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APRIL 8-14, 2012 | Issue 43

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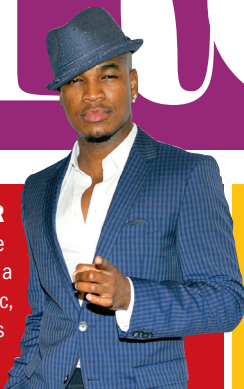


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NE-YO GETS CLOSER

We catch up with the R&B superstar for a chat about life, music, inspiration, and his thoughts on Dubai



A TROPICAL PARADISE



FASHION GOES FESTIVE

With a host of live music festivals still to come in Dubai, dressing the part can be just as important as the actual event itself



THE FINAL FRONTIER

The discovery of parts from the Apollo 11 rocket raises the question as to their physical integrity after lying on the ocean floor for 43 years



Fit to function

Focusing on everyday fitness can benefit your body

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.*, I've recently landed in Dubai. I'm still in awe of everything here, although it does seem to be a bit hot sometimes. I have been staying with family, but I feel like I'm starting to intrude on their space and overstay my welcome. I'm sure I can count on my family to direct me to a nice affordable area, although I don't think I will be able to afford a nice place on my own just yet. What way should I go about finding a new place? I don't want to trouble my family too much, they've already done enough for me.

Siobhan Cusack

Ask around your group of friends, or your family's friends to see if anyone is looking to relocate to a new apartment, you may be surprised. You can also check web sites where the option for shared accommodation can be cheap and convenient.

✉ Dear *Read.*, I'm no tech-wizard, but my parents back home are

outrageously computer illiterate, so, as you can imagine, they don't have a Facebook account. They've just about mastered the art of email. Having my own children over here, I often take short videos of them playing and experiencing life here, then I upload them to Facebook. It seems like the ideal way to reach as many as my friends back home as possible who always enquire as to how the kids find life here—which they love. I'm just sorry my own parents don't get to see them the same way. I can't get my head around ideas to fix it. Can I download videos from Facebook or is burning files to a disc and sending it through registered post my best option?

Billy Cailladh

You can't download videos from Facebook it seems, but there is a much easier option. Instead of uploading to a social network, set up your own YouTube account. Once you have your videos on there, you can copy the links into an email for your parents. You can also post the link to your Facebook page to let your friends see, or they can download the videos from YouTube.

Read. Poll

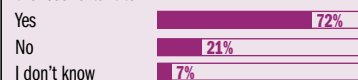
Are 'buy one get one' offers worth their price?

- Yes
- No

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

Should celebrities share their fabulous wealth with the less fortunate?



QR codes



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Metro pics



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ANCY MARY VARKEY



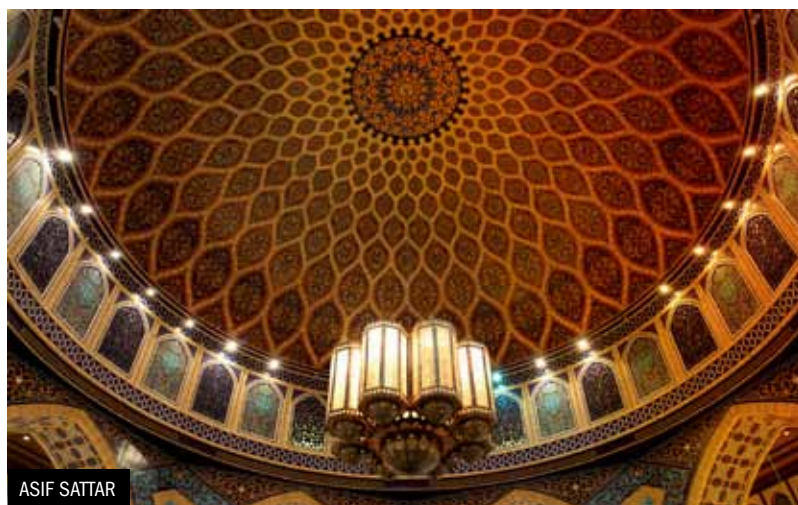
ROMELL BISCARRA



NADIR ABOOBACKER



ARIS LACSON



ASIF SATTAR



MUHAMMAD AAMIR JAFFAR

Station by station guide

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

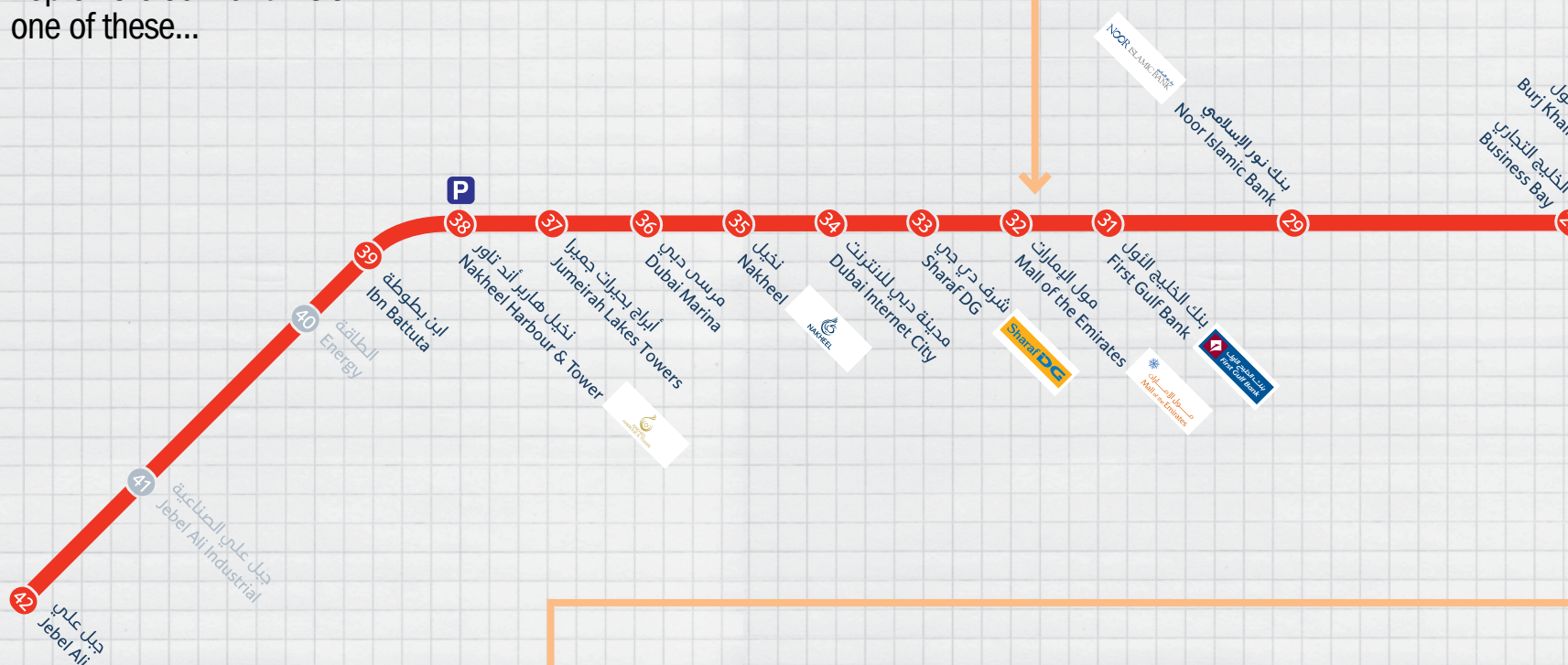


Chilli Crab Festival

APRIL 13 - 14

SOUK MADINAT JUMEIRAH

Take a taxi from the station and head to the Souk Madinat Jumeirah, where the amphitheatre will come alive with the sights, sounds and smells of Singapore. There's something for everyone with live cooking stations and entertainment, including 'make your own' crab burgers and daily live music performances from 6pm. The festival runs from 1pm to 12am and entry is free.



Dahab at Live Local Loud

APRIL 13, PYRAMID ROOFTOP GARDENS AT WAFI

Continuing the 'Live Local Loud' tradition, which celebrates the Middle East's original music scene, five-piece band Dahab will be taking to the stage with tracks from their first two albums. The band will also be unveiling tracks from their new album *Ray'ah*, scheduled to be recorded towards the end of 2012. Entry is free, doors open at 7:30pm and the music starts at 8:30pm.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE





The Vertical Marathon

APRIL 13

EMIRATES TOWERS

Jumeirah Emirates Towers, in association with Médecins Sans Frontières (MSF) and the Red Crescent Society, will host one of Dubai's most popular fundraising events – The Vertical Marathon on April 13.

Participants will ascend 1,334 stairs to the top of the 52-floor office tower at Emirates Towers. The start is scheduled at 8am. Register at www.dubaiverticalmarathon.org where participants are asked to make a minimum pledge of Dh500 per adult and Dh350 per child inclusive of a breakfast buffet. The registration deadline is April 11. For further information contact MSF on 04 4579 255.

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Ghazal Nite with Ghulam Ali

APRIL 14, 7:30PM

INDIAN HIGH SCHOOL

Ghazal aficionados can expect an evening to remember on April 14 when they listen to the music of the legendary music maestro Ghulam Ali. Ali is hailed as the best ghazal singer of this era and is renowned for his ability to blend classical music with ghazals. Born in Pakistan, Ali has sung in many live concerts across the world. The Ghazal Nite with Ghulam Ali is organised by Cyclops Communication. Tickets begin at Dh750 for Platinum reserved seating (limited seats), Dh500 for Diamond reserved seating, and Dh200 for Gold reserved seating. Ticket bookings: 050 2254 010, 055 4181 625.



Football education camp

APRIL 9 - 11

CAMBRIDGE INTERNATIONAL SCHOOL, GARHOUD

Just a short car journey from the station, why not keep the kids busy during the holidays with this fun and energetic course? Young football fans of all abilities will be given the opportunity to experience a Premier League Academy model of education from Bolton Wanderers Institute of Sport, while improving their soccer skills and overall knowledge of the beautiful game.

The Burning Question

Q Are you an impulse buyer or do you prefer to carefully budget for the month ahead each payday?



Ken Stobbart

AIR TRAFFIC ENGINEER, DUBAI MARINA

I think it's a bit of both for me really, spend and save. Myself and my wife have spoilt ourselves a bit more since we've been here in Dubai but we also send money back to the UK.

Wendy Stobbart

RETIRED, DUBAI MARINA

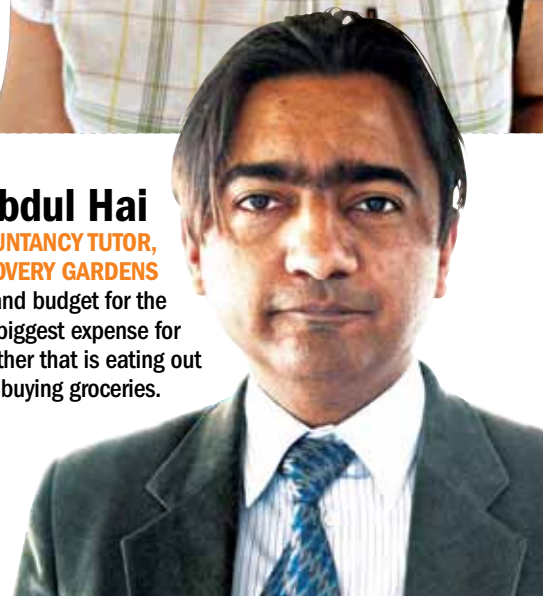
I try to do both, as well as send some money back home. Once all the bills and things are out of the way, the main expenses for me and my husband are clothes and going out to eat.



Abdul Hai

ACCOUNTANCY TUTOR, DISCOVERY GARDENS

I will usually save and budget for the month ahead. The biggest expense for me is food, whether that is eating out or simply buying groceries.



Ryno Ferreira

TECHNICIAN, SPORTS CITY

My wife deals with all the finances in our house. I would probably be the type of person to blow it all which is why she looks after everything.



Ryan Bayman

HOSPITALITY SERVICES, JLT

I would say that I try to save most of my salary each month I guess. Going out in Dubai tends to be quite expensive.



Haydee Corcuera

ADMIN ASSISTANT, DEIRA

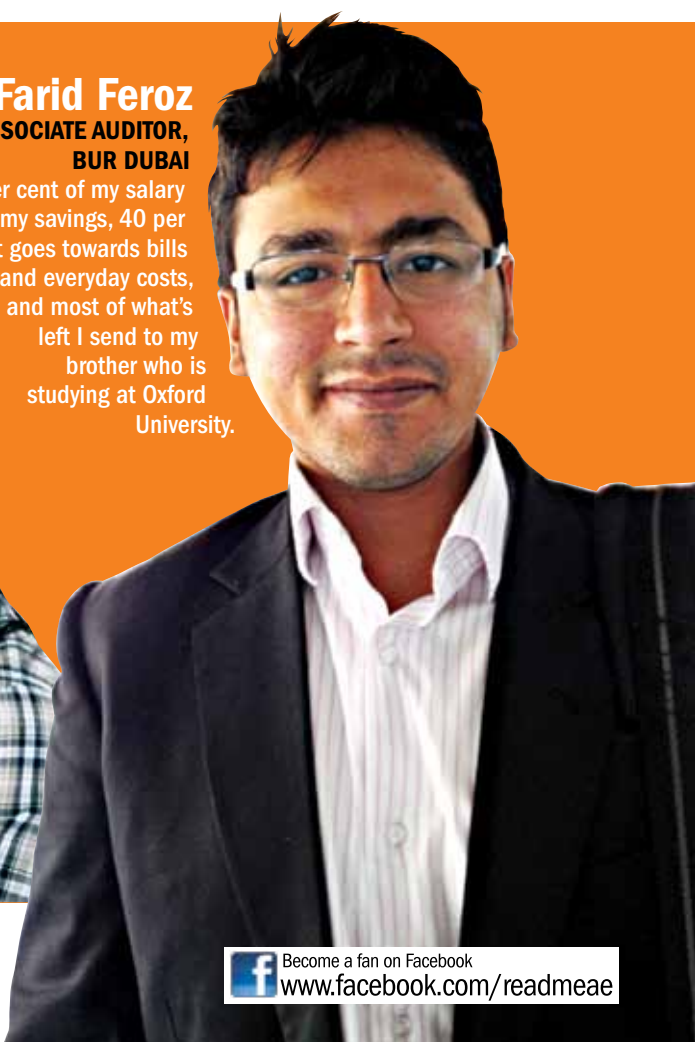
I save half of my salary and use the rest mainly to cover the cost of my everyday needs. If I see something I like though, I will buy it.



Farid Feroz

ASSOCIATE AUDITOR, BUR DUBAI

Around 10 per cent of my salary goes into my savings, 40 per cent goes towards bills and everyday costs, and most of what's left I send to my brother who is studying at Oxford University.



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

Years of tectonic upheaval and erosion, as well as human modification, have caused the Earth's surface to be broken by rugged mountain ranges, deep gorges and other fantastic features. Director James Cameron has returned safely from his solo expedition to the Mariana Trench, one of the deepest holes in the ocean. Learn about the trench and nine other bizarre earth cavities online today.



