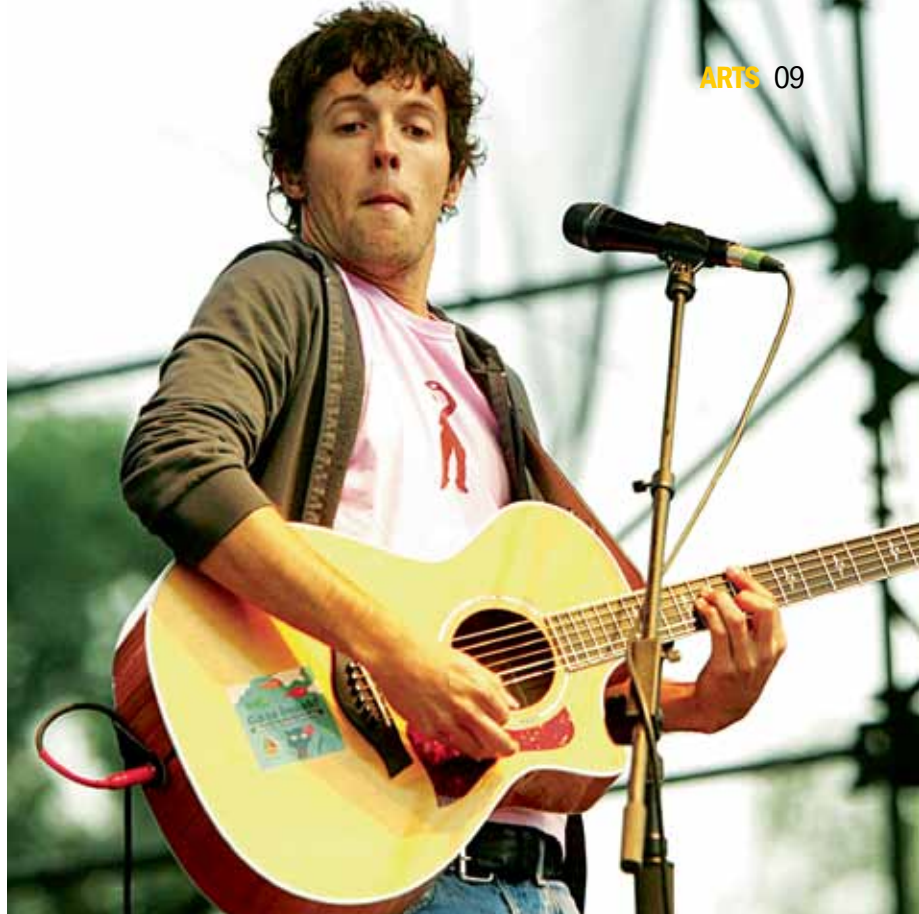
While in Dubai, the talented singer spent his time working on a ten minute film about global warming, to be released online via social media.

"I recently went to Antarctica with former US Vice President Al Gore. He has an unwavering passion for the environment and he has been fighting for years to alert people to the reality of global warming. There are large amounts of ice melting which causes sea levels to rise and as a result, coastal cities like New York and New Orleans will be submerged

in water in years to come. These are stark realities that are in our near future and hopefully by waking up to this, we can shift our attention to green technology and we can reduce our energy consumption. Everywhere we go we are buying plastic water bottles. I try to set an example, I carry my own water bottle everywhere I go. Making little adjustments in your life can make a huge difference," explains Mraz.

Despite achieving global fame and success, the singer says he still has goals he wishes to accomplish.

"I have dreams and it is amazing to fulfil them and I get hooked on them. Once you fulfil one dream, you think, 'oh well I can do another one'. I can't



"I'm constantly in awe of what we have done and that I am still going as a musician."

already been created and reinterpret them. It carries me away when I listen to DJs. I've made four albums now that are straight singer-songwriter, acoustic pop, but my heart has always been in electronic music," said Mraz.

Love is a Four Letter Word is available in stores on April 17, 2012. ●

believe that ten years have gone by and I'm constantly in awe of what we have done and that I am still going as a musician. I honestly never thought that I would get out of coffee shops, not that I wanted to go any further," said Mraz.

The singer, who also owns an avocado farm in San Diego, hopes to settle down and raise a family there in the future.

"I think in twenty years I will step aside a little from music and focus on just raising a family but I'll always keep my music going in some way. I'm continuing to learn a little bit more about farming and I know there will come a time when I have kids and so the kids and I can dig in the dirt," said Mraz.

The singer collaborated with artists James Morrison and Colbie Caillat on previous albums and he hopes to work with DJs in the future. "I really love DJs these days. I love Pretty lights and Skrillex, I've always liked electronic music and how DJs take sounds that have



BYTES & PIECES

JOE AKKAWI
TECH GURU



A hub of creativity

The craze of start-ups. Be it technology, business, marketing or e-commerce everybody is absolutely busy creating the region's future fortune 500 companies. Or at least one could hope. Yet with all this commotion, everyone is always complaining about barriers to entry; especially when it comes to office space and finding a suitable location to sit and "create". With the demand and need for such locations, we find new businesses drifting towards conducting their business in a new craze taking over the country.

"Hubs are usually filled with individuals who come from similar backgrounds and are working towards similar goals"

Business Hubs.

Those locations such as the "MAKE Business Hub" and "The Pavilion Downtown" offer an office when needed

perfect for the mobile worker. Hubs offer a professional front for your business which is very important if you're a start-up enterprise or a worker running your service from home. Hubs in general offer a very relaxed working environment compared to an office.

Hubs also offer an excellent brainstorming environment as they are usually filled with individuals who come from similar backgrounds and are working towards similar goals. There's a shared sense of understanding regarding what small businesses do and how flexible their working hours can be.

So next time you find yourself distracted and need somewhere to work, pick up your MP3 player and head down to a business hub. Who knows; your next breakthrough might just be waiting for that 10 minutes away from your desk.



Distracting the driver

Could the rapid development of in-car technology be a hindrance instead of a help?

Go back 10 years, and only the very newest and most expensive cars sported the kind of technology that is often taken for granted today. Hardly any cars were fitted with hands-free phone technology, while only a similarly small number could boast about built-in satellite navigation and entertainment systems. Now,

even at the mid-range of the market, in-car gadgets are commonplace, with touchscreen displays often gracing the centre consoles of our cars and arrays of buttons decorating the steering wheels.

It is with this in mind that United States transport safety officials have proposed putting limits on the amount of in-car tech that can be fitted to automobiles. They say that these toys have become too distract-

ing from the job of driving, and that the extra toys should be switched off when the car is moving.

It is easy to see where the US government is coming from. Some carmakers really do go overboard with the amount of technology they offer to drivers. For example, a number of high-end Audis, Mercedes and BMWs offer toys that could feel at home on military-spec fighter aircraft. These range from head-up displays to night

vision shown on the dashboard or centre console screen, not to mention advanced GPS guiding systems that can show all kinds of data and readouts.

Indeed, with these high-end cars, drivers are given access to what is essentially a computer, with, particularly in BMW's case, a bewildering array of menus and sub menus that have to be navigated through in order to do anything. The size of the screen counts, too; most carmakers offer centre screens no bigger than seven inches wide, though some will go as large 10 inches, which could certainly be at the distracting end of the scale.

Performance-bred cars also suffer from the same sorts of problems. While many of these will have a simple button to make the car more sporty, stiffen the chassis and sharpen the throttle response, it is still possible to go into the car's computer in order to select particular engine readouts or choose specific options. Again, BMW is quite guilty of this, with the brand offering all manner of set-up options, all available to the driver on the move. And sports cars such as the Nissan GTR or the Chevrolet Corvette will give read-outs such as how much G-force is being produced in a certain corner. Given that the car must be moving rather quickly in order to produce any meaningful G numbers, it has to be said that paying attention to anything other than the road is probably a bad idea.

Of course, some of the technology featured on modern cars is for safety and should certainly be allowed to stay. Sensors, such as those found in the newest Mercedes S-Class cars,

are able to monitor the driver for tiredness or fatigue, sending vibrations through the seat if it appears the driver is about to nod off. Though these kinds of gadgets are passive, and require no human intervention, meaning that the driver can concentrate on simply driving.

And according to US figures, distraction by attempting to operate a device within the car caused around 26,000 crashes in 2010. This has led the American National Highway Traffic Safety Administration to put forward a number of guidelines for carmakers, such as reducing the amount of inputs required to operate



an in-car device, and ensuring devices can be operated with only one hand. There are also guidelines on limiting the amount of time that should have to be spent looking at the device, as opposed to the road, in order to operate it.

It would seem, then, that perhaps our in-car technology does need to be trimmed in the name of road safety. The task facing carmakers, though, is to keep pushing the latest and best types of technology, in order to differentiate their models from the competition, while also making it easy and safe enough to use while on the road. ●



MOBILES ARE A WELL-KNOWN DISTRACTION THAT ADD TO DRIVER CONFUSION

Tech beat



AN ELEVATOR INTO SPACE

A Japanese company is looking to take elevators to new heights. The *Daily Yomiuri* reports that a Tokyo-based construction company hopes to have a space elevator operational by 2050, carrying passengers and cargo in a vehicle that travels along a ribbon made of carbon nanotubes extending a quarter of the way to the moon.

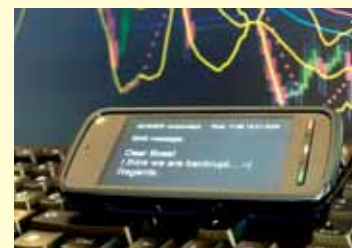
FOAM PHONE FUN

Playing with your phone just got a little more physical, with The O Ball. The foam ball is designed to hold your phone within its cushioned grasp, allowing you to literally throw your phone around to play games. PhysicalApps recently showed off the ball and a few games it has developed specifically to use alongside it, at the 2012 Toy Fair in NYC.



EXTREME SCREENS

Google is apparently developing new futuristic glasses. The specs would have screens instead of lenses, to show text messages, emails and webpages. The device would have a camera on, to allow you to see what your eyes would normally be looking at. According to reports, the glasses could be available to buy by the end of the year.



A WIN FOR SOCIAL MESSENGERS

Social messaging apps like BBM and WhatsApp cost mobile network operators \$13.9bn in lost SMS revenue last year, a report has claimed. Social messaging apps make use of a smartphone's internet connection to send messages rather than the usually far costlier SMS. However, the study did not factor in the extra income networks received from mobile data costs.

Get fit and enjoy the experience of a lifetime with Gulf for Good, while raising money for charity.

GOOD CAUSES

Gulf for Good is one of the UAE's most well-known charities, and since being established in March 2001 under the patronage of Sheikh Ahmed Bin Saeed Al Maktoum, the organisation has provided countless opportunities for Dubai's residents to take part in incredible experiences, while raising money for worthwhile causes.

The organisation is now calling for all would-be adventurers to join them in climbing Mount Kilimanjaro on July 6-14, 2012, or July 20-28, 2012 in order to help provide shelter, care and educational facilities for street children in Tanzania. The funds raised by participants will be donated to Amani Children's Home for the street children of Arusha, Tanzania.

