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MARCH 11-17, 2012 | Issue 39

Read.



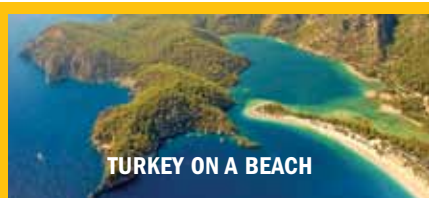
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- Weather
- Horoscope
- Exchange Rates
- Gold Rates
- Quote of the Day
- Word of the Day



TAKING AWAY THE PAIN

While some resort to all kinds of over-the-counter medicines to ease pain, others opt for natural remedies



TURKEY ON A BEACH



SHIMMERING STYLE

Style tips for every occasion, from impressing at the office to hitting the town's nightlife with close friends



GENTLE JAMES

We speak to singer/songwriter James Morrison after his smashing concert in Dubai



On the edge

How rock climbing can make for an exhilarating and intense form of exercise

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.*, Last week we were in Dubai for our third visit, but we had never used the Metro before. This oversight on our part was remedied this time when we used it often, also the courtesy coaches a few times, especially to the Aviation Club for the ATP Tennis Tournament. Though we found the one from the Dubai Mall to the station did rather go round the area for quite a distance, we found the whole system extremely efficient, the trains and stations were clean and very well sign posted. But the thing which really surprised me was the way someone always stood up for me to sit down, also for my husband, and it wasn't just because we are getting older as they often also stood up for our daughters, who are in their early 40s, but don't look it. Also, if people heard us discussing where we wanted to go and were not sure of how to get there, someone almost invariably helped us, occasionally even going out of

their way to show us where to go or pointing us in the right direction. And the next time we are in Dubai we will certainly make full use of the Metro system.

Diana Borg-Cardona, Malta.

Thank you for your letter, Diana. The Metro is without doubt one of the greatest additions to Dubai in recent years. The fact that both tourists and residents use it daily and have such glowing reports highlights its effectiveness. We look forward to welcoming you back to Dubai.

✉ Dear *Read.*, I've been having real difficulty sleeping recently, which of course makes work the following day quite difficult. I'm slow to get up, struggling to get to the office in time, and generally groggy until mid-afternoon. I've recently read that taking sleeping pills increases the possibility of a premature death, so I'm at a loss for a quick fix. Suggestions?

Estera Thompson

Try practising good sleep hygiene, which means no caffeinated drinks too soon before bed, and avoid watching television or the internet too close to bedtime.

Read. Poll

Which is your favourite season in Dubai?

- Winter
- Spring
- Summer

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What would you do if you won Dh1 million?

Spend it all	6%
Save it all	6%
Spend part and save part	80%
Give it away to charity	8%

QR codes



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Metro pics



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



LEMUEL MUYO LAMPA



ADIL S



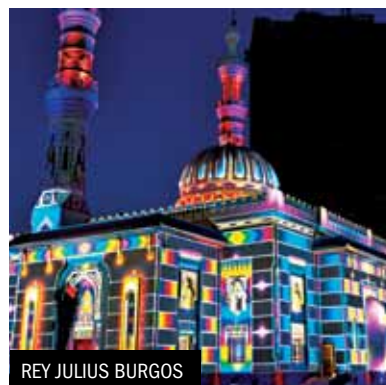
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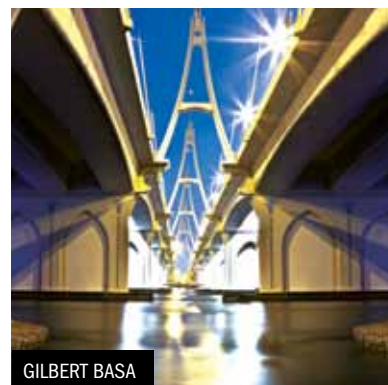
FEROZ AHMED



ASHWAT SAMUEL MLORE



REY JULIUS BURGOS



GILBERT BASA

Station by station guide

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

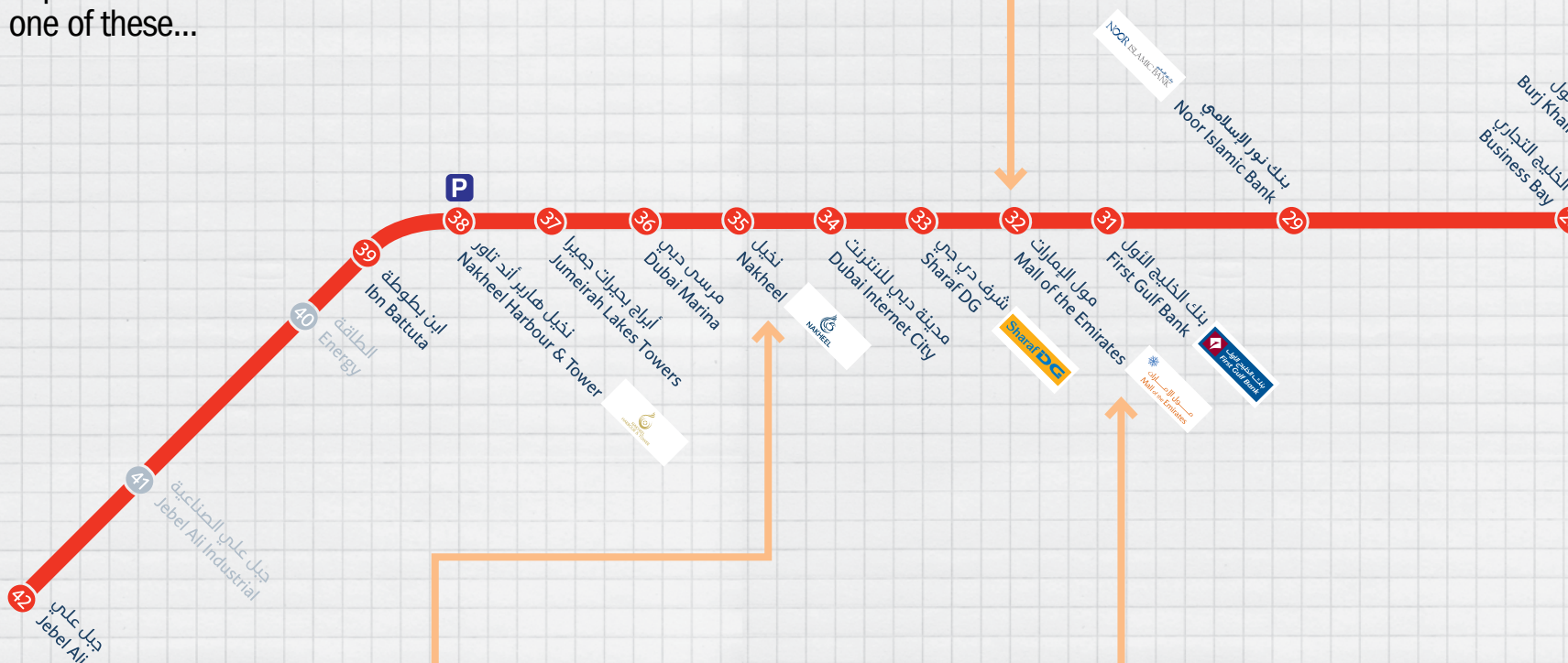


Open auditions for Cats

MARCH 16-17, DUCTAC

If you've ever fancied taking part in a musical, now is your chance. Ductac will be holding open auditions for anyone aged 11 and above this week on Friday 16 and Saturday 17. Successful candidates will go on to participate in three weeks of intensive theatre workshops to get them up to scratch for the performance at Centrepoint

Theatre in mid-July. Contact 04 341 4777 for more information.



Taste of Dubai

MARCH 15-17, AMPHITHEATRE, DUBAI MEDIA CITY

Get a taste of the best Dubai has to offer at the fifth edition of the annual Food Festival this weekend. Participate in cooking classes with leading chefs, taste the food from Dubai's top restaurants and shop in the epicurean al fresco market place. There will also be live entertainment on stage throughout, with musicians and other performers lined up for the event.



MinD - Dubai Contemporary

MARCH 14-APRIL 14, DUCTAC

Ductac's alternative art platform will see 10 artists from various backgrounds exhibit their work from Wednesday, March 14 to April 14. The exhibit, entitled *MinD*, will explore contemporary reality through site specific installations and will feature experimental art works in a range of media. Contact 04 341 4777 for more information.

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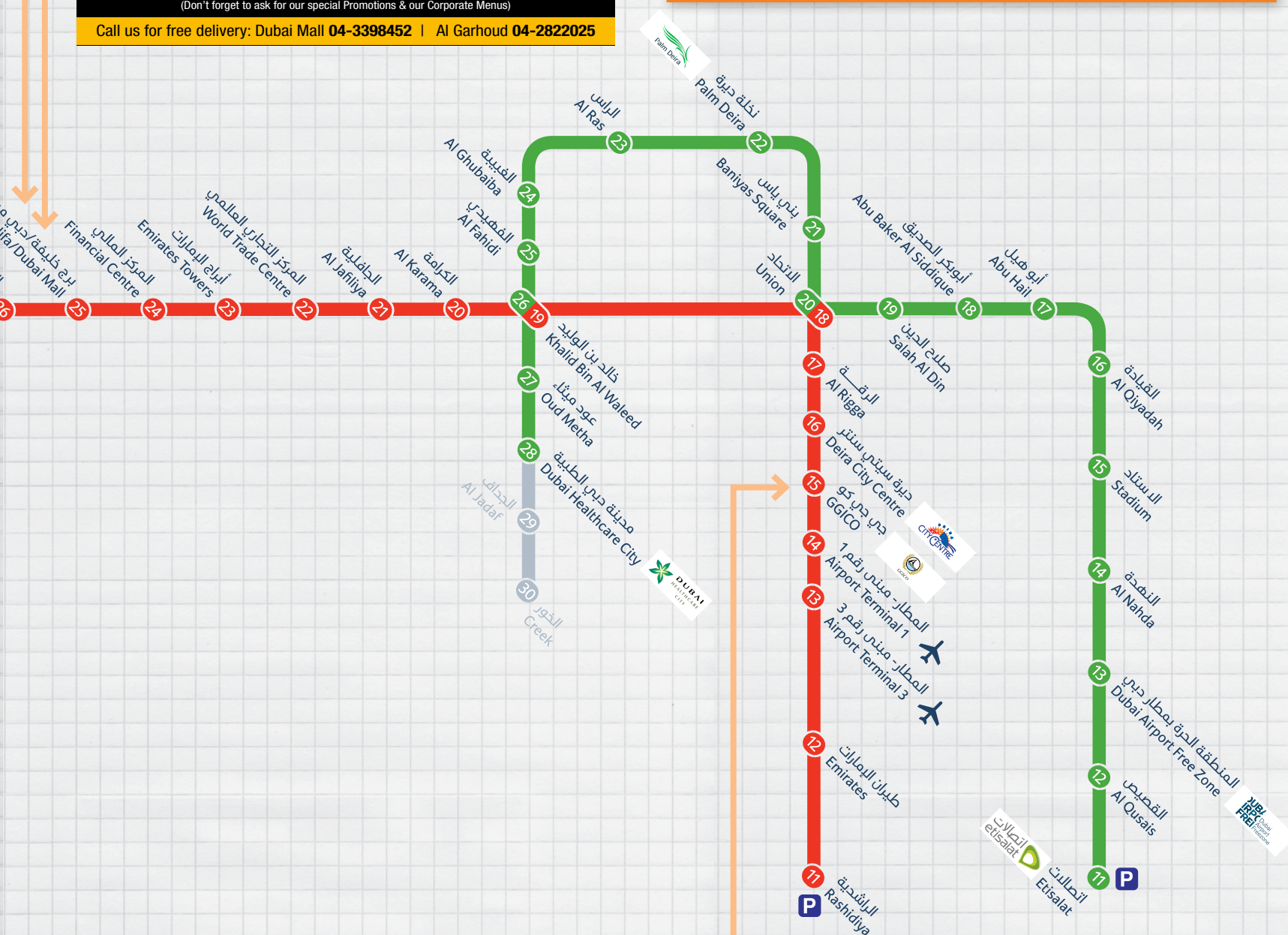
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Flea-Ing Me

MARCH 17 ONWARDS, THE PAVILION

Get a preview of how the new facade of The Pavilion in Downtown Dubai will look on March 17 when artist Lara Baladi and curator Juan A. Gaitan reveal their progress so far. In a series of reports, they will outline the development of their ideas for the 45-metre banner which will cover the facade and the themes, techniques and ideas that Baladi will explore in the project.



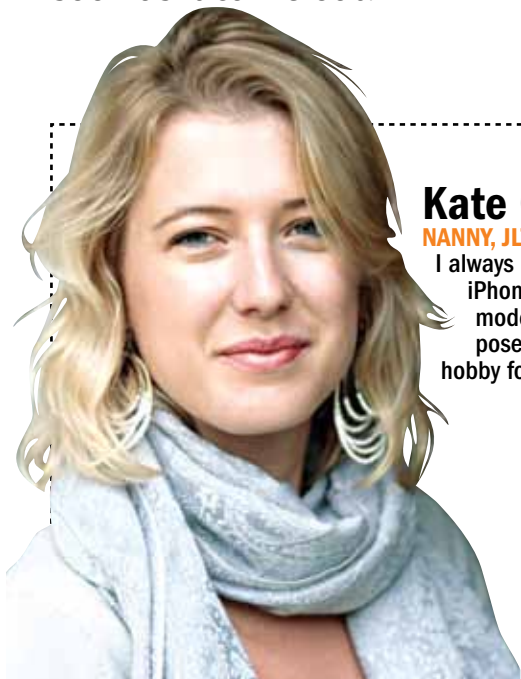
Bob Geldof live in concert for St Patrick's Day

MARCH 15, IRISH VILLAGE

See legendary rocker Bob Geldof perform live at the Irish Village this Thursday as part of the St Patrick's Day celebrations. Also performing over the weekend are The Molly Maguires and The Maple Jacks' DJ, Marcky Mark Irish Dancers. All-day buffets, including Irish specialities and children's entertainment, will be included in the ticket price of AED 85.

The Burning Question

Q The iPad 3 is to be released this week. What has been the one piece of recent technology you simply had to have as soon as it came out?



Kate Owens

NANNY, JLT

I always look forward to the new iPhone updates. I have had every model of the iPhone so far. I suppose you could say it's become a hobby for me.



Russell Featherstone

SOUND ENGINEER, JLT

As I am also a part-time photographer, I am always excited to get my hands on any new photography equipment or new lenses that come out.

Vanessa De Paz Bergqvist

OFFICE MANAGER, JEBEL ALI

I couldn't wait to get hold of an iMac when Apple first introduced them to the market. I liked the innovative design.



