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APRIL 15-21, 2012 | Issue 44

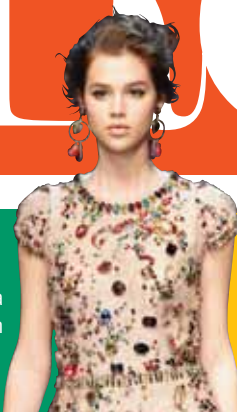
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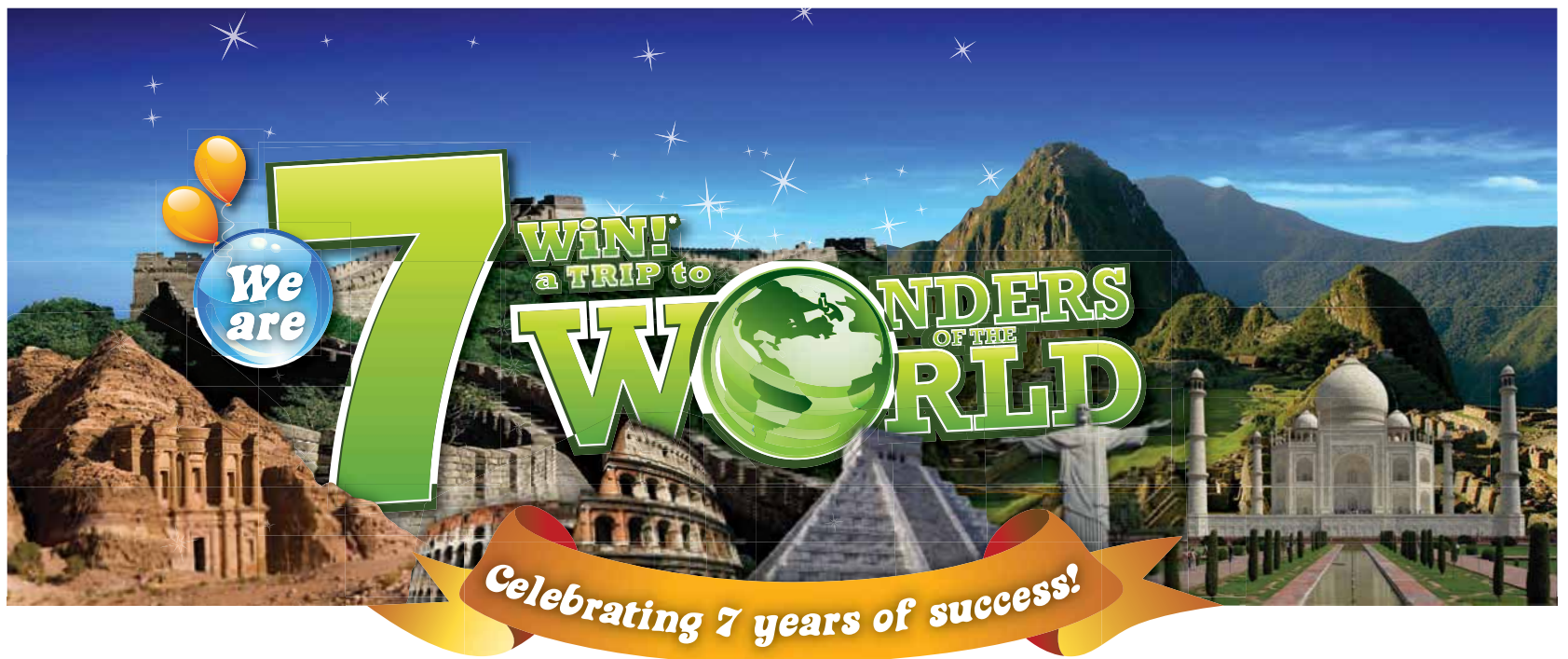
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Contents

**Metro
life 03**

Community 08

Health 10

Travel 12

Tech 14

You 16

Fashion 18

Listings 20

Fitness 24

Arts 26

Film 28

Motoring 30

**Public
transport 34**

Take a break 36

Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, I have a tough couple of weeks coming up. My mother-in-law and stepdaughter are coming for a visit at the same time. I enjoy their company, however the difficulty comes when you try to entertain an 85-year-old and a 13-year-old at the same time. How do you satisfy the holiday needs of people generations apart?

Amie Bulfin

Luckily, a lot of activities in Dubai will suit all ages. Figure out what they want from their trip and see where there's similarities which should make it easier to kill two birds with one stone.

✉ Dear *Read.*, I have a decent sized group of friends here in Dubai and it seems that every week it's someone's birthday and we inevitably go for brunch. It has lost its charm at this stage and never feels special. Seeing as it will be my 30th birthday this year, I don't want

the occasion to pass by as a weekly brunch. I know it's not where you are, it's who you're with, but I just have my heart set on something different. What do you suggest I do?

Cliona Lysaght

A barbecue is a great option before the weather gets too hot. If you have a garden, invite everyone over, play your own music, enjoy each others company and eat great food for a lot less than the cost of brunch.

✉ Dear *Read.*, Each day, cleaners come into my office. They're friendly when acknowledged, but not everyone says hello. I think it's common courtesy to greet and thank people, especially if you see them daily. I urge fellow readers to be courteous in all their dealings. You never know what the person is going through and a smile may just lift their spirits.

Faud Ashkar

Common courtesy should be a part of everybody's day. It's a great feeling to instigate a smile and know that you've made someone's day better just by being kind.

Read. Poll

How many languages are you fluent in?

- 1-2
- 3-5
- 6-10

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

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

Yes	45%
No	55%

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A.S.



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ANNE KATHERINE



ANDREW CABARDO



OSCAR A. DIOQUINO



JITHIL KALLADA

Station by station guide

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



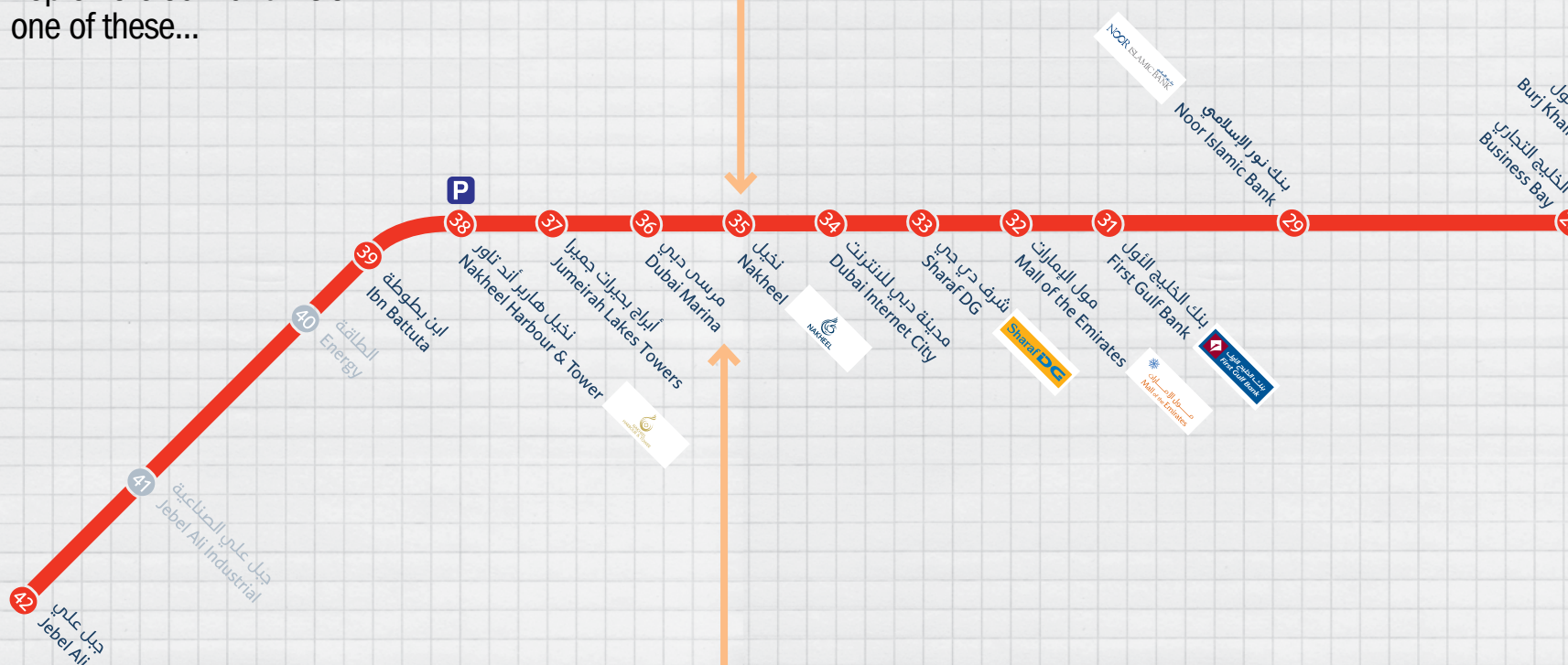
MEFCC

APRIL 20 - 21

DUBAI INTERNATIONAL MARINE CLUB

Alight the train at Nakheel station then take a taxi, bus, or don your superhero cape and fly to the Middle East Film and Comic Convention (MEFCC). The region's largest popular culture festival

will feature celebrities, artists and some of the world's leading entertainment companies. For all those interested in film, TV, sci-fi, anime, manga, comic books, video games and more. Call 04 447 4344 for more information.



Dhow cruise

TOURS DAILY, EVERY HOUR, DUBAI MARINA

If you find yourself with an hour to kill before dinner, why not kick back and relax as you sail around Dubai Marina with the breeze on your face and the waves crashing beneath you? At Dh60 per person (soft drink included), this one-hour round boat trip is also the perfect way to show visitors a different side of Dubai, with a little taste of Arabic tradition thrown in for good measure.