Gulf for Good organises exciting adventure challenges around the world inspiring people to do something unusual. By taking part in a Gulf for Good adventure, participants raise funds that are donated to handpicked children's charities in the areas where challenges take place. In the past ten years, the organisation has raised \$1.8million for schools, hospitals, orphanages and medical equipment in 21 countries in the Middle East, Asia, South America and Africa.

The charity challenges are a mixture of moderate to extreme adven-

“Throughout the experience, participants will be given the chance to visit areas the charity has helped”

Scaling the heights



PREVIOUS KILIMANJARO CONQUERERS

tures, ranging from high altitude treks to hiking, cycling, kayaking, rafting, and even camel trekking in magnificent landscapes.

Trekkers who choose to take part in the Kilimanjaro challenge will take the Marangu route on the eastern side of the mountain, trekking through dramatically varying

terrains, including rainforests, meadows, moorlands, and “The Saddle”, a high altitude, 5km wide desert. The journey will take participants up to 2,740m at Mandara Hut, continuing up to Horombo Hut (3810m)



and Kibo Hut (4,724m) before reaching the renowned Gilman's Point (5,681m) and the glaciated summit at Uhuru Peak (5,895m).

Throughout the experience, participants will be given the chance to visit areas the charity has already helped, in order to see for themselves the work that the charity carries out on a daily basis.

Although prior trekking experience is not necessary, determination, stamina and a good sense of humour are essential. Gulf for Good highlights that although the Kilimanjaro

challenge will be a demanding test of fitness and determination, it is achievable for anyone in good health and shape, who is willing to train for three months beforehand to build their stamina and fitness. There is no technical climbing involved, but there are plenty of challenging sections and trekking at high altitude is tough. Gulf for Good will run a number of free training sessions before the challenge.

The charity aims to bring together Gulf nationals and residents of all backgrounds for the challenge, to push them to their own limits while raising money to make a real difference to children's lives.

It costs Dh2,200 to register with the organisation, which is non-refundable and a further Dh19,000 as a minimum fundraiser target.

This fee includes, flights, accommodation and meals throughout the experience. For more information visit www.gulf4good.org





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A slice of Venice in Dubai

For tasty treats and mouth-watering Mediterranean morsels, Caffè Florian in DIFC hits all the right spots.

REVIEW

A short wander through DIFC and you're reminded of what Dubai is famous for; tall shiny buildings, suited business people mulling about their daily routines, and the opportunity at every step to sample culture and fine food. What you don't expect, however, is to be transported back to Italy in all its gastronomic glory.

Upon entering Caffè Florian in Gate Village 6, DIFC, everything from the waiters to the emblazoned serving plates scream authentic Venetian. Deceptive in size, the Dubai chain of arguably the longest continually operated café in the world—St. Mark's Square's establishment opened its doors in 1720—offers, among terrace, mezzanine and private seating, a comfortable conference room for breakfast meetings, or whatever meal you feel like getting a group of colleagues together for.



But the true joy of this piece of Italy nestled amongst the galleries of DIFC, is by far the food. With new executive chef Renaud Olivier in the kitchen, the dishes that came to the table were nothing short of mouth-watering. Starting with flavour-bursting bruschetta, there followed a couple of starters that seemed to hit every taste bud, and wake some up that had forgotten what their job is. The bacala with polenta was a perfect blend of fishy, creamy, crunchy and salty, while the veal with tuna sauce and caper berries was the right



amount of moist meat with a gentle seafood touch.

There was an absolute treat cooking up in the kitchen for the mains. As part of a staunch connection to the original menu, no new dishes are added, save for spectacular weekly specials. It may not be extravagant and overloaded

with choice, but that just gives Florian the opportunity to perfect each of their plates.

Paying tribute to the style and elegance associated with the Caffè Florian name, this DIFC establishment is a genuine taste of Italy right in the heart of Dubai.

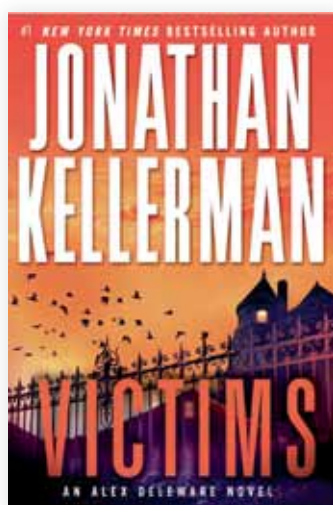
Victims

by Jonathan Kellerman

BOOKS

Not since Jack the Ripper terrorised the London slums has there been such a gruesome crime scene. By all accounts, acid-tongued Vita Berlin hadn't a friend in the world, but who did she cross so badly as to end up arranged in such a grotesque tableau? One look at her apartment-turned-channel house prompts hard-bitten LAPD detective Milo Sturgis to summon his go-to expert in hunting homicidal maniacs, Alex Delaware. But despite his finely honed skills, even Alex is stymied when more slayings occur in the same ghastly fashion.

Under pressure to end the bloody spree and prevent a citywide panic, Milo redoubles his efforts to discover a link between the disparate victims. Meanwhile, Alex navigates the secretive world of mental health treatment,



from the sleek office of a Beverly Hills therapist to a shuttered mental institution where an unholy alliance between the mad and the monstrous may have been sealed in blood. As each jagged piece of the puzzle fits into place, an ever more horrific portrait emerges of a sinister mind at its most unimaginable—and an evil soul at its most unspeakable.

If you like this then you could try...

Catch Me by Lisa Gardner

Detective D. D. Warren is hard to surprise, but a lone woman outside Warren's latest crime scene shocks her with a remarkable proposition. Charlene Rosalind Carter Grant believes she will be murdered in four days; and she wants Boston's top detective to handle the death investigation.

A Different Kind of Truth

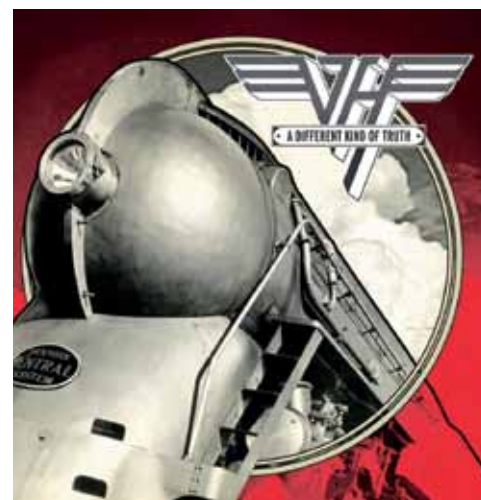
Artist Van Halen Label Interscope ★★★★★

ALBUM

One of the most popular hard rock bands ever, Van Halen's stellar reputation for no-frills macho rock has taken a back seat in recent years as continuing personnel problems impeded their ability to record and release new material.

The return of David Lee Roth to the fold brings out a fiery passion in Eddie's playing that has been missing since the early 'Eighties. This outing is by no means nostalgia for the sake of nostalgia. The performances on this album are intense, inspired, energetic and, most importantly, Van Halen the way they sounded in the *Women and Children First/Fair Warning* era, with maybe some *VHII* as well.

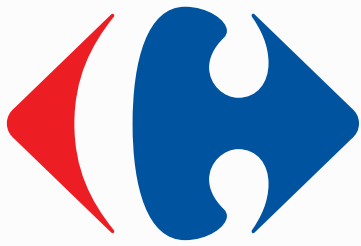
Is it a classic? Well, no, but it is an excellent album that holds up remarkably well over repeated plays. The first single, *Tattoo*, won't exactly thrill you, but the rest of the material will become immediate favourites for the true Van Halen fan. And not



only that, but *Tattoo* begins to grow on you as well.

In a word, the album is solid. Roth has lost some range, as some critics will point out, but is in fine form nonetheless. Roth was never a great vocalist to begin with as he was more of a frontman/showman/personality sort of guy. His voice and lyrics just seem to fit their sound and there is much more chemistry with him in the band, making *A Different Kind of Truth* well worth the sticker price.

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Are you eating enough fat?

Believe it or not, fat is an essential part of a healthy diet. But what kind and how much should you eat?

Eat more fat? Yes, seriously. Health researchers are rapidly coming round to the belief that fat is not bad for us after all. The belief that fat makes us fat has at last been consigned to the history books—much to the relief of many of us. It was US doctor, Ansel Keys, who first proposed a link between amounts of fat eaten and the incidence of heart disease, in his 'Seven Countries Study'. Unfortunately, though data was available from far more than just seven countries, it seems that Keys simply ignored the ones that didn't support his theory.

But the question remains—does eating fat make you fat? Yes, eating too

much fat does. Fat is a high density source of calories, which means you don't need to eat a lot of it to consume more calories than you need, but fat isn't the main culprit. In fact, the number of calories we eat from fat has dropped, but in the developed world we're still getting fatter.

Low-fat diets came from the belief that fat is the prime culprit in weight gain. But there are two problems with this approach. First, most low-fat diets are high in carbohydrates. This causes blood sugar problems that, in turn, make it harder to control weight. For this reason, very low-fat, diets can often cause fatigue, mood swings and sugar cravings as well as skin and hair problems and premature ageing.



But the worst aspect of a low-fat diet is that it cuts out essential fats. Ann Louise Gittlemann, former director of nutrition at the Pritikin Longevity Center in Florida, says she saw people placed on low-fat diets suffer from lack of energy, allergies, yeast problems, mood swings, and

dry skin, hair and nails, that she believes were due to the lack of essential fats.

The solution is not just as simple as eating more fat. What's important is eating the right fats. Here's a brief look at the different kinds of fats and the myths and realities surrounding them:

Saturated fats: They've long been demonised, but in reality they are not as dangerous as you've been led to believe. In fact, for some people, a certain amount of saturated fat is essential to good health. The truth is, saturated fats from animal and vegetable sources provide a concentrated source of energy in your diet, and they



GOOD FATS ARE WIDELY AVAILABLE

provide the building blocks for cell membranes and a variety of hormones and hormone-like substances. The problem with saturated fats is they are too easily available in the modern diet and we tend to overload on them. When you eat saturated fats as part of your meal, they slow down absorption so that you can go longer without feeling hungry. In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are also needed for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes.

Monosaturated fats: These are the best fats in terms of health benefits.

Sources of monounsaturated fats include nuts, avocado, canola and olive oils, rapeseed oil, hazelnuts, pumpkin seeds. Monounsaturated oils are the best form of oils for cooking as they remain stable at high temperatures and do not turn into hydrogenated or saturated fats.

Bad fats: artificially produced fats should generally be avoided and the worst of these is Trans Fats. Hydrogenated fats were once seen as a healthier alternative to saturated fats: margarine was deemed better than butter, yet numerous studies now conclude that trans fats are actually worse. True, saturated fats raise total and bad (LDL) cholesterol levels. Trans fats do the

Miracle fat – coconut oil

Coconut oil has had a bumpy ride. At one point it was thought to be one of the most unhealthy oils due to its high level of saturated fat. But in recent years it has become known as a miracle fat. Coconut oil is actually good for you and is thought to provide a number of health benefits, such as:

- Improving heart health
- Boosting thyroid
- Increasing metabolism
- Promoting a lean body and weight loss
- Supporting the immune system



same, but they also strip levels of good (HDL) cholesterol, the kind that helps unclog arteries. Trans fats also increase triglyceride levels in the blood, adding to our risk of cardiovascular disease. ●

SPOTLIGHT ON...