Matt Faddy

**COMPOSER,
GREEN COMMUNITY**

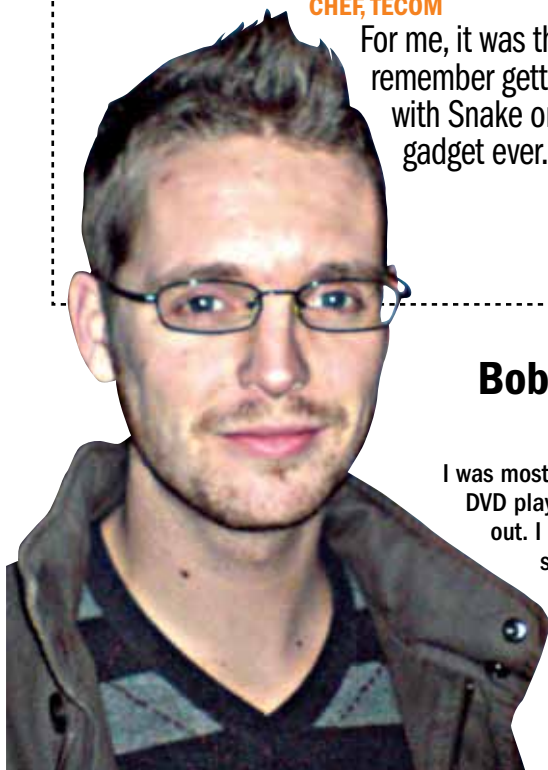
I was pretty keen to get hold of the iPad 2 when it came out. I like all new gadgets and technology.



Richard Bardsley

CHEF, TECOM

For me, it was the mobile phone. I remember getting my first ever Nokia with Snake on it; it was the coolest gadget ever.



Bobby Dickinson

**MEDIA CONSULTANT,
DUBAI MARINA**

I was most excited to get hold of a DVD player when they first came out. I am a bit of a movie buff, so being able to watch all my favourites on DVD was a great experience.



Natalia Odogo

**MARKETING SUPERVISOR,
DUBAI MARINA**

I was really excited when mp3 players became available. I always had a walkman wherever I went, so moving up to an mp3 player was a big deal for me.



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

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

Coming up this week



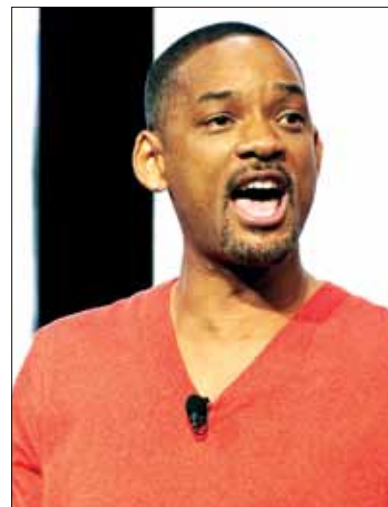
TODAY

When you imagine inventors, you probably picture a lone genius in a laboratory, experimenting and redesigning until some concept or contraption works perfectly. At that point, the new invention is unveiled to the world, instantly changing everything. There's certainly a lot of redesigning and experimenting, but which ones have truly changed our world? The answer may surprise you.



MONDAY

They always say that doing what you love for a living is the ultimate work-related goal, meaning most people are certainly not happy with their jobs. So which jobs are the best in the world?



TUESDAY

In a recent trend reversal, big Hollywood stars are returning to the small screen for parts in television series. But not many can make the jump from small to silver screen. Who's a cut above the rest?



WEDNESDAY

Euro 2012 is now less than three months away. Sixteen of Europe's best are gearing up to lay claim to the four-year bragging rights as the continent's best. Find out more ahead of the tournament.



THURSDAY

A normal IQ ranges from 85 to 115. World renowned theoretical physicist and cosmologist Stephen Hawking ranks eighth with an IQ of 160. Check out the smartest people in the world.



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

What is your country's greatest export, and what makes it so special?

Our countries Greatest export is our Man Power which has got highly skilled, knowledgeable, Intelligent, Brainy and cost effective.

—Francis Lawrence

I belong to the agricultural land-India! The world's highest no. of agricultural products come from their be it the vegetables, fruits, dairy products, spices, textiles etc. Also, it happens to be the 3rd largest exporter of human resources i.e. scientists, engineers and doctors... I'm not a proud Indian, coz I haven't got the chance to make my country

proud of me but can only say that India is my pride n I royally love it!

—Roma Nandwani

On these matter i can say xcept from the well known Del monte pineapple and banana w/c u can see in most of the supermarkets around



WHAT DOES YOUR COUNTRY EXPORT?

the world, is the PURE TALENT, that needs not to be explained further.

—Randy Obillo-Balbuena

How respectful should governments be towards religious beliefs and traditions?

if the government want to do the identity checks on muslim womens, they shud assign females staffs for these identity checks.

—Mohammed Ansar

How much fault do you think rests on a manager's head in sports?

The problem is that the owner uses more money to bring good coach and players, so once they don't perform his hummer is always ready to hit the victim. I think next in that line will be Gunners Arsene Wenger, he won't be lucky this time. You know why most people support Mighty Man United? Then its that



ARSENE WENGER

patience, from Management,

—Keneth Beckham Wesonga

No idea abt tis

—Fayaj Ahamed

A Briton with soul

At the ripe old age of 21, **James Morrison** became an overnight sensation in the UK with the release of his debut album, *Undiscovered*, in 2006. We caught up with the talented Brit at his recent gig in Dubai to chat about his latest album, *The Awakening*.

Born in the West Midlands town of Rugby, Morrison soaked up the influence of his parents' record collection.

Morrison explains, "I always had music around me growing up; my mum played in a band whilst my dad used to tinker on the guitar. My uncle taught me how to play a blues riff on the guitar, so being around music in my family meant that it has always been a natural thing for me. When I was about 16, I was attending at least four or five gigs a week and we got a little band together at school. It was at that point that I realised that I could quite easily get into the music industry."

The singer taught himself to play the guitar and learnt to perform live by busking locally, although he failed his A-level music exam.

"I got a Grade U in music at school and I'm actually really glad. Although grades are important, I think if you want to do something bad enough, you will make it happen. I love music but I've never been bothered about the fame and all that other stuff. I just want to write music and perform," says Morrison.

As the title of Morrison's third album suggests, *The Awakening* is the sound of an artist coming of age. In his personal life, the 26-year-old has become a father in recent years and lost his own dad, which had a huge effect on his album.

"My approach to making this album was very different," he says. "It's probably the most personal album that I've written and it took me a year and a half to write. It was a weird thing because I started writing new songs and then I lost my dad, so I had to kind of start again. I had

“For me, the album is a nice time capsule of how I felt at that period in time.”

to find a way how to write about it, without it being too painful. I'm really pleased with the album because I dealt with losing my dad but I managed it in a creative way.

"For me, the album is a nice time capsule of how I felt at that period in time. It is a sad thing but I managed to turn it into something positive. I didn't write it to try and make it commercial; I just tried to write an album that I was really happy with. I try to let my voice do the talking and show how I'm feeling. I kind of woke up to a lot of things when I lost my dad, things that I wasn't aware of before. I wanted it to be like a diary of changes that were happening in my life."

Morrison's strained relationship with his father, who died last year from heart failure after a protracted and painful battle with alcoholism, inspired the lyrics for *Up*, a song on which he collaborated with British singer Jessie J.

"In the beginning, I was quite nervous to work with Jessie because she was way out there doing a lot of stuff and doing pretty well and she's become this big star. So I was quite nervous to meet her as I'm the polar opposite of her. I'm a little bit more insecure, and not as out there as she is, but after we met and recorded the song, we had a really good experience—she definitely added something to the song that I was looking



for. It was great working with her; I wanted to see a different side to Jessie which is what I got. She enjoyed it and sang her heart out. Every time I've seen her it's been a little bit easier. I'm not as uncomfortable now as I was back when I first met her," says Morrison.

Elsewhere on the album's title track, Morrison drew on his own experience of fatherhood. His daughter, Elsie, is now three.

"My daughter is the most sacred thing I have got in my life and I try and protect her as much as possible," he says. "She's a beautiful little girl. When I'm at home and not working, I just do normal stuff, like lighting the fire, taking it easy and looking after my little girl."

The down-to-earth singer who collaborated with Nelly Furtado on his hit single, *Broken Strings*, also hopes to help aspiring artists in the future.

"I'd love to have my own studio in the future and continue to write my own songs and work with more people, helping them to collaborate and get to that place where I was when I first started," he explains. "I think it's good to be an artist and help others in the industry. I'd quite enjoy working with other musicians and help them to develop their skills, their album, and what type of style they want to have."

And although Morrison already won a Brit Award in 2007 for Best Male Solo Artist, he hopes to secure the esteemed prize again.

"Doing gigs is the most important thing for me and it's what I love but if I get a Brit Award again at some point, then it would be great," Morrison says. ●

"I think it's good to be an artist and help others in the industry."

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Triton

This Florida-based company's motivation for reaching the ocean's deepest trench is purely commercial. It designs and manufactures private submarines, and reckons that it can charge for tickets down to the Mariana Trench, in much the same way that Virgin Galactic is planning to charge for trips up into space.

The submarine it has planned is based on its current deepest-diving vehicle, which has been tested as being able to go one kilometre-deep. The design's party piece is a large glass sphere, which will provide 360-degree views of the ocean floor, and all the strange wildlife that inhabits it. While this may sound dangerous, the 15 centimetre-thick glass should protect the two crew members and one guest against the water pressure. Unfortunately, though, the price for such a journey doesn't come cheap, with tickets going for around \$250,000 (Dh918,000) when the craft becomes operational within the next two years.



Since 2012 began, four teams have been working flat-out in a race to reach the deepest point in the ocean, the Mariana Trench, which sits 11 kilometres-deep in the western Pacific Ocean. The trench was first conquered in 1960 by United States Navy Lieutenant Don Walsh and Jacques Piccard, using a Swiss-designed, Italian-built bathyscaphe called the Trieste.

Since then, though, technologies have moved on, and the four teams looking to be the first to return to the trench will be using state-of-the-art methods to get to the bottom as quickly and safely as possible. We profile the four teams along with their submarines and their reasons for wanting to venture into the abyss.

Into the abyss

Four teams race to reach the ocean's very lowest point, the Mariana Trench.

DOER Marine

While Triton is looking to reach the ocean depths for commercial gains, DOER Marine is looking to reach the Mariana Trench for academic reasons in order to open up the great unknown to science and research. Indeed, the team is not even looking to reach the ocean's deepest point first, instead taking a slow and steady approach to ensure that everything goes to plan.

And with a large donation from Google chairman Eric Schmidt, DOER Marine's submarine will be quite a piece of kit when it takes its first dive in the next few years. It will feature technologies requested by the scientific community in order to conduct the most relevant research, such as a robotic arm to collect samples. And with its unique pressure hull, it should be able to reach the Mariana trench in around 90 minutes.

James Cameron



While James Cameron's forte lies with directing films, he also has a passion for ocean exploration, and specifically taking breathtaking footage of what he finds in the deep in order to bring it to the world. When directing the film, *The Abyss*, he broke new ground with underwater filming techniques, and also took stunning footage of the wrecked Titanic liner, which lies four kilometres underwater, for the

blockbuster movie about the ship.

Unfortunately, Cameron is playing it close to the chest when it comes to the details surrounding his excursion to the Mariana Trench. Little is known about the craft he will be using, except that he is working with a team of Australian engineers on a submarine that can travel 11 kilometres deep. It is likely that it will be fitted with high-definition 3D cameras, along with huge amounts of lighting to capture the best footage of this dark place.

Virgin

The Virgin-backed submarine in the race to the bottom of the ocean is perhaps one of the most impressive, given that it will be a solo effort undertaken by former property investor Chris Welsh, who wants to be the first to return to the Mariana Trench, and the first ever to do it alone.

The craft he will be using is certainly the most radical of the four contenders, being based on a plane with wings and a tail fin. It was built for billionaire adventurer Steve Fossett, who also wanted to be the first to make it to the Mariana Trench alone. Unfortunately, though, he was killed in a plane crash, and the craft has since been bought by Welsh. Speed is key with this design, the hope being that the craft can quickly "fly" down to the bottom of the ocean.



Tech beat



PATENT BATTLES DISMISSED

Apple and Samsung have both had patent lawsuits—taken out against each other—thrown out by a German court. A spokesman said judges had dismissed both cases over the "slide-to-unlock" feature used on their smartphones. Apple, Samsung and Motorola Mobility have been engaging in increasingly bitter patent rows.

CODING IS AS EASY AS PI

A credit card-sized computer designed to help teach children to code has gone on sale for the first time. The Raspberry Pi is a bare-bones, low-cost computer created by volunteers mostly drawn from academia and the UK tech industry. Sold uncased without a keyboard or monitor, the Pi is expected to improve programming skills around the world.



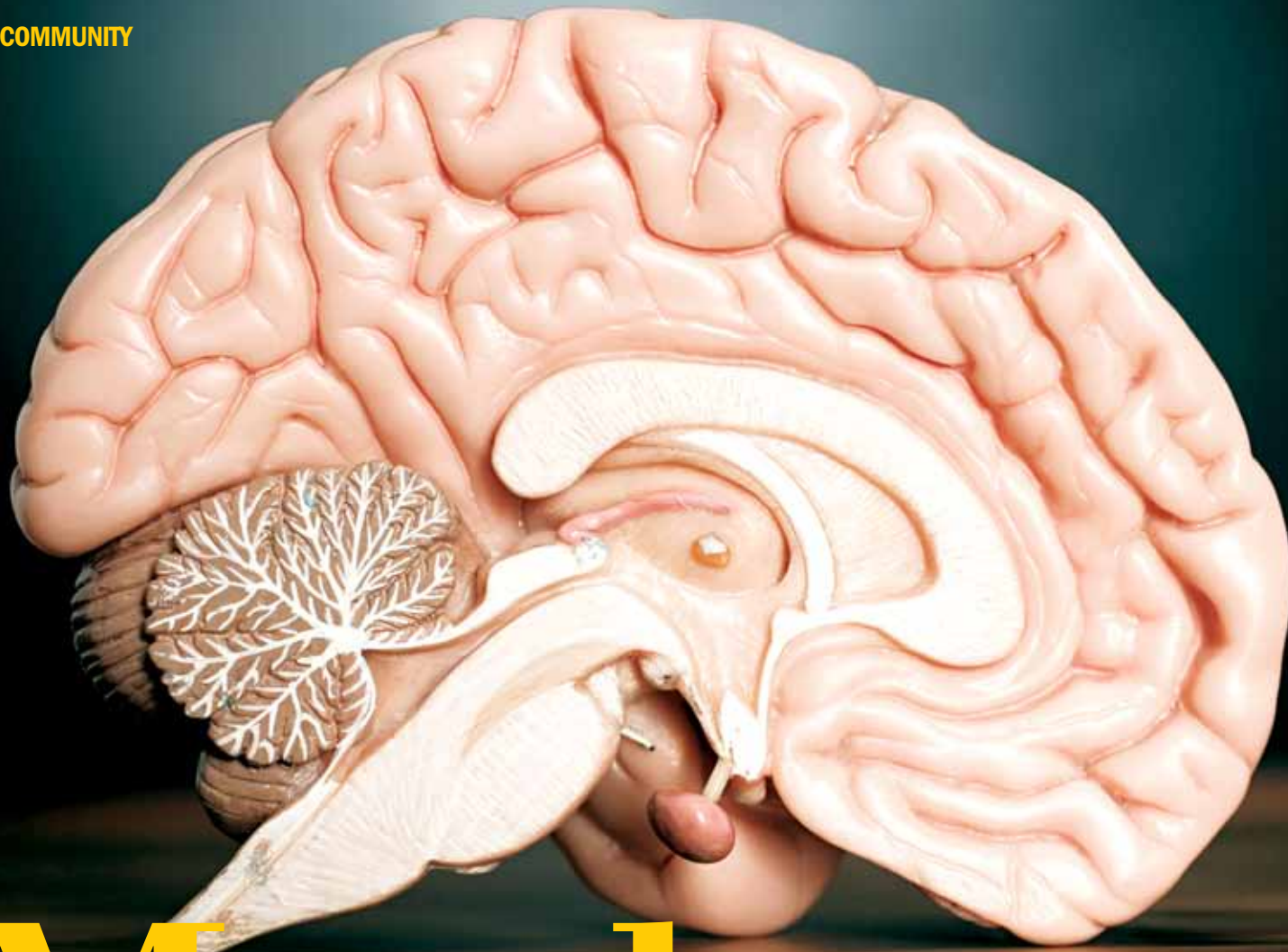
COMPUTERS AND POTATOES

A "learning" computer system that sorts potatoes has been built using off-the-shelf technology by researchers at the University of Lincoln's Robotics Lab. The robot blemish spotter can reliably identify diseases such as silver scurf and common scab, researchers said. The UK potato industry is worth about £3.5 billion (Dh20.3 billion), but much of the sorting of fresh produce is still done by hand.