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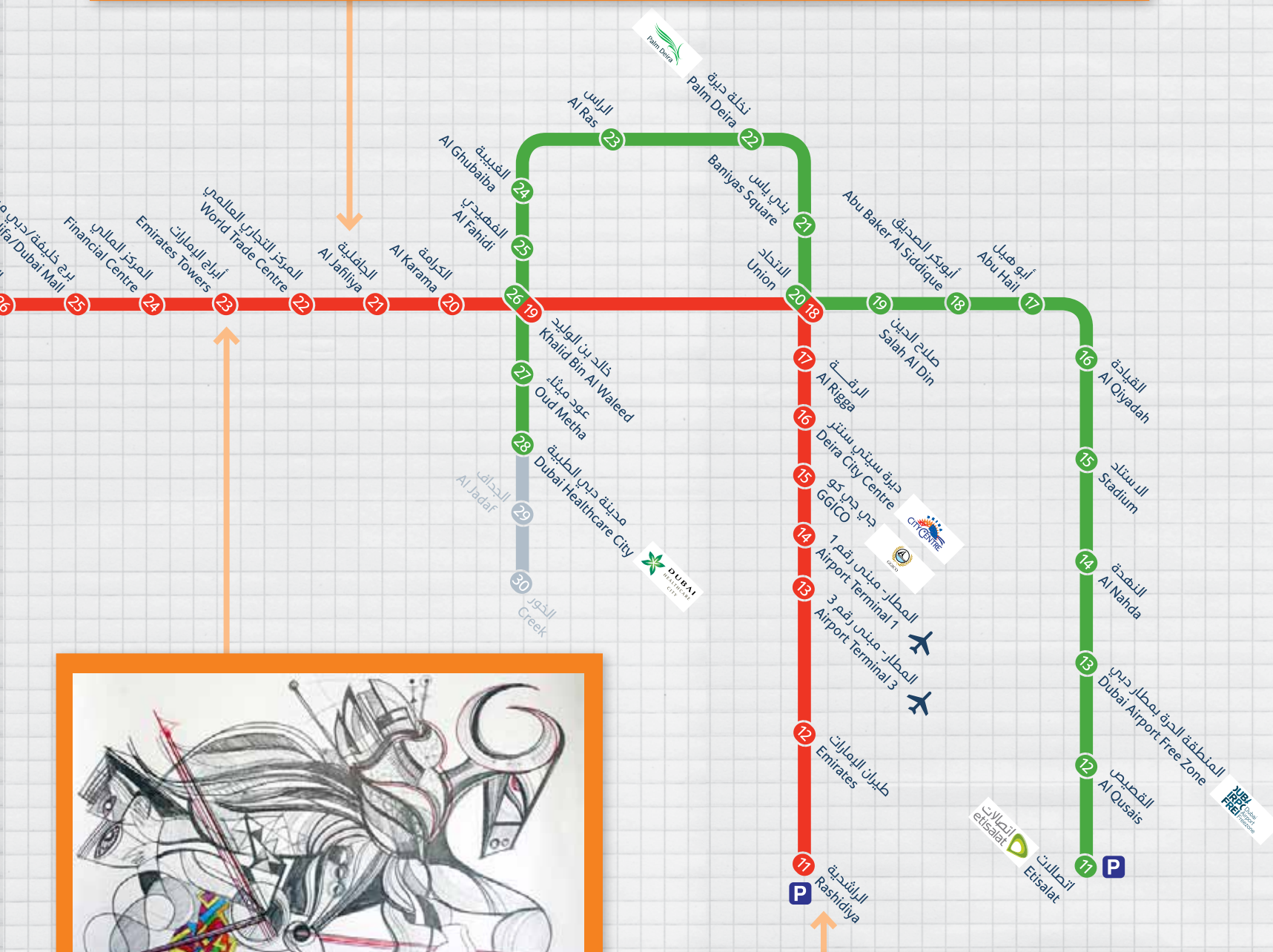


Walk for Autism 2012

APRIL 21

ZABEEL PARK (GATE 3), 5 - 9PM, FREE ENTRY

The 2012 edition of Walk for Autism will be held at Zabeel Park (Gate 3) to celebrate International Autism Awareness month (April). Autism is the fastest growing developmental disorder affecting 1 in 88 children born today. More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined. There is no medical detection or cure for autism. Organised by Child Early Intervention Medical Center, Walk for Autism is a fun-filled family event that aims to raise awareness and help integrate special children into the community. The event will include entertainment by Dubai Drums, a health and safety corner, bake sales and an art and craft area. For further information call 04 423 3667 or 055 558 1809.



Christie's-WFP sale

APRIL 18

EMIRATES TOWERS HOTEL

Christie's auction of Modern and Contemporary Arab, Iranian and Turkish Art takes place from April 17 to 18 at Emirates Towers Hotel. The auction will also feature works donated by Arab artists to be sold on April 18 to benefit the World Food Programme (WFP). The WFP benefit sale is expected to raise \$40,000 with works donated by artists from the UAE, Iraq, Kuwait, Syria and Palestine. Viewing is open to the public at Emirates Towers Hotel on April 15 and 16 (2-10pm), April 17 (10am-10pm) and April 18 (10am-12pm). Pictured: Athier (Iraqi), *Wounded King*, 2011. Estimate: \$4,000-5,000.



Fifth Annual Gulf Film Festival

APRIL 10 - 16

INTERCONTINENTAL HOTEL,
FESTIVAL CITY

There are just a couple of days left to enjoy an intriguing array of original films celebrating the talent and creativity of both Arabic and international student and professional filmmakers. Just a quick taxi hop from the station is all that's needed to get there. All films are screened free of charge,

although delegate access is required for workshops, panels and other festival events. For more information call 04 391 0069.

The Burning Question

O His Highness Sheikh Mohammad bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, recently launched an e-learning initiative to involve teachers, students and parents in a network. Do you think this will aid learning?



Lesley Molloy

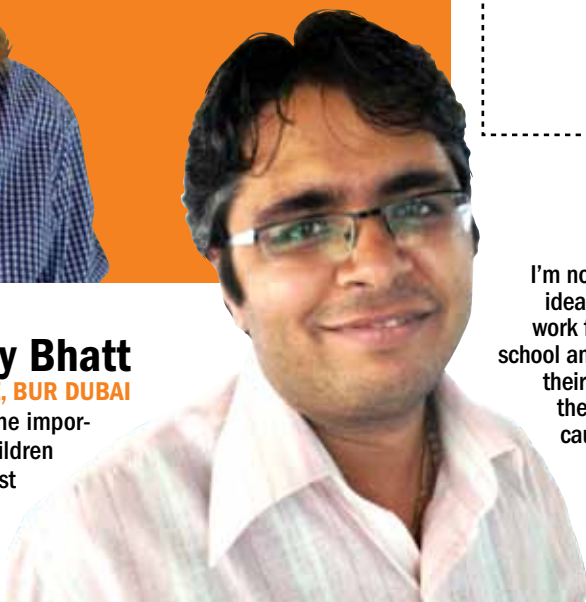
RETIRED, VISITING

I definitely think a scheme like this is a good thing for children's learning. Keeping up with new technology is a must; it's the way forward for education and a sign of the times.

Tanmay Bhatt

SALES REPRESENTATIVE, BUR DUBAI

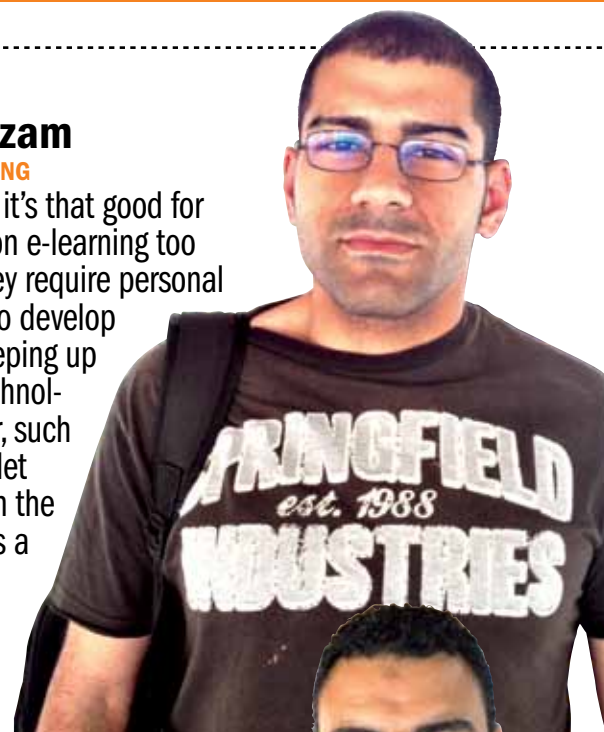
I think it is a good concept, but the important thing to remember is that children need to learn from others not just from sitting in front of a computer. Interaction is necessary for their learning.



Ramy Azzam

DOCTOR, VISITING

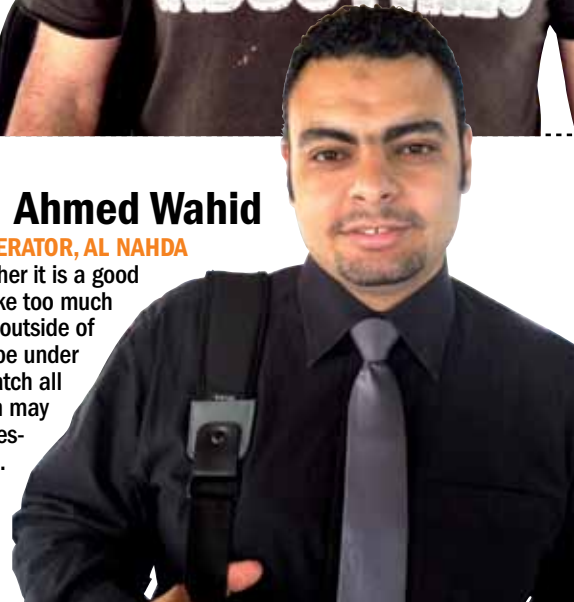
I don't think it's that good for kids to rely on e-learning too much, as they require personal interaction to develop properly. Keeping up with new technology, however, such as using tablet computers in the classroom, is a good idea.



Ahmed Wahid

TOUR OPERATOR, AL NAHDA

I'm not sure whether it is a good idea; it may make too much work for children outside of school and they will be under their parents' watch all the time, which may cause extra pressure.



Christine Vasquez

SERVICE, JLT

I think it is good for the parents to be able to share with the teachers, then they can help kids to learn more and carry on their learning at home as well as within school.