Rare diseases



Rare Disease Day

Last Wednesday countries around the world marked Rare Disease Day. During this annual event, designed to raise awareness about unusual conditions, hundreds of patient organisations from more than 40 countries worldwide come together under the slogan 'Rare but strong together.'

Rare diseases affect fewer than one in 2,000 people and as a result they often receive less research and funding than more common disorders. The lack of scientific knowledge often results in a delay in diagnosis and patients and their families frequently have to come to terms with the fact that there are no existing cures for their condition.

The majority of rare diseases are genetic and therefore present throughout a person's life, although symptoms may not occur for a long time. Others are the result of bacterial or viral infections, environmental factors or are degenerative.

There is no one single, comprehensive definition of a 'rare disease', with some countries categorising only chronic and incurable conditions, while others include short-term and curable illnesses in the list. In America, a rare disease is defined as, "any disease or condition that affects less than 200,000 persons in the United States."

Around 6,000-8,000 rare diseases exist and, in the EU alone, as many as 30 million people may be affected by them. The RARE project estimates there are some 350 million people worldwide currently affected by a rare disease.

Arab health sets standard

Number of visitors to the Arab Health Exhibition 2012 increases 18 per cent.

HEALTH NEWS

All eyes were on Dubai at the end of February as the world's healthcare professionals and companies specialising in medical equipment came together at the Arab Health Exhibition and Congress 2012 at the Dubai International Convention and Exhibition Centre, UAE.

The healthcare sector in the Middle East continues to enjoy robust growth. More than 300 new exhibitors and a host of new country pavilions participated in the show this year, with Bulgaria, Hungary, Chile and Portugal making their debuts.

In addition, major delegations also came from China with over 300 participating companies, Germany with over 370 companies and the UAE, UK and USA all with 580 companies each exhibiting.

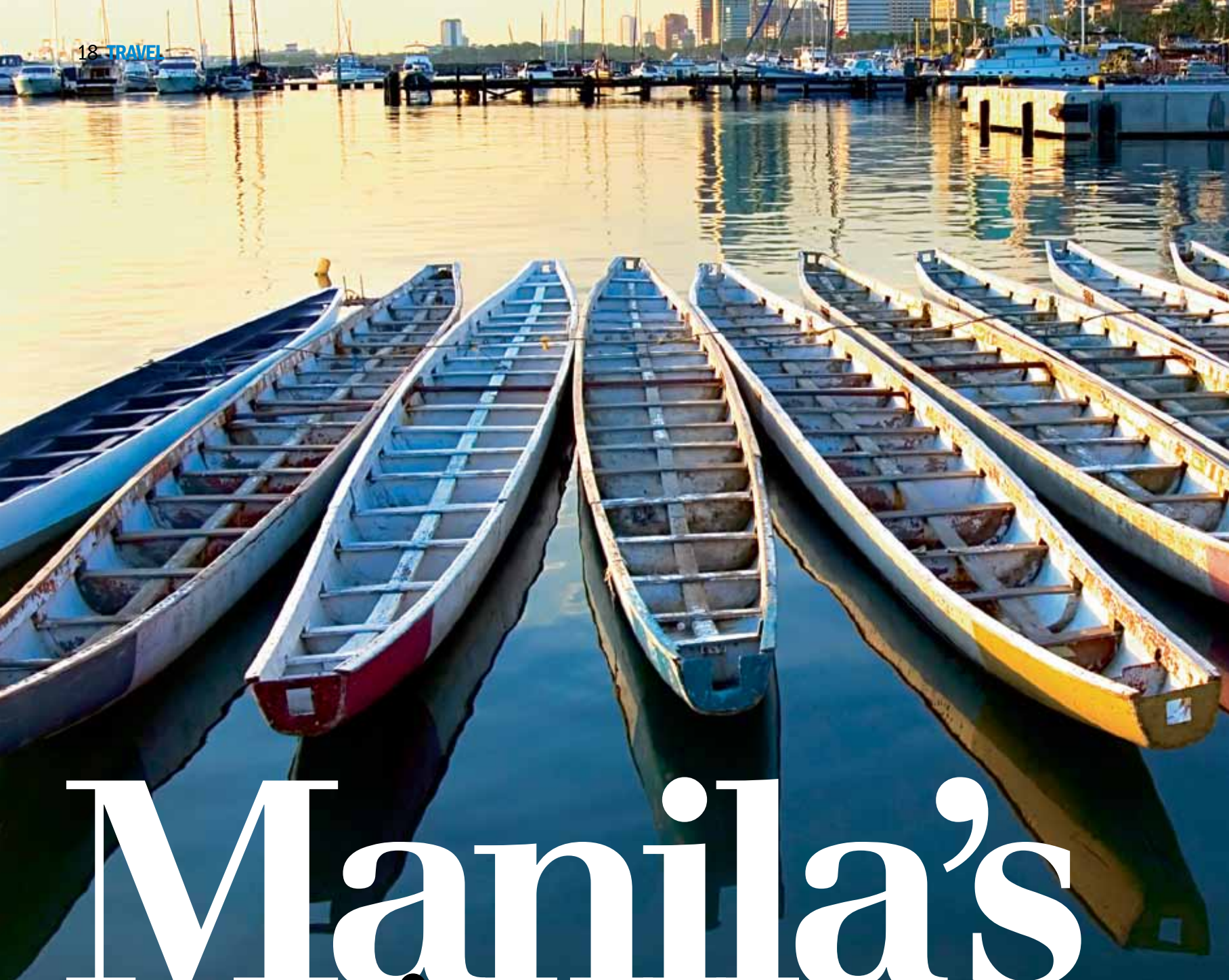
Arab Health 2012 was inaugurated

by HH Sheikh Hamdan bin Rashid Al Maktoum, Deputy Ruler of Dubai and UAE Finance Minister. Along with several other government dignitaries, Lord Darzi—a leading figure responsible for healthcare innovation and reform across the UK—also attended the event for the third year running to continue his work in pro-

moting the UK Life Sciences industry and the NHS. "We have found that the Middle East is very receptive to the services and knowledge offered by the UK Life Sciences industry," said Lord Darzi. "We have been able to make a great deal of progress on building up relationships with the Middle East during Arab Health this year."



THE HEALTHCARE SECTOR CONTINUES TO GROW



Manila's exotic genes

With fun around the clock, it's easy to see why the capital of the Philippines lives up to its reputation.

It's more fun in the Philippines' exclaims the country's new tourism slogan and after a few days in the capital it's obvious why. Manila is busy, noisy and shambolic but it's also colourful, vibrant and undeniably fun, partly because it's full of contradictions.

The most noticeable of these is the somewhat bewildering mixture of a laidback attitude placed in a hectic environment. The Filipinos are a smiley, friendly bunch and always happy to welcome visitors to their country. Wandering through the manic marketplaces can be a slightly disconcerting experience at first, but stop at any of the stands and the

vendor will instantly make you feel at home.

One of the best places to go market shopping in the capital is Chinatown, where dozens of goldsmiths, herbalists and incense sellers vie for custom behind stands piled with curiosities. If you still haven't had your fill after getting lost in the maze of stall-lined streets around Chinatown then venture into nearby Quipao and Binondo, where the markets all have a unique flavour of their own.

Manila doesn't just come up trumps for market shoppers. The modernising city also offers some of the best designer shopping in Asia with numerous gigantic malls, including the popular SM Megamall on Epifanio

de Los Santos Avenue. All the shopping malls here are packed with food stalls serving a range of local delights, inihaw na bangus (grilled monkfish) and halo halo (crushed ice with sweet syrup.)

To get a real taste of the variety afforded by Filipino cuisine however, head to the old quarter of Intramuros. Here, restaurants convey the various cultural influences that have shaped the city, its people and its food with Spanish, Asian and Western ingredients thrown together in some startling but delicious combinations.

Despite the destruction wreaked on Intramuros in WWII, this part of the city still has much to offer tourists seeking an insight into Manila's his-





Other places to visit in the Philippines

- The City of Baguio – Known as the summer capital of the Philippines, this city, built on a mountain is a great base for nature lovers to explore the surrounding countryside.
- Hundred Islands National Park – Only three of these beautiful islands have been developed for tourists; Governor Island, Children's Island and Quezon Island, but all are well worth a visit.
- Cebu City – Situated in the south of the country this progressive city has everything required to entertain tourists from world class hotels and resorts to designer shopping malls and classy restaurants.

tory. Take a stroll along General Luna street, starting at Fort Santiago and heading towards San Augustin church. This beautiful building is also a private museum under the supervision of the Augustinian Friars, whose collection houses 26 huge oil paintings, a collection of antiques and a crypt where many Philippine nobles lie buried.

Next, stop off at Casa Manila, a re-



AN EXCITING AND VIVACIOUS CITY

constructed Spanish mansion housing a range of valuables, including Persian rugs, crystal chandeliers, Chinese ceramics and assorted antiques. Then, continue on through the ornamental gardens of Rizal Park, which is packed with things to do and see. On weekends look out for locals practising the national martial art, arnis de mano and join in one of the chess games at the open-air chess pavilion.

The park also houses the huge National Museum of the Philippines, which features a number of impressive displays on Filipino culture and history, including a life-sized model of the islands' most famous shipwreck, the San Diego. Finish your cultural walk on Roxas Boulevard, which af-

fords splendid views across Manila Bay. The bay is considered the finest harbour in the far east and was the scene of the famous Battle of Manila Bay, where the Americans and the Spaniards fought for control of the country.

The Philippines has been independent since 1945, but over the centuries it has been part of numerous empires, including the Spanish empire (during the age of imperialism) the American empire (after the Spanish-American war of 1898) and the Japanese empire during WWII. Today the various influences of these different founding fathers can be felt around Manila, each contributing to the vivacious character of this colourful city. ●

Hide yourself away in Zighy bay

For the ultimate in peaceful locations, the stunning Zighy Bay in Oman is high on many people's wishlist.

LOCAL TRAVEL

Tucked away behind the towering Hajar mountains and hidden from view lies the exquisite Zighy Bay, one of Oman's best-loved retreats. For years only a few fishermen and local village elders knew of this picturesque spot, kept secret by its sheltered location and hostile terrain.

These days, however, Zighy Bay is one of Oman's most popular holiday spots and with good reason. The still un-spoiled beach boasts pearly-white sands, luke warm turquoise waters and spectacular surrounding scenery.

The well-to-do, stay in the relatively recent Six Senses Zighy Bay Hotel, where every amenity is on offer in the most luxurious style and setting. For those whose budget doesn't quite stretch to this exclusive, five star resort, there are several cheaper options in and around the area.

“Admire the lofty peaks of the Hajar mountains glowing red in the setting sun.”

Take advantage of the serenity to wander along the beach in the evening time and admire the lofty peaks of the Hajar mountain range glowing red in the setting sun. By day, swim, snorkel, enjoy fresh seafood and take an afternoon Dhow trip along part of the Omani coastline.

Most scheduled Dhow trips include a tasty lunch of local fare and, more often than not, dolphin sightings. Some cruises pause for snorkelling enthusiasts to explore the waters before heading back at sun set and dropping you at the fishermen's docks in time for supper.