NASA ATTACKED

Hackers gained "full functional control" of key Nasa computers in 2011 and would have been able to modify, copy, or delete sensitive files, the agency's inspector general has admitted. Paul K Martin said hackers took over Jet Propulsion Laboratory (JPL) computers and compromised the accounts of the most privileged JPL users. He said the attack, involving Chinese IP addresses, was now under investigation.



Membrane matters

It's time to boost those brain cells as the Brain Awareness Week hits Dubai.

MENTAL HEALTH

Our brain is what makes us who we are. This slightly unattractive, grey lump of wonder is the one thing which sets us apart from each other and gives us our own power of thought, personality and intelligence.

However, the brain is still one of the most complex things for scientists and medical professionals to fully understand. Research into why the brain works the way it does—and how to deal with it when something goes wrong—is an ongoing process which many people dedicate their lives to.

It is with this in mind that Brain Awareness Week (BAW) will be taking place from March 12 to 18, 2012, providing a global—and locally focused—campaign to increase public awareness about the progress and benefits of brain research. The campaign will be hitting Dubai through a series of events, particularly those organised by The Brain and



CHESS CAN BOOST BRAIN DEVELOPMENT

Learning Centre, which has created a range of resources and activities for young people to raise awareness of BAW.

As a way of celebrating the week, The Brain and Learning Centre has pulled resources from the Dana Foundation and Neuroscience for Kids to create a wide range of material to educate and inform young people about the campaign. These resources include daily facts about the brain, fact sheets and fun booklets about the brain, brain fitness tips, brain games and fun psychology experiments to try in the classroom.

And the event is not just limited to children. As we get older, many of us are guilty of neglecting our brains. We often believe that it has done all the learning it's going to do in its lifetime, so we sit back and let old age take a gentle hold. However, in these modern times, it is not ac-

On the Brain

For a full list of free resource materials and events to celebrate Brain Awareness Week 2012, visit www.thebrainandlearning.com

ceptable to let our brains go to waste. New technology is ever-changing and keeping up with the times, exercising the brain regularly, and learning new skills throughout your older years is the best way to stay mentally fit.

In order that all ages can benefit from Brain Awareness Week 2012, the programme of events around our city will also include the Family Brain Awareness Day, a fun, hands-on experience of cognitive exercises to keep the brain fit. This event will be open to all families with children age six and above, so what better way to have an interesting and different day together as a family than to put your grey matter to the test and give your brain the attention it deserves? ●



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Zurich ties up with Christie's

Three-year agreement sees insurer sponsoring auction house's sales in Dubai with benefits for art lovers.

AUCTIONS

Zurich, one of the world's leading insurance groups, will sponsor Christie's sales in Dubai to support collectors of art in the Middle East. Under a three-year agreement, Zurich will sponsor Christie's auctions in Dubai, with Zurich clients also receiving a range of additional benefits to help them protect their valuable assets.

Christie's sales in Dubai are held twice a year, with auctions of modern and contemporary Arab, Iranian and Turkish art in April and October. As part of the agreement, selected Zurich clients will be able to attend an exclusive presentation from Christie's explaining how to buy and sell at auction, as well as attending a private preview of the pre-sale exhibition.

The alliance follows Zurich's recent launch of bespoke insurance



MAROUN MOURAD

products created specifically for high net worth individuals, including a policy designed to cover art and valuables collections of this niche customer segment. During its work with clients in the region, Zurich has observed that many underestimate the value of their collections. Accordingly, as part of the partnership with the auction house, Zurich clients will receive a 50-per cent discount on the Christie's valuation service.

"Zurich shares Christie's enthusiasm for fine art and collectables, and we are proud to help collectors across the region to protect their most valuable assets," said Maroun Mourad, CEO of Zurich's General Insurance business in the Middle East. "Our three-year alliance with Christie's is part of Zurich's wider commitment to play an active role in the development of the art market in the Middle East."

“Zurich shares Christie's enthusiasm for fine art and collectables, and we are proud to help collectors across the region to protect their most valuable assets.”

Michael Jeha, Managing Director of Christie's Middle East, said: "Our Dubai auctions continue to act as a major catalyst in the development of the art market in the Middle East. Zurich has demonstrated a real understanding of the needs of collectors, and this partnership will further our efforts to grow the market here in the region."

Before I Go To Sleep

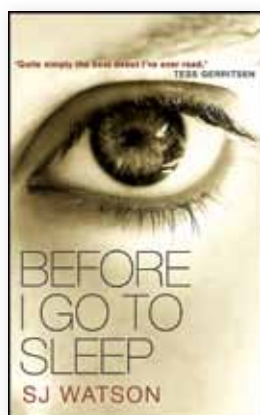
by SJ Watson

BOOKS

Imagine drifting off every night knowing that your memories will be wiped away by morning. That's the fate of Christine Lucas, whose bewildering internal world is rendered with chilling intimacy in this debut literary thriller from SJ Watson.

Each day she must be told that the man she is living with is her husband, and each day relive the heartbreaks and some of the happy moments as if they were happening anew.

Gradually, with the help of a doctor, Christine manages to reconnect some of her past life using a journal to record what she knows about her life, and the writer cleverly puts the reader into the position of Christine, as she reads this journal and tries to make sense of the present in the context of



her past.

Our memories are an integral part of who we are, and the way we connect one day with the next. Without them, life is bleak, disconnected and confused. The writer really does convey the tragedy of amnesia very well, and on top of this has created a cleverly structured and menacing thriller.

If you like this then you could try...

What She Doesn't Know by Beverly Barton

Twenty years ago, Jolie Royale witnessed a crime that stained her home, Belle Rose plantation, with her family's blood. Jolie would never forget that day—but she could never recall the killer's face. With mixed feelings, she returns for her father's funeral, and it becomes as clear as day that a killer is still on the loose.

Secret Symphony

Artist Katie Melua Label Dramatico ★★★★★

ALBUM

Diverting from the edgy and grossly underrated *The House*, Katie Melua has embarked on a seemingly simplistic album that lays bare her distinctive, sensual voice with some wonderful orchestral manoeuvres.

The opening track, *Gold In Them Hills*, is a stripped down, symphonic reinterpretation of the original Ron Sexsmith and Chris Martin track, while the slow-burning balladry in the album's lead single, *Better Than A Dream*, is immediately rebuffed by the edgier number, *The Bit That I Don't Get*, with some dramatic, dark key-changes bemoaning the reality and pain of a love wrenched away suddenly.

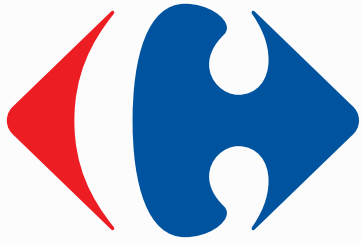
Although the blueprint of letting loose Melua's opulent vocals with an orchestra remains largely the same throughout the album, the diverse musical styles are the key to keeping the listener's interest. There are the staple Melua blues and jazzy components on the Fran Healy-penned *Moonshine*, some superbly executed elements of rockabilly in *Heartstrings* and

country guitar twangs in *The Bit That I Don't Get*. There is also a wonderfully smoky re-imagining of Francoise Hardy's *All Over The World*.

Not as much a sonic departure as was the case with *The House*, this flawless and mature collection of songs is more of a stellar return to form for this talented artist. *Secret Symphony* will keep Melua's fan base more than content and is as original and as brilliant as Tori Amos' last endeavour, *Night Of Hunters*, and charmingly blurs the lines between pop and orchestral music.



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Natural alternatives to painkillers

The world is full of natural remedies to painful ailments, meaning that the chemist may not always be needed.

Painkillers, otherwise known as analgesics, are among the most commonly used medicines. Millions of people rely on them in one form or another to relieve aches and pains on a daily basis but such frequent use can have its drawbacks. Not only is there a long list of possible side effects, including drowsiness, constipation and nausea, but regular use of painkillers can also lead to dependency, which can have negative effects on physical and mental health.

While we may need their help to deal with intense pain caused by illness or injury, less severe conditions like minor headaches and stomach cramps can be alleviated without recourse to painkillers. There is a wide range of natural remedies and food supplements on the market, many of which can be as effective as aspirin, ibuprofen, paracetamol and other over-the-counter painkillers.



Arnica

Still a staple in many first aid kits today, Arnica has been used to treat pain, reduce inflammation and heal sprains and bruises since the 1500s. Talk about tried and tested!

FISH OIL TABLETS CAN EASE THE PAIN FROM ARTHRITIS



Fish oil

Fish oil contains two essential omega-3 fatty acids known to block the production of inflammatory chemicals called cytokines and leukotrienes, which are responsible for a range of painful conditions. Researchers have found that eating (or swallowing in tablet form) three grams of fish fats a day relieves the joint pain, inflammation and morning stiffness associated with rheumatoid arthritis and a number of other conditions.

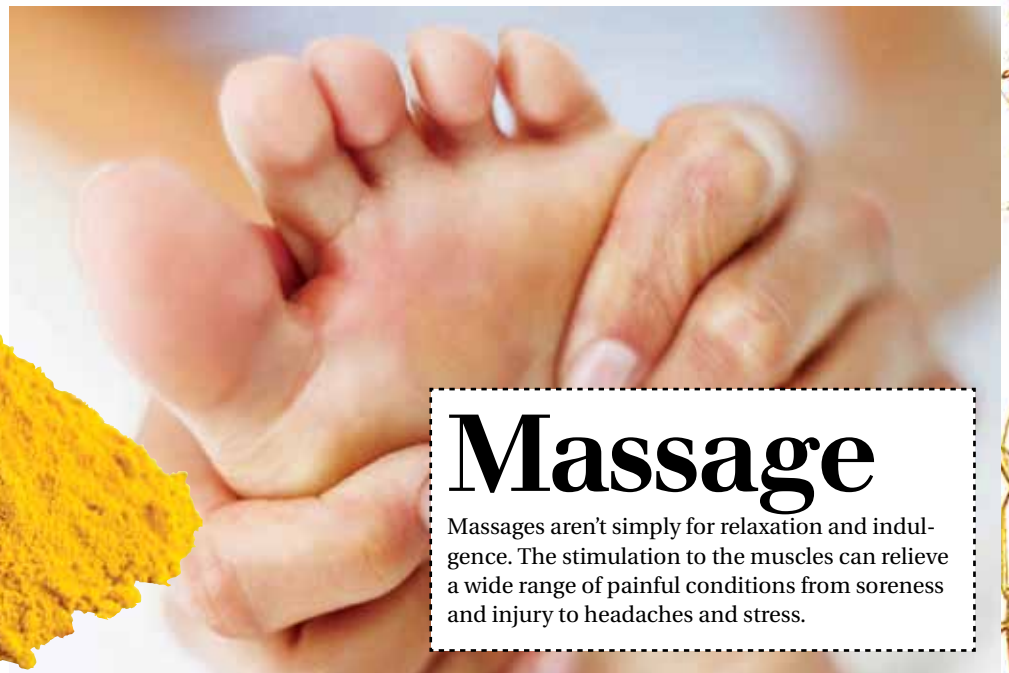
Count out loud

One effective way to deal with pain is to take your mind off it completely. A recent Japanese study found that patients who counted backwards out loud from 100 recalled less pain after injections than those who did not. Of the 46 patients who counted in the study, only one could remember the pain from the injection, while of the 46 who didn't count, 19 complained of pain and 10 recalled what it felt like.

Tumeric

This popular spice contains curcumin, which is a powerful painkiller, known to block inflammatory proteins and enhance the body's ability to suppress inflammation. Studies have shown that

it could help stop neurotransmitters from sending pain messages to the brain and researchers recommend consuming 400 to 600 milligrams of tumeric three times a day to reap the most benefit.



Massage

Massages aren't simply for relaxation and indulgence. The stimulation to the muscles can relieve a wide range of painful conditions from soreness and injury to headaches and stress.

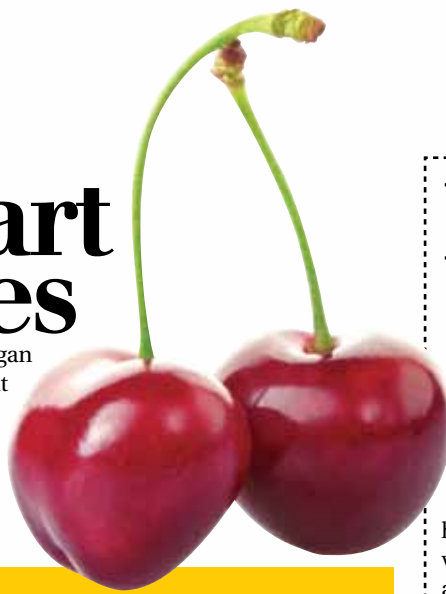


Olive oil

This common kitchen ingredient has been found to contain a natural chemical that acts in a similar way to ibuprofen. Researchers say that 50 grams of extra-virgin olive oil is comparable to 10 per cent of the ibuprofen dose advised for adult pain relief.

Tart cherries

According to researchers at Michigan State University, tucking in to about 20 tart cherries a day may provide better and healthier pain relief than aspirin can.



Heat and Ice

Ice packs and heating pads can do wonders when applied to a fresh injury. Ice not only helps numb the pain but prevents swelling around the area, allowing it to heal faster. Heat helps relieve stiffness in joints and muscles by encouraging increased circulation in the area, which brings more oxygen and nutrients to the damaged tissue, helping it to heal faster.

HOT WATER BOTTLES CAN BE USED TO TREAT INJURIES



Saliva

It may sound simple, but a bit of spit can do wonders for relieving the pain of a cut or sting. Saliva has been found to generate a natural painkiller called opiorphin, which can be up to six times the strength of morphine.

Greenery

A number of plants and herbs have also been found to contain naturally occurring chemicals that help various conditions. Devil's Claw, a native plant of South Africa, has a number of healing properties and is a natural anti-inflammatory commonly used to treat back and arthritis pain as well as headaches. White Willow Bark is another well-known pain reliever, typically taken in capsule form or in powders used to make tea. In China, the herb Teasel Root is often used to treat lower back pain and has also been found to promote liver and kidney health. Holy Basil, meanwhile, is a natural anti-inflammatory used for a number of ailments including head aches, fevers, back pain and upset stomachs. It is also a powerful antioxidant and has been shown to significantly reduce stress levels.



Acupuncture

One of the oldest forms of medicine still practised around the world, acupuncture has been endorsed by countless medical studies for a wide range of conditions and can be an effective way of reducing pain and healing injuries.