Dr Mohammed Reza Khoshgoo

ECONOMIST AND SOCIALIST, JLT

I think it is an excellent idea. Busy parents will be able to keep up with how their children are doing, as well as making sure they are aware of new regulations or news from the school. I think this is a world-class system from a world-class leader and it shows his open mind towards development.



Vamika Bajaj

STUDENT, JLT

A lot of schools already offer their own e-learning platform. Different schools will have their own ways of doing things, so I don't think a standardised system is necessary. Technology is moving at an exponential rate and it's good for kids to be involved from a young age, but not to depend on computers 24/7.



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

It's hard not to be impressed by rainforests. Towering, aged trees called emergents stretch almost 250 feet into the air, surpassing the interwoven canopy that covers and houses more than half of the world's species. But rainforests only cover about seven per cent of the surface of the land, with deforestation practices continuing. Can we replant these lost trees?



MONDAY

Fans of certain movies always scream for sequels. Think *District 9*, *Avatar*, and *The Hunger Games*. But one successful film doesn't mean a successful franchise. Find the franchise flops online today.



TUESDAY

The Americans invested billions of dollars to create a pen that negated gravity in outer space, while the Russians just used a pencil. But Nasa has had some pretty amazing inventions nonetheless.



WEDNESDAY

The average workplace is a hotbed of repressed aggression. Fortunately, there's a way to relieve these tensions. Check out a range of fun office toys and gadgets that may just help to keep your sanity.



THURSDAY

When peering thousands of years into the future, there are certain things we can count on—evolution, extinction, plate tectonics and climate change. What else does Earth's far, far future hold?



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 vital school services do you think are worth any cost?

For someone who comes from the bottom of the foodchain, I certainly think that necessities like education, food, medicine and housing need not to be expensive to be efficient. I went to a public school, but even from there my parents had to work hard to make ends meet.

—Ferdie Salas Santiago Jr.

Providing educated future for our children doesn't mean to any cost. It's all up to a certain student in school if how he/she is willing to learn and how they want to be in

the future. Education is absolutely a continuous process, you are still learning even if you're not in school. You can share your knowledge but no one can take it from you!

—Ray Gargoles

Sports related facilities must be given priority in any private school and getting rid of mostly IT-related stuff since students can have these



WHAT'S IMPORTANT AT SCHOOL?

facilities outside school.

—Clen Nicolas

What actions would you like your country to take in light of North Korea's recent rocket launch?

If North Korea will continue to do launches not in accordance with principles and provisions set forth in the United Nations Organization, then they will be forced to give sanction. Even this launch is for research only however, Science taught us that in every action there is always an equal and opposite reaction.

—Jill Tiamsing Onlayao

What animals do you think should be exterminated, and for what reason?

Exterminating animals deadly to humans...? It's a BIG NO...! These animals are created for a reason and



ARE YOU AFRAID OF SHARKS?

purpose. I believe that humans are the biggest threat to these animals,

—Edwin Gedaca Genanda

We Humans should not mess with Nature and Ecological balance of nature has to be maintained to avoid even more problems!

—Vinod Balan

SCHOOLCHILDREN INTERACT WITH BE'ATI WATANI

IMAGE BY TIFFANY SHUIZ

Wild world

Now in its eleventh year, Emirates Wildlife Society continues to find ways for us to give back to our planet.

GOOD CAUSES

The World Wildlife Fund (WWF) first made its mark on our region in the early 1960s when the organisation helped to save the Arabian Oryx from extinction with its captivity breeding programme, known as Operation Oryx. Since then, people across the globe have become more aware of how important it is to conserve our natural world with each year that passes, with the UAE proving no different.

Emirates Wildlife Society (EWS) in association with WWF is a non-profit environmental organisation, established under the patronage of HH Sheikh Hamdan bin Zayed Al Nahyan, Ruler's Representative in the western region and Chairman of the Environment Agency (Abu Dhabi). Since the birth of the organisation in 2001, EWS has been working in association with WWF on a number of projects and campaigns, all with one thing in mind—protect and care for our planet.

There are countless conservation and education projects in the region, both past and present, which have stemmed from EWS-WWF initiatives, often without many people even recognising the organisations' involvement. Many of you who took part in

“The programme has reached out to over a million schoolchildren so far, leading pupils on a journey of discovery.”

the recent Earth Hour campaign may not have realised that EWS-WWF was the local facilitator of this event, while—out at sea off the shores of our region—ongoing research into underwater habitats mean EWS-WWF has made substantial contributions to marine research.

It's not just this ongoing marine research however that links EWS-WWF with the sea right now. A three-year programme has been underway since 2009 to protect the Hawksbill turtles in the Gulf, by identifying their migration routes and key feeding grounds in the region. The work that EWS-WWF have carried out on this project is essential to the future of this critically endan-

gered species. Using satellite transmitters, 75 female Hawksbills have been tracked across Oman, the UAE, Iran and Qatar, the first project of its kind to integrate a regional collaboration into its studies, by working with partners in these respective countries.

We are all aware, however, that hard work now will be useless if we don't educate the future generations on the vital importance of looking after the planet. It is with this in mind that the EWS-WWF's bi-lingual programme within schools, *Be'ati Watani* (translated as my environment, my country), was launched back in 2003.

For almost a decade now, students

in classrooms across the country have been learning about the UAE's natural resources and how we need to protect them. The programme has reached out to over a million schoolchildren so far, leading pupils on a journey of discovery about the environment that covers a range of topics from wildlife of the UAE to tackling climate change with animated Emirati mascots Aisha, Hamad and their families.

Due to the sheer amount of good work the organisation carries out, this is only a microscopic selection of projects led by the EWS-WWF. If you would like to get involved or simply find out more, visit uae.panda.org ●



THE EWS-WWF TEAM

IMAGE BY ALI ALBADER



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SPOTLIGHT ON...

Sinusitis



The sinuses are small, air-filled cavities behind your cheekbones, forehead, and at the back of the nasal cavity. Like the inside of the nose, they are lined with a moist, thin layer of tissue called a mucus membrane, which is responsible for producing mucus to trap dust and germs floating around in the air we breathe. Sinusitis is an inflammation of these membranes, caused by a viral

“Sinusitis is divided into two categories: acute or chronic”

or bacterial infection.

When the sinus openings become blocked, or if too much mucus builds up

following a cold or flu, bacteria can grow more easily within the sinuses. Sinusitis is divided into two categories: acute, where symptoms last up to four weeks, or chronic, meaning that symptoms last three months.

The classic symptoms of acute sinusitis in adults will usually be present following a cold that does not improve, or one that seems to worsen. Symptoms include a loss of smell, coughing, fatigue, headache, nasal congestion and what feels like a buildup of pressure behind the eyes. The symptoms of chronic sinusitis are the same as acute sinusitis, but they tend to be milder and last up to, or longer than, 12 weeks.

The good news is that sinusitis often clears up by itself, and around two thirds of sufferers do not need to see a doctor. On average, a case of acute sinusitis takes about two to three weeks to clear, and there are plenty of over-the-counter painkillers and decongestants to relieve the associated symptoms.



Trainers

While they are almost angelic compared to the stiletto, many modern styles offer very little in the way of arch support when compared to a sport-style trainer or running shoe, which can again lead to pain in the arch of the foot. Worn without socks, basketball-style trainers are renowned for causing blisters, which could easily become infected.

It is also easy to fall into the habit of slipping on your trusty daps on a daily basis, which, over time, can cause a build-up of bacteria. Sweaty feet in the warm environment of your trainers can not only cause your shoes to become seriously whiffy, but also creates a perfect habitat for fungal infections to breed. Try to avoid wearing the same trainers every day and use an antibacterial foot/shoe spray to keep them fresh and bacteria-free.

Remember when you were a child, being fitted for your new pair of school shoes? Often this was a process that took hours, as you tried on pair after pair, parading around the shop floor while your parents—and various shop assistants—squeezed and poked your feet to ensure a good fit.

Now, think back to the last pair of shoes you bought. After seeing a pair that looked good, you may have slipped them on and taken a few steps before concluding, “they’ll do”, and handing over your money. As style becomes more of a priority in adulthood, many of us forget just how much impact a pair of shoes can have on our body as a whole.

Read. takes a look at some of the common styles of shoe and the effects they could be having on our bodies.



If the shoe fits...

Could your choice of footwear be damaging your health?





High heels

Many women will appreciate the feeling of getting home after a long day and kicking off their heels. But you can be sure it's not just due to the burning sensation on the balls of the feet. High heels have more of an effect on a person's gait than any other type of shoe. They push the body forward, which can force the hips and spine out of alignment and can also cause the calf muscles to shorten. Narrow toe space in high-heel shoes can lead to misshapen toes, with many older women falling victim to painful bunions after years of high heel addiction.

On a more practical level, walking in heels is undoubtedly more risky than in flatter shoes and it is not uncommon for accident and emergency departments to regularly receive visits from women who have toppled off their heels and sprained, or even broken, an ankle. Take a break from the stilettos when they're not necessary, alternating between flatter shoes, and keep the calf and ankles mobile with stretching exercises.

“High heels have more of an effect on a person's gait than any other type of shoe.”



Flip-flops

Without doubt, in a hot place like Dubai, flip-flops are the footwear of choice for many people. However, a variety of studies have shown that the thin soles and having to grasp the flip-flops with our toes could cause problems with the legs, knees, hips and back.

The flat nature of flip-flops means they carry the same risks as ballet pumps with a lack of support for the heels and arches. However, the toe-gripping also involved with wearing flip-flops could cause the toes to alter their natural alignment and provide muscular or tendon problems.

Having the feet exposed on a daily basis also carries occupational hazards to our health. Dropping something on your foot or stubbing your toe in flip-flops could do a lot more damage than if you were wearing a closed shoe, while the year-round sunshine in Dubai also means our feet are exposed to harmful UV rays while wearing flip-flops.

To decrease the dangers, use sun protection on your feet. Also, avoid walking long distances in flip-flops—they are designed for around the pool, not desert trekking—and choose a pair with thick soles to provide more cushioning for your feet.