SERENE BEAUTY

Prints and patterns

Step outside your comfort zone this spring with bold prints and funky patterns. The trend is so big that it's easy to find items that suit your unique figure and style, so make your boring solids take a backseat and put your prints into high gear this season.



NEW LOOK



MISS SELFTRIDGE



MARKS AND SPENCER



MARY KATRANTZOU



ACCESSORIZE

Her

TOPSHOP

Bold fashion

Whether you're into flirty florals, arty abstracts or quirky animal prints, these patterns are sure to rock your wardrobe this spring. Elaborate, artistic swirls decorated the catwalk this season. Mary Katrantzou used influences from the art world to create a quirky sense of exquisite luxury and if you're not into bright colours, don't fear as Marks and Spencer feature lavish florals in darker hues, while Miss Selfridge have a range of fun, patterned dresses.



MONSOON

ACCESSORIZE



MONSOON



NEXT



TOMMYHILFGER



Wear your prints loud and proud, with wardrobe staples. Brave it with a printed shirt from Topman paired with neutral chinos and a casual belt. Finish off with a pair of boat shoes for a real on trend spring look. For a nautical look, opt for striped shorts with a navy blazer, mixed with a striped t-shirt in shades of red, white and blue in the style of Michael Bastian. If you want a less fussy look, try wearing a pair of shorts in darker shades with a

colourful, bold patterned sweater in the style of Tommy Hilfinger for a more relaxed look.

Choose a style

Or, if you're not a girly girl, try casual zebra print or animal styles to put your stamp on one of this season's biggest trends without feeling like you've overdone it. Stella McCartney transformed the polka dot into something quite beautiful by creating elegant statement dresses that nodded towards grown-up evening glamour. Sheer circles and racy cut-outs were the main focus and gave the overall look a magical exuberance.

For fashionistas looking for other ways to wear the trend, pair abstract patterns with a staple piece in a single colour for maximum impact.



TOPSHOP



CHRISTIANDIOR

Him



MICHAEL BASTIAN



TOPMAN

Prints and patterns guide

For a more wearable version of the pattern trend, mix bright colours with darker shades. Be daring and team an alluring check pencil skirt with a bright blouse for a bang-on-trend look. Animal prints subtly add a pop of colour and glamour to an otherwise ordinary outfit. It's all about zebra print with Next's stunning sleeveless shirt. Wear with black leggings or dark jeans for an effortlessly stylish ensemble.

Body stereotypes

What does your body shape reveal about what lies underneath?

Stereotyping a person by their body shape is normally the work of playground bullies. However, one school of scientific thought does believe we can generalise

about the respective characters of fat and thin people. Constitutional psychology is a theory developed in the 1940s by American psychologist, William Herbert Sheldon, which linked three main physiques with types of temperament.

His ideas weren't entirely new. Plato put forth similar ideas in *The Republic* and the tridosha system of Ayurveda resembles Sheldon's theory. Freud also touched on the subject when he wrote, "nature...distinguishes three different physiological body types, which correspond to a Republic-esque hierarchy."

Sheldon asserted that human physiques fall under three main classes, which he called somatotypes. These were the endomorph, the mesomorph and the ectomorph. In 1954, he put his findings into a book, *Atlas of Men*, with a scale for each body type from 1-7 to indicate

"It is possible for a person to change their body type, although this can only go so far."

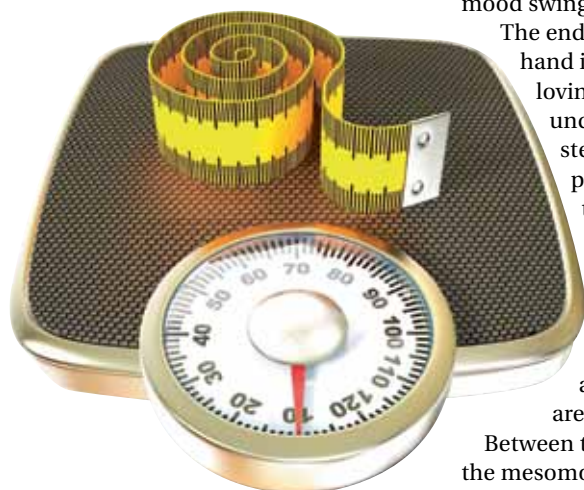
the level to which a person might correspond to their type.

According to this scale, the pure endomorph (friendly) is a 7-1-1, the pure mesomorph (balanced) is a 1-7-1 and the pure ectomorph (sensitive) comes out at 1-1-7. Depending on a person's particular number, their character, Sheldon claimed, could be scientifically predicted.

Physically, the ectomorph is characterised by long, slender limbs, low fat storage and light bones. Ectomorphs are less prone to storing fat or building muscle and often appear taller than they are due to their slim physique. According to Sheldon, the nervous system makes up a larger part of their body than other types, which is why the ectomorph is emotionally sensitive and prone to mood swings.

The endomorph, on the other hand is, by nature, social, fun loving and relaxed. He falls under the modern day stereotype of the funny, fat person as physically, this type is characterised by increased fat storage, a wide waist and a large bone structure. Endomorphs have the slowest metabolism of all the body types and are predisposed to store fat.

Between these two extremes, lies the mesomorph, with a balanced





character and medium build. Physically, this type, Sheldon claimed, has an athletic shape with a solid torso, well-developed muscles, low fat levels, wide shoulders and a narrow waist. Mesomorphs are tolerant, well-rounded and balanced.

During the 1950's, Sheldon's ideas enjoyed widespread popularity but modern scientists have tended to discredit them as outdated. They do, however, frequently pop up on health and nutrition websites,

where diet and exercise regimes are advised according to body type.

Many health and fitness experts advocate the advantages of moulding your lifestyle to fit your body type. Ectomorphs, for example, have more difficulty gaining weight and should include a higher intake of calories than other types in their diet, while mesomorphs are naturally suited to high intensity workouts so will need to increase calorie intake while exercising but

avoid high fat foods. It is possible for a person to change their body type through diet and exercise, although this can only go so far. While muscle and fat mass may be increased or decreased, the bone structure is fixed.

Character on the other hand, is more malleable; most people would agree that a fat person doesn't have to be fun and thinner people aren't necessarily nifty as Sheldon would have us believe. ●

Endomorph body type:

Exercise: Focus on fat-burning workouts including treadmill walking, kickboxing classes, spin classes, medium-intensity aerobics and the cross-trainer.
Diet: Eat smaller meals more frequently throughout the day and ensure a low fat intake and higher protein intake.



Mesomorph body type:

Exercise: Focus on strength training and body sculpting workouts including step class, circuit training, running, pilates and yoga classes.
Diet: High protein intake, six small meals a day and increased calorie intake when exercising.



Ectomorph body type:

Exercise: Focus on gaining muscles mass and power training, including weight lifting, strength work, kickboxing, martial arts and core work.
Diet: Consume more calories than you burn, eat six small meals a day, avoid fried foods and empty calories, increase protein and carbohydrate intake.



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FITNESS FOR REAL

Exciting exercise



New research has shown that people who are more physically active report greater levels of excitement and enthusiasm in everyday life than people who are less physically active. According to the research from the USA, people also are more likely to report feelings of excitement and enthusiasm on days when they are more physically active than usual.

To carry out the study, 190 university students were asked to keep daily diaries of their experiences and activities, including physical activity and sleep quantity and quality, as well as their mental state and how they were feeling. The participants were instructed to only record physical activity that occurred for at least 15 minutes and to note whether the physical activity was mild, moderate or vigorous. The journals were given back to the researchers at the end of each day for a total of eight days, and the results showed that people who are more physically active have more positive feelings and enthusiasm than people who are less active, as well as on days when they are more physically active than usual.

While most of us are aware that exercise can make you feel happy afterwards, it would seem that it has an ongoing effect. You don't have to be a fitness machine, simply take it one day at a time, then enjoy the feel-good rewards.



Let loose with your best moves and party your way to the perfect shape.

It's hard to imagine that there is anyone still out there that hasn't figured out what Zumba is all about by now. In case there are any people reading this who are not aware of the craze, to explain what zumba is in as simple a way as possible; it's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Since its inception in 2001, the Zumba programme has grown to become the world's largest—and most successful—dance-fitness programme, with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in more than 125 countries.

During a Zumba class, participants engage a ton of different

muscles, often unaware that they are incorporating traditional fitness moves like squats and lunges into the choreography, as it tightens and tones your body from head to toe.

Workouts that feel like work are hard for many people to get excited about. But Zumba is considered so enjoyable by most advocates, you actually want to keep coming back. It completely changes the idea of exercise because it's something you really look forward to.

Zumba has a kids' programme too, called Zumbatonic, designed to teach young dancers aged four to 12 about why it's good to be active and healthy. Whether you're just starting out with an exercise program or you're an old pro, you can still make Zumba an effective and challenging workout. This of course is in addition to the Zumba DVDs and even Zumba Fitness video

game for the Wii. If you're not quite ready to get out there and join a class, join the party from home

Zumba makes getting to your target heart rate much easier than standard workout routines that you'd find on a DVD or in a gym. It does this by using songs that play around 145 beats per minute. This fast pace makes it feel natural to move around quickly. This will set you on the path to true aerobic exercise. If you are trying to build endurance, this is the best thing you can do for yourself. Exercising for prolonged periods at this rate can increase the strength of your heart.

Zumba's natural aerobic exercise pace is useful more for building endurance than it is for losing weight. If you want to eat more as part of your diet, Zumba can be very helpful, though. It burns more calories per minute, even if it doesn't burn more fat per minute.

The most common reasons people don't exercise are boredom and lack of time. Zumba has the ability to solve both these problems by offering a complete body workout in just a single session, thus making exercise fun. With the beat of lively music, the mood is amazingly upbeat in any Zumba exercise class, and with participants making friends and enjoying themselves the class dances time by quickly.

So whichever way you chose to Zumba, just feel the music, let loose, and party yourself into shape. ●



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Child's play

Reitman and Cody's latest collaboration, **Young Adult**, is a dark variation on the mid-life crisis genre.

NEW RELEASE

Shorter than a bad blind date and as sour as a vinegar Popsicle, *Young Adult* shrouds its brilliant, brave and breathtakingly cynical heart in the superficial blandness of commercial comedy. Written by Diablo Cody and directed by Jason Reitman—who last teamed up for the massively popular *Juno*, the movie challenges the dreary conventional wisdom that a movie protagonist must be likable.

When we first encounter her, Mavis Gary (Oscar winner Charlize Theron) seems not to have grown, though perhaps not in the most constructive ways. Crossing the treacherous, unmarked boundary between her mid- and late-30s, Mavis has acquired some of the trappings and habits of adulthood. She lives in a spacious, slightly sterile high-rise apartment

in Minneapolis and has, for company, a fuzzy little dog and a big, flat-screen television permanently tuned to some Kardashian or another.

Eventually we hear about a divorce, though not much about the marriage that preceded it. Mavis supports herself by writing installments in a popular series

“The movie challenges the conventional wisdom that a protagonist must be likeable.”

of *Gossip Girl*-like novels for teenagers, and though her name does not appear on the cover, she derives some creative and professional satisfaction from the job. She is pretty, poised and

imperious in the way that can come naturally to tall, beautiful, blond women, but also weary and blue—a platinum princess suffering from metal fatigue.