The best of both worlds at Oludeniz

Turkey's most famous beach has plenty to offer both those seeking adventure and those looking to relax.

The enormous cream-coloured arc of sand at Oludeniz is Turkey's most famous beach for a reason. Turquoise waters, a dramatic mountainous backdrop and an enormous golden spit of sand have, not surprisingly, made this once hidden paradise the most popular beach destination in Turkey.

The beach was discovered by travelers who camped there in the 1980s and couldn't quite believe what they had found. Word quickly spread and Oludeniz beach became a popular holiday destination, with a resort of the same name to cater for the growing number of tourists.

Despite this, the beach remains remarkably beautiful, although the resort behind it is large and busy. It's worth staying in, however, simply to enjoy long, lazy days with easy access to the beach. It has also provided all the amenities required for the ideal family holiday.

Hotels catering to all budgets have sprung up over the years and, more recently, a number of boutique resorts have opened to provide a more relaxing and exclusive environment for those wishing to take the peace of the beach back with them at the end of the day.

For those who get bored of sun-bathing, there are plenty of other ways to enjoy this stunning spot. Water-

sports are extremely popular here and paragliders have been soaring above the beach at Oludeniz for several decades. Pedaloos and kayaks are also available for hire and most days see groups speeding over the calm waters on banana boats and doughnuts.

For something a bit more serene, join one of the daily boat tours to Butterfly Valley and Gemiler Island. Also known as St Nicholas Island, this peaceful place is dotted with the historic remains of a monastic retreat that once stood here. It's easy to spend a whole day exploring the crumbling Byzantine dwellings, old tombs and medieval churches before climbing to the top of the island to admire breathtaking views of the Mediterranean.

The wooded mountains that shelter the beach are equally worth exploring. Those with a taste for adventure can join one of the walking or riding tours that take you off the trails and into the depths of the rugged countryside surrounding Oludeniz, or wander along the coastal trails, where you can stumble across secluded beaches and isolated coves.

In the evening, the resort springs to life as bars and restaurants throw open their doors to hungry tourists. There's something here for everyone, from sleepy, laid-back eateries, to buzzing cafés and lively bars. For authentic Turkish cuisine, try Kumsal, while Cloud 9 offers simple, tasty fair straight off the beach.

DESPITE HEAVY TOURISM, THE BEACH IS STILL BEAUTIFUL AND PEACEFUL



Places to visit in and around Oludeniz

- Butterfly Valley
- Kizilcakaya Beach
- Balatli Beach
- Babadag Walk
- Insuyu Beach
- Lycian Way
- Black Tree Village
- Kas
- Faralya
- Dalyan Mud Baths
- Turtle Beach

If you have time to explore further afield, head to the mountain hamlet of Faralya. The small straggle of houses is situated above an awe-inspiring canyon and, despite its rural setting, there are plenty of places to stop for a bite to eat. Also worth visiting is Kas, a picturesque spot that has avoided the heavy development of Oludeniz.

If the hectic resort behind Oludeniz beach isn't for you, then these nearby towns and villages have a few hotels that provide a peaceful base. Whether it's the vibrant atmosphere of restaurants, hotels and bars that you want or a quiet getaway in beautiful surroundings, Oludeniz and its neighbours provide a way to experience one of the world's most beautiful beaches to suit every taste. ●

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A look for every occasion

Give your wardrobe a work-out with these four different styles.

Perfect for a lunch date

Stay cool in Dubai's heat with a light, cotton or silk dress. This colour-block striped dress is the perfect ensemble for dining with friends. Add a baseball cap for a funky, laid-back style. For a more formal look, try a 1950s-style dress with bow detailing. Pair the outfit with nude sandals and an over-sized handbag for maximum effect.

Her

Casual night with friends

When hanging out with friends, skinny jeans and a tee is the perfect choice. For a comfortable look, opt for a loose jumper in this season's favourite sorbet shades. Add a pair of heels to elongate your legs and wear your hair down for a pretty, feminine look.

STELLA MCCARTNEY

At the office

A fitted pencil skirt looks great teamed with a Breton-styled top. This design is a wardrobe staple that can be worn all year round. Pair the outfit with chunky, open-toe black wedges for a chic yet comfortable look. Just because you are at work doesn't mean you can't add a little glamour; opt for a wrap-around dress for a sophisticated look in this season's bold animal print. Avoid wearing super high heels as you don't want to look as if you are on a night out. Choose a wedged heel or flat pumps for a classy style.

MISS SELFDRIDGE

RIVER ISLAND

NEW LOOK



MISS SELFRIDGE

JASPER CONRAN

NEXT



MARKS AND SPENCER

At the office

Make an impression at work in a cream suit and checked shirt for a dapper look. Add a pocket handkerchief for a touch of class and ensure your hair is clean and styled smartly.

Lunch date

For a smart, refined look, don a navy polo shirt and tailored white trousers, ideal for lunching.



TOPMAN

Out on the town

Get glamorous and don a fitted shift dress in bright blue for an eye-catching style. Pair your dress with chunky wedges or patent high-heel pumps for a touch of class. If you prefer wearing a pencil skirt, opt for a fitted tailored jacket in classic Chanel style and add a belt to cinch in the waist. Pair the look with a clutch handbag for instant style.



DEBENHAMS

NEW LOOK

Out on the town

Try a cotton three-quarter length t-shirt for a night on the town. Pair with a pair of legging-style jeans for a modern, fun look. Add pointy shoes for a stylish, elegant feel. And choose neutral colours for a relaxed style.

Him



BURTON

RIVER ISLAND

Chilling with friends

Opt for denim board shorts and a bright hooded jacket for a casual, relaxed look perfect for hanging out with friends. Try a chino knee-length pair of shorts for a more formal style. Stay on trend with a patterned t-shirt and coloured boat shoes.

It's all about posture

You may be delighted to know that a number of health problems can be cured by correcting your posture.

Poor posture comes from bad habits formed as a teenager, simply choosing to maintain good posture and straighten your back now as you stand and walk can reverse many of the effects of poor posture.

Slumping forward over a computer keyboard or slouching in an armchair are both bad for you. Your lungs are compressed so your breathing is shallow, your circulation is poor which puts strain on your heart and slows your thinking. And long-term, your muscles adapt to this slumped position, and make you less flexible.

SPINAL BENEFITS OF GOOD POSTURE

Your spine is a wonderful piece of engineering. The human spine has three natural curves: the cervical curve at the top (your neck), the thoracic curve of the upper back and the lumbar curve on the lower back, which together

Adopting proper posture is an essential part of maintaining a healthy body as you age. According to the Mayo Clinic, good posture promotes a strong and stable spinal column and can help prevent the deterioration of the vital muscles and ligaments that keep you balanced and flexible. While all of us have probably been told by our school teachers to "sit up straight" at some point during our lives, few people are aware of just how important good posture is to maintaining good health.

THE EFFECTS OF POOR POSTURE

According to the Chicago Centre for Anti-Aging, poor posture does more than make you appear slouched and less attentive. Poor posture habits have been associated with a number of detrimental health conditions, including migraines, double chins, varicose veins, pinched nerves, heart strain and increased belly fat. While many people say their slouching and



make a classic gentle 'S' shape. Good posture practiced over time helps maintain these three curves, preventing injury or debilitating conditions that are caused by such things as pinched spinal nerves. Maintaining these three spinal curves also helps in sustaining your back's resistance to injury and damage. If you can feel pain or discomfort in any of these three areas right now, it may well be worth looking at your posture as you work or relax.

LOOK GOOD, FEEL GOOD

The body language of someone with good posture is significantly more influential than someone with poor posture. Sitting and standing with a properly aligned back gives you an air of alertness, confidence and strength, where slouching often creates an impression of fatigue, weakness and inactivity.

PRACTISING GOOD POSTURE

The key thing to check for correct

posture while sitting or standing is to make sure your shoulders aren't slouching forward. Look at your posture in a mirror and correct yourself if you find your head and shoulders jutting forward. Start your day with a posture correction exercise by standing with your feet shoulder-width apart and stretching your spine upward while drawing your shoulder blades down and back. Make sure not to lift your shoulders or chin, and squeeze your gluteus muscles slightly. ●

The Best Posture For:

SITTING AT YOUR DESK

Many people sit towards the front of their chair and end up hunching forward to look at their computer screen. The better seated posture is to sit back in your office chair and use the chair's lumbar support to keep your head and neck erect. A consistent, comfortable workstation depends on where the computer screen is situated, where hands and feet are placed, and the kind of office chair.

Start by sitting squarely back in your chair, and adjust the height so your elbows rest comfortably on the work surface of your desk. Sit straight and close your eyes—now, when you open them, your computer screen should be where your eyes naturally focus. Move it up, down, forward or back to suit.



SITTING IN YOUR CAR



Most cars have a fixed pedal position, so start there. Move the driver's seat forward or back so that you can comfortably depress the clutch fully without completely straightening your leg. If your car is an auto, you should be able to press hard on the brake pedal without straightening your leg. Now check the seat height, and move it up so you can see the instruments clearly through the wheel, and the front corners of the bonnet. Finally, adjust the wheel – it should be close enough to you so you can rest your wrists on top of the wheel without completely straightening your arms. The aim is to sit with your back firmly against the back of the seat for maximum support, then have everything within reach so don't have to stretch to operate the controls. Finally, set your mirrors.

SLEEPING

Soft mattresses can make your body sag in the middle, and they do not offer enough support to maintain correct body alignment when sleeping.



Use a mattress that is firm enough to support your body in any sleeping position—you should be able to comfortably sink into the mattress at normal pressure points but still be supported. The key is to make sure that head, spine and hips are comfortably aligned (imagine if you're sleeping on your side, they should all be in a straight line).

For an excellent way to improve general posture, contact your nearest yoga class, or go to www.alexandertechnique.com for a complete guide.

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The effects of flat feet

Many of us know the term "flat feet" and maybe many of us have flat feet. For those who do not know, we call the foot flat when the arch which is supposed to appear in the inner part of the foot is collapsed. It is one type of foot that predisposes its possessor to certain foot injuries and to consequent knee, hip and low back problems.

The foot is the first part of the lower extremity contacting the ground and it receives the ground reaction force as the heel strikes the supporting surface.

The problem with a flat foot is that, during walking, it shows what we call over-pronation, i.e. excessive rolling of the foot on its inner border..

This imposes abnormal stresses on the joints as the ground reaction force travels up the leg. This will end up with early degeneration of misaligned joint surfaces, inflammation, and chronic pain.

Treatment of over-pronation would be with strengthening and stretching exercises to regain the balance of the surrounding muscle, which will help control the amount of pronation. A customised foot orthotic device is highly recommended to restore normal arch function and help control the above abnormalities.

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Sport myths

Although the internet is a great tool to search for any fitness questions, there are still many misconceptions. Here are some of the most common.

"I'm going to the gym and am doing sit-ups but I cannot lose weight from my waistline." Losing those extra kilograms from the waistline is probably the most difficult task. However, reducing accumulated fat storage is done through low-intensity cardio workout. Of course, doing sit-ups is a good way to tighten up the muscles, so the right programme is low-intensity cardio and deep core strengthening.

"If I lift weights, my muscles will 'blow up', so I prefer not to go to the gym." This is not true. Building big muscles takes a lot of work and

dedication. However, for ladies, low weight with higher repetition is the way to tone without building big muscles.

"If I sit in the sauna, I will lose weight." While the sauna is a good way to detox, we would not only lose water, which would not affect our fat storage.

"As I'm on a diet, I skip breakfast to reduce my total calorie intake." Breakfast is one of the most important meals in the day as it starts our metabolic function.

"While stretching, I should bounce." Bouncing should be avoided while stretching as it might damage muscle tissues. Slow and controlled stretching is recommended instead.

And last but not least, "I'm too old to start sport!" Nobody is ever too old. If there are no contraindications, everyone is advised to take part in some kind of a physical exercise frequently.

Scaling heights

The far reaching benefits of sky-high climbing.



While rock climbing is often seen as a way to get outside and enjoy nature, when

done properly it can also provide many exercise benefits. No matter if you are interested in improving your cardiovascular health, toning muscles, or losing weight, rock climbing may be just what the doctor ordered.

Rock climbing is steadily becoming a more popular sport with people of all ages. This sport involves climbing either natural rock faces or man-made rock walls. Whichever choice an individual makes, he or she will experience an exhilarating mental

and physical experience. Rock climbing not only builds up your strength and endurance, but it also helps you increase your balance and determination.

The main benefit of rock climbing, however, is physical fitness. This sport involves plenty of physical exertion in positions that you will not be used to without proper training. There is strenuous stretching involved, such as when you reach to grab the next feasible hand-hold. So, no matter how much you may think you know about rock climbing, you should not try outdoor rock climbing until you have been properly trained by a mentor or climbing team.

Perhaps the most important

exercise benefits associated with rock climbing is the effect on your cardiovascular health. A person does not need superhuman strength or massive arms to start climbing. In fact, it's common to witness a slender, flexible woman out-climbing a burly, toned man.

Another exercise benefit associated with rock climbing is weight loss. In one pound of fat, there are 3,500 calories. Therefore, in order to lose one pound of weight per week, you must eliminate 500 calories each day. This can be done in a number of ways. First, you can change your diet around so that you are eating 500 fewer calories. Secondly, you can exercise enough that you burn 500 calories. Rock climbing at a moderate intensity for about one hour will burn around 400 calories.

One of the most obvious exercise benefits associated with rock climbing is the increase in muscle mass and tone. Rock climbing is a great exercise because it targets muscles in the arms, chest, back, and even the legs. This makes it a great exercise for people who don't have a whole lot of time. They can get a total body exercise in with only one type of work-out.

Scaling walls by smearing

"Smearing" is putting your foot against the wall or the rock where there are no holds or ledges to support your weight. You use body tension and pressure to keep your foot in place, so you can use it for balance or to push yourself up. The softer your climbing shoes, the easier it is to smear. The biggest mistake that new climbers make is to rely on their arms far too much. Your arms are there to hold you in place on the wall to balance you. Your legs are much bigger than your arms are. Remember to use those leg muscles and you'll be able to climb for longer.



“Climbing is for those who do not mind taking some risks.”

Rock climbing can be done both indoors and outdoors. For all the nature lovers, outdoor climbing is the way to go. And for those who do not like going out there and getting dirty, indoor climbing that so many places offer these days is the solution.

This advantage of it being an indoor and outdoor sport is what makes rock climbing a popular and year-round sport. Climbing is not for the faint of heart; it is for those who do not mind taking some risks and overcoming their fears.

If you're looking for an experience that is not only physical, but mental and spiritual as well, then you should definitely check out an indoor rock climbing venue to learn the basics. Then it will be time to start out on a smaller natural rock face to experience the full joys that this sport can bring. ●



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Return of the space romp

John Carter brings the magic back to space-based films.

NEW RELEASE

With the exception of *Avatar*, the popularity of the good, old-fashioned space romance has taken a dive. Back in the 1970s and 1980s, films such as *Star Wars* captured the imagination of millions, using the most cutting-edge effects and compelling storylines, offering up scenes that still look good today, more than 30 years on. Perhaps Hollywood's obsession with CGI ruined our love for the space romance, with the films from the last decade featuring computerised, unrelatable characters voiced by actors struggling to get to grips with green screen technology.