Ballet pumps

You may think that a pair of flat shoes, such as the ballet pump style that is popular right now, are one of the more sensible choices of shoe. However, shoes that are completely flat offer little to no support for the arch of the foot and could cause strain and pain, particularly along the underside of the foot in the arch.

This can develop into a long-term condition known as plantar fasciitis, a painful heel condition caused by inflammation of the plantar fascia—thick tissue on the bottom of the foot that connects the heel bone to the toes and creates the arch of the foot. With no shock absorbency and little heel support, flat shoes can also cause strain in the the Achilles tendon—the tendon that runs from the back of the heel into the calf—and can also lead to discomfort and strains in the calf muscles themselves.

Avoid wearing flat shoes on a daily basis; alternating between a low-heeled shoe, trainers or boots can ensure that the muscles in the lower leg become less vulnerable to strain.



Goa at its best

This small Indian state has plenty to offer travellers looking for an experience of a lifetime.

Glorious sunsets, coconut-laden palms and mile upon mile of sandy beach—the classic criteria for a summer getaway can be found across the world from southern France to the islands of Fiji, but never quite in the same way as Goa. Here, in the smallest Indian state, the colour, chaos and charms of the subcontinent unfold before you; from the push and shove of the marketplace to the drowsy serenity of its idyllic beaches.

Goa is a microcosm of the best that India has to offer. The vibrant colours, exhilarating character and the constant capacity to surprise of this vast country are all here in abundance, coupled with the aromatic cuisine, rich culture and natural beauty that add to India's appeal.

Cows lumber along the streets, holding up the apparently systemless flow of traffic, while food vendors noisily beckon passers-by, promising the best curry in India for a few rupees. Rickshaw drivers race through the tumult, drawing perilously close to pedestrians and contributing the piercing honk of their horns to the general hullabaloo.

It's hectic and overwhelming, but embrace the confusion and you suddenly start to see that there is some order to the apparent madness, although only the locals can really navigate it. However, armed with a good guide book, sound



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haggling skills and a knowledgeable rickshaw driver you will pass safely through Goa's jostling town centres and towards the comparative peace of its coastline—all 80 miles of it.

Here, on the beaches, you have a choice. Head north to the peace

and quiet of the empty, unspoiled Mandrem, Asvem and Arambol beaches or go further south to more populated spots like Anjuna beach. This is the original hippy hangout, where people flocked from all over the world when Goa was restored to Indian rule after 500 years of Portuguese colonialism.

Most of the hippies have long since moved on but their legacy, in the form of psychedelic trance beats, laid-back hangouts and a live and let live vibe, remains. Anjuna is also a centrepiece of Goa's famous full moon parties, although in recent years the government has cracked down on the all-night revelry, which now continues in a slightly less raucous form. Still, anyone seeking to experience an East-meets-West party scene in India will not be disappointed as this remains one of the country's best places to let your hair down and dance the night away.

Goan specialities

Fish Molee – fish curry is a favourite in this seaside state
Solachi Kadi – a spicy coconut and kokum curry
Chamucas – Goan samosas with a Portuguese twist
Xacuti – Goan curry made with roasted coconut and meat
Khatkhate curry – an exotic mix of stewed vegetables and spices



There are plenty of ways to recover the following day. While India may do busy and manic well, it does relax and rejuvenate even better and the lanes around Goa's beaches are packed with signs for massage, Ayurveda, yoga, reiki and meditation, all promising to ease the body and the mind. In the afternoon, take a stroll through the spice plantations, wander along the river banks or head out to Dudhsagar Falls, the second-highest waterfall in India and especially spectacular just after the monsoon.

For those in search of history and culture, Old Goa is packed with crumbling cathedrals and medieval monuments. Once the proud capital of Goa, the old city is much reduced from its sixteenth century glory but it's still well worth spending the day here and exploring the centre, which is a UNESCO World Heritage site. Highlights include the Museum of

Christian Art, the Basilica of Bom Jesus and Se' Cathedral Church.

If this isn't enough to fill the long, sun-soaked Goan days then pay a visit to the ancient Usgalimal Rock Carvings, explore the old Portuguese city of Panaji, haggle ferociously for food and trinkets at Mapusa market and admire exotic birds and beasts in the Cotiago Wildlife Sanctuary. This is not a place where you can easily grow bored.

Of course, the country's less savoury features are also present in Goa; the poverty and the chaos are never far away, but a trip to India is not about wallowing in comfort and escaping reality.

It's about immersing yourself in the delights of a challenging but exotic environment, laying yourself open to the unexpected and reaping the rewards, which India never fails to offer, if not always in the way you had anticipated. ●



UNSPOILT BEACHES ARE APLENTY IN THE NORTH

Find a true desert island delight

To really get away from it all, this hidden gem off the coast of Oman offers the ultimate secluded location.



CAST YOURSELF AWAY ON THIS ISOLATED ISLE

LOCAL TRAVEL

It's easy to imagine you've been shipwrecked on Masirah Island. The huge swathes of deserted beach, wild terrain and jagged coastline studded by wrecked dhows, call to mind castaway films, where the only tools for survival are those provided by nature.

Despite being the largest island in Oman, Masirah is remarkably undeveloped. A few small towns and villages are all that interfere with the rugged, natural beauty of the landscape, which is described in detail by Colin Richardson in his book, *Masirah, Tales from a Desert Island*.

Most of the visitors here come for the waves. The island is a surfer's paradise, with strong summer monsoon

winds and varying levels of difficulty at different spots around the coastline. Others come to camp overnight and enjoy the solitude of Masirah's pristine beaches.

Apart from surfing, snorkelling or hiking across the hilly landscape, there is little else to do in Masirah. Its inhabitants enjoy a simple life, with local income based largely on the fishing factory on the north of the island.

The waters surrounding the coast are home to various exotic fish and sealife, including turtles, who come ashore at night to lay their eggs. Time your visit carefully and you may be lucky enough to witness the hatching, when swarms of baby turtles make the life or death dash towards the sea, filling the otherwise empty beaches.

For months now, there have been rumours doing the rounds about Google's potential plans for producing *Terminator*-style augmented reality (AR) glasses. And last week, the highly secretive Google X lab confirmed what everyone had been thinking with the announcement of Project Glass, which released a number of photos of people wearing these so-called smart glasses, plus a YouTube video, entitled *One Day*.

In the video, which is shown entirely through the eyes of a trendy New Yorker, the glasses boot up, bringing a number of icons into the wearer's field of vision. They're on top of the general views of the street, and they bring up information about whatever the wearer is looking at. It's all very 21st century and, it has to be said, hugely impressive.

But while this glimpse into what the future might hold has excited tech-heads across the world, experts have been less impressed. What Project Glass has shown in the video, they say, is pretty much impossible, given technological limitations today, meaning that there is little point in becoming too excited just yet.

For example, in response to Google's announcement and video, the director of the Augmented Environments Lab at Georgia Tech, Blair MacIntyre, told tech blog *Wired*, "In one simple fake video, Google has created a level of over-hype and

10 years

The amount of time that it could take Google's Project Glass to materialise.

over-expectation that their hardware cannot possibly live up to."

What's more, there have been questions over how the sleek design of the glasses will actually be able to provide such an experience. "You could not do AR with a display like this," said MacIntyre. "The small field of view, and placement off to the side, would result in an experience where the content is rarely on the display and hard to discover and interact with. But it's a fine size and structure for a small head-up display."

This isn't to say that the idea of augmented reality isn't interesting in itself, as many smartphone apps have already proven. Even though the technology behind Project Glass might be a long way off, AR apps have plenty of uses, from making GPS navigation just a little bit easier to providing information on historical sites.

AR APPS CAN BE USED TO PROVIDE INFORMATION ABOUT SPECIFIC PLACES



In terms of what's already out there, it could be said that AR is already at a point that would beggar belief even a couple of years ago. For example, one app for the iPhone, Golfscape GPS Rangefinder, is designed with golfers in mind. With more than 35,000 golf courses on its database, it allows users to hold up their phones to view the course on the screen, and will then bring up information such as the distance to the putting green and where each bunker is.

Most of the apps available focus on lifestyle pursuits such as these, but there are plenty of more practical applications for AR apps, too. And many analysts believe that soon, there will be AR apps available for all manner of purposes. Sure, the Project Glass endeavour might be a long way off—perhaps it will take as long as 10 years to materialise—but for now, smartphones are paving the way to bring us different perspectives on the world around us. ●

Looking to the future

From *Terminator*-style glasses to intelligent apps, augmented reality is taking hold.

كارفور



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Lavender and chamomile cleanser

This simple concoction creates a soothing and relaxing treatment for the face. Lavender has been used since ancient times to provide a natural stress relief and a cure for skin complaints, while chamomile is known to reduce redness, inflammation and irritations.

Ingredients:

- 1 teaspoon of honey
- 2 teaspoons of plain yoghurt
- ½ teaspoon of finely chopped lavender
- ½ teaspoon finely chopped chamomile

Method

1. Warm the honey until it is very runny. This can be done by blasting it for 20 seconds in the microwave or leaving it out in the hot sun for a few minutes.
2. In a small bowl, mix the honey and yoghurt together and stir well to create a smooth, creamy substance.
3. Apply to a damp, clean face and massage gently into the skin. Leave it for a few minutes before rinsing with warm water and patting the skin dry.

The world of hair and skin products is a daunting place. Supermarkets and pharmacies offer a bewildering array of options, all promising to provide a miracle cure for dry hair, wrinkles, spots and other complaints. Finding the right one can be difficult, not to mention expensive and time-consuming. Luckily, there is another option.

The average kitchen cupboard is brimming with natural hair and skin solutions that can be thrown together in minutes for a home-made spa session. *Read.* has rummaged through the fridge and gathered together a list of face packs, hair treatments and creams that can be whipped up from scratch in the comfort of your own kitchen.

Kitchen spa

If your bank balance doesn't stretch to days at the beauty parlour, here's how you can still enjoy some DIY pampering.





Coffee body scrub

Drinking too much coffee may have a negative impact on the appearance of the skin, but rubbing it into the body and face can work wonders on a tired, lifeless complexion. Coffee is full of antioxidants, which help to heal damaged skin cells and the caffeine element provides a natural vasodilator, firming and tightening the surface of the skin.