Looking for a way to break out of her rut and return some luster to her life, Mavis decides to go back to her hometown and reconnect with her high school boyfriend, Buddy (Patrick Wilson). Just how spectacularly bad this idea is—how packed with vanity, magical thinking and plain, stupid meanness—emerges over the course of a few days, but the warning signs are there from the start.

Buddy, who is married, has just become a father for the first time. To Mavis, this can mean only that he is trapped in a domestic prison from which she must rescue him. And so she arrives in Mercury intent on breaking up his marriage, a plan she



justifies to herself in the romantic language of destiny, soul mates and following your heart.

We assume that a romantic comedy will turn on the redirection of desire from the wrong person to the right one. In one sense this expectation and all the others are met. Mavis does get something of a city mouse's comeuppance; she does come to difficult terms with her vanished youth; and she does find her attention divided between two guys, the hunk who is her heart's desire and the nerd who serves as a sympathetic ear and shoulder to cry on. But at the same time, the established codes of modern movie comedy are scrambled and subverted in ways that are puzzling, amusing, horrifying and ultimately astonishing.

The heroine in *Juno* was briefly dazzled by Jason Bateman's cool, not-nice guy, but she eventually found her way back to the sweet loser played by Michael Cera. That was impeccable young adult logic, but *Young Adult* itself is a little more complicated, and much harsher.

Buddy is perfectly nice and not especially cool. The other guy, Matt (Patton Oswalt), is kind of prickly and cool in a geeky way. He makes his own action figures and has an awesome collection of 'Nineties indie-rock T-shirts.

He is also a reminder of the brutal underside of high school, which Mavis chooses to remember as a time of power and glory. Back when she was prom queen, he was in the hospital, having survived a horrific beating that left permanent physical damage.

And yet Mavis can look at him and complain, without irony, about how much she has suffered in her life.



A LIVELY AND BIZARRE CAST OF CENTRAL CHARACTERS

Did you know?

In Cody and Reitman's previous collaboration, *Juno*:

-Juno was the Roman Goddess of childbirth and marriage. The name "Juno" also has other meanings for Canadians (where *Juno* was filmed and a number of cast and crew—such as Ellen Page, Michael Cera and Jason Reitman—were born). "Juno" was the code name of the beach where Canadian troops landed on D-Day. Approximately 1,000 Canadian soldiers were injured or killed on D-Day while capturing this beach. "Juno" is also the name of the annual Canadian music awards (similar to the US Grammy awards).

Her cruelty and self-pity are downright shocking. If Ms. Theron hadn't already appeared in a film called *Monster* (for which she won an Oscar), that title might suit this movie just as well.

But even as this film revels in the punitive spectacle of Mavis's humiliation, it also extends her a measure of sympathy. Not by justifying her appalling behaviour, but rather by treating her honestly.

Diablo Cody has managed to do it again—she has created central characters who are bizarre and full of personality, yet convincing and believable. The book Mavis is working on (we hear snippets in voice-over) is full of paeans to its heroine's pluck, luck and intelligence. Big-studio comedies lull us with smiles and fairy tales. The truth, in these circumstances, can be a painful shock, even when it makes you laugh. ●

Bollywood news



History repeats itself

Salman Khan, at the launch of new show History Channel show *History Har Din*, talked about his rumoured ex-girlfriend cum co-star Katrina Kaif. "I'm working with Katrina (on upcoming romantic film *Ek Tha Tiger*), so that's history been created right there," said the actor, while some days before Katrina tagged her relationship with Salman as her first serious relationship.

New mother back to work

Lara Dutta, who only delivered her first child, a baby girl called Saira, in late January, is already reading scripts for her next role. "Back to hearing scripts and making decisions. Exciting things to look forward to! On another note, nothing smells better than a Johnson's Baby," wrote the former Miss Universe on Twitter. The actress-producer is married to tennis ace Mahesh Bhupathi.



Trouble for Heroine

Madhur Bhandarkar's *Heroine*, which has made headlines for many reasons, still has problems in store, as writer Niranjana Iyengar's laptop was stolen from his car. "My laptop was stolen. All the dialogues of *Heroine* were stored in it," Iyengar said. The 43-year-old director was already in a fix after Aishwarya Rai backed out of the project.

Celebs to perform at World Series Hockey



The inaugural ceremony of World Series Hockey to be hosted in Chandigarh is creating hype. The Punjabi heartland is set to sway to the tunes of AR Rahman, as Harshdeep Kaur will belt out the chartbuster song *Katiya Karoon*, and Manasi Scott will fire up the stage as she performs *Rock On*.

Listings

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



BEAUTY AND THE BEAST

MOVIE GUIDE

Grand Cineplex - Wafi

Act Of Valor - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Catch 44 - 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Devil Inside - 22:30, 00:15
Ghost Rider 2 - 19:30, 21:30, 23:30
Gone - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
Harold And Kumar (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
London Paris - 18:00, 20:00, 22:00, 00:00
The Lorax - 12:30, 14:30, 16:30, 18:30, 20:30
The Lorax (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Safe House - 10:30, 12:45, 15:00, 17:15
Tere Naal Love Ho Gaya - 10:30, 13:00, 15:30
This Means War - 10:50, 12:40, 14:30, 16:20, 18:10, 20:00, 21:50, 23:40
We Bought A Zoo - 11:40, 14:10, 16:40, 19:10, 21:40, 00:10
Young Adult - 11:20, 13:20, 15:20, 17:20, 19:20, 21:20, 23:20

Grand Megaplex - Ibn Battuta

Act Of Valor - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Artist - 21:00, 23:15
Banat El Amm - 21:30, 23:50
Big Miracle - 10:50, 13:00, 15:10, 17:20
Catch 44 - 12:15, 14:15, 16:15,

18:15, 20:15, 22:15, 00:15
The Devil Inside - 11:00, 12:45, 14:30, 16:15, 18:00, 19:45, 21:30, 23:15
Ghost Rider 2 - 10:45, 12:45, 14:45, 16:45, 18:45, 20:45, 22:45, 00:30
Gone - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Harold And Kumar (3D) - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
Hugo - 12:00, 14:15, 16:30, 18:15
The Iron Lady - 20:00, 22:00, 00:00
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
London Paris - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lorax - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
The Lorax (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Man On A Ledge - 19:30, 21:40, 23:45
Mission: Impossible 4 - 11:00, 13:45, 16:30, 19:15, 22:00, 00:45
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
This Means War - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30, 23:20
The Vow - 10:30, 13:15, 15:45, 18:30
We Bought A Zoo - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Woman in Black - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Young Adult - 11:40, 13:40, 15:40, 17:40, 19:40, 21:40, 23:40

Grand Cinemas - Festival City

Act Of Valor - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Banat El Amm - 10:15, 12:15, 16:15, 20:15
Catch 44 - 12:45, 17:00, 21:15
The Devil Inside - 23:15, 00:15
Ghost Rider 2 - 14:15, 18:15, 22:15, 00:15

Gone - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Harold And Kumar (3D) - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
The Lorax - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15
The Lorax (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Safe House - 10:30, 14:45, 19:00, 23:15
This Means War - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30, 23:20
The Vow - 10:40, 14:40, 18:40, 22:40
We Bought A Zoo - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Woman in Black - 12:50, 16:50, 20:50
Young Adult - 11:40, 13:40, 15:40, 17:40, 19:40, 21:40, 23:40

Grand Cinecity - Al Ghurair

Act Of Valor - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Gone - 11:40, 13:40, 15:40, 17:40, 19:40, 21:40, 23:40
Harold And Kumar (3D) - 11:00, 12:50, 14:40, 16:30, 18:20, 20:10, 22:00, 23:50
Jodi Breakers - 10:30, 13:00, 15:30
London Paris - 18:00, 20:00, 22:00, 00:00
The Lorax (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Tere Naal Love Ho Gaya - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
We Bought A Zoo - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Young Adult - 10:30, 12:45, 15:00, 17:15, 19:30, 21:35, 23:40

Grand Metroplex - Metropolitan

Casanova - 10:30, 13:30, 16:30, 19:30, 22:30
Catch 44 - 10:50, 13:00, 15:10, 17:20, 19:35, 21:45, 23:50
Jodi Breakers - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
London Paris - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lorax - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
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
Young Adult - 10:30, 12:45, 15:00, 17:15, 19:30, 21:35, 23:40

Grand Mercato

Act Of Valor - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

Gone - 10:55, 13:10, 15:20, 17:30, 19:40, 21:50, 00:10
Harold And Kumar (3D) - 11:10, 13:00, 14:50, 16:40, 18:30, 20:20, 22:10, 00:00
The Lorax (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
This Means War - 10:30, 12:20, 14:10, 16:00, 17:50, 19:40, 21:30, 23:20
We Bought A Zoo - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Young Adult - 10:30, 12:45, 15:00, 17:15, 19:30, 21:35, 23:40

Vox Cinemas - Deira City Centre

Act Of Valor - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Catch 44 - 22:30, 00:30
The Devil Inside - 13:30, 17:30, 21:30
Ek Main Aur Ekk Tu - 10:00, 15:15, 20:45
Ghost Rider 2 (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Gone - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Harold And Kumar (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
London Paris - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
The Lorax (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30
Mission: Impossible 4 - 10:45, 16:00, 21:15
Omar Wa Salma 3 - 13:30, 18:45, 00:00
Safe House - 11:45, 16:30, 21:15
Tere Naal Love Ho Gaya - 12:30, 18:00, 23:15
This Means War - 14:15, 19:00, 23:45
We Bought A Zoo - 10:45, 13:15, 15:45, 18:15, 20:45, 23:15
The Woman in Black - 11:30, 15:30, 19:30, 23:30

Vox Cinemas - Moe

Act Of Valor - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Albert Nobbs - 13:30, 18:15, 23:00
Alvin and the Chipmunks 3 - 10:00, 12:00, 14:00
The Artist - 11:15, 16:00, 20:45
Ghost Rider 2 (3D) - 18:15, 20:15, 22:15, 00:15
Gone - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Harold And Kumar (3D) - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Journey 2 (3D) - 10:15, 12:15, 14:15, 16:15
The Lorax (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00
Safe House - 16:00, 18:30, 21:00, 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
We Bought A Zoo - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Woman in Black - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Young Adult - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

Vox Cinemas - Mirdif City Centre

Act Of Valor - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
Ghost Rider 2 (3D) - 22:00, 00:00
Gone - 09:45, 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Harold And Kumar (3D) - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
London Paris - 14:30, 19:00, 23:30
The Lorax (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
This Means War - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45



WE BOUGHT A ZOO

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

We Bought A Zoo - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Woman in Black - 12:15, 16:45, 21:15
Young Adult - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15