Happily, though, *John Carter* has done well to bring the genre back. This is not to say that it's without its problems, but as *Avatar* proved in 2009, a well-done space romp can

Did you know?

- Director Andrew Stanton's first foray into professional animation was with popular TV character *Mighty Mouse*.
- Stanton has so far won two Academy Awards for Best Animated Feature with *Finding Nemo* and *Wall-E*.
- Actors Taylor Kitsch and Lynn Collins have appeared on-screen together before, having both played characters in the first *X-Men Origins* film, *Wolverine*.

offer all the charm of a standard romantic comedy, in that it might lack a little depth but will still be able to entertain.

John Carter is a film adapted from Edgar Rice Burroughs' 11-volume *Barsoom* series of books, written from 1912 up until 1943. It follows a retired Confederate captain, John Carter (Taylor Kitsch), who lives a relatively solitary life following the end of the American Civil War. Thanks to some science-fiction hocus-pocus, he is mysteriously transported to Mars, where he finds a number of alien nations locked in conflict, and eventually



resolves to help the “good” side, led by Princess Dejah Thoris (Lynn Collins).

The gaping plot hole of how Carter is transported to Mars will be enough to put some people off, but simply accepting it makes the rest of the film much more enjoyable. This is unsurprising, given director Andrew Stanton's (*Finding Nemo*, *Wall-E*) penchant for telling a good story, and his skill shines with a less formulaic script than might be expected. This film is his first live-action production, but certainly doesn't suffer from it, and Stanton manages to get plenty out of his actors, particularly baddie Tars Takas played by Willem Defoe.

Kitsch and Collins' performances are less convincing, though they're good enough for the story that's being told, and there's enough chemistry between the two to make the romance side of the film believable. One of the main problems, though, comes with Carter's unflinching willingness to join another war, despite already having endured one on his own planet. Whatever the character feels about signing on again, Kitsch certainly doesn't make it obvious to the audience, turning Carter into a one-dimensional war machine of a character.

Kitsch's problems aside, the aesthetics of the film are utterly brilliant, with long, sweeping vistas of the Martian landscape making a huge impression. The aliens themselves are extremely well thought-out and beautifully detailed, even if a 12-foot-tall Defoe does take a little getting used to. The mostly British cast, such as Mark Strong, Dominic West and James Purefoy, also do well to bring



LYNN COLLINS DOES WELL AS PRINCESS DEJAH THORIS



DOMINIC WEST MAKES UP PART OF A STRONG SUPPORTING CAST

the slightly ridiculous premise to life, and suffer far less from voicing CGI creatures than the actors in, say, *The Phantom Menace* did.

And that's where this film really shines. The script is tight enough and engaging enough to keep audiences entertained despite a hard-to-believe premise, and the actors are skillful enough to pull off convincing performances despite there being plenty of CGI running the show. It's as if *Avatar* raised the bar for the quality of this

kind of film, and, while *John Carter* doesn't raise it again, it certainly meets the standard.

What's more, there's a certain childish fun side to *John Carter*, which is characteristic of any Stanton-directed film. Sure, there may be less of a message being conveyed than in his other films, but this movie is all the better for it because it's unapologetically entertaining. You don't watch *John Carter* to be lectured; you watch it to have a good time. ●

Bollywood news



Stars make up

When Ranbir Kapoor became involved with Katrina Kaif, it was no secret that his relationship with Salman Khan turned sour. However, it seems as if the two have buried the hatchet, as they were both recently spotted in good-natured conversation eating at Mehboob Studios. Khan has reportedly since invited Kapoor over for lunch.

Agent Vinod set for release

Stars of upcoming action flick *Agent Vinod*, Saif Ali Khan and Kareena Kapoor, are reportedly ecstatic at the prospect of the film's debut in Oman later in March. “I have visited Oman a couple of times; I have a cousin living there. I love the country, quiet and peaceful, am absolutely thrilled to come to Oman. In fact, I am coming with some friends and am looking forward to the trip,” said Khan.



Fake account identified

It has come to light that a Twitter account purporting to be Chitrangada Singh is, after plenty of media attention, a fake. The imposter who created the account used it to take digs at Ponam Panday, with many wondering what the feud between the two was. Singh put the rumours to rest recently by stating that she does not even have a Twitter account.

First film fight



Rishi Kapoor recently exchanged heated words with Bollywood expert and academic Rachel Dwyer at a Bollywood event in London over what his first film was. Neither could agree on the answer, though Kapoor conceded that Dwyer's knowledge of Bollywood was hugely impressive.

Listings

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



THE LORAX

MOVIE GUIDE

Grand Cineplex - Wafi

5 Days of War - 10:30, 12:45, 15:00, 17:15, 19:30, 21:50, 24:10
Act Of Valor - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 24:00
Catch 44 - 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Chaar Din Ki Chandni - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Gone - 11:10, 13:10, 15:10, 17:10, 19:10, 21:10, 23:10
John Carter (3D) - 10:40, 13:20, 16:00, 18:40, 21:20, 24:00
John Carter (2D) - 11:40, 14:20, 17:00, 19:40, 22:20, 01:00
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
London Paris - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Like Crazy (2D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Midnight in Paris - 17:00, 19:15, 21:30, 23:40, 19:30, 21:40, 23:50
The Artist (2D) - 19:30, 21:30, 23:30
The Lorax - 10:30, 12:30, 14:30

Grand Megaplex - Ibn Battuta

5 Days of War - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Act Of Valor - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 24:00
The Artist - 21:30, 23:45
Banat El Amm - 21:30, 23:50
Chaar Din Ki Chandni - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
The Devil Inside - 10:00, 12:20, 14:40, 17:00, 19:00, 19:45, 21:30, 23:15
Ghost Rider 2 - 11:00, 13:30, 16:00, 18:30, 21:15, 23:30

Gone - 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Hugo - 21:30, 23:45
John Carter (3D) - 10:20, 13:00, 15:40, 18:20, 21:00, 23:40
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Iron Lady - 21:00, 23:10
Lazy Crazy (2D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
London Paris - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
The Lorax - 11:30, 13:30, 15:30, 17:30, 19:30
The Lorax (3D) - 10:30, 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 24:30
Midnight in Paris - 10:15, 12:30, 14:45, 17:00, 19:15, 21:25, 23:40
Mission: Impossible 4 - 12:30, 15:20, 18:10, 21:00, 23:50
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
Young Adult - 11:40, 13:40, 15:40, 17:40, 19:40, 21:40, 23:40

Grand Cinemas - Festival City

5 Days of War - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Act Of Valor - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 24:00
Banat El Amm - 10:30, 12:30, 14:30, 16:30
Ghost Rider 2 (3D) - 17:45, 22:10, 00:10
Gone - 12:30, 17:00, 21:30
Hugo (3D) - 10:15, 14:45, 15:15, 19:45
John Carter (3D) - 10:40, 13:20, 16:00, 18:40, 21:20, 24:00
John Carter (2D) - 12:20, 15:00, 17:40, 20:20, 23:00
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Like Crazy (2D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Artist (2D) - 21:00, 23:00
The Lorax (3D) - 11:00, 13:00, 15:00, 17:00, 19:00
This Means War - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
The Vow - 10:15, 14:45, 19:15, 23:45

Grand Cinecity - Al Ghurair

5 Days of War - 10:30, 12:45, 15:00, 17:15, 19:25, 21:40, 23:55
Act Of Valor - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
John Carter (2D) - 10:40, 13:20, 16:00, 18:40, 21:20, 00:00
John Carter (3D) - 21:40, 12:20, 15:00, 17:40, 20:20, 23:00
London Paris - 11:00, 13:30, 16:00
Midnight in Paris - 18:30, 20:30, 22:30, 24:30
Chaar Din Ki Chandni - 18:30, 21:00, 23:30
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Lorax (3D) - 11:30, 13:30, 15:30, 17:30
Like Crazy (2D) - 19:30, 21:30, 23:30, 17:20, 19:30, 21:40, 23:50
Unofficially Yours - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 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

Act Of Valor - 11:45
Casanova - 11:00, 17:00, 23:00
Chaar Din Ki Chandni - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Gone - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
John Carter (2D) - 10:40, 13:20, 16:00, 18:40, 21:20, 24:00
Hugo - 19:00, 21:20, 23:40
London Paris - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 24:00
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Lorax - 11:00, 13:00, 15:00, 17:00
Spanish Masala - 14:00, 20:00,

Grand Mercato

5 Days of War - 17:15, 19:25, 21:40, 23:55
Act Of Valor - 11:45
Hugo - 10:00, 12:20, 14:40
Kahani - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Midnight in Paris - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30

The Lorax (3D) - 11:00, 13:00, 15:00, 17:00, 19:00
Lazy Crazy (2D) - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Artist (2D) - 21:00, 23:00
John Carter (2D) - 21:40, 12:20, 15:00, 17:40, 20:20, 23:00

Vox Cinemas - Deira City Centre

Act Of Valor - 14:00, 19:00, 00:00
The Devil Inside - 13:30, 17:30, 21:30
Ghost Rider 2 (3D) - 20:15, 22:15, 24:15
John Carter (3D) - 11:30, 14:15, 17:00, 19:45, 20:30
Kahani - 12:30, 15:15, 18:00, 20:45, 23:30
Like Crazy (2D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
London Paris - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Lorax (3D) - 10:15, 12:15, 14:15, 16:15, 18:15
Chaar Din Ki Chandni - 12:15, 21:00, 17:45, 20:30, 23:15
Mission: Impossible 4 - 10:45, 16:00, 21:15
Omar Wa Salma 3 - 13:30, 18:45, 00:00
Safe House - 14:15, 19:00, 23:45
This Means War - 12:00, 16:45, 23:30
We Bought A Zoo - 11:15, 16:15, 21:15, 18:15, 20:45, 23:15
The Woman in Black - 11:30, 15:30, 19:30, 23:30

Vox Cinemas - Moe

5 Days of War - 11:00, 13:30, 16:00, 18:30, 21:15, 00:00
Act Of Valor - 17:15, 19:30, 21:45, 00:00
Alvin and the Chipmunks 3 - 11:00, 13:15, 15:15
The Artist - 10:45, 15:45, 20:30

Ghost Rider 2 (3D) - 22:15, 00:15
Gone - 12:00, 16:00, 20:00, 00:00
Hugo (3D) - 11:15, 14:00, 16:30
John Carter - 11:45, 14:30, 17:15, 20:00, 22:45
John Carter (3D) - 10:00, 11:45, 12:45, 14:30, 15:30, 17:15, 18:15, 19:00, 20:00, 21:00, 21:45, 22:45, 23:45, 00:30
Like Crazy - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Lorax (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Midnight in Paris - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Safe House - 11:45, 16:30, 21:15
This Means War - 14:15, 19:00, 23:45
The Vow - 12:00, 16:30, 21:00
We Bought A Zoo - 13:00, 16:00, 22:45
The Woman in Black - 10:00, 14:00, 18:00, 22:00
Young Adult - 09:45, 14:15, 18:45, 23:15

Vox Cinemas - Mirdif City Centre

5 Days of War - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Act Of Valor - 10:15, 12:30, 14:45, 17:00, 19:15, 21:30, 23:45
The Artist - 15:00, 19:15
John Carter - 10:15, 12:00, 13:00, 14:45, 15:45, 17:30, 18:30, 20:15, 21:15, 23:00, 00:00
John Carter (3D) - 10:15, 12:00, 13:00, 14:45, 15:45, 17:30, 18:30, 20:15, 21:15, 23:00, 00:00
Like Crazy - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Lorax (3D) - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
Midnight in Paris - 10:45, 12:45, 17:15, 21:30, 23:30
This Means War - 13:45, 18:45, 23:30
We Bought A Zoo - 11:00, 16:00, 23:30



YOUNG ADULT

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

Reel Cinemas - Dubai Mall

5 Days of War - 14:30, 16:55, 19:25, 21:50, 00:20
Act Of Valor - 13:25, 16:00, 18:25, 20:50, 23:35
The Artist - 21:55, 00:40
Ghost Rider 2 - 11:10, 13:15, 15:20
Gone - 17:10, 19:25, 21:40, 23:55
The Grey - 19:30, 21:45, 00:05
Harold And Kumar (3D) - 17:25, 19:35, 21:45, 00:05
The Iron Lady - 20:10
John Carter - 12:20, 13:20, 15:20, 16:20, 18:20, 19:20, 21:20, 22:20, 00:20, 01:15
John Carter (3D) - 14:20, 17:20, 19:00, 20:20, 22:00, 23:20, 00:55
Journey 2 - 11:00, 13:05, 15:10
Kaahani - 11:40, 14:20, 17:00, 19:35, 22:10, 00:45
Like Crazy - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
London Paris New York - 14:45, 17:15
The Lorax - 11:15, 13:20, 15:35, 17:50, 20:05, 22:20, 00:35
The Lorax (3D) - 14:40, 16:55, 19:05, 21:10, 23:15
Midnight in Paris - 11:20, 14:00, 16:10, 18:20, 21:00, 00:05
Omar Wa Salma 3 - 17:15, 19:40, 22:10, 00:40
Safe House - 14:30, 17:50, 21:30, 00:30
This Means War - 13:20, 15:40, 17:55, 22:25, 00:40
The Vow - 12:40, 14:45
We Bought A Zoo - 14:05, 16:40, 19:20
The Woman in Black - 11:15, 19:45, 21:50, 23:55
Young Adult - 11:05, 13:10, 15:25, 17:30

Reel Cinemas - Marina Mall

The Artist - 17:55, 20:05
Harold And Kumar (3D) - 20:20, 22:30, 00:40
John Carter - 11:00, 14:00, 17:00, 20:00, 23:00
John Carter (3D) - 12:05, 15:05, 18:05, 21:05, 00:05
Journey 2 - 11:15, 13:30
The Lorax (3D) - 11:10, 13:30, 16:00, 18:10
This Means War - 11:25, 13:35, 15:45, 22:15, 00:30
We Bought A Zoo - 11:55, 14:25, 17:00, 19:35, 22:05, 00:45
Young Adult - 15:35, 17:40, 19:45, 21:50, 23:55

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



www.dubaicalendar.ae

Commercial Vehicles Middle East Show



The conference discusses modernisation, optimisation

and future plans for heavy and light commercial vehicles.

Date: March 11 - 13

Duration: 3 days

Audience: Trade

Category: Exhibitions

Venue: Dubai International Convention & Exhibition Centre

Admission: \$850-1,500

Salif Keita - du World Music Festival

The Afro-pop maestro from Mali has made the whole world groove to his beat. Don't miss Salif Keita, the Golden Voice of Africa, live in the UAE at our World Music Festival.

Date: March 11

Duration: 1 day

Timings: 8pm

Audience: Public

Category: Entertainment, Music

Venue: Burj Steps, Downtown Dubai, Near the Burj Khalifa

Admission: Free

Telephone: 04 375 7011

Middle East Coatings Show

Professionals in the coatings industry can find the best products and meet experts in the field at the largest dedicated coatings event in the Middle East and Gulf region.

Date: March 12 - 14

Duration: 3 days

Audience: Trade

Category: Trade

Venue: Dubai International Convention & Exhibition Centre

Admission: Free

20th Public Relations World Congress

Global PR professionals come together to discuss the latest trends in the communications industry.

Date: March 13 - 15

Duration: 3 days

Audience: Trade

Category: Conference

Venue: Grand Hyatt

Wetex Exhibition

Water, Energy, Technology and Environment Exhibition (WETEX) is an important regional resourcing platform for national and international companies to access a wide range of latest technology and management solutions.