MONDAY

The US is offering a \$10 million bounty for the arrest of Hafiz Sayeed, a Pakistani terrorist. Bounty hunting is a legitimate business in some countries, find out today how it actually works.



TUESDAY

Computer giant Dell recently announced that it has acquired a new company in order to expand its cloud computing abilities. It seems convenient, but what are you giving up in return?



WEDNESDAY

Islands are sometimes divided between countries and nations. Some live peacefully, while others have fought bloodily to get what is theirs. Today, find some information on the largest divided islands.



THURSDAY

Airline pilots are in charge of gigantic vehicles carrying precious cargo, and things don't always go quite as planned. What sorts of emergency escape features have airplanes featured over the years?



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 are your feelings on remakes? Should classic movies be left alone?

There's nothing wrong with "Remakes" as long as it is done with creativity. However, original movies are far more interesting for the reason that it will offer the viewers a totally fresh stories depending upon the highly creative minds of the writers and producers.

—Jill Tiamsing Onlayao

Original movies still the best. Remakes always fall short of the originals. Producers make remakes just thinking that they can duplicate what the originals have achieved.

—Jhun Cruz

How much do you know about autism, and how effective do you feel stunts are to promote awareness?

Autism is a disorder of neural development characterized by impaired social interaction and communication, and by restricted and repetitive behavior, so the wikipedia say so. But more than that, it is a delicate condition which requires the utmost understand-



REMAKING THE CLASSICS

ing and caring. Light It Up Blue is a great effort in raising awareness about the complicated condition that is autism

—Ferdie Salas Santiago Jr.

What is the best prank you've ever played, or the funniest prank that you've been caught out with?

I posted on facebook that I got a new iphone! And then I told my friends I picked an iphone on the cab! Hahahah:P

—Jovee Baroma

I don't want to make anyone fool.. Making anyone FOOL is not a big thing... Some times if we make it frankly it will hurt them... I don't want to use April 1st as a fools day... I want all month start great without making fun or fool on anyone... Sorry it's me.. I am like this..

—Ashker Ch



DID YOU GET FOOLED ON APRIL 1?

I'm getting married on this day!

—Clen Nicolas

Me and my friends had an overnight hang out party. Early in the morning, one of my friends intend to prepare a coffee for me with salt in it. LOL!

—Czar Johnlloyd Alde Portugal

Laying the foundation



The highest quality information and patient care is top of the agenda for the Breast Cancer Arabia Foundation.

GOOD CAUSES

At some point in our lives, we will all be touched in some way by cancer. Dealing with the disease, as a sufferer or family member, can be a confusing and emotionally charged time. With so much to comprehend, the experience can be made even more difficult if a lack of information is also present. It is with this in mind that the Breast Cancer Arabia Foundation was created in 2011.

Director Elizabeth Reyes says, "I decided to set up Breast Cancer Arabia because of the lack of high quality information regarding breast cancer. My husband, Dr Richard Reyes, is a breast cancer consultant and back in the UK I used to handle his private practice. Knowing how patients should be treated made me want to do more for them."

It was this that spurred Reyes on to develop a free interactive internet portal for patients and their families, as well as hospitals and breast cancer specialists. Women can find the three things that they will need on the website: high quality information about breast cancer and its treatment, a place to go and get treatment and a support system.

As Reyes explains, "On the web site



“Women who find themselves unable to pay for treatment can get in contact with us.”

there are 41 high definition videos that explain the 'Breast Cancer Journey'. The videos are short in length, but the information is patient-friendly. When we were doing our research we found that a lot of information is far too technical or medical. Some sites' information was just plain wrong and on other sites, the information that was there would scare any woman, especially those in a vulnerable position."

After witnessing patients who have lost their lives through a lack of adequate care, Reyes and her husband's ultimate goal is to fund treatment for those who cannot afford it. She says,

"Women who find themselves unable to pay for treatment can get in contact with us. We assess each case individually and liaise with hospitals with regards to treatment. My husband also has a look at medical reports and results and advice is given to the patients, with regards to what should have been included, and—for want of a better phrase—to give a second opinion."

To achieve their goal, the foundation strives tirelessly to raise funds and increase awareness of the work they do. Reyes says, "The Breast Cancer Arabia Foundation is the philanthropic part of the Breast Cancer Arabia business—we

are not a charity. We hold events to raise awareness and, of course, raise funds. So far we have had two ladies golf mornings at the Emirates Golf Club par three course, and back in October we held a Guinness World Record attempt to form the largest human awareness ribbon. Unfortunately we did not break the record, but over 2,000 people attended. It is really easy to support us, just 'like' our Facebook page, become a member of our web site, volunteer to help us with events and/or take part in our events, or organise an event and donate the funds to the foundation." ●

THE 'HUMAN AWARENESS RIBBON' RECORD ATTEMPT



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END HUNGER IN THE DROUGHT-HIT
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BYTES & PIECES

ALEXANDER
MCNABB
DIRECTOR,
SPOT ON!



Getting the word out

Many companies in the UAE are not focusing enough time and resource on one of the most important aspects of modern commerce. In fact, many are completely unaware it even exists, meaning they're losing out to competitors, not only locally but internationally. A huge volume of trade is being lost. Why?

Because too many businesses are ignorant about SEO. Yet the very people ignoring SEO in their day jobs are unconsciously using it not only in their leisure time but in their business time, too. It's just

"What do you use search engines like Google, Yahoo or Bing for?"

they don't seem to know quite why it should matter to them.

So what is SEO? It's Search Engine Optimisation—the science of ensuring that

when customers search for you or the things you do, they find it. It's what makes the internet go round.

Think about it. What do you use search engines like Google, Yahoo or Bing for? To look up pretty much everything these days. Want to find the main dealer for that bust vacuum? Cinema timings? A company to fix a cracked water tank? People like you and me search for these things and more every minute of every hour of every day. They're searching for your company and what you do—do they find you? All too often here in the UAE the answer is "no", because you're not working to ensure you're discoverable.

Discoverability, SEO, means using two technologies—Organic Search and Search Engine Marketing. I haven't got space to tell you more about these critically important business tools right now, so the best thing I can suggest is that you Google them...

A little over a week ago, Amazon boss Jeff Bezos claimed that he had found the five F-1 engines that once powered the giant Saturn V rocket, allowing the Apollo 11 astronauts to complete their historic trip to the moon in 1969. The billionaire is famous for his love of space exploration and engineering—he has set up a private space tour company with the backing of Nasa, much like Richard Branson's Virgin Galactic—and he says that he plans to raise the 43-year-old engines from the Atlantic ocean, where they lie at an estimated depth of 4,300 metres.

It is astounding that these engines have been found, given that they burned off just minutes after the Apollo 11 launch, while the rest of the Saturn V rocket carried on above the atmosphere and towards the moon. The search was long and arduous, though. Using the most cutting-edge sonar techniques, Bezos' team were able to find the lost equipment.

More astounding, though, is just how well the F-1 engines and the Saturn V rocket actually worked. The modern era had given birth to some astounding technologies, though it's unlikely that anyone would allow astronauts to travel into space in such a craft today. The Apollo 11 craft famously had less computing power than a current-day smartphone.

The rocket was taller than a 30-storey building, and was made up of three stages. The first stages, the five F-1 engines that Bezos has found, would lift the rocket off the ground and propel it towards the

Brute force

The Saturn V rocket was a telling example of the human race using sheer power to overcome the forces of nature and explore the universe.

atmosphere before breaking off. The next stage contained five J-2 engines, though the third stage was much less powerful. Either way, the entire set-up required over three million working parts to work properly—one hiccup and it could have meant the death of every astronaut on board—but everything went almost perfectly.

This is because the Saturn V rocket was built to withstand the toughest conditions. One example of this is the way in which the engineers dealt with a phenomenon known as combustion instability—effectively the rocket tearing itself apart because so much power was contained in the chamber. The Nasa scientists got around this by placing bombs inside the rocket chambers, using various configurations until the rocket chamber could withstand the blast of the bomb. If it could do that, then it could certainly endure combustion instability.

What is all the more amazing is that everything was completed by 1969. US President John F Kennedy had only sparked the moon race in 1961, charging Nasa with getting to the moon before 1970. When US Military man George Mueller became head of Nasa's manned space flight office, his assessment of the Apollo programme suggested the earliest a moon trip could be completed was in 1971. However, he sped things along by getting the scientists to test all three stages at once, instead of one at a time, and, amazingly, they all worked reasonably well from the start.

Everyone involved in the moon landing agrees that the Saturn V rocket was a tremendous example



THE SATURN V ROCKET AT LAUNCH STAGE

43 years

How long the F-1 engines have been submerged in the Atlantic ocean.

of top-flight engineering. It was immense, complicated and utterly reliable. This is what gives Amazon's Bezos confidence in his plans to raise the lost F-1 engines from the deep and to restore them, aesthetically at least, to their former glory.

"We don't know yet what condition these engines might be in—they hit the ocean at high velocity and have been in salt water for more than 40 years. On the other hand, they're made of tough stuff, so we'll see," he wrote on his Bezos Expeditions blog. "I was five years old when I watched Apollo 11 unfold on television, and without any doubt it was a big contributor to my passions for science, engineering, and exploration."

There is only one flight-ready Saturn V rocket left in existence, and it was recently restored by a team at Nasa's Johnson Space Centre in Houston, where it now resides in a climate-controlled building to ensure that it does not deteriorate. The restoration took four years. ●

Tech beat



INSTAGRAM FOR ANDROID RELEASED

The iPhone photo app, Instagram, has been released on the Android OS, after months of promises from developers. Before the app came out, Instagram had more than 430,000 Android users on its waiting list, and afterwards the app started racking up subscribers at a rate of 2,000 per minute.



FACEBOOK VS YAHOO DISPUTE

Facebook has responded to a lawsuit from Yahoo with a lawsuit of its own, following last month's claim from Yahoo that Facebook had infringed 10 of its patents. Facebook, meanwhile, claims that Yahoo has infringed on a number of its own patents, to do with web advertising, photo tagging and online recommendations.

HTC ONE X UNVEILED

The quad-core HTC One X, dubbed by many as a superphone, has been unveiled and is due to go on sale in the Middle East very shortly. The phone sports 1.5GHz of processing power, an impressive 8-megapixel camera and a large, 4.7-inch display. However, all of this power comes at a price, with some early reviews suggesting that the battery life is too short.



SAMSUNG IN CHINA MOVE

Electronics giant Samsung, the world's biggest memory chip manufacturer, has announced that it is investing \$7 billion into its first chip factory in China. The plan is to start off with investing \$2.3 billion into the factory, which will make chips for smartphones, tablets and MP3 players, before feeding more money in gradually.

As hard as it might be to hear, and in spite of how much you fight against it, you're not getting any younger—unless you're part of an off-the-wall Oscar-winning Hollywood blockbuster starring Brad Pitt—so maybe it's time to start thinking of a more functional approach to your fitness.

The simple idea behind functional fitness is to use your strength training to improve balance, coordination, force, power and endurance in your daily activities. Functional fitness may be among the latest buzzword in gyms these days, but for good reason. It's about training your body to handle real-life situations.

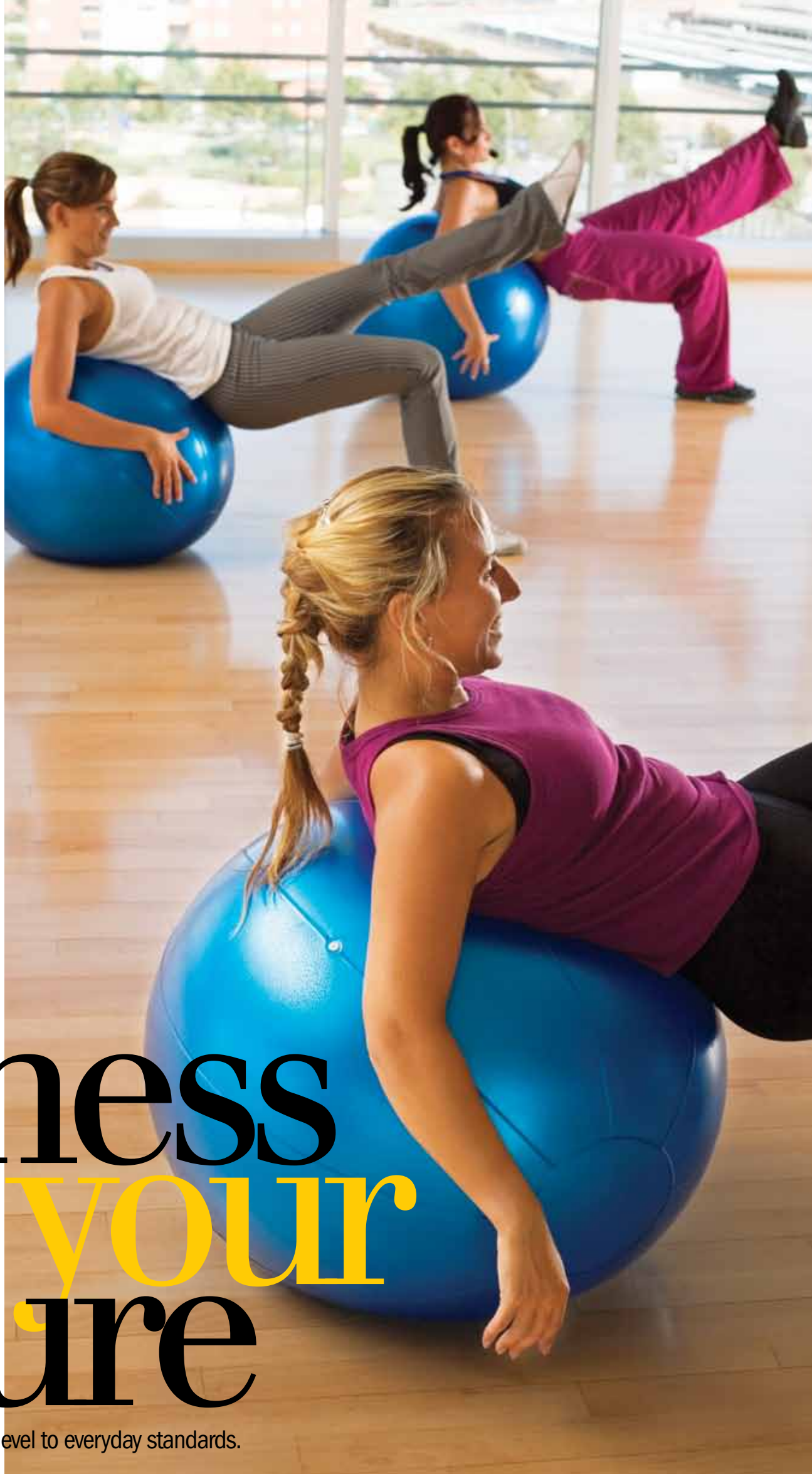
Yesterday you had a great workout at the gym. You were bench-pressing more weight than ever before, and pulling enough weight on the seated rowing machine to try out for the Olympic sculling team. Today, you lift a 23-kilogramme suitcase to carry it downstairs—and throw your back out. What happened? In all likelihood, you're not paying enough attention to your functional fitness. You might be toned, tight, and ready for the beach, but are you ready to lift your toddler out of his car seat or hoist the spring-water bottle onto the dispenser?