Reel Cinemas - Dubai Mall

Act Of Valor - 14:20, 16:50, 19:20, 21:50, 00:35
Albert Nobbs - 17:05, 19:30, 21:55, 00:25
The Artist - 14:40, 19:20
Banat El Amm - 11:35, 13:50, 17:10
Beauty and the Beast (3D) - 11:00, 13:00, 15:00
Catch 44 - 15:00, 19:20, 21:35, 00:25
The Devil Inside - 16:15, 20:25, 22:20, 00:20
Ghost Rider 2 - 16:35, 19:00, 21:15, 23:35
Gone - 12:40, 14:55, 17:10, 19:25, 21:40, 23:55
The Grey - 15:30, 17:45, 20:00, 22:15
Harold And Kumar (3D) - 12:20, 14:35, 16:55, 19:20, 21:40, 00:20
The Iron Lady - 14:05, 18:30
Journey 2 - 12:15, 14:20
London Paris - 11:45, 14:15, 17:00, 21:35, 23:50
The Lorax - 11:15, 13:20, 15:35, 17:50, 20:05, 22:20, 00:35
The Lorax (3D) - 14:35, 16:50, 19:05, 21:20, 23:35
Omar Wa Salma 3 - 17:15, 19:30, 21:45, 00:05
Safe House - 15:30, 17:45, 20:00, 22:15, 00:30
This Means War - 11:50, 13:30, 15:40, 17:55, 20:10, 22:25, 00:40
The Vow - 15:15, 17:30, 19:45, 22:00, 00:15
We Bought A Zoo - 15:20, 18:00, 20:50, 23:30
The Woman in Black - 11:10, 13:15, 15:20, 17:25, 19:35, 21:40, 23:45
Young Adult - 11:05, 13:20, 15:25, 17:30, 19:35, 21:40, 23:45

Reel Cinemas - Marina Mall

The Artist - 17:50, 20:05
Beauty and the Beast (3D) - 11:25
Harold And Kumar (3D) - 13:30, 15:40, 17:50, 20:00, 22:10, 00:20
The Iron Lady - 11:05, 13:20, 15:35, 22:20, 00:45
Journey 2 - 11:15, 13:30
The Lorax (3D) - 11:10, 13:30, 16:00, 18:10, 20:20, 22:30, 00:40
This Means War - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:05
We Bought A Zoo - 11:20, 14:00, 16:35, 19:10, 21:45, 00:25
Young Adult - 15:35, 17:40, 19:45, 21:50, 23:55

TO FEATURE YOUR EVENT,
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What's happening this week in Dubai



www.dubaicalendar.ae

Hedge Funds World Middle East



Hedge Funds World Middle East is the region's premier event when it comes to the scope, depth and breadth of its attendees.

Date: March 5 - 8

Duration: 4 days

Audience: Trade professionals

Category: Conference

Venue: Jumeirah Emirates Towers

Admission: \$2,695 - 4,495



Paperworld ME

Paperworld is a vitally important business platform offering an ideal overview of current market themes and trends in paper and office products sector.

Date: March 6 - 8

Duration: 3 days

Audience: Trade professionals

Category: Exhibitions

Venue: Dubai International Convention and Exhibition Centre



Playworld ME



The exhibition will present worldwide manufacturers and their innovations as well as regional distributors of renowned brands representing different products and equipment.

Date: March 6 - 8

Duration: 3 days

Audience: Trade professionals

Category: Exhibitions

Venue: Dubai International Convention and Exhibition Centre

Admission: Admission is free

Telephone: 04 327 0077

The Emirates Airline International Festival of Literature

The Emirates Airline Festival of Literature is the Middle East's largest celebration of the written and spoken word, bringing people of all ages, nationalities and backgrounds together with authors from around the world to promote education, debate and, above all, a love of reading and writing, in a celebratory and enjoyable way.

Date: March 6 - 10

Duration: 5 days

Audience: Public

Category: Festivals

Venue: InterContinental Hotel, Festival City

Aquaria Expo 2012 - Dubai



Aquaria Expo 2012 Dubai is an all-encompassing event that offers you the opportunity to explore an international array of the latest products, accessories, equipment and technology in the aquatics business. Explore the many business opportunities available at the Middle East Aquaria Expo, to reach out to the global markets and propel your business growth in the fast growing and vibrant industry of ornamental and aquatics fish business.

Date: March 7 - 9

Duration: 3 days

Timings: 10am - 9:30pm

Audience: Trade professionals

Category: Exhibitions

Venue: Radisson Blu Hotel, Dubai

Deira Creek

Admission: Free

Telephone: 04 298 8144

King of Romance - Engelbert Humperdinck

Engelbert Humperdinck will be performing in the UAE for the first time - so don't miss this amazing show.

Date: March 7

Duration: 1 day

Audience: Public

Category: Music

Venue: Joharah Ballroom, Madinat Jumeirah

Admission: Gold Dh500, Platinum Dh750, VIP Dh1,300



Horrible Histories presents Egyptians Family Workshop

Children who have a fascination for the unusual or gory will love learning history at this one-of-a-kind workshop.

Date: March 8

Duration: 1 day

Audience: Family

Category: Arts and culture, entertainment

Venue: First Group Theatre, Madinat Jumeirah

Admission: Dh75, buy tickets online



Duran Duran Live in Dubai

Don't miss Duran Duran perform at The Sevens, Dubai.

Date: March 8

Duration: 1 day

Timings: 6pm

Audience: Public

Category: Music

Venue: The Sevens

Admission: Regular (standing) Dh300, front pit (standing) Dh500

Dubai World Cup Carnival - Race Meeting 14



The 2012 Dubai World Cup Carnival will be contested through March with 16 fixtures to be offered. The 3rd Meydan Masters International Jockey Challenge kicked off 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: March 10

Duration: 1 day

Timings: 4:30pm

Audience: Public

Category: Sports

Venue: Meydan Racecourse

Admission: Admission is free



The cat's whiskers

★★★★☆ The Jaguar XK turns as many heads as its brother the XKR, perhaps with even more finesse and style.

One of the big problems with cars is that unless you buy the top-of-the-range model, people are always a little disappointed. You end up having that age-old conversation where people say, "did you buy the V8?" to which you reply, "no, it's the V6". What then follows is a polite nod and a rambling comment about how it's good to save money and no one needs such a big engine anyway. What's actually happened is they've lost interest in your new pride and joy. You didn't buy the best and deep down you know that.

But this rule isn't true of all cars, a special few have the ability to impress and deliver from the bottom to the very top of the range. A few spring to mind, such as the Porsche 911 and the Fiat 500. But another

one that gains membership to this small and very exclusive party is the Jaguar XK.

The standard XK really does still turn as many heads as the XKR version. It sounds almost as good and is almost as quick in real world

SPECS
(as tested)
Engine: 5.0 litre V8
Power: 380@6,500 rpm
Torque: 515Nm@3,500 rpm
0-100km/h: 5.5 seconds
Top speed: 250 km/h
(Limited)
Price: Dh299,000

driving. Ok, so the XKR-S is better looking with its evil body kit and huge rear wing, but the XK has more finesse and style.

But importantly the XK is probably the best drive of the three models. Its brakes are perfectly weighted, the acceleration is smooth yet powerful and it rides the bumps far better. The R and S are the choice for playing on a racetrack,

but how much time will a car like this actually spend going sideways around a circuit?

Out on the road, the XK pulls strongly, despite the lack of a supercharger. It feels very much like the R version, but without that final punch the charger gives it.

As with the other models in the range, it drives at its best in 'dynamic' mode, although it makes it a little harsher over speed bumps. The brakes are excellent, without being snappy, and the accelerator is more





progressive than its supercharged sisters.

Inside, it's all the same across the range, save for the hard seats of the XKR-S. The infotainment system software is looking a little long in the tooth and needs to match the excellent XJ system. But that's a small gripe. As with the whole range the rear seats are pointless unless you are a midget with no legs.

The stereo system is great, especially with such a cosy cabin, whilst the leather seats can be adjusted in an almost never-ending dance. Adjustment includes the bolsters, so you can pin yourself in when playing and let them out again for relaxed cruising.

At the back, the boot is pretty spacious, albeit a little shallow and it'll just about carry a set of golf clubs if

you wiggle them around a bit. Alternatively, you can fold down the rear seats (which you can't use anyway) creating far more space. At the end of the day this is a GT, so pack lightly if you want to have some space for yourself.

To be honest, apart from the software, the only thing to be done is to give the XK the R bodywork (bonnet and side vents), as they suit the car better than the XK's smooth bonnet.

Even without these tweaks the XK is one of the most elegant and beautiful cars you can sweep into a valet parking stand in. You simply don't need the physics bending of the R, let alone the bonkers S.

So if you've just bought a brand new XK, sit back and enjoy the fact that you didn't pay over the odds for something you didn't need.

You're now a member of a very exclusive club indeed. ●



The close of a gruelling series

CRICKET

It was a fitting end to the Pakistan vs England series of 2012, as the overall bragging rights rested on the very last ball. Having been brushed aside by a whitewash in the Tests, England fought their way back and repaid the favour as they swept through Pakistan unbeaten in the ODI matches.

So it was down to the three T20 matches to decide who was to come out on top, and with it standing one a piece going into the last game, it really was anyone's for the taking.

England won the toss and chose to bat first on a slow pitch. They could only manage a modest 129/6 with Pietersen carrying his bat for an unbeaten 62. Saeed Ajmal was the pick of the bowlers with 4-23 off his four overs.

In reply Pakistan lost Hafeez early in the second over for a golden duck off Dernbach. Asad Shafiq played well for his 34 off 32 balls before he ran himself out with the score on 75 and 55 still needed for victory.

With 17 needed off two overs, Broad took the responsibility of bowling the penultimate over and he picked up



Akmal without conceding a run off the first three balls as he made up for the run out he missed earlier. He ended up conceding only four off the over. It turned out to be the turning point.

Pakistan ended up needing 13 off the last over to be bowled by Dernbach, then 6 off the last ball with Misbah on strike. Misbah swung hard but couldn't connect. Ironically, Kevin Pietersen hit the last ball of the England innings for six which proved crucial in the end.

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Starting your own business

Going it alone in the world of business need not be a daunting task with the correct guidance and approach.



THE PAYBACK TO LAUNCHING YOUR OWN BUSINESS CAN BE HUGE

CAREERS

As much as the idea of being your own boss appeals to you, you must understand that it will take a lot of hard work and much more than a great idea to launch a successful business. While starting your own company involves some risk, working for a traditional employer is not risk-free as well. The dream of starting your own company can become a reality if the proper steps are taken and the proper research is conducted. Akhtaboot can help you decide whether to trade your valuable years of traditional experience for your new business dream.

Come up with the winning business idea

Coming up with an outstanding idea is one of the hardest parts of starting a business. But don't assume that you have to come up with a brand new idea that hasn't been tackled before in order to succeed. Although being the first market mover will give you an edge over future competitors, you can still approach the issue by finding something that is already being done but needs improvement.

Research your dream industry

Starting a new business requires knowing almost everything about the industry as a whole. Fortunately, the Internet is packed with resources and useful information for the entrepreneur-to-be. Take notes, and write down questions that arise while reading. Another good method to learn about the industry is to find a mentor who works within your desired field. As soon as someone agrees to be your mentor, arrange a visit to their workplace where you can observe what he does on a daily basis.

The solid business plan

One of the biggest mistakes that you can make during your journey to build a new company, is to neglect the importance of writing a solid business plan. When it comes to business planning, there is no single approach more useful than addressing all the risks of a new project with a detailed, written-out thought process. Even if you personally believe that you have the business plan carved out in your head, your idea will not become a reality unless you put it into writing.

“The best way to attract the right people is to show a real passion for your idea and exude a confidence that it will succeed.”