Date: March 13 - 15

Duration: 3 days

Audience: Trade

Category: Exhibitions

Venue: Dubai International Convention & Exhibition Centre

Dubai International Boat Show

The event will be a classic showcase of yachts, supercars, equipment and supplies from both local and international builders.

Date: March 13 - 17

Duration: 5 days

Timings: 3-9:30pm

Audience: Public, Trade

Category: Exhibitions

Venue: Dubai International Marine Club Mina Seyahi

Admission: Dh60

Trilok Gurtu / Matthew Garrison with Human Element - du World Music Festival

Experience the magical performance of Trilok Gurtu and Matthew Garrison with Human Element at the du World Music Festival.

Date: March 13

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Burj Steps

Admission: Free

Telephone: 04 375 7011

Rotana Stars Night - Assi Hilani and Abdullah Al Rowaished

Assi Hilani and Abdullah Al Rowaished perform at the du World Music Festival.

Date: March 14

Duration: 1 day

Timings: 8pm

Audience: Public

Category: Music

Venue: Burj Steps, Downtown Dubai

Admission: Free

Telephone: 04 375 7011

SIKKA 2012



An artist-led fair of commissioned work in the heart of Dubai.

Date: March 15 - 25

Duration: 11 days

Audience: Public

Category: Arts & Culture

Venue: Bastakiya, Old Town

Telephone: 04 384 2000

Art Week 2012

Take in some culture and art during the annual Art Week held in the Gulf region.

Date: March 15 - 25

Duration: 11 days

Audience: Public

Category: Arts & Culture, Festivals

Venue: Bastakiya, Old Town

Telephone: 04 384 2000

Taste of Dubai 2012



Get ready for one of your favorite festivals Taste of Dubai.

Date: March 15 - 17

Duration: 3 days

Audience: Public

Category: Festivals

Venue: Dubai Media City Amphitheatre, Dubai Media City, behind the CNN building

Admission: Online booking: Standard Dh60, VIP Dh200, Free entry for children under 12. Prices at the door: Standard Dh75, VIP Dh220, Free entry for children under 12

Omar Khairat - du World Music Festival



Be a part of the legendary performance of the one and only Omar Khairat at the

du World Music Festival. The artist has previously enthralled audiences all over the world.

Date: March 15

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Burj Steps, Downtown Dubai, Near the Burj Khalifa

Admission: Regular Dh150, VIP Dh250

Telephone: 04 375 7011

Absolute India - du World Music Festival

Absolute India is a group of musical omnivores who bridge the gaps between all genres, don't miss their amazing performance.

Date: March 15

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Burj Park, Downtown Dubai, By the Burj Khalifa, Dubai

Admission: Regular Dh150, Grandstand Dh225, VIP Dh595, Platinum Dh995

Telephone: 04 375 7011

Wonho Chung - Comedy Show

Be entertained by the humour of famous stand-up comedian, Wonho Chung.

Date: March 15

Duration: 1 day

Timings: 8pm

Audience: Public

Category: Entertainment

Venue: First Group Theatre, Madinat Jumeirah

Admission: Balcony Dh195, Stalls Dh250

Telephone: 04 366 6546

Emarati Night - Mansour Zayed - du World Music Festival

Come enjoy a great musical performance by our very own Mansour Zayed, only at the du World Music Festival.

Date: March 16

Duration: 1 day

Timings: 7pm

Audience: Public

Category: Music

Venue: Burj Steps, Downtown Dubai, Near the Burj Khalifa

Admission: Free

Telephone: 04 375 7011

Dubai World Cup Carnival - Race Meeting 15

The famous Dubai World Cup Carnival.

Date: March 17

Duration: 1 day

Timings: 4:30pm

Audience: Public

Category: Sports

Venue: Meydan Racecourse

Admission: Admission is free

Telephone: 04 327 0077



Old Faithful

SPECS
(as tested)
Engine: 3-litre
turbocharged
Power: 306bhp, 400Nm torque
Performance: 0-100kph
5.5 seconds
Price: Dh280,000

★★★★☆ For more than 35 years, the BMW 3 Series has been setting the standard, and the same is true of the new one.

If it's not broken, don't fix it. It sounds simple, but many manufacturers get greedy and want a bigger slice of the market pie, and so tweak designs and performance to claw those that sit on the fence to their brands. Take, for example, BMW's X5—a dynamic performing, intelligently comfortable and aesthetically refined luxury crossover SUV. Then came the X6, a sports activity coupe that *Top Gear* branded “frankly, terrible”.

Luckily, however, BMW didn't see fit to over-tweak its 3 Series line. Accounting for a third of all its sales, with 12.5 million going to new owners since 1975, the sixth generation is very much a case of “don't ruin a bad thing.”

On the outside, a modern interpretation of the classic three-box design with sweeping bonnet, short front overhang, long wheelbase and set-back greenhouse allows the new BMW 3 Series to project the dynamic allure typical of the marque in even more concentrated form.

The flat design of the revised kidney grille also serves to underline the car's sporting feel, adding a new personality to the latest installment from the BMW stable.

The interior is perhaps where the delicate touches are most noticeable. Following a flowing interior design philosophy, the 335i benefits from extra head and leg room—for the more awkwardly shaped designer shoes—both front and back that

make this car just easier to get in and out of. The boot boasts a 480-litre capacity that's more than capable of packing everything in that you might need for a long, comfortable drive.

The impressive ergonomics, high-grade materials and consummate workmanship underline the premium ambience of the cockpit, which wraps around the driver, with a seat belt that senses your speed taking on corners and tightens if it suspects erratic driving may push you into the side barriers of the road. But with a 50/50 load distribution on the axle, you never feel like you're out of control as the 335i stays flat on the road, in spite of sharp turns.

The 335i climbs with undiminished energy up to its 7,000rpm peak and keeps on giving all the way there. It's as though the turbos are merely on hand to give the normally aspirated engine a bit of a piggyback through the foothills of the rev range.

It's no great surprise that the chassis can live with the power. The 335i is wonderfully balanced when you get to string a few corners together. There's tenacious turn-in, which gives you the confidence to chuck the 335i into a corner and then use the throttle to dictate the nuances of your line. It's unbelievably friendly.

The 335i loves being hurried down the track, showing the same easy comfort with a quick pace through a slalom of traffic cones as the previous model did. If the definition of good steering is that which allows the driver to place the car exactly where desired, the 335i's still got it.

Turbo lag has been virtually eliminated, thanks to Double-Vanos “steplessly” variable valve timing and BMW's inspired use of the latest

TwinPower Turbo technology. And just in case the high-strength body structure, individual seat protection, impact absorbers, collision and lane change warning systems aren't enough to influence your decision to splash out on new BMW, the five onboard cameras may just be enough to win you over. On the off chance you find yourself with all blacked-out windows and no vision, the central console has the perfect display to guide you safely and effortlessly into a tight parking space.

If there is such a thing as a quintessential BMW, it is, without a doubt, the 3 Series. This is either good news if you passionately adored the previous model or bad tidings if you were hoping for more newness. At some point, BMW will have to take a bigger step to move forward or risk falling behind—but not just yet. ●

306

The horsepower put out by the 335i's turbo-charged, three-litre engine.



Furious



Fast



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The National Bank of Ras Al-Khaimah (P.S.C.)

Professionalism is for everyone



Akhtaboot explains that there can be so much more to being a professional than simply donning a snazzy suit.

CAREERS

We hear the words professionalism and business professionals every so often in our daily working lives, but only few people understand what really constitutes a true professional. To the surprise of many, it might actually be more than putting on a neat suit and managing an agenda. It actually takes people a lot of effort and work to gain the privilege of this title. Akhtaboot presents you with the five keys to being a true professional.

Maintain a professional appearance

Business professionals always take care of their appearance when it comes to dress code and grooming. They fully understand the impact their dress code has on the level of credibility and integrity perceived by clients and coworkers. Professional appearance will not only help you gain the confidence and the ability to influence others positively but will also put you in the right state of mind. The reason is that your appearance and the way you feel about yourself go hand in hand, as the way you dress reflects your identity.

Be your own boss

Professionals take their work seriously; they have an ongoing need to learn and improve. They always go the extra mile to deliver a really world-class job even with minimal or no supervision at all. One of the essential traits of a professional is the ability to work un-bossed. This is a common challenge for many of us. A professional is always self-motivated and self-driven without the need for someone breathing over his or her neck for consistent improvement.

Sustain a positive attitude and work relationships

Professionals always maintain a positive attitude at work. They always perceive problems and challenges as opportunities rather than a burden to be swept under the carpet. They tend to approach problems confidently and optimistically and they never let indecisiveness or fear of failure get in the way of their career development and personal growth. They do the best they can with what they have and they take pride in the results. When it comes to work relationships, true professionals always maintain a high level of respect for themselves and others.

It's all about integrity

The most important aspect to being a real professional is integrity. Maintaining confidentiality is integrity. Owning up to your own mistakes is integrity. Appropriately using company resources is integrity. In general, most employees prefer shortcuts when it comes to deadlines, quality of work, or going the extra mile. The thing about being a professional is to avoid shortcuts and to keep away from any kind of corruption or deception that might affect the business' integrity, goodwill or competence. As a matter of fact, the true test of professionalism comes when temptation is upon you and yet you do not stray.

Master the art of business communication

A true professional is always polite, considerate and classy when communicating with clients, coworkers and people in general. As perception is reality in the business world, rudeness on the phone, in person or in social events implies a lack of professionalism. Another key aspect of business communication is to answer your calls and emails properly and promptly. Nothing sends a louder message of

“A true professional is always polite, considerate and classy when communicating with clients, coworkers and people in general.”

lack of interest, disrespect and rudeness than unreturned calls or unanswered messages. A true professional perceives every caller as a business opportunity, not an interruption, as they could hide potential opportunities.

While job knowledge and target achievement are essential aspects of an over-achiever at work, being a professional is all about choices. Choosing to spend your time gossiping with coworkers, chatting online with friends or calling your parents on your company cell phone will set your business image for years to come among your coworkers, boss and clients. Keep in mind that being a true professional is both an attitude and a way of life. ●

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Female telemarketer required for an insurance company in Dubai. Good salary package. Call 050736919/email farha@ngiuae.com.

Indian mobile technician required for a full-time job. Call 0554116432.

Experienced lab technician required for a diagnostic center located near Union Square metro station. Should have DHA licence. Call 0504605575/0557100542 or email tech.medical@yhoo.com.

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

Creative designer required for an interior design company. Should have degree in interior design with good freehand sketching, AutoCAD, Photo-shop & Google sketchup. 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 Sketchup specialist required for an interior design company. Should have degree in interior designs with excellent AutoCAD & Google Sketchup 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.

Housekeeper required for cleaning company in Dubai. All nationalities are open to apply. Call 0566202639.

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

Cleaners required for a cleaning company based in Dubai. Only Sri Lankans & Filipinos can apply for this post. Call 0503156489.

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

Secretary, male/female, with/without experience required for a company based in Dubai. The candidate should be good in secretarial work. Call 0502479612.

Assistant accountant, with experience, required for a contracting company in Dubai. The applicant must be good in accounting and be a responsible person. Call 0505286578.

Cook, any nationality, required for a hotel located in Dubai. Should have 1 yr experience. Call 0503180396.

Sales Executive, good in communication skills, required for a company in Dubai. Salary + accommodation + visa + commission provided. Call 0506740183.

Front desk officer, with good experience, required for a company based

in Dubai. Attractive salary with all benefits provided. Call 0503412602.

Customer care coordinator, fluent in English with good manners, required for a well reputed company in Dubai. Call 0504713094.

JOBS WANTED

Indian male, MBA, seeks job. 1 yr experience in the marketing field. Call 0554153953/email shamseer461@gmail.com.

Pakistani male 25 seeks job as a trainee pharmacist. 1+ yr experience as retail pharmacist. Knowledgeable in computer software and medicine. Call +9716877608/email owais_pharmacist@hotmail.com.

Graphic Designer, 5 years advertising experience, seeks full-time job. Highly experienced in all graphic work, Mac platform. Can join immediately. Call 0566939663, Email: donhc000@hotmail.com

Indian male, MCom seeks job. 5+ yrs experience as an account assistant/executive cum cashier. Skilled in MS Office & Peachtree. Owns UAE driving licence. Call 0551523169/email jganupreish@yahoo.com.

German/Polish female 28 seeks job as an analyst, assistant event/project/shop manager, model, teacher or in sales (real estate). Experienced in IT consulting, administration, shop management, teaching, promoting. Email elisa.pulkowski@gmail.com.

Pakistani male, ACCA part qualified seeks job. 7 yrs experience in the same field. Call 0556366268/email i.afaq_haider17@yahoo.com.

Pakistani, male, 28, MSc, seeks job as management consultant. 5+ yrs experience in similar field. Familiar with business development, procurement, consultancy & customer service. On visit visa. Email adnanali21@gmail.com/call 0509687298.

Filipino, IT technician seeks job in free zone area. IT CISCO experienced; skilled at installing and navigating operating systems, assembling desktops. Good at maintenance. Email joselito.aban@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, MBA, seeks job in operation/sale/administration. 3+ yrs experience in major projects. Owns UAE driving licence. Email farizanzar@gmail.com/call 0503874243.

Male seeks part-time job. Proficient in AutoCAD drafting, Photoshop, editing and all types of drawing as built, etc. Reasonable rates. Call 0558360645/email vijuchruch4500@gmail.com.

Indian female, MA in computer application seeks job in the IT/administrative/data entry operating field. 1+ yrs experience. On husband's visa. Call 0557223153/email flora84@rediffmail.com.

Indian male seeks job as senior sales executive, supervisor, sales manager, insurance consultant. 7 yrs experi-

ence in sales and marketing. Holds driving licence. Call 0551187669.

Male, BCom, seeks job as an accountant/assistant accountant. 5 yrs experience in the same field. Skilled in computer hardware/software. Email f4farrukh4u@gmail.com/call 0559694730.

ITEMS

Full set of designer curtains available for sale. Designed for one-bedroom or two-bedroom flat. Call 0504605575.

Used laptop available for sale. In good condition. Price for 300AED. Call 0509815607.

Android tablet PC 7" available for sale. In good condition. Price for 280AED. Call 0561420726.

Items available for sale. Double bed 120"x200", Samsung fridge 450ltrs., gas cylinder with gas stove, Nikai washing machine; all in good condition. Call 0505174357.

Used items available for sale. Good as new. Indian style Salwar Kameez with Dupatta. For 25/-, 30/- and 40/-AED. Also a range of Avon products for sale in Bur Dubai. Home delivery. Call 0551566070.

New queen size bed with orthopedic medicated mattress available for sale. In original package (190x150x12). For 525AED. Delivery is provided. Call 0561314797.

Items available for sale: wall hangings, curtains, Ikea wall cabinets x 3 and many more in mint condition. Call 0552428760.0508864342.

AUTO

Mercedes S350, 2009 model for sale. 86,000km, full options (automatic). Price 210,000AED. Call 0506514973/email sandyroos@yahoo.com.

MISCELLANEOUS

Make a website only for 375/-AED with variety of web templates. Call 0508864342.

SERVICES

Home tutoring lessons available. In computer science and math. For all levels-CBSE syllabus. Near Dubai Residential Oasis, Qusais area. Call 0504670364.