Conventional weight training isolates muscle groups, but it doesn't teach the muscle groups you're isolating to work with others. The key to functional exercise is integration. It's about teaching all the muscles to work together rather than isolating them to work independently.

So what's an example of a functional exercise? Think of a bent-over

Fitness for your future

Taking the functional fitness level to everyday standards.



“Once you can control and balance your own body weight, then you can start working with added weights.”

row; the kind you do leaning over a bench, holding the weight in one hand with your arm hanging straight down, and then pulling the weight up as your elbow points to the ceiling, finishing with your upper arm parallel to the ground. That's an exercise that will build the muscles of the back, the shoulders, the arms, and because of its nature will really work your whole body.

Compare that motion to a carpenter bending over a piece of wood, a nurse bending over a bed to transfer a patient, or an auto mechanic bending over to adjust your carburetor. Anyone doing a bent-over row will find a carryover in things you do in normal life.

In functional fitness, most of the time, you should be standing on your own two feet and supporting your own weight when you lift anything. In fact, to get started with functional fitness, you might want to forget about the weights entirely at first. Most people can't even control their own body weight. They can't do a one-legged squat without falling over. They could lie down on a leg-press machine and press 200 kilogrammes, but they don't have the muscular control for a one-legged squat because they don't have the stability or the muscles working together.

Your first step should be to teach your body to control and balance its

own weight. Start with simple movements, like the one-legged squat, and other balance exercises. Then try standing on one leg on a step-stool that's perhaps eight inches high, and then lower the heel of your other foot to the ground, while controlling your body weight as you go down and back up. Switch sides during each

manoeuvre to promote balance and muscle integration on either side of your body. Once you can control and balance your own body weight, then you can start working with added weights.

Other popular tools that promote functional exercise are things like stability balls and the “wobble board,” both of which force you to work your core to keep your body balanced while you're lifting a weight.

So should you abandon the weight machines at the gym for a programme that's all about free weights and balance? Not necessarily. If there are isolated weaknesses, they'll cause a detriment in functional movement. If you don't address integration, strong muscles get stronger and the weak ones stay weak, and you create a pattern of compensation. If you blend the two together, functional exercises teach isolated muscles how to work together. ●



FOCUS ON FUNCTIONALITY FOR OPTIMUM FITNESS



FITNESS FIXES

Could the UAE cope with less calories?



Finally, the big corporations are on the little guy's side, at least in the UK anyway. But that could open the door to healthier lifestyles here in the UAE further down the line.

Food and drink companies have promised to cut calories in their products to help tackle obesity in the UK. The 17 firms, which include Coca Cola, Subway and

“Every chocolate bar made by Mars will have a cap of 250 calories.”

Tesco, have signed up to the government scheme.

The UK's Department of Health says England has one of Europe's highest obesity rates and that consuming too many calories is the root of the problem.

Among the various ideas to help consumers in the UK will be a new, resealable packaging for many chocolate bars, including Cadbury's Dairy Milk.

Under the new scheme, every chocolate bar made by Mars will have a cap of 250 calories, while the UK arm of Coca Cola says it will introduce a 30 per cent calorie reduction in some of its soft drinks by 2014.

However, in spite of the inroads promised to tackle the obesity problem, food companies still came in for criticism from the Children's Food Campaign.

A campaign spokesman has said that the food industry wants to be part of the solution but altogether refuses to admit that it's a big part of the problem.

Fun fitness facts

- You would need to drink a litre of milk every day for three to four months to consume the equivalent amount of blood as your heart pumps in one hour.
- Underwater swimming is the only time you should hold your breath while exercising.
- Your tongue is the only muscle in your body that is attached at one end.
- If all 600 muscles in your body pulled in one direction, you could lift 25 tonnes.
- The pink under your fingernails is the blood in your capillaries.

Elegance and performance

The official timekeeper for the World's Richest Race, **Longines** not only maintains time, but effortless style.

DUBAI WORLD CUP

Culminating with the exciting Dubai World Cup, Dubai's racing season came to an end on March 31. In light of the exclusive partnership between Longines and the renowned Meydan Group, the Swiss watchmaker was the official timekeeper for the Dubai World Cup, titled the World's Richest Race.

The final race—before the official world cup race—the Sheema Classic presented by Longines, boasted a grand prize of \$5 million, ranking it among the richest races run on turf.

Held at the Meydan racecourse and classified as a 'Group One flat race' for thoroughbreds over the age of four, the World Cup race spans a distance of 2000m and is one of the most closely followed races in the world, putting the UAE on the international equestrian map. Offering a thrilling racing experience to equestrian enthusiasts, the final race was won by Monterosso.



MICKAEL BAZALONA, JOCKEY OF MONTEROSSO, WINNER OF THE DUBAI WORLD CUP 2012

All the winning jockeys, owners and trainers were bestowed with stunning models from The Longines Saint-Imier Collection, the official watch of the event. The Sheema Classic presented by Longines was won by Cirrus des Aigles. Longines' President Walter von Känel presented the Sheema Classic



PATRICK AOUN, REGIONAL BRAND MANAGER OF LONGINES (RIGHT) WITH THE WINNERS OF THE DUBAI SHEEMA CLASSIC

winners with their awards. Dedicated to horses but also celebrating style and elegance, the occasion was witness to another anticipated activity, the presentation of the 'Most Elegant Lady' title. Honouring some of the most stylish women, the competition had been eagerly awaited.

Women wearing astounding hats and stylish dresses paraded to get a chance to win the title. The Longines Ambassador of Elegance and Bollywood Star Aishwarya Rai Bachchan awarded the winner, Carolyn Coe, with a watch from The Longines Saint-Imier Collection in steel and gold.

The Cove

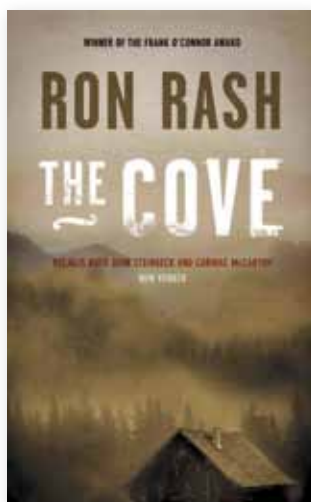
By Ron Rash

BOOKS

From the author of *The New York Times* best-selling novel, *Serena*, comes a story about a fiery but ultimately doomed love affair during the height of World War One. Set among the rugged lands of North Carolina in the United States, the book is an intimate and emotionally testing account of the effects of war on individuals, even when they live thousands of kilometres away from the battlefield.

The novel follows Laurel Shelton, a lonely young woman living within the shadows of a dark, forbidding cove and widely believed to be a witch by her local townsfolk. She aches for something to change in her life.

The change comes in the form of a flute-carrying stranger, identified only as Walter. A mute, Walter is found hurt



in the woods by Laurel, who nurses him back to health. Before long, the two are romantically involved, but love may not be enough to protect them in an era of fervent nationalism and distrust of anything different. The writing is compelling and lyrical, and brings to life the struggle of two young lovers fighting to hold onto something beautiful in the face of adversity.

If you like this then you could try...

Nightwoods: A novel by Charles Frazier

This story of Luce, a young woman who has inherited her murdered sister's troubled twins, comes from the author of the famous *Cold Mountain*. Luce lives a comfortable, solitary life among the Appalachian landscape, though the twins' arrival changes everything in dark and dangerous ways.

Noctourniquet

Artist The Mars Volta **Label** Warner Bros. ★★★★★

ALBUM

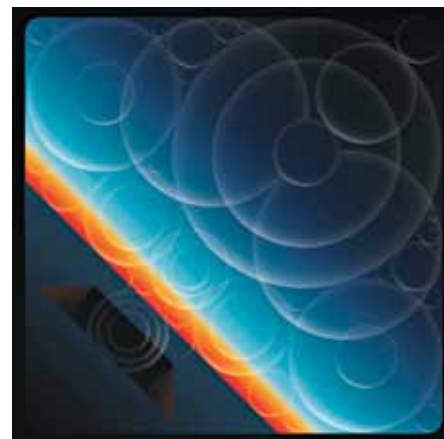
The latest offering from American progressive rock act The Mars Volta sees plenty of the same styles and themes being kicked around as have been heard on previous records. However, this is not to say that a band normally famous for pushing the envelope when it comes to experimentation has suddenly gotten dull.

There are plenty of textures and musical grounds that have so far eluded the two key partners behind the band, Omar Rodriguez-Lopez and Cedric Bixler-Zavala, throughout their 20-year musical careers. Indeed, there's an entire spectrum of pleasures to be found on this 13-track CD, both emotionally and musically. The album opener, *The Whip Hand*, begins confusingly before settling down into familiar territory and then moving forward into a beautiful collage of synths, drums and sounds.

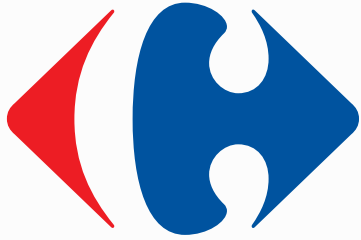
As the album progresses, it's much the same story, and every track feels as if it's there for a purpose—there are no fillers

here. For sheer musical enjoyment, the epic *In Absentia*, the brooding *Molochwalker* and the beautiful title track all stand out, but the ones in between are essential listening for anyone who enjoys to listen to albums as a whole.

It's best to think of this album as a novel of sorts, with each song playing the part of an important chapter that the story could not do without. The music never has been to everyone's tastes, and it never will, but The Mars Volta are still one of the most interesting bands around.



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Herbal teas are one of mankind's oldest and simplest healing techniques. Whether it's a steaming mug of chamomile to soothe a troubled mind or a cup of spicy ginseng for an early morning boost, herbal teas offer a cure for almost every basic ailment.

According to herbalist Marianne Beacon, there may be more benefit in drinking a mug of herbal tea than taking a vitamin pill. "You're getting the benefits of hydration and then there's the social element, too. Also, when you're drinking herbal tea, you get aromatherapy at the same time—and that's something you don't get from a tablet!"

There is no end to the list of mental and physical states that can be addressed by simply brewing up. Here are some of the popular teas and how they can help the body and mind.

Rosehip tea

Made from seed pods of the wild rose plant, this fragrant tea contains Vitamin C and is considered one of the best natural immune system boosters of all the herbal teas. The rosehip fruits are also valued for their astringent, detoxifying, diuretic, antibacterial and rejuvenating properties.



Ginseng tea

Ginseng root is valued by different cultures around the world for its ability to combat tension, fatigue and infections. The best kinds are Chinese and Korean ginseng, harvested in the wild. Ginseng tea boosts immunity, increases mental functioning and lowers cholesterol.



Chamomile tea

Made from the flowers of a herb known as *Matricaria recutita*, or manzanilla, chamomile tea has been brewed for centuries to provide a calming beverage. The ancient Egyptians regarded it as a cure for every ailment and today there is evidence of its effectiveness in combating colds, cramps, inflammation, back pain and rheumatism.



The healing powers of tea

A natural brew can prove beneficial in more ways than one.



Ginger tea

A popular digestive aid, this tangy drink can also be used to curb nausea, vomiting and an upset stomach. When mixed with fresh lemon juice and honey, it creates a powerful germ-fighting infusion and provides effective relief from the symptoms of colds.

Rooibos tea

This red tea has more antioxidant properties than both white and green teas. Made from a South African bush plant, rooibos also contains alpha hydroxy acid and zinc, which are great for the skin—it can even be applied directly to the face to help with acne, eczema, sunburn and other skin conditions.

Raspberry leaf tea

The curative powers of raspberry leaves were first recorded by the Romans. The presence of tannins in the leaves gives the tea its astringent, anti-inflammatory and anti-diarrheal qualities. This tea also has valuable nutritional properties, including potassium, calcium, phosphorus and vitamins A and C.

Lemon balm tea

When daily woes mount up, a mug of lemon balm tea can be a quick and simple way to uplift the spirits. It can be made into a refreshing cold drink with ice and syrup and also helps boost powers of concentration and can be drunk before bed to help ward off nightmares.



Dandelion tea

Dandelion is a common ingredient in numerous medicinal tea mixtures, thanks to its stimulating effect and high vitamin and mineral content. While green tea may be more popular with dieters, dandelion is equally effective in helping to boost the metabolism, particularly when taken after a heavy meal.

Blueberry leaf tea

Blueberries are considered by some to be the ultimate superfood and are stocked full of antioxidants and vitamins. The leaves used to make the tea contain similar healing powers and can be used to purify the blood, reduce kidney inflammation and fight disease.



Peppermint tea

Refreshing and uplifting, peppermint tea has a number of healing benefits. From a physical perspective, it provides an excellent antidote to nausea and vomiting, helps improve digestion and controls muscle aches and chronic pain. It also fights bad breath, reduces stress and supplies a natural energy boost.



Green tea

The Chinese have known about the medicinal powers of green tea since ancient times and used it to treat almost everything from headaches to depression. In her book, *Green tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years. Today, scientific research has found evidence that green tea benefits a

number of medical conditions, including cancer, rheumatoid arthritis, high cholesterol levels, cardiovascular disease and infection.

Green tea's curative qualities rest in its high content of EGCG, a powerful anti-oxidant that inhibits the growth of cancer cells and kills them without harming healthy tissue. It's also believed to help cut calories and boost the metabolism, making it extremely popular with dieters.



When it comes to sourcing an idyllic honeymoon destination, it's hardly

surprising that so many couples come to the Seychelles. This cluster of tropical islands strewn across the Indian Ocean is home to some of the world's most beautiful beaches, each surrounded by warm, topaz waters and breathtaking natural scenery.