Surround yourself with the right people

Bring in people who complement your skills to fill in the gaps. Remember that you will not succeed on your own; you have to surround yourself with the right people who can help you on your way up. One excellent way to start is to team up with someone who has demonstrated success in the market of your interest. Keep in mind that the best way to attract the right people is to show real passion for your idea and exude a confidence that it will succeed.

Secure appropriate financing

One of the major obstacles that people face when starting a business

is the security of appropriate financing. People often think that the only place to obtain the money they need is the bank. However, there are several options to take into consideration such as friends, family, investors or even your personal savings. Make sure to maintain a cash cushion to live on for at least six months, since you likely won't generate any substantial income in the beginning. Keep in mind that it's easier to raise money before you launch your new venture than it is after you've failed to meet your financial targets.

Being new to the business world can definitely be risky; you may be thinking about whether you will become successful or whether you won't go anywhere. You must understand that people are risk-averse by nature, especially when it comes to losing something they already have such as their secure job. This may cause people not to live up to their full potential, including starting up their own business. Remember that living inside the box might seem safe and comfortable but bigger things might be waiting for you on the outside. ●

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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.

Housekeeper required for cleaning company in Dubai. All nationalities are open to apply. For more info: 0566202639.

Mason required for a construction company in Dubai. Any nationality can apply. Salary + accommodation + visa provided from the company. Call: 0501474302.

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Office Assistant required for an office in Dubai. The candidate should be fluent in English. Salary with all benefits provided. To apply call: 0505989184.

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Cook, any nationality, required for a hotel located in Dubai. Should have 1 year of experience. To get more information call: 0503180396.

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Sales persons/retailer, required for an electronic company. Should have experience in consumer electronics outlets in the UAE. Good remuneration offered. Send CV to Zakir@tpcdubai.com.

Creative designer required for an

interior design company. Should have degree in interior design with good free-hand sketching, AutoCAD, Photoshop & Google sketch up. Experience is not essential; training is available. Send CV+ photo to applications@homegallery.ae.

Photoshop specialist required for an interior design company. Should have degree in interior designs with excellent Photoshop skills. Experience is not essential; training is available. Send CV+ photo to applications@homegallery.ae.

Google Sketch up specialist required for an interior design company. Should have degree in interior designs with excellent AutoCAD & Google Sketch Up skills. Experience is not essential; training is available. Send CV+ photo to applications@homegallery.ae.

CAD specialist required for an interior design company. Should have degree in interior designs with excellent AutoCAD skills. Experience is not essential; training is available. Send CV+ photo to applications@homegallery.ae.

JOBS WANTED

Pakistani male, 24, BA, seeks job as CSR, office assistant, sales management. Skilled in computer hardware & software. Talented with 5 years professional experience. Email: Fahimje0@gmail.com. Call: 0551612189.

Ugandan lady, 27, diploma holder seeks job in hotel management and hospitality. Experienced in Ugandan 4 star hotels. Email w_bachu@yahoo.com/call 0552766070.

Sri Lankan seeks job as a quantity surveyor. 11+ yrs experience in firms, residential and commercial tower projects in Dubai. Call 0551685660.

Indian, male, MBA, mechanical engineer seeks job. 1+ yr experience. Familiar with project management, procurement, business development, production/quality fields. On visit visa. Email kevinthuravungal@gmail.com/call 0509765945.

Nepali female seeks full time job in retail. 4 yrs experience in sales. Fluent in English and Hindi. Can also speak basic Russian and Arabic. Email rajkhadka47@yahoo.com.

Indian male 24 seeks full-time job. 5 yrs experience in UAE. Completed BBA. Owns valid UAE driving licence. Email sino3035@gmail.com.

Keralite female seeks job as office assistant. 4 yrs experience. On husband's visa. Familiar with MS Office and accounting packages Tally. Call 0558537020/email shdshr@gmail.com.

Filipino, male seeks job as a store-keeper/helper in the fashion industry or music shop. Fluent in English, speak basic Italian and can also read French.

3 yrs experience in UAE. Email dogsof-may1634@yahoo.com, call 0502101643.

Indian male, B.Com seeks job. 10 yrs experience in financial accounting. Fluent in English & Hindi. Familiar with Tally ERP9, MS Office. On visit visa. Call 0561317351/Email bijusuku@gmail.com.

Pharmacist seeks job as a trainee. 6 months of retail experience. Lives in Dubai. Fluent in English, Urdu, Punjabi. Call 0556461182/email beena.creation-link@gmail.com.

Teacher seeks job. Can teach the Arabic language at the primary level. Experienced in customer servicing and as a secretary. Call 0554388272.

Indian male seeks job as an admin assistant/customer care exe/team leader. 13 yrs experience in BPO. Call 0509413096/0551158915/Email sundaramgopiraj@yahoo.com.

Togolese male seeks internship. Trained at Nadia training institute for office administration.

Looking to gain experience. Call 0503732194/fenoismael@hotmail.fr.

Indian female, B.tech seeks job in IT/ telecom/HR & administration/office administration /executive assistant. 3+ yrs experience. Fluent in English. Expert in MS Office. Email jery.jossy@gmail.com.

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

Indian male MIB seeks job. 4 yrs experience in IT hardware products. Familiar with barcode printer access control systems. Fluent in English. Skilled in PC. On visit visa. Call 0552434368/ashramohamed@gmail.com.

Male, 30, MBS, seeks job in accounting. 5+ yrs experience in accounts. Call 0557974708.

Indian male, MCom seeks job. 13 yrs experience in accounting (6 years GCC experience). Call 0502753494.

Indian male, 23, seeks job. 1+ year experience. Knowledgeable in J2se, J2ee, Hibernate, Spring, Struts, Oracle, My-Sql, H-base, Hadoop. Familiar with java, c, c++, seeks software job. Call 0508832031.

Web designer seeks part-time job. Available from 3pm onward from Thursday to Saturday. Call 0557478542.

Designer seeks part-time job. Proficient in Illustrator, Corel Draw, PhotoShop, etc., editing, project designs, artworks and drawing. Reasonable rates. Call 0556886265.

Electrical engineer seeks job. 5 yrs experience. Speaks fluent Hindi, English and

Arabic. UAE D/L. Call 0556587494.

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Indian male well experienced technician available. Can fix dish television, antennas, TV channels and other more. Call 0554775927.

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ACCOMMODATION

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

Shared accommodation available for rent. Indian couple only. Near Emirates Driving School at Al Qusais. (Bedroom with attached bathroom). Call 0557156378/0509563816.

Bed space available for rent. Indian bachelors only. In Al Qusais, behind Dubai Grand Hotel; walking distance to metro station. Free car parking, Wi-Fi, and kitchen facility. Call 0551385164.

Rooms available for rent. Kabayans only. Beginning of March, near Asiana Hotel, Deira, Salahuddin road. W/internet/orbit. Call 0555991354/0502878263.

Bed space available for rent. Kabayan female couples only. Near Al Maya, Satwa. 400AED including DEWA. To be shared with three other males. Bring own mattress. Call/Text 055969125.

Semi furnished room available for rent. With attached balcony & separate bathroom. Small Indian families/working ladies only. Near Al Rigga metro station. Call 0505643795.

Single bed space available for rent. In Satwa near bus station. W/E included. Call 0556932581.

Shared accommodation available for rent. North Indian Executive bachelors only. Non-smoking bachelors preferred. Near Citi Mart, Bur Dubai. Wi-Fi facilities. Call 043252291/0551566070.

Shared accommodation available for rent. Indian working ladies only. To share with another lady. Behind Thomas Cook, Al Fahidi Street, Bur Dubai. Call 0551566070.

Single room available for rent. Indian executive bachelors only. Rent for 2500AED in Meena Bazaar near Choithram supermarket. Call 0552583199.

Fully furnished bed spaces available for rent. Bachelors only. Near Abu Hail metro station, Deira. With kitchen/internet facilities. Call 0505384632/0506115332.

Wanted: Clean single room in Dubai with good price. Email majapanworld@hotmail.com.

Wanted: Bed space near Abu Hail metro station. Would share with executive Muslim only. Call 0503600740.

Single bed space available for rent. Kabayans only. Comes with terrace. Call 0558252650.

Shared accommodation available for rent. Executive Indian Muslim bachelors only. Behind Crowne Plaza, facing Emirates Tower, SZR. Rent for 500AED + DEWA. Call 0507082328/0508787695.



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RTA signs pact with Municipality

Scope of service-delivery agreement encompasses engineering works pertaining to Dubai Creek.

SERVICES

The Roads and Transport Authority (RTA) recently signed a service-delivery agreement with the Dubai Municipality governing the streamlining of issuing work permits for any engineering works relating to excavating the bottom of Dubai Creek. The agreement also covers the drilling of any wells to extract subterranean waters, in order to clearly identify the tasks of the respective parties—particularly those within the right-of-way of the rail track tunnels stretching underneath the Dubai Creek.

The service-delivery agreement was signed by the CEO of the RTA Rail Agency, Adnan Ahmed Al Hammadi, and the Assistant General Manager for Health, Safety and Environment Sector at the Dubai Municipality.

Al Hammadi praised the cooperation of the two public entities with regards to the public interest.

He said, "This agreement provides for the Rail Agency, represented by the Rail Right-Of-Way, to issue permits



ADNAN AHMED AL HAMMADI

and NOCs to carry out works that fall within the right-of-way of the Dubai Creek, be it the drilling of subterranean wells or any engineering works concerned with excavations in the bed of the Creek.

The Environment Department at

“Al Hammadi praised the co-operation of the two public entities with regards to the public interest.”

the Dubai Municipality will accordingly issue the required permits to applicants before the commencement of works.”

At the signing of the agreement between the two respective parties, Al Hammadi also explained the importance of maintaining joint cooperation between the two entities, in carrying out intensive monitoring tasks of the engineering activities that fall within

the rail right-of-way in their respective fields.

He stated that this cooperation between the Roads and Transport Authority and the Dubai Municipality will be maintained through various objectives, such as the smooth and efficient exchanging of information, instant receipt of any complaints made, and coordination in reporting any contraventions. These measures will, in turn, contribute towards the enhancement of security, and establishing of streamlined processes aligned with the required quality standards.

“Through this agreement, the Agency is endeavouring to achieve the intended objectives of promoting joint initiatives between public and private entities, engaging in joint ventures related to the protection of the rail right-of-way installations, ensuring the speedy processing and implementation of the provisions of the agreement, and working with the Dubai Municipality to develop future initiatives for the improvement of services,” Al Hammadi added.

UAQ Police delegation visits the RTA

DRIVER TRAINING

The Drivers Licensing Department at the Licensing Agency of the Roads and Transport Authority (RTA) recently received a visiting delegation from the Plants and Drivers Licensing Department at the General Headquarters of Umm Al Quwain (UAQ) Police, to share the latest programmes used in training riders of motorbikes, with a view to upgrading the processes and techniques applicable in this regard at various driving centres across Dubai.

The Director of the RTA Drivers Licensing Department, Sultan Al Marzooki, praised the ongoing communication between various entities of the UAE; which would boost the close relationships and help achieve the common objectives in line with the highest global standards.