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

Training/consulting/translation services offered in French for anything from cultural needs to sales & marketing, HR services (training-recruitment) and pre-employment courses. Call 0508815201.

Tutoring lessons available in Bur Dubai. For all subjects up to grade 9. Also courses in accountancy & computers offered. Call 0507743015.

Home tutoring lessons in mathematics and science. Also available CBSE/ICSE/O-LEVEL. For classes of 1-5. Call 0552047190.

Indian female well experienced teacher available. For all levels and all subjects. Home tutoring is also offered. Call 0554627937.

Tutoring lessons available. To learn Chinese. Call 0552960333/email lxm00708@163.com.

ACCOMMODATION

Bed space available for rent. In Satwa, near bus station. Rent for 500-600AED, including DEWA. Call 0556932581.

Shared bed space available for rent. Kabayans M/F/couple only. Rent for 450/AED. Free DEWA and TFC / Wi-Fi. Opposite Union Square metro station near Al Ghurair. Call 0552457706/0504967615.

Bed space available for rent. Keralite working ladies only. Next to Khalid Bin Waleed metro station. Call 0509747807.

Two furnished bed spaces available for rent. Executive Keralite bachelors only. Rent for 500AED/excluding DEWA. Facing Royal Ascot Hotel/Khalid Bin Waleed Road, Bur Dubai. Call 0566983601, 0554067235.

Shared room available for rent. Working couple/working ladies only. To be shared with a Keralite family. Near Airport Free zone metro station in Qusais. Beginning April 1. Call 0504605575.

Two bed spaces available for rent. With attached bathroom. 4 people capacity. Kabayan ladies only. Near Al Rigga metro station. Rent for AED650/AED + DEWA. Call 0508808064/0508895479.

Five fully furnished bed spaces available for rent, Keralites preferred. Behind Al Mussalla Towers, Bur Dubai. Rent AED 400/-AED. Call 0559469977.

Bed space available for rent. Comes with balcony. Indian males only. Near Sabkha bus stop, Deira. For 650AED including DEWA. Call 0509776456.

Bed space available for rent. Keralite ex. bachelors only. Near Al Rigga/Salah Al Din metro station. Internet, balcony, kitchen facility available. For 520AED including DEWA. Call 0557017625.

Shared single room available for rent. Comes with balcony. Couples or small families only. Near Palm Beach Hotel, in Bur Dubai. For 1,800AED +DEWA. Call 0502881601/0553472710.

Furnished single room available for rent. Comes with attached bathroom. Family/couples only. Near Al Quasais metro and police station. Rent for 1,800AED+DEWA. Call 0505174357.

Single bed space available for rent. Mangaloreans or South Indians only. Near Yarmook/Spinney's R/A near Church area, Sharjah. To be shared with another person. Call 0505857123/055/9260976.

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

Bed space available for rent. Brand new building. Muslim bachelors only. Near clock tower, DNATA area. Central A/C including all facilities. Call 0505975471.

Furnished single room available for rent (4 months). Comes with attached bathroom. Couple/families only. Beginning of April. Near Al Nadha metro station in Al Qusais. Call 0507027349.

Semi-furnished room available for rent. Comes with attached balcony/separate bathroom. Indian small families/working ladies only. Near Al Rigga metro station. Call 0505643795.

Shared single room for rent. Filipinos only. Near Rashidiya metro station. For

1,000/AED including DEWA & internet. Call 0507642506.

Two bed spaces available for rent. Spacious rooms with attached bathroom and kitchen. For Kabayan ladies only. Near Abu Baker Al Siddique metro station. Call 050875473.

Bed space available for rent in villa. Executive Muslim bachelors only. Rent for 320/AED including DEWA. In Hor Al Anz, near Karachi Darbar restaurant. Close to metro station. Call 0556085541/0553052509.

Bed space available for rent. Keralite bachelors only. Rent for 315AED including DEWA. Internet also available. Call 0502663846.

Single room available for rent. In Al Khalil 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 Crown Plaza, facing Emirates Tower, SZR. Rent for 500AED + DEWA. Call 0507082328/0508787695.

Roadmap set for RTA maturity

RTA chairman looks to the future with a number of creative processes that will streamline innovation.

INNOVATIONS

Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, recently stated that since its inception, the RTA has adopted creative and innovative methods to cope with the transportation challenges encountered by Dubai in line with the transition to innovation, which is being increasingly considered as the most important ingredient of any modern organisation.

He pointed out that the creation of the RTA itself had been a creative idea whereby all sectors relating to roads, mass transport and vehicle licensing were put together under one umbrella in order to measure up to the challenges of traffic congestion and the limited usage of mass transport modes.

"The only option we have had in hand to confront major challenges, for which the RTA was established, was to figure out innovation-oriented solutions to address such challenges. Thanks to the directives, unlimited support and persistent follow-up by His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, His Highness Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Dubai Crown Prince and Chairman of the Executive Council, and His Highness Sheikh Maktoum Bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai and Vice-Chairman of the Executive Council, we were able to implement many of the innovative solutions which contributed to turning the dream into reality and achieving the RTA's vision of safe and smooth transport for all," said Al Tayer.

Al Tayer continued, "The RTA has put in place an innovation strategy based on a comprehensive evaluation of various practices and operations reflected in the formation of the innovation team comprising the RTA's elite employees capable of supporting the RTA with innovative and improvised ideas. The team examines the strategic challenges facing the RTA, seeks appropriate measures to bypass them and provides innovative ideas that contribute effectively to developing workmanship within the RTA.

"The RTA has also launched its Scientific Research Award with a view to identifying experienced employees and capitalising on their potentials to uplift the business of the RTA,



MATTAR AL TAYER

supporting its efforts in knowledge management, and publishing the winning researches in world periodicals for further publicity and wider benefit. The RTA has also formed the Specialised Experts Team in order to avail itself of specialist human cadres with all-round experience in various RTA businesses. Accordingly, 18 male and female employees were spotted to have distinguished experience and competency in various specialisations. The team delivers training programmes, offers customised guidance and delivers personal tutorials and consultations. Quite recently, the RTA's Talent Contest was launched, which is the first of its kind at the level of government authorities and agencies aiming to showcase individual and group talents from among the employees working in various fields," said Al Tayer.

Laila Mohammed Faridoon, Director of Office of the RTA Chairman of the Board and Executive Director, said, "During its first three years, the RTA has adopted creative and innova-



LAILA MOHAMMED FARIDOOON

tive working methods to achieving its strategic goals. However, those methods were not accompanied by any framework for streamlining and managing creative efforts because only a few employees were involved in the innovation process. In 2009, the RTA decided to embrace the concept of innovation and creativity and integrate it into various operations and practices by providing all employees and organisational units with

"The RTA has put in place an innovation strategy based on a comprehensive evaluation."

a package of stimulants capable of promoting the culture of innovation among the RTA's employees, devising a mechanism to evaluate the reality of innovation within the RTA through an innovative maturity model, identifying innovative areas within the RTA, monitoring initiatives developed by the organisational units to encourage employees to be creative, and providing a central log to follow up and document the work progress."

She added that the general framework of innovation, aimed at dealing with various challenges facing the RTA, meet the requirements of employees and carry out complex operations. She pointed out that all authorities and agencies needed to improve innovation for the benefit of their customers by adopting initiatives based on maximising efficiency, minimising cost, adopting cost-effective methods, addressing the needs of sustained development, meeting the increasing expectations of customers, and keeping abreast of rapid changes.

Faridoon indicated that the RTA's Strategy Model consisted of four elements; namely strategy, culture, procedures and ideas management. "These elements have been taken into consideration when producing the innovation maturity map," she said.

"The analysis and evaluation project comprised five domains, specifically corporate culture, human resources, working procedures, management of innovative ideas, and measurement and evaluation mechanisms. A map showing the maturity path of each sphere was compiled to include five levels, namely corporate cognition, creation of innovative environment, development of innovative environment, corporatisation of innovation, i.e. the transition into corporate innovation, and sustainability of innovation," she added.

RTA takes steps to curb speed

RTA approves Speed Management Manual and evaluates speed limits on Dubai's roads and streets.

ROAD SAFETY

Engineer Maitha Bin Udai, CEO of the Traffic and Roads Agency, has announced the endorsement of the Speed Management Manual in Dubai, which is one of five technical manuals set to be approved by the agency this year, as well as the Entries and Exits Manual, the Traffic Control Means Manual, the Generated Trips Rate Manual, the Road Design Manual and the Speed Management Manual, which has recently been endorsed.

"These manuals complement the technical manuals published in 2011 which include the Roadside Design Manual, Traffic Diversions Management Manual, and Traffic Safety Auditing Manual. These manuals reassert the RTA's policy built on the highest professional standards, clarity and transparency," Bin Udai said.

"The strategy of road safety in Dubai is a top priority aligned with the RTA's vision and therefore every effort is continuously being made to make the roads of the emirate the safest in the world. Among the key objectives of this strategy is to curb traffic-related mor-

talities to bring them in line with the rates prevailing in the most developed countries by 2015. The RTA has made good progress down this track from its inception as the traffic fatalities plummeted from 21.7 cases per 100,000 people in 2007 to 6.7 cases per 100,000 people in 2011.

"Despite the fact that the traffic fatality rate in Dubai is better than countries such as Malaysia, South Africa and the United States, the RTA is still aspiring to place Dubai amongst the cities with the least traffic fatalities in the world," elaborated Bin Udai.

She highlighted the paramount importance of curbing speed levels in a bid to bring down traffic-related injuries and casualties. International studies indicate that increasing the driving speed by up to five per cent over the specified speed limits shown on traffic signs results in pushing up the rate of traffic accidents causing injuries by 10 per cent and fatalities by 20 per cent.

The Speed Management Manual has been compiled by a world-class British consultant under the supervision of a specialist technical committee from the Traffic and Roads Agency. The mis-



MAITHA BIN UDAI

sion took two years to complete during which a revision was carried out for the best international practices.

"The RTA has chalked out a time frame over the next two years for assessing the maximum speed signs fixed all over the streets of Dubai,

including revising them if needed. The new speeds will be set over three stages. The first stage will include site surveying of every road sector and feeding the relevant data to a computer program customised for Dubai under the Speed Management Project. Information related to the type of road, prevailing speed limit, land uses, pedestrian traffic and other parameters will be entered into the system to identify the estimated road speed.

"The second stage relates to the calculation of the driving speed of 85 per cent or less of vehicles, which is called the natural speed of the road.

"The third stage is meant for running a comparison between the findings of the above two stages and taking a decision. If the estimated speed, for example, was higher than the maximum speed fixed on traffic signs, the signs have to be changed and maximum speed increased. If the natural speed was higher than the maximum or estimated speed, the traffic enforcement measures have to be intensified and other calming means have to be introduced on the road," Bin Udai explained.

RTA attends twelfth Dubai Career Show

CAREERS

The RTA recently took part in the twelfth Career Show, which was held at the Dubai World Trade Centre. The event featured the participation of 130 firms and organisations spanning the entire UAE with the aim of offering graduate citizens exposure to the job market, recruiting them and thus accelerating the Emiratisation drive.

"Since its inception in 2005, the RTA has been keen on taking part in this annual show, as it is privileged by the patronage of HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, and attended by scores of male and female students graduating from different universities and colleges. The event is considered an ideal platform for offering and



KAWTHER KAZIM

negotiating various jobs needed by the market, thus offering students further valuable input to consider while thinking about taking a suitable major that matches the needs of the job market reality," said Dr Kawther Kazim, Director of RTA Human Resources and Development.

"We are keen on offering vacancies needed by various RTA agencies and sectors whether in the technical field (engineers and technicians), or specialist fields (IT and accounting). Specialist employees of the recruitment section of the HR department were deployed at the RTA stand to conduct quick provisional interviews and the screening of applicants while being at the stand to identify the most suitable ones.

"Those selected will undergo training courses in their respective specialties to hone their skills and capabilities, and upgrade their efficiency in the work environment in order to ensure that the RTA is supplied with competent young Emiratis capable of contributing to the achievement of several future projects," added Dr Kazim.

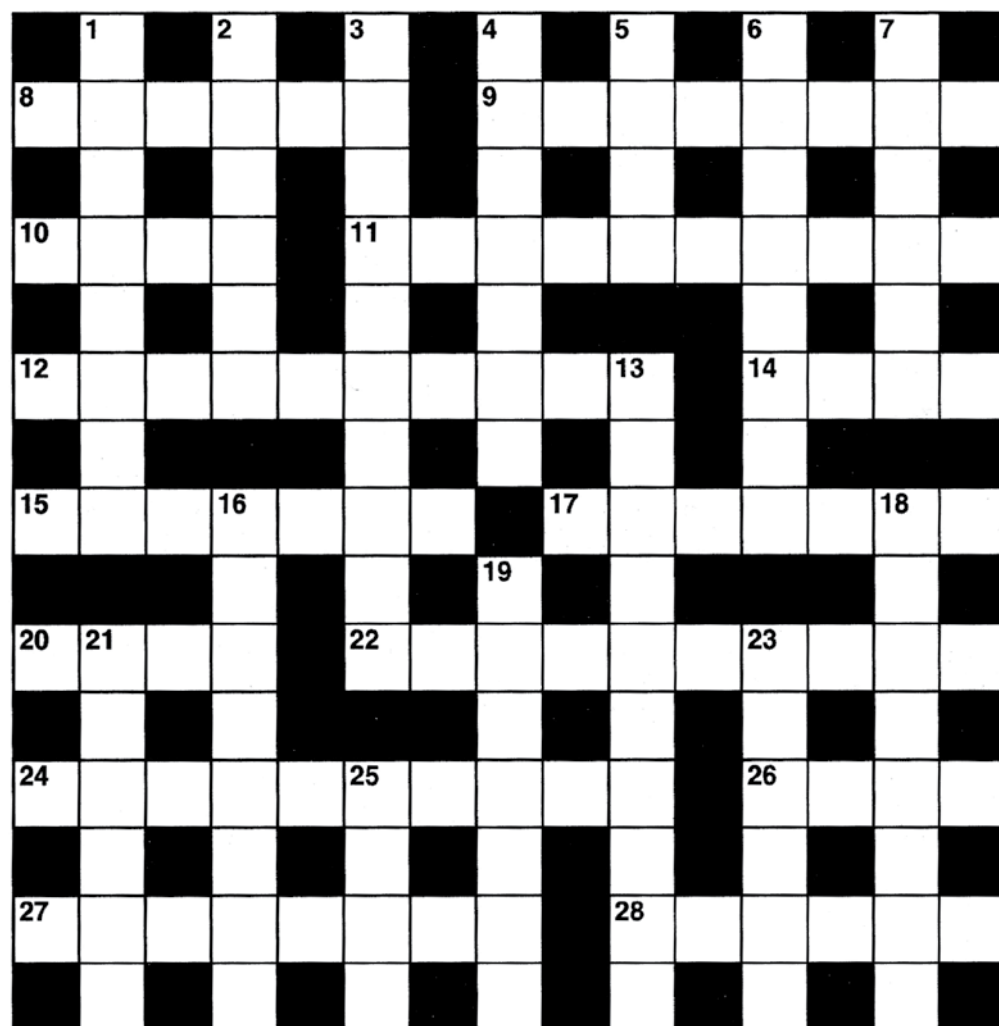
The RTA stand this year featured

a heritage-inspired design theme in a bid to showcase and enhance the principles and elements of national identity in all key community-oriented events. A film was also played to shed light on the RTA's achievements in mass transit means over the past six years.