It's hard to get much more remote than the Seychelles. The archipelago, which is considered part of Africa, ranks as one of the most out-of-the-way destinations on the planet, situated around 1,500 miles east of

Paradise on earth

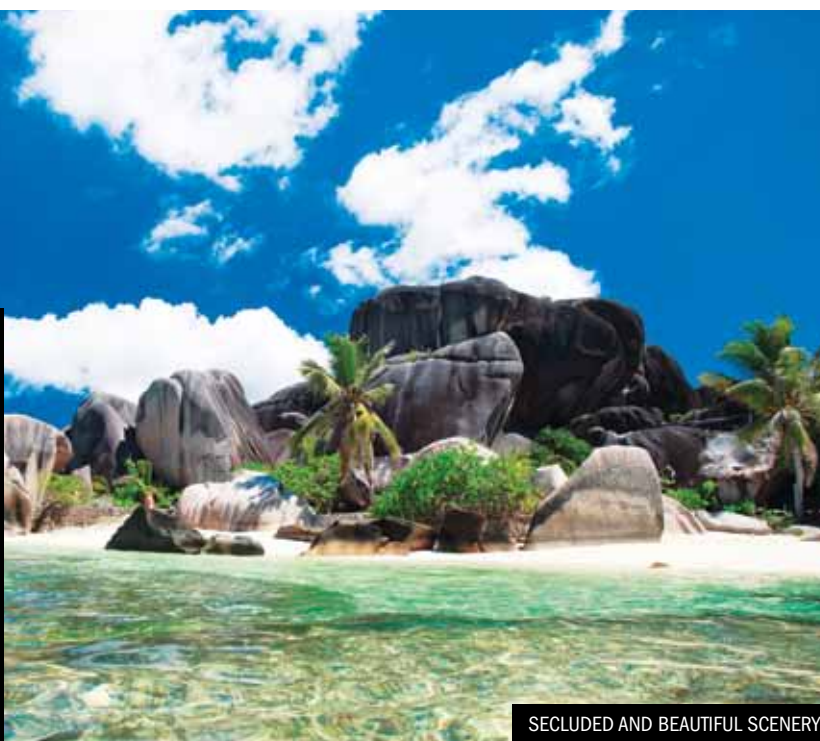
For peace and tranquility, there couldn't be a more perfect place than the Seychelles.

Other islands in the Seychelles

Bird Island: One of the world's top eco-tourism destinations with over five kilometres of white beach, this island is also a nature reserve and home to a wide variety of bird, sea and animal life.

Curieuse Island: This small, granite island is notable for the presence of the rare Coco de Mer palms, which only grow on two of the 115 islands in the Seychelles. Once a leper colony, visitors can visit the ruins of the leprosarium and gaze at giant tortoises and huge humphead parrot fish in the Marine National Park here.

Bijoutier Island: If you have ever wondered how it would feel to own a private island then head to Bijoutier as the chances are that you will have it all to yourself. Not much bigger than a football pitch, this tiny cluster of trees, ringed by golden sands offers no accommodation and can only be experienced on a day visit from one of the other islands.



SECLUDED AND BEAUTIFUL SCENERY

Kenya and 500 miles north-east of Madagascar.

With 115 islands to choose between it can be difficult to know where to start. There are no wrong decisions here as every island is a paradise but some of the more popular options include the three main islands of Praslin, La Digue and Mahé.

By far the largest and most developed is Mahé, which is home to the country's capital, Victoria. Around 90 per cent of the Seychelles' population live here so it's much busier than the other islands. That said, it also offers the most entertainment for tourists, so if sitting on the beach and admiring the scenery sounds like it could get old, then this is the place to come for an action-packed holiday.

Stroll round the Selwyn Selwyn-

Clarke Bazar in Victoria and pick up locally-made trinkets or spend an afternoon at the Waterfall farm and swim in the rock pool at the foot of the fall. Victoria is one of the smallest capitals in the world and the vibe here is more local town than big city. Stroll through the streets and immerse yourself in the colourful atmosphere of island life before pay-



ENJOY CRYSTAL-CLEAR WATERS

ing a visit to the Zonm Lib museum, a symbol of freedom after two centuries of colonialism.

Other sites worth seeing include Le Jardin du Roi (King's garden), with more than 50 varieties of exotic plants and trees, the tea factory, where you can learn how tea is made, and the Mission Lodge, which was once a boarding school for liberated slave children and, of course, the beautiful beaches surrounding it all.

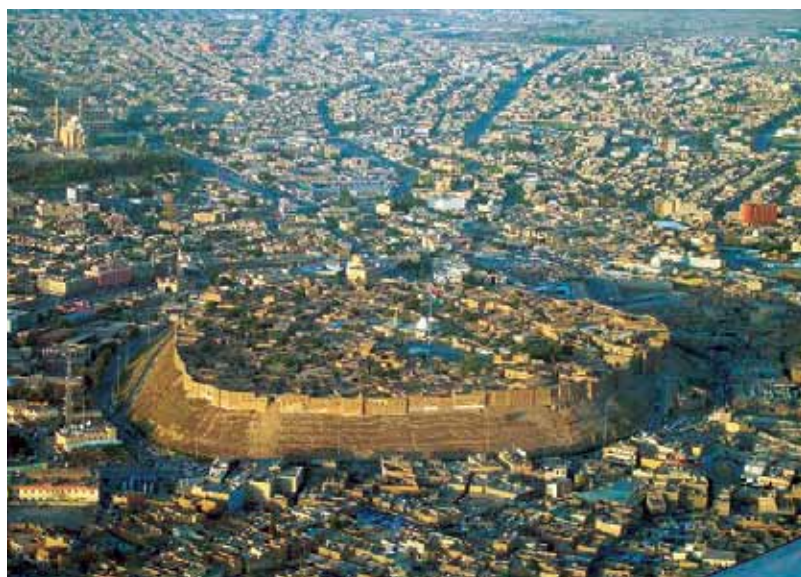
By contrast, tourist attractions on the sleepy island of La Digue are primarily nature-based. Picture-perfect with rolling hills carpeted in verdant forest and impossibly beautiful bays where white ribbons of sand stretch for miles along the coast.

Despite displaying the kind of scenery you normally see in posters, La Digue has yet to be inundated by tourists. There is the usual smattering of luxury hotels and villas found on most islands in the Seychelles, but in recent years, a number of guest-houses and self-catering apartments have opened, making it one of the archipelago's most affordable options.

From here, it's easy to move on to explore some of the other, even less developed islands or head to Praslin, which offers something between the relative hustle and bustle of Mahé and the serenity of La Digue. This is where Anse Lazio is to be found, arguably the most beautiful beach in the world and one of the crown-jewels in the treasure chest of natural wonders that make up the Seychelles. ●

Ancient sites and modern malls

The Iraqi city of Erbil has an air of duplicity about it, offering plenty for both history buffs and shoppers.



LOCAL TRAVEL

Erbil is one of the oldest continually inhabited cities in the world. This historic city, which takes its name from the surrounding region of Erbil in northern Iraq, is widely neglected by tourists in the Middle East but, with its combination of beautiful countryside, historic sites and cultural attractions, this oversight is their loss.

The city boasts some of the most ancient tourism sites in Iraq. Among the most popular is the 4,000-year-old Erbil Castle, which stands on top of a hill in the middle of the city. Inside lies a deserted citadel and visitors are free to wander through the empty houses and courtyards and browse ancient artefacts from all over the Middle

East in the museum there. Another popular site is The Mudhafaria Minaret in Minaret Park. This impressive structure dates back to the twelfth century AD during the reign of Erbil king Muzaffar Al-Din Abu Sa'eed Al-Kawkaboori. From here, you can take the cable car over to Shanidar Park on the other side of the street and enjoy a spectacular view of the city from above.

For the first-time visitor, there are a number of sites that shouldn't be missed. There's the Mound of Qalich Agha, which lies within the ground of the Museum of Civilisation. Outside the city is the Zoroastrian temple, excavated in 2006 and hailed as one of the most significant archaeological discoveries in recent times.

From denim shorts to floral shirts, fringed bags and bold patterns, we've got all your music festival fashion basics covered. Whether you are frolicking at Sandance or partying at Yas Island, make sure to dress the part.

Casual chic

For some 'Seventies festival style, look to crochet. Pair with denim shorts, a big pair of sunglasses and a red lipstick. Cute but practical, a satchel slung casually across the body is the cool girl's way to accessorise. A billowing blouse paired with floral shorts looks great and don't be afraid to mix up footwear, from battered cowboy boots to dainty heels.

Bohemian girl

Float around the field in a cute bohemian number. Long, over-the-knee socks and plimsolls will bring quite the youthful spirit of summer to the look. Late nights out listening to music call for cute cover-ups, opt for a denim waist-coat jacket over your dress for a boho look. Waft around in the festival fields this summer in a floaty dress. Layer it up with beads and wreaths of flowers for some real bohemian spirit.

Festival

Festival essentials

No festival wardrobe is complete without a statement t-shirt. Try it with frayed, denim shorts and trucker cap for an alternative festival look.

If we've learnt one thing from our festival outings so far, it's that you really can't be without a hat. Make a nod to the 'Seventies with a floppy, wide-brimmed hat. A pair of sunglasses is a must for any festival-goer, opt for a funky, floral pair for a fun look.

MATALAN

VANESSA HUDGENS
AND MARISSA MILLER

Her

NICOLE RICHIE

MATALAN

MISS SELFRIIDGE

RIVER ISLAND

MISS SELFRIIDGE

Fashion

Main stage must-haves

With festival season on its way, try laidback jeans, t-shirts, woven trilby hats and off-beat accessories. Vests are always a popular choice for the boys. Opt for a plain coloured vest or one with prints teamed with shorts for an edgier look. Pair the look with a cool, straw hat and bright sunglasses and you're sorted.

Go with denim shorts during the day as they are tough, durable and take stains well. They also ooze that relaxed and effortless style that should be present at a festival. You want to look good but not try hard. Slimmer, tailored shorts can be used if you want to look slightly smarter at night paired with a casual shirt. Darker neutral colours such as navy and brown are most versatile but bold colours in pastel shades will make you stand out from the crowd. Opt for a printed t-shirt with jeans for a fun, laidback look.

Festival favourites

Team chunky wedges with ruched socks, a pair of shorts and a t-shirt or vest tucked in for a cute little number for hanging out among the festival crowd. Prints are always a festival favourite. Add an Aztec cardigan and a casual t-shirt to printed denim shorts for a girly look.



Him



FASHION OPINION

RACHEL DUGGAN
FOUNDER AND EDITOR
CLASSICWITHCOLOUR.COM



How to wear festival fashion

Festival Fashion is music to the ears. An opportunity to create a relaxed boho look and embody the style of Kate Moss and Sienna Miller, it is a chance to have fun with a new style. With Dubai heating up and a few outdoor concerts still to come, there are some essential pieces to achieve the perfect festival look. Shorts are essential to start creating the boho look. A favourite is always a good pair of denim cut offs which act as a neutral base. American Eagle offer the perfect selection with the pockets offering practical storage for cameras, money and phone (or a fun alternative is to bring a set of walkie talkies to keep in touch with friends at the festival!) Layering pieces cover a multitude of functions. Sun protection, warmth and fashion. Waistcoats add a nice edge with some great crochet pieces in

Splash right now. Off the shoulder gypsy style tops or over size t-shirts are essential too.

Scarves are great for adding an edge to the look as well as acting as a blanket to wrap up in when the sun goes down. Gladiator sandals are a good choice for sandy destinations, while a cross body bag or satchel is perfect to carry all the festival essentials you need. Accessorize have some bright embellished bags at the moment which are also perfect for festivals.

Now all that is left is to get the tickets for the event and enjoy!

"Scarves are great for adding an edge, and acting as a blanket when the sun goes down"

Ne-Yo the gentleman

He's a Grammy award winning singer, songwriter, composer and producer, one of modern music's most talented and prolific artists and a man who needs only one name: Ne-Yo. Fresh from his performance at the Atelier Music Festival, *Read* caught up with the American star for a chat.



THE SINGER IS AS COMFORTABLE ON STAGE AS HE IS IN THE STUDIO

In less than five years, he's produced four number one albums, been appointed vice president of legendary music label, Motown and has collaborated with everyone from Michael Jackson to Tim McGraw.

Ne-Yo was born Shaffer Smith in Arkansas and then raised in Las Vegas. The 32-year-old began his career as a songwriter and penned such hits as *Let Me Love You* for singer Mario in 2004 which became one of the most-played songs on urban radio stations across the United States.

As one of the industry's most sought after songwriters, Ne-Yo has shared his talents with many fellow artists and has recently collaborated with Jennifer Hudson on *Think Like a Man*.

Ne-Yo explains, "It's always a pleasure working with Jennifer Hudson. She's an absolute professional, on top of the fact that she is just incredible at what she does. She's the kind of artist that makes me better, she's such an incredible singer that she makes me want to sing that much better when I do something with her. Especially with our voices being on the same track, it's kind of an unspoken competition. There's nothing I could ever do with my voice that she does with hers, but, you know, it still makes me want to try."



COLLABORATING WITH VOCAL SUPREMO JENNIFER HUDSON

The *Closer* singer has teamed up with Calvin Harris for *Let's Go*. Harris has recently enjoyed huge success producing Rihanna's huge *We Found Love* single.

"I have worked with Calvin Harris before from the same point as a writer. We did some stuff for Shakira but working with him as an artist was a cool experience, I feel like he's a musical genius. He definitely has mastered the art of what it is he does and I feel like the song is great, I'm looking forward to shooting the video for it. The song has a lot of energy and so I feel the video needs to depict that," said Ne-Yo.

The singer, who moved from Def Jam to Motown Records, in January is hoping to release his fifth studio album towards the end of the year.

"My new album will definitely be out this year. I also have a few acts of my own that I am developing and I am making sure that they are ready for the world so they will be out relatively soon. We have a lot of acts for Motown so it's an exciting time for me. I feel like we are in a time where there is a lot of disposable music out there. I'm looking forward to artists that have that longevity, future icons so to speak. Where is the next Madonna? Where is the next Michael Jackson or the next Prince? My goal is to find these people and bring them to the light," said Ne-Yo.

The talented star has also em-

Did you know?

- Ne-Yo's stage name is indeed a shout out to sci-fi movie *The Matrix*. A producer he worked with, *Big D Evans*, thought that Ne-Yo viewed music the way the movie's hero, Neo, sees the universe.
- He was in an R&B boy band called *Envy* back in high school in Las Vegas. Corey Clark, the disqualified finalist of the second season of *American Idol* was one of his band mates.

braced Hollywood, starring in movies, *Battle: Los Angeles*, *Red Tails* and *Stomp the Yard*.

He says, "I definitely have a new found love for the craft of acting. A lot of new scripts are coming across the table, so I have to make sure whatever the next move is it's the right one. I just feel that a part of me wants to be able to keep up and I want to do my best, the more I do it the better I get. Keep your eyes to the sky and look up."

The R&B star, who has performed in Dubai before, was looking forward to touring the city and seeing all that the emirate has to offer while here.



WITH SMOKEY ROBINSON

“Now that I’m here for a few days I’m looking forward to moving around Dubai and seeing what the city has to offer.”

"I have been to Dubai before but it was a very quick trip and I didn't get a chance to experience what Dubai is all about. I got a chance to see how beautiful it is and in very small doses, so now that I'm here for a few days I'm looking forward to moving around Dubai and seeing what the city has to offer, I've heard all kinds of incredible stories," said the star.

Ne-Yo and Calvin Harris' latest track, *Let's Go* is released on April 22. ●

SPOTLIGHT ON...

Meningitis



Meningitis is an inflammation of the membranes that cover the brain and spinal cord. It can affect adults and children alike, although children and teenagers tend to be more susceptible. Bacterial meningitis is rare, but can be serious and sometimes life-threatening if not treated immediately. Viral meningitis is relatively common and far less serious, with symptoms similar to those of the common flu.