“The Licensing Agency has recently

been focusing on upgrading the training and techniques of driving motorbikes in a totally different and unique approach, considered the first of its type in the UAE. The system, which has captured the attention of various concerned entities, contributed to bringing about positive results for all stakeholders through uplifting the efficiency and ability of bikers to enhance the traffic safety on roads, and minimise various accidents. The training technique is quite different from the past as it includes a number of manoeuvres in the training process that help trainees acquire broader experience in controlling the motorbike and develop the ability to make sudden swerves and emergency stops, besides obliging bikers to wear the full gear to protect them from road surprises.

The meeting included a visual



SULTAN AL MARZOOKI

presentation about the procedures in place at the Licensing Department for testing bikers, as well as the core services provided to them. It also screened all training sessions to be delivered by the Centre, spanning the

testing of the motorbike in case of sustaining technical faults, as well as the key four exercises to which they are familiarised during the training period, namely; how to operate the control systems, left and right-hand turns, ordinary and speed stoppage, slow riding, and how to stop quickly.

The UAQ Police delegation visited several driving centres to get acquainted with the practical aspects of training on motorbikes, and how to pass the tests set for obtaining the driving licence. The delegation members expressed their delight with the visit, which offered an opportunity to exchange expertise to uplift the work process, and introduce new techniques in training riders on driving motorbikes. They commended RTA's ceaseless endeavours to adopt the best global practices in the development-oriented programs adopted.

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

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

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

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TOGETHER WE BUILD THE FUTURE OF DUBAI

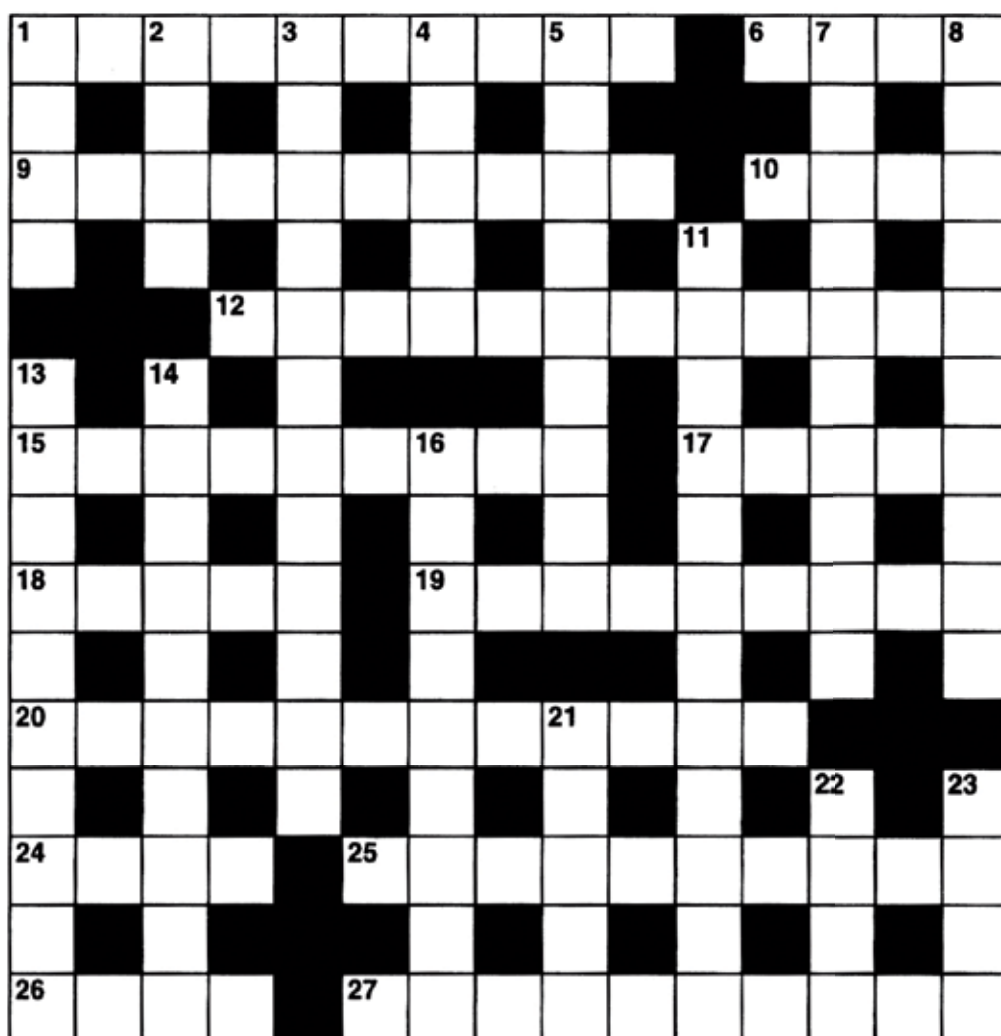
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Taking your time

Test your skills with our puzzles or try something new with a recipe.



Crossword

Across

1 Bilingual volume (6,4) 6 Rabbit's tail (4) 9 Paucity (10) 10 Long hard journey, usually on foot (4) 12 Abuse, neglect (3-9) 15 Become discouraged (4, 5) 17 Prove wrong (5) 18 Falls of white crystals (5) 19 Inelegant (9) 20 Enthusiastically and warmly (4,4,4) 24 Exploited (4) 25 Ornamental rail (10) 26 Rendezvous (4) 27 Become more European or N American (10)

Down

1 Large bucket (4) 2 *Waterloo* ____, drama series about a school (4) 3 Outshine others (5,3,4) 4 Lacking sharpness (5) 5 Large group of musicians (9) 7 Tinned-meat product (6,4) 8 Criticise (4,2,4) 11 Device for getting an engine going (7,5) 13 Injury that does not incapacitate (5,5) 14 Variety (10) 16 Total (9) 21 Mature (5) 22 Class of large ocean racing yacht (4) 23 Pug-nosed dog (4)

ANSWERS



Recipe

Easy peasy pancakes

If, like us, you've developed a taste for pancakes recently, here is the quickest, simplest way to indulge.

Ingredients

For the pancake mixture
110g plain flour, sifted
Pinch of salt
2 eggs
200ml milk mixed with 75ml water
50g butter

To serve

Caster sugar
Lemon juice
Lemon wedges

Method

1. Sift the flour and salt into a large mixing bowl with a sieve then break the eggs into the bowl. Whisk the eggs

with a whisk or fork, incorporating any bits of flour from around the edge of the bowl.

2. Next, add the milk and water mixture slowly and whisk until the batter is smooth, with the consistency of thin cream.

3. Melt the butter in a pan and spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to lubricate the pan.

4. Over a medium heat, add 2 tbsp of the batter to the centre of the pan then allow to spread, tipping the pan if necessary. Each pancake should only take about one minute on each side to cook, so after one minute it's time



to flip. Or (for the faint-hearted) use a palette knife to flip each pancake over. 5. Stack the pancakes on a plate in the oven while you finish the batch; make sure the oven is only on a very low heat. 6. To serve, sprinkle each pancake

with freshly squeezed lemon juice and caster sugar, fold in half, then in half again to form triangles, or else simply roll them up. Serve sprinkled with a little more sugar and extra sections of lemon to garnish.

Henry



Spiderman



Dennis the menace



"ANY IDEAS ON HOW TO GET KETCHUP BACK IN THE BOTTLE?"

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Small marks, pieces		Spill over, splash		Legislative decree		town of northern Italy		Green hairy fruit		Kitchen worker		Hazy shape
						Take a breath						
Watch secretly		She Loves ____, Beatles hit		Non-gloss finish		Queen of Spain		Quick pinch		Musical drama		Combines
				Give inaccurate facts to								
Judicial authority (5,2,6)	Gearbox fluid		Stratford theatre group (inits)		Loutish person		__ Arbor, city near Detroit		Cat's foot		Atmosphere	
Smart ____, wise guy		Permanent mark						Extremely dry				
				Ardent admirer				Battles				

Sudoku 1

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

Sudoku 2

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

ANSWERS
ARROWWORD

SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - MICHELLE WILLIAMS

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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 been pursuing a new friendship or relationship which appears to be one-sided. Perhaps it is time to take the hint and give up on this particular one. You haven't done anything wrong, some people just don't click.



TAURUS

(APR 21 - MAY 21)

Have you been hitting your credit card quite hard recently? Get your finances in order before you start spending again—certain bills can be quite easily forgotten about and end up coming back to bite you when you least expect it.



GEMINI

(MAY 22 - JUN 21)

You may have felt the need to take control recently, whether this is at work or when it comes to financial matters. Your new, headstrong approach comes at the right time and should allow you to gain a clear picture of where you stand.



CANCER

(JUN 22 - JUL 23)

Have you been longing to get away? If so, think about booking some time off from work now; if you leave it too much longer you may find yourself disappointed. You don't need to go too far or spend too much to enjoy a break.



LEO

(JUL 24 - AUG 23)

A precious object that you thought had been lost may turn up this week. This could make you think about looking after your valuables; perhaps you have been avoiding the fact that home insurance would be a worthwhile thing to have.



VIRGO

(AUG 24 - SEP 23)

An idea is starting to lift off the ground, slowly but surely. This is an exciting time but don't let yourself get carried away. Sensible planning and caution is what's needed right now, jumping in head first could be a risky move.



LIBRA

(SEP 24 - OCT 23)

You may still be finding it hard to shake off the feeling that you are stuck in a rut. If you are going to look around at possible career changes, be sure you don't make any sudden moves. Having a back-up plan in place would be best.



SCORPIO

(OCT 24 - NOV 22)

If you have recently moved into a higher level position at work, you may be feeling the stress of new responsibilities. Remember that delegation is supposed to be a part of your job role, so don't be afraid to share the workload with others.



SAGITTARIUS

(NOV 23 - DEC 21)

A recent desire to look after yourself better is paying off and your energy levels could be on the rise. Use this positivity to kick start a new phase in your career or personal life; your personality is magnetic to others at the moment.



CAPRICORN

(DEC 22 - JAN 20)

A recent blow may have left you reeling, but perhaps now it's time to start cleaning up after the storm. By calling in much-needed help from relatives and friends, you can soon pick yourself up and overcome any recent trials and tribulations.



AQUARIUS

(JAN 21 - FEB 19)

Your creativity levels are still flying high, so strike while the iron is hot if you want to start up a small business or join a new class. You have been longing for an artistic outlet, so make the most of any opportunities that come your way.



PISCES

(FEB 20 - MAR 20)

A recent drive to see more of your friends is paying off and you may find your diary becoming full with social gatherings again. Your warmth and open nature are what draw people to you, so enjoy being the life and soul of the party again.



This week's local weather

SUN



SUNNY
HIGH 21C
LOW 18C
HUMIDITY 44%

MON



MOSTLY SUNNY
HIGH 22C
LOW 19C
HUMIDITY 46%

TUE



SUNNY
HIGH 24C
LOW 19C
HUMIDITY 46%

WED



MOSTLY SUNNY
HIGH 23C
LOW 18C
HUMIDITY 42%

THU



SUNNY
HIGH 25C
LOW 20C
HUMIDITY 47%

FRI



SUNNY
HIGH 25C
LOW 21C
HUMIDITY 47%

SAT



SUNNY
HIGH 27C
LOW 22C
HUMIDITY 48%

1 fils/sec
Howzaaaaaaat



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