"We are keen on offering vacancies needed by various RTA agencies and sectors, whether in the technical field or specialist fields."

Taking your time

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



Crossword

Across

8 Raw dish unfinished, I'm returning for a sausage! (6)
9 Tried nip, being naughty, and brave (8) 10 Frighten endlessly, showing mark on skin (4) 11 Scientist's room, political choice? (10) 12 TV, for example, is showing concert -lie around (10) 14 Happiness, as good fish taken back (4) 15 Cork keeper? (7) 17 Stupid as one is with number (7) 20 Untidy state in homes sold (4) 22 Think, when done on purpose (10) 24 Decent look, we hear, to see advertising (10) 26 Money back for hammer, perhaps (4) 27 A sincere sort of raise (8) 28 Horse's gait producing extraordinary trance (6)

Down

1 Weapon, something at auction for knight (8) 2 Material in part of a brick (6) 3 Lover having fling with rider, unfortunately (10) 4 Apes tearing apart big snob (7) 5 Sun, perhaps, brings vermin up (4) 6 Shape which destroys pathogen (8) 7 Perforate first of rings in item (6) 13 Classic film in Morocco? (10) 16 Go by Dover, for example - with relevant document? (8) 19 Cover? Let bank provide it! (7) 21 Go wrong with job (6) 23 Retain new eye part (6) 25 Target a long to be chopped up (4)

ANSWERS



Recipe

Lip-smacking lemon meringue

This tangy but sweet treat is surprisingly easy to make.

Ingredients

Packet of pre-rolled, shortcrust pastry
100g caster sugar
7 tbsp cornflour
4 large lemons, zest and juice only
6 free-range egg yolks
100g unsalted butter, melted

For the meringue

6 medium free-range egg whites
300g caster sugar

Method

1. Line a medium-sized pie dish with a smearing of butter and the ready made pastry. You can make your own pastry if you prefer, although for convenience, we are using pre-prepared.

2. Line the pastry with greaseproof paper and fill with baking beans. Trim the excess pastry and bake the case blind for about 15-20 minutes or until the pastry is pale golden and dried out—remove the paper and beans for the last five minutes. Lower the oven heat to 150C/300F/Gas 2.

3. Meanwhile, for the lemon curd, mix together the sugar, cornflour and enough water to make a paste, in a large bowl.

4. Bring 50ml of water and the lemon zest to boil in a small pan, then gradually pour the hot liquid onto the cornflour and sugar, whisking all the time until smooth.

5. Beat in the egg yolks, lemon juice

Serves

6

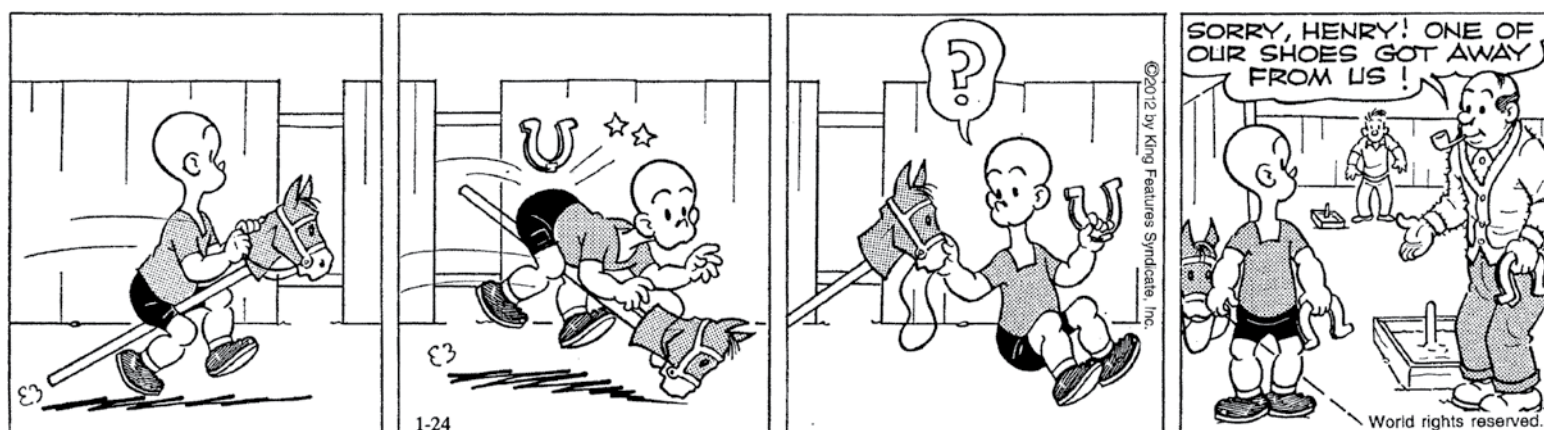


and butter. Return to the pan and cook over a low heat, stirring all the time until thickened. Pour into the pastry case and leave to cool slightly.

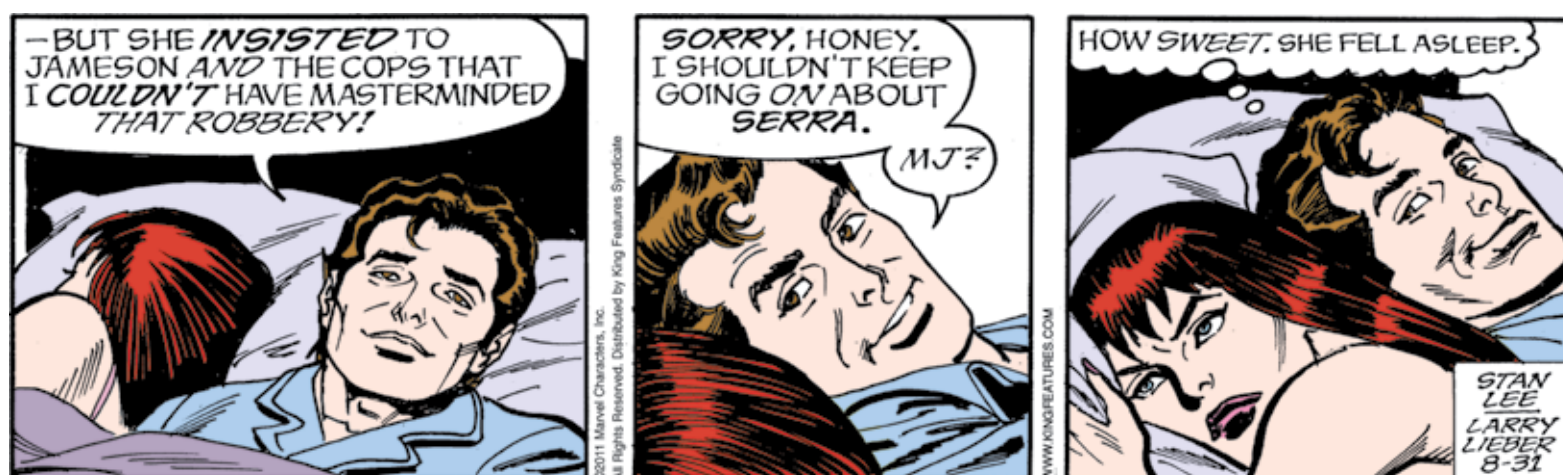
6. For the meringue, whisk the egg whites in a large bowl with an electric whisk until they form stiff peaks. Whisk in the caster sugar gradually at a high speed, then transfer the meringue into a piping bag (with a plain nozzle) and pipe the meringue on top of the lemon curd.

7. Bake for about 35-45 minutes until the meringue is crisp on the outside and soft and marshmallow-like underneath. Serve warm or cold in slices.

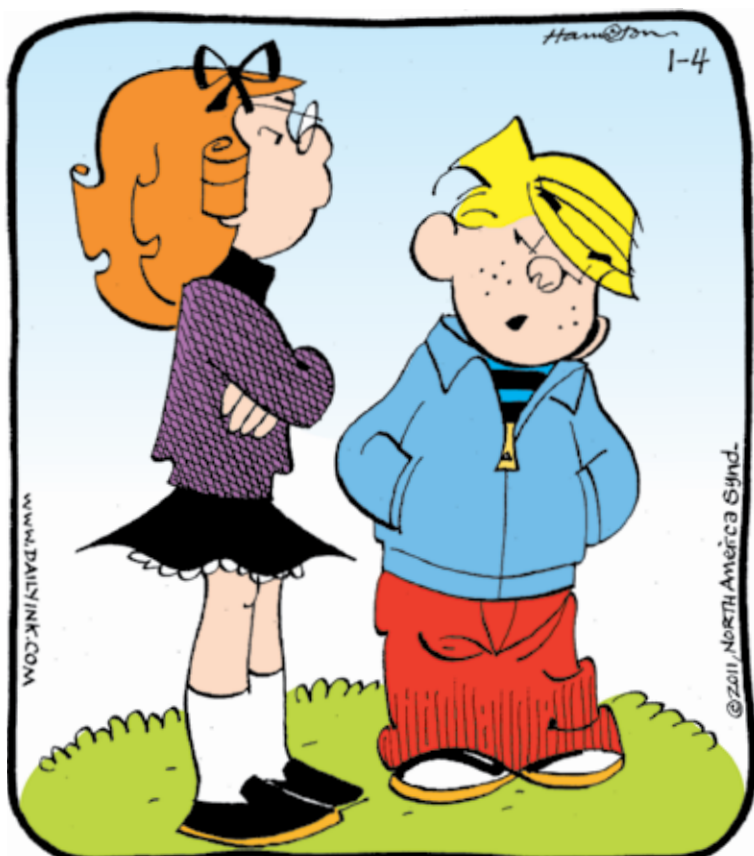
Henry



Spiderman



Dennis the menace



"MOM SAYS I'M SUPPOSED TO SAY SOMETHIN' NICE TO YOU, EVEN IF I DON'T MEAN IT."

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Japanese entertainers	Street plan	Length measures	Tiny bit	Fake	That female	Spiral seashells	Distance travelled
Transformation	Teacher's favourite	Egg-layer	At this spot	Part of a staircase			
	Constricting snake	Flashlights					
New York's country (inits)	Garment often underwired	Buffoon	Warmth (from a fire)				
		Come out of hiding					
Saintly rings	Determine the composition of metal	Ooze					

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

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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)

The movement of Venus into Taurus, your money zone, should be good for finance. While money could flow in and out, try not to spend money before it arrives and be open to opportunities to improve your finances. You know money can't buy you love but others may not think so.



TAURUS

(APR 21 - MAY 21)

Your social circle forms a lovely safety net for any bold moves you make this week, and they could also provide you with a launching pad into your future. If your life path is feeling unclear, interview your friends. Ask them what they feel your gifts and strengths are.



GEMINI

(MAY 22 - JUN 21)

With Mercury, your planetary ruler, entering headstrong Aries this week, you could be eager, impatient and even perceived as aggressive in your attempts to get your message across and get things done. Be careful not to neglect the needs of loved ones this week.



CANCER

(JUN 22 - JUL 23)

While you don't want to burn your bridges, if you've got something to say, try to be open, clear and honest because the move of Mercury into Aries suggests you need to express your views. Issues around finances, possessions or resources could be a source of tension.



LEO

(JUL 24 - AUG 23)

If you feel you deserve greater rewards and appreciation for your work and efforts then this could suggest that you'll soon start to attract the attention and opportunities you deserve. Lady Luck is on your side, but you still appear to have to resolve a financial or commercial matter.



VIRGO

(AUG 24 - SEP 23)

You may need to make some adjustments to take a big step forward and start to promote your wares and get the rewards for your recent hard work. Nevertheless, it's time to get your skates on. Activities involving publishing, education and faraway people and places are well-starred.



LIBRA

(SEP 24 - OCT 23)

While you may have been bending over backwards to please others lately, they may have been less helpful. If so then this may be the time to put your cards on the table and encourage others to do the same. If they really won't play ball, turn your attention elsewhere.



SCORPIO

(OCT 24 - NOV 22)

With Venus joining Jupiter in your opposite sign of Taurus, this suggests relationship and partnership matters. Emotional, personal and professional issues are set for a boost, so don't be bashful when invitations to get out and about and meet people come your way.



SAGITTARIUS

(NOV 23 - DEC 21)

It looks like you could find yourself, your work or actions in the spotlight. Therefore it's probably advisable to learn your lines properly and not be tempted to be side-railed into office politics, to speak with a forked-tongue or shoot first and ask questions later.



CAPRICORN

(DEC 22 - JAN 20)

You adore the finer things in life, Capricorn, but you don't always let yourself enjoy them. Enjoy some glamour, luxury and romance. This doesn't have to break the bank; a pragmatic review of your finances may reveal places where you can trim back in the name of fun.



AQUARIUS

(JAN 21 - FEB 19)

With a full moon falling on Mars, disruption and upheaval may affect money or work matters. It's important for everyone to get their facts straight before stamping their feet or issuing ultimatums since those who act in haste may come to regret their actions later.



PISCES

(FEB 20 - MAR 20)

With a full moon in your opposite sign of Virgo, the relationship zone of your solar chart, towards the end of next week, it looks like this could bring a significant turning point where an important relationship is concerned.



This week's local weather

SUN



SUNNY
HIGH 26C
LOW 20C
HUMIDITY 48%

MON



SUNNY
HIGH 27C
LOW 20C
HUMIDITY 46%

TUE



SUNNY
HIGH 27C
LOW 19C
HUMIDITY 46%

WED



SUNNY
HIGH 25C
LOW 18C
HUMIDITY 42%

THU



SUNNY
HIGH 25C
LOW 20C
HUMIDITY 45%

FRI

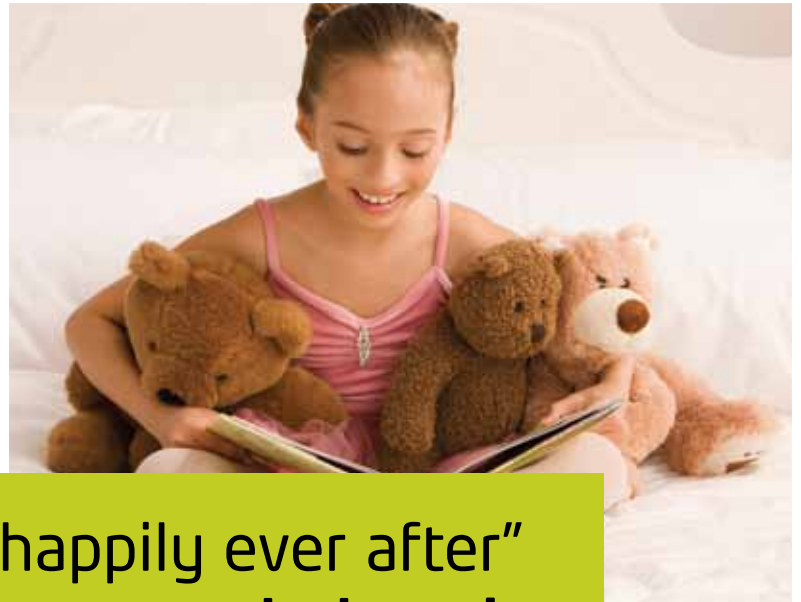


SUNNY
HIGH 26C
LOW 21C
HUMIDITY 47%

SAT



SUNNY
HIGH 27C
LOW 22C
HUMIDITY 48%



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