Ingredients:

- ½ cup of ground coffee
- 1 cup of brown sugar
- 1 teaspoon of vanilla extract
- 8 drops of peppermint essential oil
- ¼ cup of sweet almond oil

Method:

1. Combine the almond oil, vanilla extract and peppermint essential oil in a measuring cup and set aside.
2. Mix the sugar with the coffee and then add the oil mixture and stir well.
3. Apply in the shower, avoiding areas where the skin is sensitive then rinse off with a natural soap.



Oatmeal and honey mask

Honey is widely used in hair and skin therapies, thanks in part to its natural antioxidant and anti-microbial properties. Among other things, honey helps to protect the skin against sun damage, acne and ageing, providing a gentle anti-bacterial cleanser that also nourishes and hydrates.

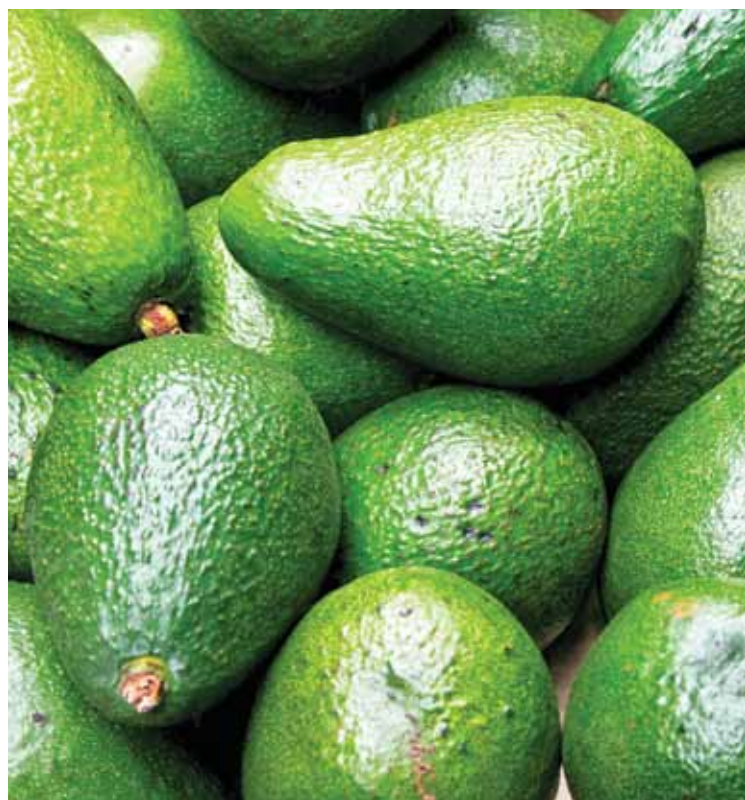
Ingredients:

- ¼ cup plain yoghurt or buttermilk
- ½ cup of oatmeal

2 tablespoons of honey

Method:

1. Grind the oatmeal in a food processor and set aside.
2. In a small bowl, mix together the honey and yoghurt, then add the ground oatmeal.
3. Mix thoroughly until a smooth, paste-like consistency has formed.
4. Smooth over the face and neck, avoiding contact with the eyes then leave to soak in for 15 minutes.
5. Rinse with a face towel dipped in warm water.



Avocado hair cream

Avocados are rich in vitamins and fatty acids, which help to fortify the hair follicles and give your tresses a shine boost. It is one of the best natural conditioning ingredients you can use on the hair and leaves a smooth, silky finish without causing a build-up at the roots.

Ingredients:

- 1 very ripe avocado
- 2 tablespoons of plain yoghurt
- 1 teaspoon of sea salt

Method:

1. Using a small food processor, blitz the avocado and yoghurt.
2. Add the salt to the mixture and blend again until smooth.
3. Apply to damp, clean hair and massage it in to the scalp and ends.
4. Leave for a few minutes before squeezing the majority of the conditioner out with your hands and rinsing the excess off in warm water.

Chocolate bath milk



The rich aroma of chocolate helps to set the tone for a relaxing and indulgent bath time with this moisturising milk.

Ingredients:

- ¼ cup of baking soda
- ¼ cup of finely powdered oats
- ½ cup of chocolate milk powder
- 3 drops of essential oil (pick your favourite smell)

Method:

1. Combine the dry ingredients in a large bowl and stir well.
2. Add the essential oil, one drop at a time, stirring gently as you go.
3. Pour a large dollop under a running tap at bath time and soak your troubles away!

Embellishment

There's no such thing as basics this year; every ensemble from your plain white tees through your denims to your dresses will all be amped up with studs, sequins and stones. Embellishment was scattered across the catwalk this season, with D&G leading the pack with a mix of the most glamorous jewel-encrusted dresses.

Razzle dazzle

Opt for a pretty, vintage-style beaded dress for a fun summer look. Keep things simple and opt for round-toe nude courts. Try a show-stopping dress or skirt and crop top combo that is sure to turn heads. Geometric, embellished lines are ultra-flattering on a curvy figure. The neck is generally a failsafe option to embellish just as Cleopatra did before us, so opt for a sweater or t-shirt with a decorated neckline to add a touch of glamour to your outfit. Pair with dark blue skinny jeans and sandals for a laid-back look.



ASOS

ASOS



ASOS



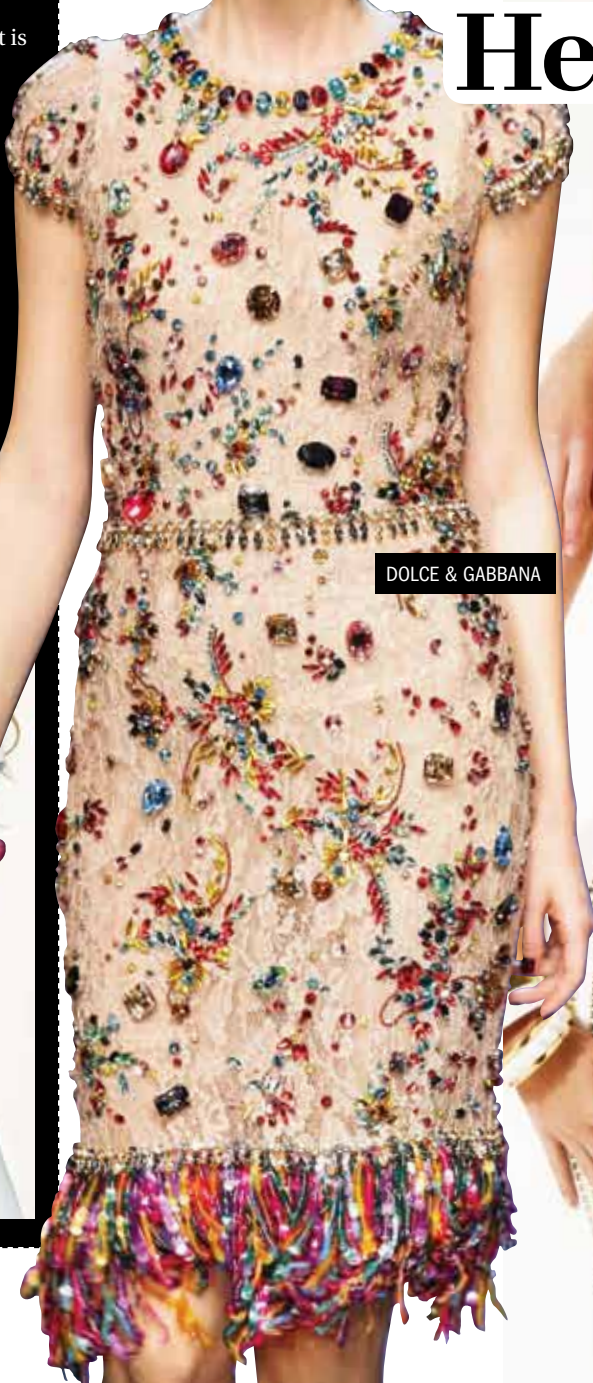
ACCESSORIZE

Top tips

Colourful beads and jewellery look fabulous on long and Boho-style dresses. For those who are eager to embrace the embellished neckline style, opt for colourful or colour-blocked pieces that look perfect with a dazzling accessory.

Her

DOLCE & GABBANA



Rock the trend

Add a touch of rhinestone and a handful of jewels to your wardrobe without looking OTT. Start by incorporating small, embellished items into your wardrobe, such as a handbag. Make sure the embellishment is scaled to your figure; huge sequins can overwhelm petite figures, so stick to smaller detailing. Large, intricate jewellery looks best with streamlined, simple clothing. Opt for a top with heavy embellishment and a simple lantern skirt for a balanced look.

RIVER ISLAND



Rules of embellishment

Embellishment such as sequins, embroidery, trims and studs look classier on basic colours like black or white. However, with designers such as Chanel opting for colourful combos, maxi dresses look great with a sprinkle of gems and a pattern of colours. Make sure embellishment is used on or near a body part you want to call attention to, as it draws the eye to it. Remember, for maximum impact, wear just one embellished item at a time. Peter Pan collared shirts are perfect for brightening up a plain ensemble. If you do mix embellishments, make sure they are different types, such as jewelled crop top with an embroidered skirt.



WAREHOUSE



CHANEL



SELENA GOMEZ

Bold and beautiful

Opt for a striped polo shirt in hot pink paired with baby blue chinos for a fun, summer look. Bright coloured sweaters look great with neutral shorts or trousers. Get Joe Jonas' style and pair a red fisherman sweater from Urban Outfitters with tailored cream shorts and sophisticated boat shoes for an elegant look.



URBAN OUTFITTERS



RIVER ISLAND

Him

JOE JONAS



NEXT

Unless you are a contestant on *Dancing with the Stars*, then no man should don an embellished item of clothing. With that said, don't let the ladies get all the attention; opt for bright-coloured clothing in this season's favourite colours to make you stand out from the crowd.

FASHION OPINION

ZOYA PASHA
FASHION BLOGGER,
DESERTS AND
DIAMONDS



Fashionable fun in the sun

With the beautiful Dubai sunshine comes the promise of poolside and beachfront parties.

Whether you opt for a one-piece or a bikini, make sure the cut and fit of your swim-suit suits your body shape.