If dealt with promptly, meningitis can be treated successfully, so it is important to know the signs of meningitis and seek medical help if you suspect the disease. The most common symptoms are: a stiff and painful neck, fever, headache, vomiting,

“Meningitis can be treated successfully so it is important to know the signs”

loss of appetite and a rash on the skin that doesn't disappear when you

press a glass firmly against it.

Upon noticing any of these signs, seek advice from a doctor. The doctor will ask questions about your health, perform an exam, and will often carry out a lumbar puncture whereby fluid is removed from the spine and tested. They may also perform blood tests or an MRI.

The treatment for meningitis varies. Bacterial meningitis is treated with antibiotics in a hospital, with observation to prevent serious problems. As viral meningitis is more common, and most people recover in about two weeks, you may only need home treatment. As with all conditions however, it is better to be safe than sorry, so look out for the signs and be meningitis aware.

Many of us listen to music on headphones as we travel around the city. Although we may like it loud while we're out and about, there is a certain relief that comes with switching off at the end of the day. But imagine never being able to experience absolute quiet again. If, even in a soundproof room, you were still plagued by sound. Annoying, right? Well, for around 15 per cent of people this is a day-to-day occurrence.

These people are suffering with a condition known as tinnitus. The condition is defined as being able to hear a sound—in one or both ears—for which there is no exter-

What's that sound?

Turning your iPod down now could save you suffering in the future.

nal source. The sounds appear to originate within the ear itself and are most commonly described as ringing, buzzing, hissing or whistling noises. The most frustrating thing for many sufferers is the simple fact that there is nothing actually causing the sounds, it is a misinterpretation by the brain of signals from the nerves in the ear.

Episodes of tinnitus may be brief,



PREVENTION IS BETTER THAN CURE

although for some people it can be a permanent problem. The noise can affect concentration and cause insomnia, and if it becomes disruptive to a person's daily life it can also trigger anxiety and occasionally depression. While tinnitus can occur at any age, it is more likely to be present in patients over the age of 60.

Tinnitus that occurs in only one ear should be taken more seriously as a precaution however, as this may—in some rare cases—be caused by an acoustic neuroma; a tumour that grows around the acoustic nerve connecting the ear to the brain.

The cause of tinnitus can often be unclear. In some people it may be triggered by constant exposure to loud noises over a long period of time, although it is more often than not associated with any abnormal condition of the ear. Head injuries or stress can also trigger the condition, as can an serious excess of earwax. For many sufferers however, the condition is linked to hearing loss, particularly related with the ageing process, hence why the majority of sufferers are over 60 years of age.

While the noises associated with tinnitus tend to be steady and prolonged, a variation known as pulsatile tinnitus presents a rhythmical, throbbing noise, often described as a crunching or whooshing sound which is often heard in synchronisation with the heartbeat. With pulsatile tinnitus, the chances of finding a cause are greater than in the non-pulsatile form, as it is usually linked to problems with blood flow. However, there is a condition called idiopathic intracranial hyperten-



sion (also known as pseudotumour cerebri), which is characterised by headaches, nausea and visual disturbance as well as pulsatile tinnitus, and, if diagnosed, will require medical intervention.

Unfortunately, there is cur-

rently no cure available for tinnitus sufferers—the main focus at the moment is on prevention. If there is an underlying cause diagnosed, such as an ear infection, the tinnitus should disappear with the correct treatment. For those who cannot be treated, masking the noise with a background radio or a white noise device can help to distract from the noise of the tinnitus, while counsel-

ling and antidepressants may be used if the symptoms are causing emotional difficulties. There are some simple changes which may benefit some individuals. Reducing your caffeine and salt intake and quitting smoking may help to relieve tinnitus symptoms.

Some patients have also been found to have lower zinc levels and may benefit from supplementation, as well as increasing their melatonin levels, especially if the tinnitus is disturbing their sleep. However, this has not yet been verified in controlled studies. ●

Common causes of tinnitus

- Exposure to noise
- Presence of earwax
- Some medication, such as aspirin
- Overactive thyroid gland or anaemia
- Ménière's disease
- Ear infections
- Head injury

A forgettable reunion

Long after we've bored of the gross-out genre, *American Reunion* tries to cash in one last time.

NEW RELEASE

It's been a long time since Jim (Jason Biggs) and Michelle (Alyson Hannigan) first got to know one another in *American Pie*, and it's been even longer since they've had any spark in their marriage, or so it seems. The fire is going out of their union, but Jim has a great plan for reviving things with his wife: attend their high school reunion. Never mind the fact that the class of 1999's reunion is about three years too late, these days you're lucky to have a class reunion at all.

So Jim and Michelle head back to Great Falls, Michigan, where Jim reunites with his old friends Finch (Eddie Kaye Thomas), Kevin (Thomas Ian Nicholas), and Oz (Chris Klein). The four make plans to hang out, but when their frenemy Stifler (Seann William Scott) crashes the party, things rapidly get out of hand. A massive amount of havoc ensues, relationships are strained, and parties are thrown. Meanwhile, problems pop up and are solved in turn, when characters aren't getting involved in misadventures.

The main selling point of *American Reunion*, then, is that the entire cast of characters is back. From the main four boys to Stifler, the wife/girlfriend characters (Hannigan, Mena Suvari, Tara Reid, Natasha Lyonne, and even Jennifer Coolidge), and even ancillary characters like the MILF-chanter played by John Cho, and the Shermanator (Chris Owen), basically anyone you might possibly remember from *American Pie* movies is involved. This is the movie's main selling point and, no doubt, it's why the movie actually got made. It's nice to see them again, even if you see a little too much of them at certain points.

American Reunion is blatantly a nostalgia trip. After all, they're ostensibly together for a high school reunion, so it's not hard to compare the actors today to the actors in 1999. It's strange to see just how much they have all aged, some of them a lot



better than others, and it does take a little getting used to. Still, it's the kind of risk you run when it comes to getting the band back together after so many years.

The movie is comfortable, though, and while the guys have all changed in some way via marriage, jobs or whatever, they're still the characters we know from years ago. The actors slip back into their roles, probably because

these are the roles they remain best known for.

The major change has taken place behind the scenes. Adam Herz, the writer of all three of the theatrical *American Pie* movies before this one, is out. Replacing him is the two-headed writing and directing team of Jon Hurwitz and Hayden Schlossberg, best known for the *Harold & Kumar* series of films. They bring that sensibility to this particular franchise, not that

there are a ton of differences between the two. They have a good sense for comedy, and they have interesting filming angles, but there's no real point as such to the film. In the first *American Pie*, the central conflict was the boys' desire to attain a certain social standing by way of a certain experience. *American Reunion* seems a bit more rambling.

Sure, there are plenty of the mad shenanigans and conflicts you would expect, but nothing seems to have high stakes anymore. Perhaps that says less about *American Pie* the franchise and more about life. By the time you're an adult, your big drives

Did you know?

- The *American Pie* franchise has earned over \$750 million at the box office since 1999.
- Unusually, the gang reunites for their 13-year high school reunion. The "excuse" is that the school could not get their act together for a 10-year reunion.
- This is actually the eighth installment, following the unsuccessful *American Pie Presents Band Camp*, *The Naked Mile*, *Beta House*, and *The Book of Love*.

have all either been fulfilled or forgotten: marriages, careers, children, settling down, and all those various events help put little things into perspective. Still, *American Reunion* has heart, and lands some good laughs, though the mirth tapers off near the end when the emotional sentimentality takes over.

American Reunion won't break any new ground, and it's not even the best one of the series. However, when it works, it's pretty funny and Hurwitz and Schlossberg find ways to put our heroes into new situations, even if they default to the responses we know and love them for. ●



JIM'S DAD MAKES A WELCOME RETURN

Bollywood news



Blue eyed favourite

Kareena Kapoor has revealed her grandfather Raj Kapoor was biased towards her elder sister. "My grandfather was biased towards Karisma because both of them had blue eyes. I have green eyes as that of my father. During summer seasons he would give two mangoes to Karisma and I would end up getting just one."

Dutt is second best

Producer Vidhu Vinod Chopra says that Shah Rukh Khan is his first choice for most of his films. "He is our first guy—we go to him first and if he says no, then we move on," Chopra told reporters. If Chopra had his way, SRK would have been Munnabhai in *Munnabhai M.B.B.S* and Sanjay Dutt would have played the small role of Zaheer.



Bhagat tweets April fools

The author of *3 Idiots*, Chetan Bhagat posted to Twitter on April 1 suggesting that he would soon be making the leap into Bollywood. After the shock and awe, people realised the post was a complete bluff. The link posted by Bhagat led to another web site that had April Fool written all over it.

A-Z OF MOVIES

"C" is for classics



Countless movies have been reworked and remade throughout the history of movie making. In some cases, the movie makers should have left well enough alone. In others, the new version outshines the old. At the very least, movie remakes offer a fresh look at an old idea. Remaking an old classic also reminds us

just how far cinema technology has come from the early days.

If you were a teenage boy at any time in the past 30 years, odds are good that you have seen the gloriously overwrought Mafioso epic *Scarface*. The original *Scarface*, released in 1932, was such a grisly film that censors delayed its release and multiple versions resulted.

One of the most remade movies of all time is *The Mummy*, with over 15 versions made featuring the wrapped villain in the leading role. The original was released in 1932 and starred Boris Karloff. 67 years later, Brendan Fraser joined the new franchise and brought the fantasy action film to a whole new generation of fans.

So where do we go from here? Should we remake *Annie* and cast Will Smith's daughter in it to appeal to the newer crop of cinema goers? Or how about *Dirty Dancing* with *High School Musical*'s director on board? This is all about to happen. The fact is, with so little originality left, the "classics"—remade or not—are still the last hope for cinema.

"In some cases, the movie makers should have left well enough alone"

Listings

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



BENEATH THE DARKNESS

MOVIE GUIDE

Grand Cineplex - Wafi

A Thousand Words - 21:40, 23:50
Agent Vinod - 11:00, 14:00, 17:00, 20:00, 23:00
The Awakening - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Beneath The Darkness - 11:00, 13:10, 15:20, 17:30, 19:35, 21:45, 23:55
The Cold Light Of Day - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Fly Paper - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
House Full 2 - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
The Hunger Games - 10:00, 12:40, 15:25, 18:10, 21:00, 23:50
John Carter - 11:00, 13:30, 16:00
King And Commissioner - 12:30, 16:00, 19:30, 23:00
The Lorax (3D) - 11:15, 13:15, 15:15, 17:15, 19:15
Midnight in Paris - 16:30, 21:00, 23:30
Mirror Mirror - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Mission: Impossible 4 - 21:10, 23:50
Pirates: Band Of Misfits - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Safe House - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Son Of No One - 10:20, 12:20, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
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Wrath Of The Titans - 10:00, 12:00, 14:00, 16:00, 18:10, 20:30, 22:30, 00:30
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Grand Megaplex - Ibn Battuta

A Thousand Words - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Agent Vinod - 10:30, 13:30, 16:40, 19:30, 22:30
The Awakening - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Beneath The Darkness - 11:00, 13:10,

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The Cold Light Of Day - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
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House Full 2 - 10:30, 12:00, 13:30, 15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
The Hunger Games - 10:00, 12:40, 15:25, 18:10, 21:00, 23:50
John Carter - 11:00, 13:30, 16:00
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Midnight in Paris - 16:30, 21:00, 23:30
Mirror Mirror - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
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Safe House - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
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Grand Cinemas - Festival City

A Thousand Words - 10:15, 14:45, 19:15, 23:40
The Awakening - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Beneath The Darkness - 22:00, 00:00
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14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Fly Paper - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
House Full 2 - 10:30, 13:30, 16:30, 19:30, 22:30
The Hunger Games - 10:00, 11:20, 12:40, 14:00, 15:25, 16:40, 18:10, 19:20, 21:00, 22:00, 23:50, 00:40
The Lorax - 11:30, 13:30, 15:30, 17:30, 19:30
Mirror Mirror - 12:30, 17:00, 21:30
Pirates: Band Of Misfits - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
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The Hunger Games - 21:00, 23:50
King And Commissioner - 12:30, 16:00, 19:30, 23:00
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Fly Paper - 18:00, 20:00, 22:00, 00:00
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The Hunger Games - 10:00, 12:40, 15:25
The Lorax - 11:00, 13:00, 15:00
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Wrath Of The Titans - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

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Beneath The Darkness - 12:30, 17:00, 21:30
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House Full 2 - 10:15, 11:15, 12:15, 13:30, 14:30, 15:30, 16:45, 17:45, 18:45, 20:00, 21:00, 22:00, 23:15, 00:15
The Hunger Games - 11:30, 14:30, 17:30, 20:30, 23:30
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Titanic (3D) - 11:45, 15:30, 19:15, 23:00
Wrath Of The Titans - 10:15, 12:30, 14:45, 17:00
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Vox Cinemas - Moe

A Thousand Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Alvin and the Chipmunks 3 - 11:30, 13:30, 15:30
The Awakening - 11:00, 15:15, 19:30, 23:45
Beneath The Darkness - 17:30, 19:30, 21:30, 23:30
The Cold Light Of Day - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Fly Paper - 10:15, 13:15, 17:30, 21:45
House Full 2 - 12:30, 15:45, 19:00, 22:15, 00:00
The Hunger Games - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00
The Lorax (3D) - 10:15, 12:15, 14:15
Pirates: Band Of Misfits (3D) - 10:15,



THE HUNGER GAMES

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



PIRATES: BAND OF MISFITS

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Titanic (3D) - 11:30, 16:15, 20:15
Wrath Of The Titans - 10:00, 12:15,
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Vox Cinemas - Mirdif City Centre

A Thousand Words - 11:30, 13:30,
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Beneath The Darkness - 11:45, 15:45,
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The Cold Light Of Day - 10:30, 12:45,
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Fly Paper - 13:45, 15:45, 21:45
House Full 2 - 10:15, 13:30, 16:45,
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The Hunger Games - 11:30, 14:30,
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Pirates: Band Of Misfits - 10:15,
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Wrath Of The Titans (3D) - 10:30,
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Reel Cinemas - Dubai Mall

The Awakening - 12:20, 14:40, 17:00,
19:20, 21:40, 00:15
Beneath The Darkness - 13:50, 16:00,
20:30, 22:40, 00:50
Best Exotic Marigold Hotel - 14:10,
16:45, 19:20, 21:55, 00:30
Blood Money - 11:20, 13:50, 16:20
Burning Bright - 19:00, 21:00, 23:00,
00:55
Carnage - 14:35, 16:35, 18:35, 20:35,
22:25, 00:20
The Cold Light Of Day - 18:10, 20:20,
22:30, 00:40
Extremely Loud - 14:05, 16:45, 19:20,
22:00, 00:40

Fly Paper - 14:15, 16:15, 18:15,
20:15, 22:15, 00:15
House Full 2 - 11:30, 14:40, 17:50,
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The Hunger Games - 12:25, 15:20,
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John Carter - 11:15, 14:00, 16:45,
19:30, 22:15, 00:55
The Lorax - 11:15, 13:20, 15:25,
17:30, 19:40, 21:45, 23:50
Mirror Mirror - 12:00, 14:30
Pirates: Band Of Misfits - 17:00,
19:00, 21:00, 23:00, 00:55
Pirates: Band Of Misfits (3D) - 11:40,
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Project X - 18:10, 20:10, 22:10, 00:20
Son Of No One - 14:30, 16:30, 18:30,
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Titanic (3D) - 11:30, 15:30, 19:30,
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Wrath Of The Titans - 11:00, 13:10,
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Wrath Of The Titans (3D) - 14:20,
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Reel Cinemas - Marina Mall

Best Exotic Marigold Hotel - 19:40,
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Extremely Loud - 11:05, 13:45, 16:25,
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John Carter - 11:30, 14:30, 17:25
Pirates: Band Of Misfits (3D) - 11:10,
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Project X - 20:10, 22:10, 00:20
This Means War - 11:10, 13:20, 15:30,
17:40, 19:50, 22:00, 00:20
Titanic (3D) - 15:30, 19:25, 23:30
Wrath Of The Titans - 12:20, 14:40,
17:00, 19:50, 22:00, 00:20
Wrath Of The Titans (3D) - 11:00,
13:10

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



5th Gulf Film Festival

Watch an array of wonderful films
celebrating the talent and creativity of
Arab cinema.