If you have an athletic body type, go for detail on the bust and something with straps. Ruffle trims, bows and ring-tops all flatter athletic types.

For those bigger on the bottom, high-cut

bottoms will elongate the leg whilst drawing the eye to the waist. Tankinis are also great for lengthening the body and low, v-neck one-pieces are great for emphasising the upper half.

Taller girls, frills will do you a lot of favours and create the illusion of curves as will large bows and ruffles. Bold colourful prints look great, as do cut-outs.

Ladies with shorter torsos work bright colours and graphic cuts. Cross-shaped patterns create an optical illusion, lengthening and slenderising at the same time.

Accessories are an important part of any outfit and can make a huge difference to your poolside look. When it comes to jewellery, a wrist full of stacked arm candy and an anklet are my preferred accessories but necklaces, earrings and rings will all add to your look.

Keep makeup and hairstyling to a minimum. Beach curls and a natural sunkissed face keep you looking pretty and feminine.

"Make sure the cut and fit of your swim-suit suits your body shape."

Listings

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



BEST EXOTIC MARIGOLD HOTEL

MOVIE GUIDE

Grand Cineplex - Wafi

A Thousand Words - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00
The Awakening - 22:00, 00:00
Cabin In The Woods - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Cold Light Of Day - 11:35, 13:35, 15:35, 17:35, 19:35, 21:35, 23:45
Fly Paper - 17:10, 19:20, 21:30, 23:40
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
The Lorax - 11:00, 13:00, 15:00
My Summer Vacation - 10:50, 13:00, 15:10, 17:20, 19:35, 21:45, 23:50
Pirates: Band Of Misfits - 11:00, 13:00, 15:00
Rampart - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Raven - 17:10, 19:25, 21:40, 23:55
Street Dance 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:55, 00:10
Tactical Force - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Grand Megaplex - Ibn Battuta

A Thousand Words - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
The Awakening - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Cabin In The Woods - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Cold Light Of Day - 11:35, 13:35, 15:35, 17:35, 19:35, 21:35, 23:35

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
The Lorax - 11:15, 13:15, 15:15, 17:15, 19:15
Maya Mohini - 11:00, 14:00, 17:00, 20:00, 23:00
Midnight in Paris - 11:00, 13:30, 16:00
Mirror Mirror - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Mission: Impossible 4 - 21:10, 23:50
My Summer Vacation - 10:50, 13:00, 15:10, 17:20, 19:35, 21:45, 23:50
Pirates: Band Of Misfits - 10:15, 12:15, 14:15, 16:15, 18:15
Rampart - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Raven - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55
Safe House - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Son Of No One - 18:30, 21:00, 23:30
Street Dance 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:55, 00:10
Tactical Force - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Titanic (3D) - 20:30, 23:50
Wrath Of The Titans - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

Grand Cinemas - Festival City

Cabin In The Woods - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Cold Light Of Day - 11:35, 13:35, 15:35, 17:35, 19:35, 21:35, 23:45
Fly Paper - 19:30, 21:30, 23:30
House Full 2 - 11:00, 14:00, 17:00, 20:00, 23:00
The Hunger Games - 10:00, 12:40,

15:25, 18:10, 21:00, 23:50
The Lorax - 11:130, 13:30, 15:30, 17:30
My Summer Vacation - 10:50, 13:00, 15:10, 17:20, 19:35, 21:45, 23:50
Pirates: Band Of Misfits - 10:00, 12:00, 14:00, 16:00
Rampart - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00
The Raven - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55
Street Dance 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:55, 00:10
Tactical Force - 18:00, 20:00, 22:00, 00:00
Wrath Of The Titans - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

Grand Cinecity - Al Ghurair

Cabin In The Woods - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
House Full 2 - 10:30, 12:00, 13:30,

15:00, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
The Lorax - 10:30, 12:30
Maya Mohini - 11:00, 14:00, 17:00, 20:00, 23:00
My Summer Vacation - 10:50, 13:00, 15:10, 17:20, 19:35, 21:45, 23:50
Rampart - 14:40, 17:00, 19:20, 21:40, 00:00
The Raven - 10:30, 12:45, 15:00, 17:10, 19:25, 21:40, 23:55
Street Dance 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:55, 00:10

Grand Mercato

Cabin In The Woods - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
The Cold Light Of Day - 10:15, 14:45, 19:15, 23:45
Fly Paper - 12:30, 17:00, 21:30
House Full 2 - 10:30, 13:30, 16:30, 19:30, 22:30
The Lorax - 11:00, 13:00,
My Summer Vacation - 15:10, 17:20, 19:30, 21:40, 23:50
Pirates: Band Of Misfits - 10:15, 12:15, 14:15
Rampart - 14:00, 18:00, 22:00
The Raven - 10:00, 12:00, 16:00, 20:00, 00:00
Street Dance 2 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:55, 00:10
Tactical Force - 16:15, 18:15, 20:15, 22:15, 00:15

Vox Cinemas - Deira City Centre

A Thousand Words - 10:00, 14:00, 18:00, 22:00 10:15, 13:30, 16:45, 20:00, 23:15
Cabin In The Woods - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

The Cold Light Of Day - 10:15, 12:00, 16:00, 20:00, 00:00
House Full 2 - 12:15, 15:30, 18:45, 22:00
The Hunger Games - 11:15, 14:15, 17:15, 20:15, 23:15
Maya Mohini - 16:00, 19:30, 23:00
My Summer Vacation - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Pirates: Band Of Misfits - 10:00, 12:00, 14:00
Rampart - 12:45, 17:00, 21:30
The Raven - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Street Dance 2 (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Tactical Force - 10:45, 15:00, 19:30, 00:00
Titanic (3D) - 12:15, 18:15
Wrath Of The Titans (3D) - 10:00, 16:00, 22:00, 00:15

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 - 11:00, 13:00, 15:00
Cabin In The Woods - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Cold Light Of Day - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
House Full 2 - 17:00, 20:15, 23:30
The Hunger Games - 10:00, 11:00, 13:00, 14:00, 16:00, 17:00, 19:00, 20:00, 22:00, 23:00
My Summer Vacation - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Pirates: Band Of Misfits - 09:45, 11:45, 13:45, 15:45, 17:45
Rampart - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
The Raven - 11:00, 13:30, 16:00, 18:30, 21:00, 23:15



CABIN IN THE WOODS

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



HOW I SPENT MY SUMMER VACATION

Street Dance 2 (3D) - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Titanic (3D) - 11:15, 15:00, 18:45, 22:30
Wrath Of The Titans (3D) - 19:45, 22:00, 00:15

Vox Cinemas - Mirdif City Centre

A Thousand Words - 13:45, 18:45, 23:45
Cabin In The Woods - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Cold Light Of Day - 10:30, 12:45, 15:00, 17:15, 19:30, 21:45, 00:00
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Pirates: Band Of Misfits - 10:15, 12:15, 14:15
The Raven - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Street Dance 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Titanic (3D) - 16:15, 20:00
Wrath Of The Titans - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:45

Reel Cinemas - Dubai Mall

The Awakening - 18:05, 20:25, 22:45, 01:05
Best Exotic Marigold Hotel - 17:00, 19:35, 22:10, 00:45
Cabin In The Woods - 11:15, 13:20, 19:25, 21:30, 23:10
Carnage - 19:05, 21:00, 22:55, 00:50
Fly Paper - 14:05, 16:05, 18:05, 20:05, 22:05, 00:05
House Full 2 - 14:40, 17:50, 21:00
The Hunger Games - 11:40, 14:35, 17:30, 20:25, 23:30

John Carter - 14:00, 16:45, 19:30, 22:15, 00:55
The Lorax - 11:00, 13:05, 15:10, 17:15
Mirror Mirror - 14:05, 16:35
My Summer Vacation - 11:40, 13:30, 14:15, 15:35, 16:30, 18:10, 18:50, 20:20, 22:30, 00:40, 00:55
Pirates: Band Of Misfits - 11:05, 13:05, 15:05, 17:05, 19:05, 21:05, 23:05, 01:05
Project X - 14:05, 16:05, 19:20, 21:20, 23:20, 01:20
Rampart - 12:40, 15:05, 17:25, 19:45, 22:05, 00:25
The Raven - 11:30, 14:00, 16:30, 19:05, 21:35, 00:15
Son Of No One - 11:55, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30
Street Dance 2 (3D) - 11:20, 13:15, 15:10, 17:05, 19:00, 20:55
Tactical Force - 18:35, 20:35, 22:35
Titanic (3D) - 15:25, 21:05, 23:40
Wrath Of The Titans - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Wrath Of The Titans (3D) - 14:05, 16:20, 00:35

Reel Cinemas - Marina Mall

A Thousand Words - 11:00, 13:10
Best Exotic Marigold Hotel - 19:40, 22:10, 00:40
Extremely Loud - 11:05, 13:45, 16:25, 19:05, 21:50, 00:30
John Carter - 11:30, 14:30, 17:25
Pirates: Band Of Misfits - 11:10, 13:20, 15:30, 17:40
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

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Dubai Entertainment, Amusement and Leisure Expo (DEAL)

DEAL is the region's largest event for those involved in the operation of family entertainment centres, themed adventure and water parks, as well as family and visitor attractions.

Date: April 17 - 19
Duration: 3 days
Timings: 11am - 7pm
Audience: Public, trade
Category: Exhibitions
Venue: Dubai World Trade Centre
Admission: Free admission
Telephone: 04 343 5777

GETEX 2012

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The Gulf Education and Training Exhibition (GETEX) is the region's leading education and training event.

Date: April 19 - 21
Duration: 3 days
Audience: Public
Category: Exhibitions
Venue: Dubai International Convention and Exhibition Centre
Admission: Free entry
Telephone: 04 335 5001

World Congress of Cardiology Scientific Sessions (WCC 2012)

Leading experts in the field of cardiology come together at the World Congress of Cardiology Scientific Sessions 2012.

Date: April 18 - 21
Duration: 4 days
Audience: Trade
Category: Conference, exhibitions
Venue: Dubai International Convention and Exhibition Centre
Admission: \$175-\$850
Telephone: +41 22 339 9585



Middle East Film and Comic Con (MEFCC)

The 2012 Middle East Film and Comic Convention (MEFCC) is a dream come true for comic fans in the Middle East.

Date: April 20 - 21
Duration: 2 days
Audience: Public
Category: Entertainment, exhibitions
Venue: Dubai International Marine Club, Mina Seyahi
Admission: VIP Dh500, one-day pass Dh55, weekend pass Dh100
Telephone: 04 447 4344



Chill Out Festival 2012

Don't miss out on the chance to catch some great musical acts hitting the stage at yet another outing of the Chill Out Festival.

Date: April 20 - 21
Duration: 2 days
Audience: Public
Category: Music
Venue: Dubai Media City amphitheatre
Admission: Advance single day pass Dh200, advance two-day pass Dh350, single day pass Dh250. Children 12 and under have free entry.
Telephone: 050 725 8277



From catwalk to sidewalk

Mirdif Fashion Week showed Dubai's fashionistas the latest trends and how to rock them in public.

EVENTS

Fashion-lovers were recently treated to an array of exclusive catwalk and beauty shows at Mirdif City Centre, where they previewed the latest runway must-haves and discovered behind-the-scenes secrets to achieving catwalk and sidewalk glamour.

As part of the Mirdif Fashion Weekend, this year's impressive line-up included labels from the mall's local and international brands. There were pieces from every-day, casual wear to high-end evening wear, as well as the latest make-up, hair and beauty products from shops such as Debenhams, Miss Selfridge, Pull & Bear, Forever 21, Cole Haan, United Designers, Al Motahajiba and renowned make-up and beauty brand Merle Norman.

Throughout the Mirdif Fashion Weekend, Mirdif City Centre and GEMS Royal Dubai School also



showcased wearable fashions made from aluminium, paper, plastic, and all means of crinkly fabric from other diverse materials, as a way to help spread consciousness about recycling. With "trashion"—or recycled fashion—becoming an industry



trend, Mirdif Fashion Weekend proved to be the ideal platform to display environmentalism and innovation in a fun and engaging way for the local community.

Further complementing the Mirdif Fashion Weekend while harnessing

the creativity of the younger generation, Mirdif City Centre will boast a special art gallery that showcases over 20 inventive pieces of art from the GEMS Royal Dubai School students. Pieces are on display in the mall's Oasis Restaurant area until April 22.

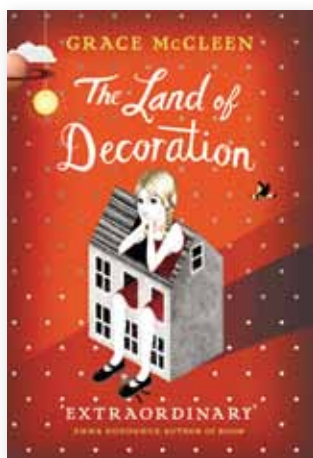
The Land of Decoration

By Grace McCleen

BOOKS

Grace McCleen's debut novel is the harrowing tale of a little girl's determination to allow her imagination to take precedence in a world where everything real seems so wrong. The little heroine in the book is 10-year-old Judith McPherson, a girl with extremely strong religious views who lives with a devout father in Wales, United Kingdom.

While she's taunted at school, to almost dangerous levels, and while her father's factory job is threatened, Judith finds solace in a model of the Promised Land that she has created out of discarded scraps. She carries on building it throughout the book,



seeing beauty in every discarded item that she finds.

But as things come to a head, the taunting becoming too much, Judith creates a miracle within her miniature Promised Land. She finds that her convictions have been true all along, and is granted a divine power, though it may shake the foundations of her world. Emotionally charged, this is not a read to be taken lightly, but is all the more rewarding for it.

Underwater Sunshine (or what we did on our summer vacation)

Artist Counting Crows **Label** Collective Sounds

ALBUM

★★★★☆

When news hit the internet that American alt-rock band Counting Crows were recording a new album, fans could barely contain their excitement. The band has been going since the 1990s, and pretty much every release has been an instant hit, so an album of brand new material is certainly good news.

Except, in this case, the material isn't brand new, or indeed even written by Counting Crows. It's a cover album, made up of songs from some of the band's favourite singers and songwriters. Having left Geffen Records a couple of years ago, and deciding to self-produce the latest album, Counting Crows have found an immense amount of freedom, and this is what they've done with it.

The band do their own versions of Bob Dylan's *You Ain't Going Nowhere*, Travis' *Coming Around* and Daves' *All My Failures*,

among others. But these relatively famous tracks hardly benefit from the band's interpretations of them, adding little to the experience. For the really good stuff, look to the unknown songs such as *Hospital* by Coby Brown or *Amie* by Pure Prairie League. These were great but niche tracks to begin with, and are now full-blown masterpieces thanks to a little imagination from one of America's most successful rock acts.



If you like this then you could try...

The Lifeboat by Charlotte Rogan

This follows 22-year-old Grace Winter, who is both a newlywed and a widow. The ocean liner carrying her and her new husband suffers a mysterious explosion, and he sacrifices himself for her. But the lifeboats are overcrowded, meaning that some must die so that the others can live in this tale about survival.



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Fitness fads that failed

Every year a new craze hits the gym, but its shelf life is usually limited.



WHILE FITNESS FADS COME AND GO, EXERCISE IS HERE TO STAY

Over the past quarter of a century “experts” have imagined and re-imagined inventions and diets that will fast-track our journey to toned, sleek bodies and enduring functional fitness. While the basics remain the same—eat right and exercise daily—many of the fitness fads and gadgets have fallen in to obscurity and, more often than not, for the better of our health it would seem.

If you're looking to get your abdominals into shape, one area that many people like to target are the obliques, the muscles that run down each side of the abdomen. This is where the dreaded “love handles” form that many middle-aged people want to get rid of. A great way to work the

obliques is by doing the broom stick twist—or so we thought. Bending your torso at 90 degrees with a stick rested over your shoulders doing dynamic rotations seemed fine at the time. However, spinal forward flexion with rotation is not-so-great for any spine, let alone one that has been de-conditioned by sitting down all day.

Back in 1976 Rocky, and subsequently some real people, seemed to think that drinking raw eggs was a major piece of working out. Is there any health or workout reason to drink raw eggs? Is it any better than eating cooked eggs, or is it actually bad for you?

Before the advent of high tech supplements, powerlifters and bodybuilders used to use things like raw eggs to ingest large quantities of protein to help build muscle. At four grammes of protein per large egg, they pack a good punch. Unfortunately, along with all that protein

comes cholesterol. Occasionally drinking a couple of raw eggs won't be too harmful, but there are definitely better ways to get your protein. Soy and whey protein powders and drinks can give you a lot more protein without any bad side effects.

There wouldn't be many households in the 'Nineties that didn't get hold of an ab roller. Like many of the other miracle exercise gadgets that have come along over the years, ab rollers made big promises. Like the promise that they could quickly help you reduce belly fat and get those washboard abs you've always

wanted. Apparently they helped you maintain the proper position when doing an ab exercise, had a headrest that takes the strain off of your neck, and they took some of the strain off of your back.

Having something to support your neck while doing ab exercises might sound like a good thing, but it actually makes your ab workout less effective. Lifting your head and shoulders off of the floor yourself when doing an abdominal exercise is part of what makes it work. If the design of ab rollers wasn't problematic enough, another big problem was that they just don't work. Using an ab roller won't reduce belly fat or tighten your abs faster than doing an ab

workout without a roller.

It will be said time and time again; if you want to lose weight and get fit, it's pretty simple. Eat right, exercise regularly, burn off more calories than you consume, and don't buy into the latest fitness fads just because your favourite celebrity has been paid enough to promote it. ●

Other fitness fads that failed to fly

- **Bull Worker** (or chest expander) - apparently had 9,000 different types of exercises that could be done.
- **I Gallop** - simulated horse riding to allegedly tone abs, hips, glutes and thighs.
- **Hand grips** - hold and squeeze to build muscle and power in your forearms, if nowhere else.



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Chill out with The Kooks

This year's Chill Out Festival sees the British rock act grace Dubai's stage along with other international acts.



THE KOOKS

The sixth annual Chill Out Festival in association with Société Perrier takes place on April 20 and 21 at the Media City Amphitheatre, featuring British rock sensation The Kooks, American hip-hop legends De La Soul, French-Algerian rai artist Rachid Taha and many other live bands, DJs and performance artists.

Over the past six years, the Chill Out Festival has hosted a diverse range of artists in Dubai, ranging from Grammy-winning pop artists to up-and-coming international and local acts.

The Chill Out Festival has set the bar as one of the top leading outdoor music festivals. With its di-

verse selection of artists and music genres, the event offers a refreshing alternative to the music scene in the region with a combination of world-class Live Acts, DJs, VJs and MCs. The Chill Out Festival caters for people of all ages, including families and children with several activities like the Jam Jar art studio, Chill Out Spa, Acro Yoga, Drum Circle and several food and beverage stalls.

The show will be supported by international acts and local acts such as Tony Allen, Shaa'ir and Func, Noosh Like Sploosh and Heinz Kahler, Robin Sukroso, In Transit, Hirabeat, Rachael Calladine and The Everyday People, Employees of The Month, Shelley Frost featuring Khalil Ghandri & Pasha,



RACHID TAHA

Did you know?

The Kooks



The Kooks are an English indie rock band formed in Brighton, United Kingdom, in 2001.

A self-described pop band, their music is primarily influenced by the 1960s British Invasion movement and post-punk revival of the new millennium. The Kooks have experimented in several genres including rock, Britpop, pop, reggae and ska.

The Kooks formed at the Brighton Institute of Modern Music, where they were all students. Lead singer and rhythm guitarist Luke Pritchard got bassist Max Rafferty involved in a college project, which formed the base of the band. Signed to Virgin Records just three months after forming, The Kooks broke into the musical mainstream with their debut album, *Inside In/Inside Out* (2006).

The album was ultimately successful, achieving quadruple platinum status in the UK within a year and also overseas in the form of a platinum certification in Australia and two times platinum in Ireland. The Kooks found themselves entering into mainstream media attention, with the band winning the award for Best UK and Ireland Act at the MTV Europe Music Awards 2006 and picking up a nomination at The Brit Awards for the single, *She Moves in Her Own Way*.