Date: April 10 - 16

Duration: 7 days

Audience: Public

Category: Arts and Culture

Venue: InterContinental Hotel, Dubai
Festival City

Admission: All festival films are
screened free of charge. Delegate ac-
cess is required for workshops, panels
and other festival events

Telephone: 04 391 0069

Oliver! - Lionel Bart's award-winning musical

All the family can enjoy Lionel Bart's
classic musical, *Oliver!*

Date: April 12 - 23

Duration: 12 days

Timings: 6:30pm

Audience: Public

Category: Arts and Culture, Entertain-
ment

Venue: First Group Theatre, Madinat
Jumeirah

Admission: Dh175 per ticket

Telephone: 04 366 6546



The Eagles - Live in Dubai



Make sure
you catch the
Eagles' first per-
formance in the
Middle East.

Date: April 12

Duration: 1 day

Timings: 9pm

Audience: Public

Category: Music

Venue: The Sevens Stadium

Admission: Regular (Standing) Dh350,
Golden Circle (Standing) Dh750, VIP
Dh1,400

Telephone: 04 439 0900

The Saudi Designer's Exhibition

Visit The Saudi Designer's Exhibition
and find abayas, jewellery, perfumes
and more.

Date: April 11 - 12

Duration: 2 days

Timings: 11am - 9:30pm

Audience: Women

Category: Fashion

Venue: Dubai Ladies Club

Admission: Free

Telephone: 050 398 3968



National Race Day Series - April 2012

Check out the ninth session of the
National Race Day series.

Date: April 13

Duration: 1 day

Timings: 9am - 5pm

Audience: Public

Category: Sports

Venue: Dubai Autodrome, Motorcity

Admission: Free

Telephone: 04 367 8700



Red Bull X Fighters

Date: April 13

Duration: 1 day

Timings: 8pm

Audience: Public

Category: Sports

Venue: The Walk, Jumeirah Beach
Residence

Admission: Standing 1 and 2: Dh75,
Grandstand A and D: Dh165, Grand-
stand B and C: Dh265

Telephone: 04 323 6399

Somebody call 911

★★★★★ The latest in a long line of reinventions, the most recent offering from Porsche doesn't disappoint.

For almost 50 years three simple numbers have courted automotive passion and an equal amount of controversy. The simple chain of a nine and two ones, have spelt sports car, German engineering and rear-engined fun. And now Porsche have launched the latest in a long line of models with its brand new 911.

Named the 991, the new model replaces the outgoing 997, that seems to have hung around for quite a while, slowly improving with age. The 911 has been accused of becoming too robotic and of losing some of the point of the original cars. But others have enjoyed its new, less quirky feel, opening it up to a whole new market of people who want the

performance and styling, but without the associated issues. The 991 won't stop you in your tracks anymore than the last of the 997s would. So what have Porsche actually changed?

There's actually a huge amount of new things to talk about with the latest 911. The car gets a totally new lightweight, aluminium body, which weighs in a 45kgs less than the old 997 model. The car sits lower and is slightly wider at the front. The whole car is also 100mm longer than before, so Porsche can legitimately claim that this really is an entirely new car.

Styling-wise the car looks very similar to the outgoing model, albeit with a number of cosmetic tweaks. Visually, the only real changes are the sleek rear lights and front LED running lights. The body might be all new, but the ethos is certainly old



school. Inside, the new car gets a fantastic new interior that brings it bang up to date with the Panamera and Cayenne. But Porsche have also managed to keep a little bit of the styling that makes it uniquely a 911. The seats are very comfy and incredibly supportive.

Under the hood (or boot depending on your viewpoint) it's very much the same flat-six layout. With the technically astounding PDK gearbox the base model car still has a 3.4 litre flat-six boxer engine, producing 350bhp.

This gives it a 0-100 km/h time of 4.6 seconds, exactly 0.1 seconds quicker than the outgoing car. The S model gets a 3.8 litre, 400bhp engine and sprints to 100 in just 4.3 seconds.

4.3

The amount of seconds it takes the S model to sprint to 100km/h.

Add the Sport Chrono pack to either model and you get an instant boost in acceleration. The standard model drops to 4.4 seconds and the S drops to a—pretty impressive—4.1.

On the outside the car

gets a new, wider rear wing that rises up at speed for extra stability and grip. Porsche has also introduced Dynamic Chassis Control onto the S, which limits body roll through extreme cornering allowing “even faster times on racing circuits”.

On the road it's fast and nimble, and in sport mode this car is an absolute hoot to drive. The steering has feel, despite being electronically controlled and the suspension seems to soak up everything you throw at it. On the move, it really is hard to fault. It all seems so effortless to break the laws of physics.

So is this the best 911 yet?

I don't think anyone

who didn't like the 911 before will be swayed

by this new car, as its improvements are incremental, rather than figure busting. But those people who love 911s will enjoy this one even more than before.

Yes, it's riddled with technology, but mostly this is for the better. The car is a technical masterpiece and, as far as performance is concerned, nothing is left wanting.

If the other major sports car manufacturers were waiting for the German giant to trip up on this one, they will be more than just a little disappointed. The new car is just as good as it should be, considering the money now behind Porsche.

It would seem, therefore, that the iconic and lovable 911 is certainly not going anywhere anytime soon. ●

SPECS (as tested)

Engine: 3.8 litre Flat 6
Power: 400hp @ 7,400 rpm
Torque: 440Nm @ 5,600 rpm
0-100km/h: 4.3 seconds
Top speed: 302 km/h
Price: Dhs477,000



THE SLEEK AND SPORTY BODY



THE NEW, WIDER REAR WING



Flying with wings

MOTORCROSS

Having been created over a decade ago, the Red Bull X-Fighters has continued to grow into one of the biggest and most respected free-style motocross tours in the world, featuring the best FMX riders performing mind-blowing tricks in the most spectacular locations across the planet.

Another feather in Dubai's glorious sporting cap sees the extended World Tour 2012 bring the flying stuntmen to The Walk, JBR for the season opener on April 13. And with reigning champion Dany Torres of Spain hoping to retain the title against the likes of last year's runner-up, Nate Adams, there will be no holding back once they set off from the ramps.

After the 2011 premiere in Dubai, the riders ride again directly on the beach, and you can be sure a few will be prepared way better for the sandy conditions than last year, racking up high scores and setting the pace for the season ahead.

Each rider at the event will be judged in different categories, including variety, challenge and execution, form and flow (style), their use of the course, energy, excitement and entertainment, so spectators are certainly in for an amazing show.

This year's tour will take in Glen Helen in the US (May 12), Yedikule Duneon Fortress in Istanbul (June 16), Las Ventas in Madrid (July 20) and Olympic Stadium in Munich (August 11), before the potential title decider on Cockatoo Island in Sydney (October 6).

REIGNING CHAMPION DANY TORRES



Interviews: what not to say

We can all say embarrassing things during a job interview, but there are some subjects you should never bring up.



CHOOSE YOUR WORDS CAREFULLY AND THAT DREAM JOB COULD BE YOURS

INTERVIEW TIPS

Most job seekers know the ABC of a good job interview; dress the part, sit up straight, be confident, ask questions etc. But have they thought of what not to say? Although there are many things you should never say or ask during a job interview, most of us have said something that we've regretted as soon as we clamp our lips shut. You can say all the right things that can be said but with one mistake, one wrong move, you can kiss the interview goodbye. Akhtaboot presents five things you definitely should never say during an interview.

How much does the job pay?

Everyone wants as much money as they can get. Yet when it comes to job interviewing, asking the salary question can make it seem as if you are only interested in the money and not in the job itself. As a rule, wages and salaries are not to be discussed during the first interview unless the interviewer decides to open up the subject. An excellent way to handle salary negotiations during interviews is to

research the range of pay in both your industry and country. Identify the qualifications required by the position you are applying for and state what you expect to get within a realistic range of the pay scale depending on how your qualifications match the company's needs.

If you don't mind me asking, what exactly is it you all do here?

Want to sound really unprofessional during an interview? Then this is the question to ask. Although we all understand the consequences of going to an interview unprepared, it is amazing how many job candidates still ask this question. Doing some research on the company is the least you can do to impress the interviewer. You can find some helpful information on the internet, in newspapers and the company's annual report.

What can your company do for me?

Interviews are all about your ability to sell yourself and what you can do for the company, not the other way around. Prepare to talk about your skills and how you were an asset to

your previous employer. While you should use this opportunity to decide whether the company is a good fit for your career, you shouldn't make it sound as if you'll be doing them a huge favour if they hire you. Keep your questions on company benefits to the second or even third interview, or wait for the interviewer to open up the subject.

No, I don't have any questions.

Employers can get a clear idea about you based on the questions you ask. Having no questions prepared sends the message that you are ill-prepared and not fully interested in the position. Come up with smart questions to ask the interviewer. There's no set number; it actually depends on what you need to know. However, it's highly unlikely that you would enter an interview without having at least three questions on your mind and being prepared to articulate.

I don't have any weaknesses.

In most interviews, interviewers will ask you about your strengths and weaknesses to get a sense of the real

“Interviews are all about your ability to sell yourself and what you can do for the company, not the other way around.”

you. They understand the fact that you are not going to totally reveal your flaws, but they do want to get a sense that they are talking to a genuine person. The key to answering the weaknesses question is to provide a weakness, and explain how you plan to overcome it. The smartest way to handle this topic is to be authentic.

Since no two interviews are the same, it is often not easy to be totally prepared for what to expect. However, even without knowing what questions you will be asked, you can focus on your presentation skills to make sure they are consistently sharpened before you go to a job interview. ●

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Sales executive required as freelancer for a trading co. that focuses on building material. Good commission. Can work from home. Any nationality/gender. Call 0552713493/email leadersmarket@gmail.com.

Staff required for a women's beauty salon. Should have experience in manicure, pedicure, etc. Call 0508331311. Send CV to samiraaskerova@yahoo.com.

Driver required for a full-time job. Should have minimum of 3 yrs experience. Good manners/personality a must. Call 0551997340.

Live-in house maid is required for an Indian family in Bur Dubai. Call 0507743015.

Facility general attendants/loaders/packers required for company. Should have basic English, transferable residence/visit visa. Preferred nationalities: Sri Lankan, Nepali, Indian, Ethiopian and Filipino. Good salary package. Email CV to hr@uae.g4s.com/fax 043382965.

General Physician required to manage outpatient clinic for company staff and families in Sharjah. MBBS with MOH qualification is a must. Keralites preferred. Send CV to aathira@sanaya.net.

JOBS WANTED

Indian male seeks job as office staff or admin assistant/accounts assistant/cashier/salesman. 10+ yrs experience. Familiar with computers. Fluent in English and Hindi. On visit visa. Call 0503218986/email pjaghosh@yahoo.com.

Pakistani, 32, seeks evening job as admin/clerk/supervisor/manager. Experienced. Computer literate, fluent in English. Call 0509425061/email waf14@hotmail.com.

Male, MCA and CCNA + MCITP seeks job as system/network/IT administrator. 2 yrs experience. Call 0567642734/email fanseer@hotmail.com.

Indian, male, MBA seeks job in marketing/sales and general management. 4 yrs experience in marketing. Fluent in English, Hindi, Tamil, Malayalam. Call 0553078305. Email arfazy@gmail.com.

IT professional seeks job as a computer/network expert and salesman. Willing to learn and be trained. On visit visa. Call 0509457734.

Indian female, BTech seeks job in IT/telecom/HR & administration. 3+ yrs experience. Expert in MS Office. Fluent in English. On husband's visa. Call 0551462141.

Filipina seeks job as secretary/receptionist/admin. 4 yrs experience in a reputed organisation. Knowledgeable in MS Office. On visit visa. Email jeanelle.turla@gmail.com/call 0508652579.

Indian male, BTech in Computer Science seeks job. RHCE and MCSE certified. 5 yrs experience in IT administration (Linux and Windows). Call 0567114252/email raneeshkalam@gmail.com.

Indian male, Electronics/Communication Engineer, MCP, CCNA seeks job in IT/Telecom, communications, administration, desktop engineer. 2 yrs experience. Expert in MS Office. On visit visa. Email mani_klm04@hotmail.com/Call 0555659045.

Driver seeks job. Owns UAE driving

licence. 5+ yrs experience. Fluent in English/Hindi. Call 0555186699/Email rafeeqe4you@gmail.com.

Filipina with MBA degree seeks job. 15 yrs experience in the banking business. On husband's visa. Call 0553497246.

Pakistani, male, 27, LLB, MBA, and BBA seeks job. 5 yrs experience in banking/operations/customer service/management/administration and marketing experience. Call 0552825289/email asfandyarmemon@hotmail.com.

Keralite male seeks job as a driver. Please call 0558793181.

Graphic designer seeks part-time job. Proficient in all kinds of graphic designing works. Call 0556886265.

Indian male, 23, aircraft engineer seeks job. 2 yrs experience in aircraft manufacturing and airfield (ground handling). On visit visa. Email shagul.flyboy@gmail.com/call 055467730.

Indian female, MA in communications and journalism. 4 yrs experience in the PR field. Knowledgeable in digital media. On family visa. Call 0558648014/email tonyjds@gmail.com.

Male M.Com/ACCA seeks job. 4 yrs work experience in auditing & accountancy. On visit visa. Expected salary is 2,500AED. Call 0557377535/Email t.akram09@gmail.com.

Indian male, diploma holder seeks job as an electrical AutoCAD draftsman. 6 yrs experience. Call 0559904525/Email praveen.pvp@gmail.com.

Sri Lankan, male, seeks full-time job as network engineer in reputed company. 15 yrs experience. Highly qualified. Holds driving licence. Email nabeela3@yahoo.com.

Indian male seeks job as a salesman. Experienced in sales at Sportland Group Company. Knowledgeable in MS Office. On visit visa. Call 0554181559/Email mubashirsap@yahoo.com.

Pakistani male, 26, seeks job as a trainee pharmacist. Qualified in pharmacy. 1+ yr experience as a retail pharmacist. Familiar with computers and medicine. Call 06877608/email owais_pharmacist@hotmail.com.

I.T. technical staffer seeks job. 10 yrs experience in IT. Call 0552065773/web-site www.jotalz.webs.com.

Production line engineer seeks job. 3 yrs experience in reputed organisation. On visit visa. Email ikhan7861@gmail.com/call 0556568797.

Male seeks job as a retail sales executive/administration assistant/customer care service/hotel management. 4 yrs experience in a reputed organisation. On visit visa. Email kalandar.rifai@gmail.com or call 0551475335.

Pakistani, male 27, LLB, MBA, and BBA seeks job. 5 yrs experience in banking/operations/customer service/management/administration and marketing. Call 0552825289/email asfandyarmemon@hotmail.com.

Pakistani male seeks job. Worked as a clearing agent and security guard. Knowledgeable in MS Office. Call 050803600/email shakooraskawan@yahoo.com.

Male, IT graduate seeks job in the administrative or IT related field. 3 yrs experience. Email lestereybferrer@yahoo.com/call 0556290217.

Pakistani pharmacist seeks job related to pharmacy. 1+ yr experience in the

pharmaceutical industry as a quality control in charge and retail pharmacy. Call 0556461182/email beena.creation-link@gmail.com.

MCA seeks job as a technical analyst/technical support (voice/non voice). Anywhere in the UAE. Call 0558228931/email fegin.dec@gmail.com.

Arab male seeks job in the sales field. 4 yrs experience in sales. Fluent in English and French. Holds UAE driving licence. Email mails2ahmed@gmail.com/call 0552668009.

Indian female 26 seeks job. 7+ yrs experience in footwear manufacturing company as a merchandiser/export coordinator. Call 0505390917/email vanithasuares@gmail.com.

Pakistani Accountant, 8 years experience in Accounts, 5 years UAE experience in Travel Industry as accounts payable & receivable, having driving licence and looking for job. Please call: 0507024145 Email: f_alih2@yahoo.com.

Male DJ seeks job in clubs or event management/entertainment companies. 6 yrs experience in the entertainment industry. Call 0556650390/email mwaurergeorge@yahoo.com.

MISCELLANEOUS

Amazing holidays with the best prices. All-Inclusive holidays where everything is taken care of. Best of Thailand. Best of Paris. Best of Africa. Call 042260506, 0552051592.

Free credit card for life. Minimum salary 3.8K + company accommodation. Limited offer. Email shab00721@yahoo.com.

Personal loan. With free life insurance. Salary should be 5K and above. Call 0552644130.

Solutions for hair loss, skin problems, 9 days weight loss program and other health issues. Call 0555566862/0507959928.

AUTO

Wanted: A good car, costing around 10,000AED. Email emadst@yahoo.com.

Toyota Camry GLi, 2009 model for sale. White colour. Fully automatic. In very good condition. Rarely used. For 44,000AED. Email naeemutmani@gmail.com/call 0503243191.

ITEMS

Brand new Swiss watch for men available for sale. Unwanted gift. Email emadst@yahoo.com.

Items for sale: New queen sized iron bed with the best orthopaedic mattress (190x150x12) is available for sale. Price for 510AED. Also king sized bed (180x190x12) with mattress available for sale. Price for 640AED. Free home delivery. Call 0561314797.

Books on Psycho Neurotics available for sale. Talks about natural techniques on how to heal all types of diseases. Call 0554067734/email azeem@soulchemy.org.

Used laptop available for sale. 1GB RAM and 40GB HD in very good condition. Price 650AED. Call 0557864477.

Brand new authentic Burberry bag available for sale. Price for 1,700AED. Call 0507256935.

SERVICES

PC desktop/laptop repair services available. We install and navigate desktop performance. We also configure computers to networks, wireless routers and I.P. network cameras. Call 552065773.

Tutoring lessons available for grades KG2 to grade 7, in all subjects, including Arabic. Near Pizza Inn, Karama. Call 0558012027/043967983.

Babysitting services available. Near Pizza Inn, Karama. Call 0558012027/043967983.

Tutoring lessons available in Bur Dubai for all subjects including accountancy and IT. Up to grade 9. Call 0507743015.

Babysitting services available in Bur Dubai, Meena Bazaar. 18+ yrs experience. Good with children. Call 0504675948.

IT network services available. Computer support and all types of IT solutions. 300AED per visit. Call 0557414116.

Tutoring lessons available. Indian female teacher. Well experienced for all grades and all levels. Teach English, Math, SC Hindi, computers, Economics, business, accounts, etc. Call 0554627937.

Car lift service available. Starting from Al Khail Gate in the mornings to Naif, Garhoud. Call 0503420603.

Car lift service available. Starting from Dubai to anywhere else at any time. Call 0509743943.

Tutoring lessons available in the French language. Can teach classes starting from kindergarten to 5th grade. Call 0504607958/0506254496.

Writing assistance services available. From essays, to reports and research papers including MA/PhD theses, etc. We also provide preparations on TOEFL and IELTS on private basis. Call 0554698768/nwaka82@gmail.com.

Cleaning services available. We provide services in offices, factories, apartments, hotels and villas on daily, weekly and monthly basis. Call 0551137994/barskc@gmail.com.

Website design & development/SEO/AMC services available. At an affordable price. Call kshetech@yahoo.com.

ACCOMMODATION

Shared accommodation available for rent. Executive Indian bachelors only. Behind Millennium Plaza Hotel, near Emirates metro station SZR. For 500/-AED + DEWA. Call 0500508787695/0507082328.

Shared accommodation available for rent. Professionals, bachelors only. Furnished with all facilities. Near Satwa bus stop, Al Satwa. For 500/-AED + DEWA. Call 0502674594/0508787695.

Bed space available for rent. Keralite executive bachelors only. Near Al Qiyadah metro station Abu Hail. Internet accessible. Call 0552550452/0551608178/0559438433.

Furnished bed space available for rent. Comes with separate kitchen facility. Indian bachelors only. To be shared with 3 people in total. In Al Baraha, Deira. Call 0557077686.

Bed space available for rent. Executive Muslim bachelors only. Near Karama metro station. To be shared with 3 people in total. 550/-AED + DEWA. Internet/

washing machine facilities accessible. Call 0559393648.

Family room available for rent. Comes with attached bathroom. 1,500/-AED + DEWA/TFC/Wi-Fi.

Call 0505653934/0502447427.

Bed space available for rent. For 350/-AED including DEWA and internet. Call 0558594083.

Two bed spaces available for rent. For 350AED including DEWA. In Deira, near Karachi Darbar. Call 0558594083.

Room available for rent. Kabayans only. To be shared with 6 people in total. For 2700/-AED. Behind Regent Hotel, opposite Burjuman. Near metro station. Free gas, TFC, and shared internet. Call 0503352284.

Fully furnished studio available for rent. For families only. From 15th till 30th April. In Karama/ Gardens/Jebel Ali. Call 0559940340.

Indian, married man, looking for room in Al Barsha or Al Khail Gate, Al Quoz phase 1. At a price that does not exceed 1500/-AED. Call 0559265403/0561469296.

Partitioned room available for rent. Filipino ladies only. Near Jesco supermarket, Al Baraha. Rent for 1,050/-AED including DEWA/internet. Call 0501619265.

Wanted: Married couple looking for available furnished room in Deira. Call 0555482765.

Shared accommodation available for rent. Indian Keralite females only. Behind Lulu hypermarket, Karama. Walking distance to Karama metro station. For 1000/-AED + DEWA with all facilities. To be shared with another couple. Call 0556360637.

Wanted: Nepali, single male looking for a small room in Al Rigga near metro station. Rent no more than 1200/-AED. Call 0559865149.

Two bed spaces available for rent. Married Tamil Muslims only. To be shared with 5 people in total. Internet and kitchen facilities. Annual rent for 29,000AED. In Deira, Naif Road, opposite Khalid mosque. Call 0555534303.

Bed space available for rent. With attached bathroom/kitchen. In Satwa near bus stop. To be shared with 3 people in total. Rent includes DEWA/gas. Email mvdemel@yahoo.com.

Wanted: Keralite looking for clean accommodation, single room in the Deira City Centre area. With good price. Call 0509744836.

Bed space available for rent. Kabayan females only. Walking distance to metro station, Al Manama, Sunrise and Lulu hypermarket. For 400/-AED. Free Wi-Fi and TFC. Call 0559294435.

Bed space available for rent. Kabayans only. Rent for 500/-AED. Near Al Rigga metro station, restaurants and groceries. Call 0556808404.

Shared bed space available for rent. Indians only. In Al Satwa. Rent 600/-AED + DEWA. Call 0507082328.

Two bed spaces available for rent. With attached bathroom/kitchen. Kabayan ladies only. In Satwa, behind Carrefour, opposite Al Hanaa Center. Call 0505562743/0509727231.

Bed space available for rent. Any gender is acceptable. Opposite Union metro station, near Al Ghurair center. Rent for 450/-AED. Free DEWA/TFC. Wi-Fi to be shared with Filipinos only. Call 0552457706.

Metro benefits property value

Study reveals that land situated in close proximity to Metro stations has appreciated by 34 per cent.

DUBAI METRO

The RTA has stated that the Dubai Metro, since it began operating in 2009, has made a positive contribution to the appreciation of the value of lands and commercial properties in the vicinity of the Metro stations as well as areas linked by the feeder bus service by as much as 34 per cent.

Commenting on the above, the CEO of the RTA Strategy and Corporate Governance Sector, Abdul Mohsin Younes, said, "The RTA Strategic Planning Department studied the impact of the Metro stations on the surrounding lands and properties in coordination with the Dubai Real Estate Regulatory Agency (RERA), which provided the data about the rates of lands and properties in areas close or far from the Metro stations. The study revealed that the value of lands and properties adjacent to the Metro stations has soared since the operation of the Metro and increased by, in some cases, up to 34 per cent as a result of the high demand for buying



ABDUL MOHSIN YOUNES

lands and renting properties in close proximity to the Metro stations. This is attributed to the ease of mobility and the provision of multi-transit options at lower costs of transit aboard the Dubai Metro, which is characterised by absolute minimal fares and high efficiency across the city, particularly for those living near the Metro stations. This explains the huge impact of the transit network on the economy of the emirate, and

“Public transit means in general have a positive impact on appreciating the value and rents of properties.”

reflects the importance of the Metro in pushing up the economic development drive in the field of property development and stimulating the tourist and commercial movement in various parts of Dubai.

"The study monitored the changes in rates of these lands and commercial properties in 2011 compared to the rates prevailing in 2009 before the opening of the Metro, which illustrate the importance of the Metro

in boosting the market value of lands and properties, particularly in the surrounds of the Metro stations.

"A comparative study with the experiments of countries which have made advanced progress in mass transit systems, particularly the Metro, such as the UK, Germany, Japan, Hong Kong, and the USA, revealed that public transit means in general have a positive impact on appreciating the value and rents of properties, and that such rates made remarkable hikes ranging from three to 50 per cent," continued Younes.

"In less than three years, the Dubai Metro has generated high economic returns, highlighted by its ability of enhancing the competitiveness of the emirate as regards to the attraction of commercial activities as well as the local and international events spanning conferences, sports events, and cycling races. Moreover, it contributed to augmenting the revenues of the emirate generated by advertising activities, the naming of stations and the leasing of commercial outlets," said Younes in a final remark.

RTA receives American delegation

DELEGATIONS

The Assets Management Department at the RTA recently received a student delegation from the South California University, USA, to acquaint them with the best practices adopted by the RTA in maintaining its mass transit means, assets and properties maintenance system, which contributed to the RTA obtaining the international PASS 55 certification.

The visiting delegation was received by Mohammed Obaid Al Mulla, CEO and Board Member of the RTA, Udai Al Deesi, Director of RTA Asset Management, and several RTA officials.

Al Mulla stressed the importance of social interaction between various local and overseas universities as it fosters cooperative links between the RTA and academic institutions, boosts the RTA's social standing in helping



RTA OFFICIALS WITH THE VISITING DELEGATION FROM SOUTH CALIFORNIA UNIVERSITY

the transfer of expertise to others, and contributes to enriching the students' know-how by introducing them to the key achievements made on the ground in terms of giant road and transport projects.

"Through interacting with the students of South California University, we were keen on briefing them on the early-day stages of urbanisation and

infrastructure development seen by Dubai, as well as acquainting them with the establishing, achievements and effective contributions of the RTA in realising the strategy of the Dubai Government," said Al Mulla.

Al Deesi reviewed with the visiting delegation the policy and strategy of the Assets Management Department, and elucidated the core objectives

and plans in place. He also gave the delegation an elaborate briefing about the assets management system that merited the RTA to last year obtain the international certification, PASS 55.

Dr Omar Al Sawi, head of the visiting delegation, praised the positive attitudes adopted by the RTA in maintaining continuous interaction with other community organisations.

I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

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

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

معا نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

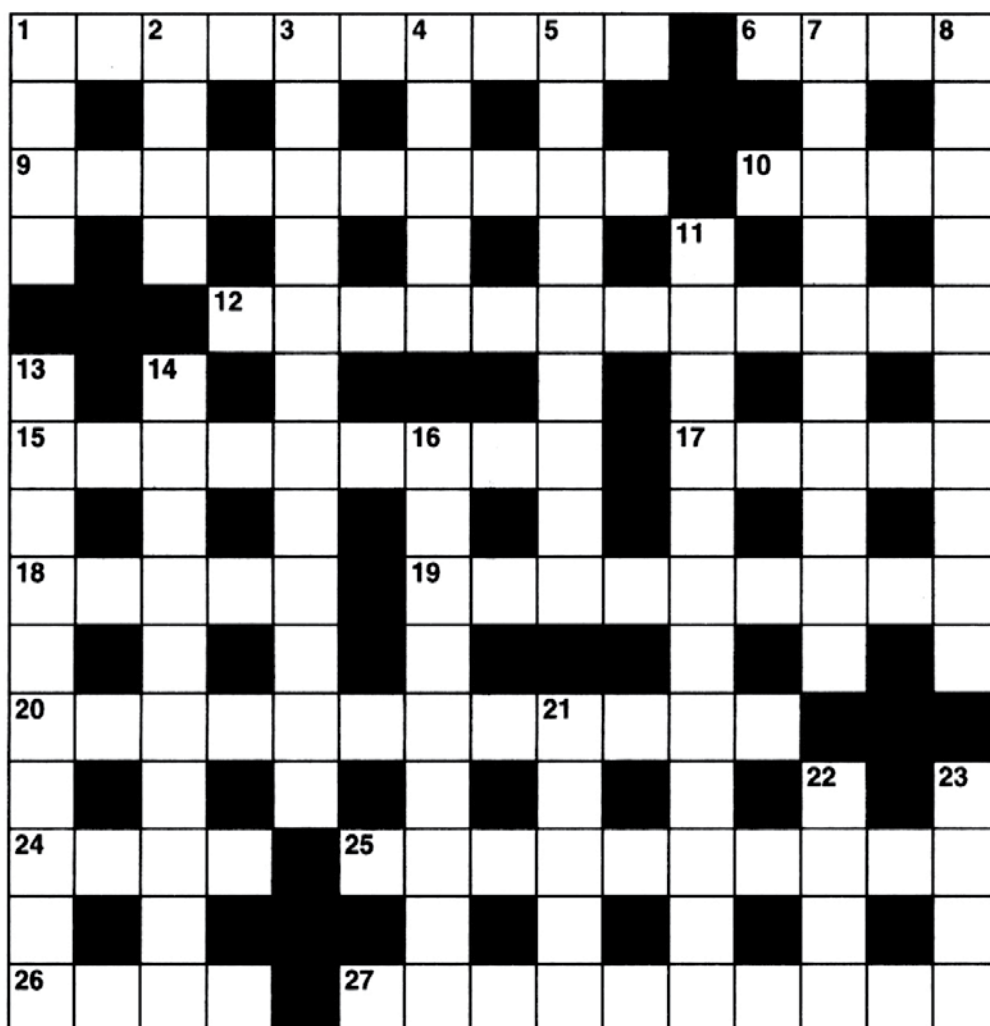
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Taking your time

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



Crossword

Across

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

Down

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

ANSWERS



Recipe

Tasty chicken tikka masala

This classic curry dish is easy to prepare and quick to make. Packed with flavour, make it as spicy as you choose.

Ingredients

4 skinless, boneless chicken breasts
4 tbsp tandoori paste
2 tbsp natural yoghurt
3 tbsp vegetable oil or ghee (clarified butter)
1 cinnamon stick
8 cardamom pods
1 large onion, finely chopped
3cm piece of peeled and grated ginger
2 crushed garlic cloves
1 tsp ground cumin
1 tsp ground coriander
½ tsp turmeric
½ to 1 tsp cayenne pepper



1x200g can chopped tomatoes
150ml chicken stock or water
1½ tsp garam masala
½ lemon, juice only
½ tsp salt

Serves
4

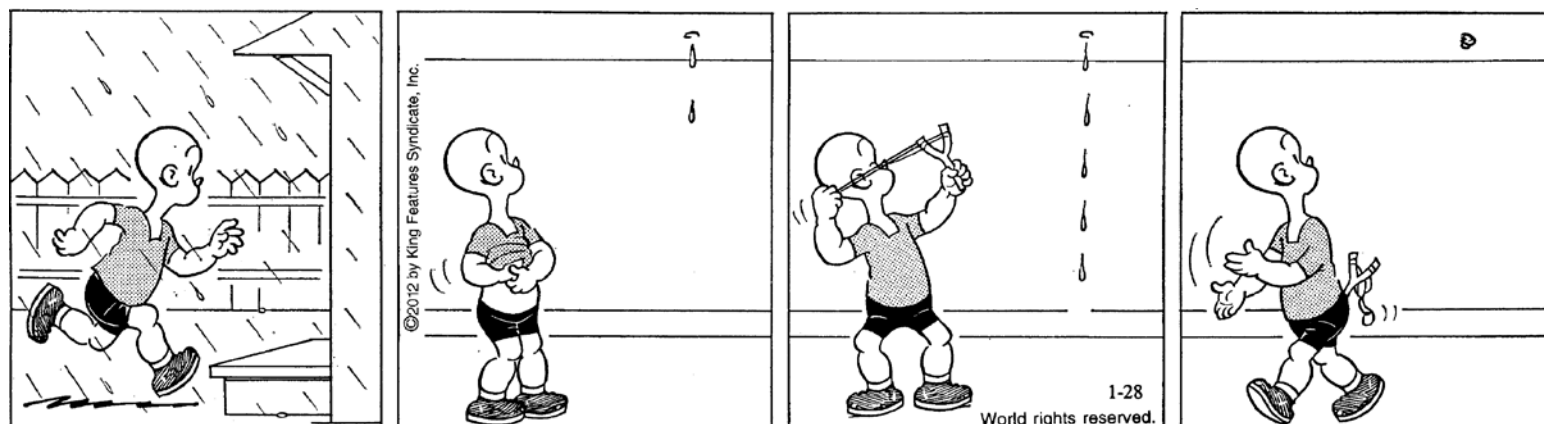
Method

1. Cut the chicken into bite-size pieces and mix with the tandoori paste and yoghurt. Marinate in a non-metallic dish for at least a couple of hours (preferably overnight), stirring occasionally.
2. Heat the oil or ghee in a deep

frying pan, then add the cinnamon, cardamom pods and onion. Fry for about five minutes until beginning to brown, then add the ginger, garlic, cumin, coriander, turmeric and your chosen amount of cayenne pepper (according to how hot you like it).

3. After one minute, add the chicken with the marinade. Fry for around four minutes, then add the tinned tomatoes, chicken stock or water, garam masala, lemon juice and salt. Bring the curry to a gentle simmer and cook on a low heat for about 10 minutes. Serve straight away with rice or naan bread.

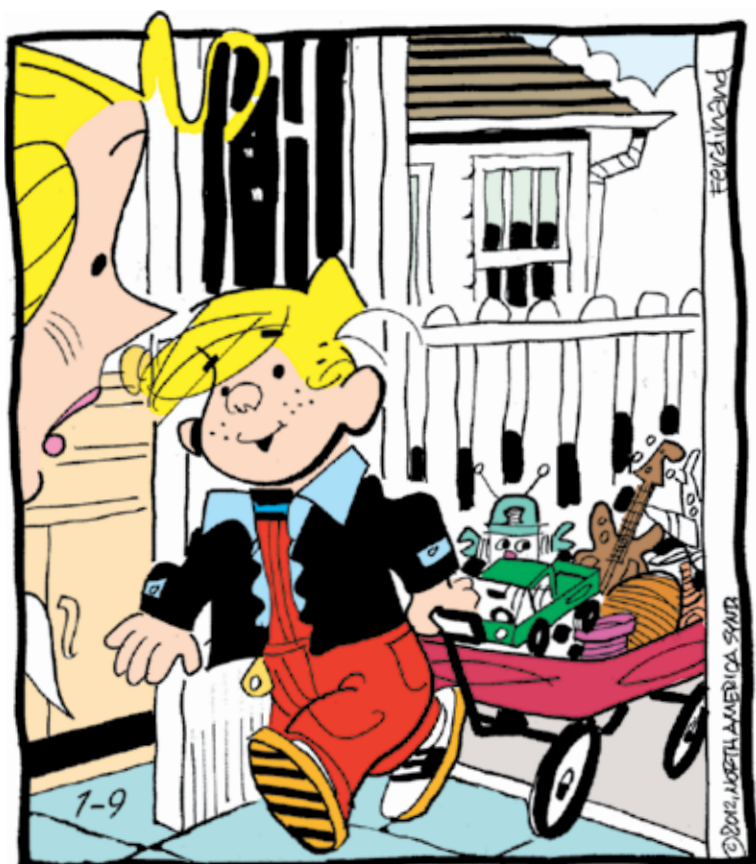
Henry



Spiderman



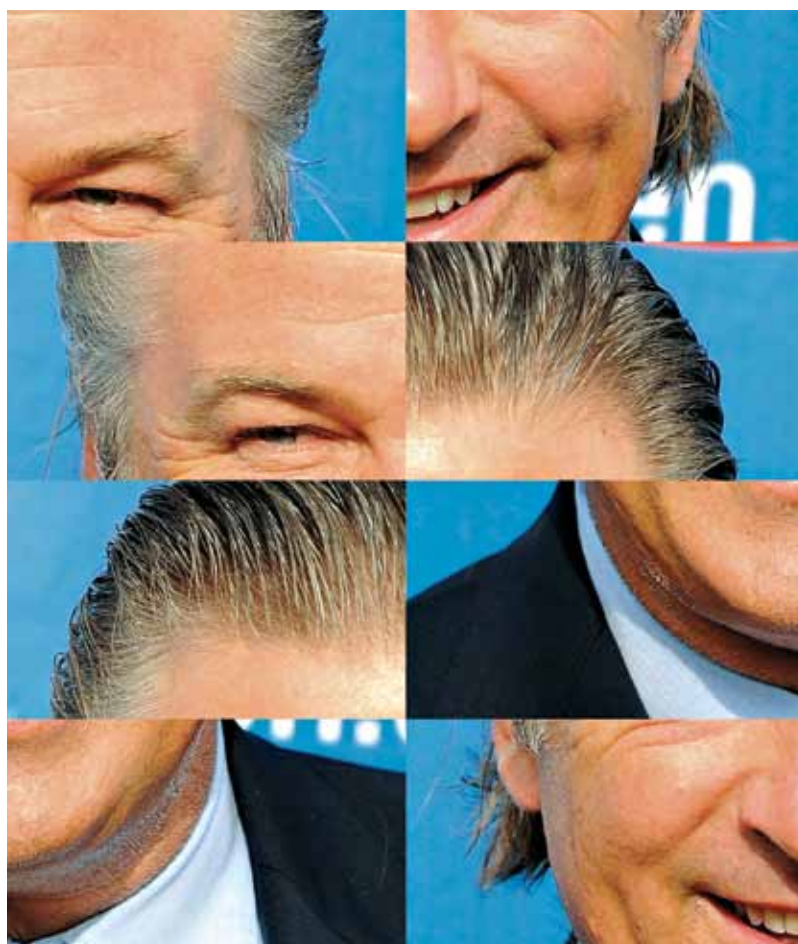
Dennis the menace



"I TRADED ALL OF MY NEW CHRISTMAS TOYS FOR ALL OF JOEY'S BIRTHDAY PRESENTS!"

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

___ Zeta-Jones, actress		Crones		For what purpose?		Three-piece band		Candied plant-stalk	
Small horse-like animal		Undertake a winter sport		Gives advance notice of		___ Costner, US actor		Recesses	
			Roused						
Buzzing sound	Chris ____, Olympic cyclist		Repent of		1970s <i>Livin' Thing</i> group (inits)			Dame ____, Te Kanawa, singer	
					Stringed instruments				
Car parts with a tread		Carefully analyse						___ Mayall, <i>The Young Ones</i> actor	
					Unpleasantly				

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - ALEC BALDWIN

Read.

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Arnold Pinto
Managing editor

Lucy Torchia
Deputy editor

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Ross Guinane
Web editor

Hassan Fawad
Web developer

DESIGN

Angela Ravi
Art editor

Sunil Kumar
Senior designer

ADVERTISING

Mona Semaan

E: advertising@readme.ae

T: +971 4 390 2904

M: +971 50 892 3883

CONTACT US

info@readme.ae

editorial@readme.ae

letters@readme.ae

advertising@readme.ae

mymetrolife@readme.ae

pics@readme.ae

stories@readme.ae



Continental Multimedia FZ LLC

Dubai Media City

Building 6

Office No. G11

T: +971 4 390 2904

F: +971 4 445 6753

E: info@readme.ae

W: www.readme.ae

PO Box 502824, Dubai, UAE

BRANCHES

ABU DHABI:

T: +971 2 622 7880

F: +971 2 622 7881

KSA (JEDDAH):

T: +96 62 657 3161/36

F: +96 62 657 3152

BAHRAIN:

T: +97 31 723 3499

F: +97 31 723 3199

OMAN:

T: +96 82 456 4015

F: +96 82 456 0349

EGYPT:

T: +20 23 762 2914

F: +20 10 228 1615

JORDAN:

T: +96 26 565 3601

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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)

Your colleagues seem to be dropping like flies at the moment with all sorts of illnesses, so make sure you are looking after your immune system properly. Eat healthily and get plenty of rest in order to ensure that you don't also fall victim.



TAURUS

(APR 21 - MAY 21)

The travel bug is biting at your heels and you long to jump on the next plane and go exploring. While your other commitments mean it's not possible to be this spontaneous, you can always start planning a summer vacation now to satisfy your urges.



GEMINI

(MAY 22 - JUN 21)

Recent uncertainty about your image may have dented your confidence. While others around you can shower you with compliments, until you're able to see your own beauty it won't mean a thing. Learn to appreciate your best features, both inside and out.



CANCER

(JUN 22 - JUL 23)

Sometimes it's the simple things that take your breath away. Remember that the best things in life are often free, so make sure you take some time away from the hustle and bustle of Dubai living to appreciate the people around you and enjoy their company.



LEO

(JUL 24 - AUG 23)

Your new found confidence has given you a new approach to how you deal with problems and challenging situations, especially at work. Delegation no longer seems a chore and you are able to start spreading the workload among your team.



VIRGO

(AUG 24 - SEP 23)

The road to success is always going to be littered with a few weeds, but playing to your strengths could see you carve your way through any obstacles with ease. Don't lose sight of the end goal, it may take some time but you will get there eventually.



LIBRA

(SEP 24 - OCT 23)

Your mind may still be focused on the idea of a career change. If you have seriously considered all the options and know in your heart that it's time to move on, do so with grace and professionalism. There is no point leaving a bitter taste behind you.



SCORPIO

(OCT 24 - NOV 22)

After a stressful couple of weeks things have finally settled down for you at work. As much as your adventurous side can rear its head every now and then, your sensible, balanced side will definitely appreciate the calm after the storm.



SAGITTARIUS

(NOV 23 - DEC 21)

It may be that you have been in two minds recently over whether to stay or go. The pull of home is tugging at your heart, but your mind may be conflicting with this. Seek the advice of your nearest and dearest—they only want the best for you.



CAPRICORN

(DEC 22 - JAN 20)

A change of image or lifestyle is having an effect on your confidence. After a slow couple of months your social life may begin to pick up again and some new friendships are on the horizon. Let your hair down and enjoy the new you.



AQUARIUS

(JAN 21 - FEB 19)

Your finances could do with some attention right now. Recent expenses may have come out of the blue and left you slightly worse off than usual. However, by simply being sensible you can soon see your bank balance return to full health.



PISCES

(FEB 20 - MAR 20)

You may have been experiencing strange dreams lately, which could be your body's way of telling you to clear your mind. Switching off from your thoughts has always been difficult, but try not to worry about other people so much.



This week's local weather

SUN



8th
LIGHT SHOWERS
HIGH 28C
LOW 25C
HUMIDITY 37%

MON



9th
WARM
HIGH 30C
LOW 26C
HUMIDITY 41%

TUE



10th
WARM
HIGH 32C
LOW 27C
HUMIDITY 42%

WED



11th
WARM
HIGH 31C
LOW 25C
HUMIDITY 40%

THU



12th
SUNNY
HIGH 33C
LOW 27C
HUMIDITY 36%

FRI



13th
SUNNY
HIGH 32C
LOW 26C
HUMIDITY 40%

SAT



14th
SUNNY
HIGH 30C
LOW 25C
HUMIDITY 39%



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