De La Soul



De La Soul is an American hip-hop trio formed in 1987 in Long Island, New York.

The band is best known for their eclectic sampling, quirky lyrics, and their contributions to the evolution of the jazz rap and alternative hip-hop subgenres. The members are Kelvin Mercer, David Jude Jolicoeur and Vincent Mason, known under a variety of nicknames.

The three formed the group in high school and caught the attention of producer Prince Paul with a demo tape of the song, *Plug Tunin*. With its smart wordplay, innovative sampling and witty skits, the band's debut album, *3 Feet High and Rising*, is considered a hip-hop masterpiece. It is the band's biggest commercial success to date.

Rachid Taha



Rachid Taha is a French-Algerian musician. His music is influenced by many different styles such as rock, techno, and raï. He is based in Paris, where he began his solo career after his beginnings as the leader of the French rock band, Carte De Séjour. His breakthrough album as a solo artist was *Diwân*, featuring remakes of songs for the Algerian and Arab traditions. His album, *Tékitoi*, produced by Steve Hillage, brought him great acclaim and recognition from other rock musicians.

“Live bands will play from 4pm to 11pm and DJs and electronic artists will play from 11pm to 3pm at Trilogy.”

Nikotin, Nikhi Muhki and Rony Afif and MC Ollywood.

This year also marks a split in the programming of the festival, with live bands playing from 4pm to 11pm and DJs and electronic artists Protoje, Magnetic Man and Moodyman playing from 11pm to 3am at Trilogy nightclub in Souk Madinat Jumeirah. ●

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You've sunk my Battleship

It won't evoke nostalgic feelings of playing boardgames, but **Battleship** still manages a few decent hits.

NEW RELEASE

On the assumption that there isn't a board game that couldn't be improved with the addition of aliens, *Battleship* should have "Big Dumb Fun" stamped all over it. There are certainly moments when it's big, when it's dumb and when it's fun. But it's so desperate not to be "*Transformers* at sea" that there are moments when it's ponderous, too.

It's all a big metaphor, you see. Not a particularly subtle one, either; in the first scene, with Earth messaging a Goldilocks planet—an Earth-type planet that's not too hot and not too cold—one scientist ponders, "If aliens come here, it'll be like Columbus discovering America, and we're the Indians."

And so it proves, though not until after a good half hour of character set-up, during which the film feels like the naval version of *Top Gun*. Then it goes all *Independence Day*, bringing out the hero in everyone—not just wayward naval officer Alex Hopper (Taylor Kitsch, who's still reeling from the disaster that was Disney's *John Carter*), but war-injured amputees and military old-timers as well. It's like a US Navy recruitment ad.

Impressive effects sequences, ingeniously entertaining nods to the game and solid performances—not that singer Rihanna is actually required to act at any point, although it is a welcome sign that she retains her native Barbadian accent rather than a false attempt at a good old fashioned American slant—fight against a plot

Did you know?

- The movie is based on the Milton Bradley game, *Battleship*, which has been manufactured since 1931. The original paper and pencil version of the game predates World War I.
- Some of the artillery used in the film is shaped like the pegs used in the game.
- Though battleships are featured prominently during this film's naval combat sequences, in reality, battleships have been decommissioned from every navy in the world as they proved to be too costly and impractical for modern warfare.
- It is rumored that the titular battleship is to be re-introduced into service due to its lack of reliance on complex electronics, which make it virtually immune to EMP. The targeting mechanisms for the guns on Iowa-class battleships date from 1942.

that descends into setpieces and cliché. The script unconvincingly tries to justify some brain-curdling dialogue ("Let's buy this planet another day") with postmodern winks ("Do people really say that?"). The aliens are also rather bland, though there is a spirited attempt to portray them as individuals.

The film often feels like it's struggling to embrace its silliness, until an audaciously silly manoeuvre during the climactic battle that will become the film's enduring legacy, but to say what that is would be spoiling one of the best reasons to see the film. If nothing else, the big finale is worthy of the name, and that can be rare amongst blockbusters these days.

If teaming a *Sports Illustrated* Swimsuit cover model (Brooklyn Decker), an international singing

LIAM NEESON

superstar (Rihanna), a television vampire (*True Blood*'s Alexander Skarsgard), reunited television high school American football players (*Friday Night Lights*' Taylor Kitsch and Jesse Plemons) and the ever-infallible Liam Neeson, with a background story to a popular boardgame is all it takes to make an interesting, albeit high-budget (estimated at \$200 million), hit then this film would be a box office smash, but you can't just buy your way to success at the cinema anymore.

If, however, you love military hardware, big outrageous sequences, and the obvious alien invasion genre, *Battleship* is a great naval gazing exercise with a gentle twist of fun. But as a blockbuster it's all a bit half-mast.

What does make it somewhat original is it shows you the film through the aliens' eyes as well, not just focusing on the actors. This lets you in on the big secret. The visual effects are astounding, definitely making this an epic sci-fi actioner; plus, the score by Steve Jablonsky is intense and

haunting, perfectly in unison with the scenes of when the tracks are played.

All-in-all, *Battleship* is a great addition to the sub-genre of alien invasion films and could very well be made into a new franchise with the knowledge that *Transformers* can and will be eclipsed for the simple differences. *Battleship* has a complex, yet simple plot with epic and intense action sequences, but a good script intersected by some expected clichés will see it lost at sea when it comes to next year's Oscar ceremony. ●



IT COMES AS NO SURPRISE THAT THE EFFECTS ARE SPECTACULAR



TAYLOR KITSCH AND RIHANNA

Bollywood news



Bachchan ill again

Two months after his surgery, mega-star Amitabh Bachchan is again ill. "I rose from my desk to get to bed, but excruciating pain stopped me in my tracks and I found it difficult to walk, to stand, to sit, to lie down. Quite horrendous!" he said in a late night blog entry.

Abraham posts bail

Actor John Abraham's 15-day jail sentence in a case of rash and negligent driving in 2006 was initially suspended by the Bombay High Court recently. The latest update is that he will now be let out on bail on a surety of Rs20,000. In 2006, Abraham crashed his bike and injured two pedestrians in Mumbai's Khar Danda area.



Bhandarkar not clear

The Supreme Court recently stayed criminal proceedings against film-maker Madhur Bhandarkar in a serious assault charge levelled against him by actress Priti Jain. In July 2004, Jain had lodged a complaint alleging that Bhandarkar had assaulted her several times between 1999 and 2004.

A-Z OF MOVIES

"D" is for Disasters



Remember *The Adventures of Pluto Nash*? *From Justin to Kelly*? *Battlefield Earth*? Neither do we. Sometimes, movies are surrounded by so much media build-up before their releases, and then they just can't live up to the hype. Take *John Carter*, for example.

Poorly conceived, or even confusing, movies are forever going to hit the silver screen. After all, without the darkness, how could we know what light is? You might find yourself asking, come Oscar season, "Is the winning movie really that good?" Quite often, it's more a case of it just being so much better than the worst around.

It was the same story with *Waterworld*, a film released to cries of "disaster" that, once all the DVD sales, TV syndication revenues, merchandising and theme park rides were factored in, didn't actually do that badly at all.

Look again at the list of biggest box office bombs; some aren't terribly good, but few are utterly without merit, and almost all disasters will turn a profit eventually.



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Deep blue something



★★★★☆ Volvo sails effortlessly into practical driving with their latest offering, the XC60 Volvo Ocean Race edition.

In a class of crossovers that too often tend to look like wagons on stilts, the XC60's design has more grace, with shoulders that flow neatly from headlamps to tail-lights. Launched to celebrate the 39,200 nautical-mile Volvo Ocean Race, the XC60 picks up new paint options, new wheels and a handful of unique interior treatments, which make it "A bold, sporty and muscular challenger in the small premium utility segment."

Sliding into the cockpit is effortless, if not a little confusing—the size of the XC60 gives the impression that you'll need to hoist yourself up to find your seat. Anytime you sit into a Volvo, you're assured you are in the safest possible environment for tackling merging traffic and speeding road users. Interior highlights include Ocean Race-branded tread plates and load covers, and cross-stitched

leather upholstery embossed with the Volvo Ocean Race logo.

Inside, everything is laid out in that uncluttered, Swedish way. The leather is thick and soft, as is the steering wheel. The plastics are high quality, and the brushed aluminium loops on the doors and around the multi-media screens add an air of sophistication to a cabin that feels like it's going to last, while the tall roofline provides plenty of passenger space in the 2012 XC60. Up front, the driving position is nice and upright, but there's a little less support from the bottom cushion than Volvo seats normally deliver.

A Volvo wouldn't be complete without a roster of safety features that's more extensive than most and, in this respect, the

“The XC60 really excels when it comes to safety and practicality.”

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(as tested)
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BURJ AL ARAB TOUR

AED 300/-

Pick and drop off inclusive

Breakfast tour with guide

Lunch Tour with guide

Evening Snaks tour with guide

Dinner tour with guide

Pick up 9.00am / Drop off 12.30pm

Pick up 12.30pm / Drop off 3.30pm

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HATTA MOUNTAIN SAFARI

AED 200/-

Pick up and drop off inclusive

This tour combines history, culture and adventure. Driving through Wadis, Hatta Treks, Hatta Pools, Carpet, Pottery Market, Hatta Heritage Village, Hatta Dam, Hatta Fort Hotel, Oman/Hajar Mountains, Rocky Landscapes

Pick up 8.30am / Drop off 2.30pm

DINNER CRUISE 4 star

AED 120/-

Pick and drop off inclusive

Welcome Drinks

International Buffet (4 Star Catering)

3 Hours Cruising

Tea/Coffee/Soft Drinks

Henna Designing

Magic Show/Tanura Show

Background Music

Pick up 7.30pm / Drop off 10.30pm

JET SKI

AED 250/-

Pick up and drop off inclusive

HUMMER SAFARI

AED 275/-

Pick up and drop off inclusive

Pick up 3.30pm / Drop off 9.30pm

24 Hours Reservation



THE INTERIOR IS COSY BUT MISSES THE MARK

XC60 is no letdown. The XC60 comes with all the usual features for this class, as well as a number of active-safety tech features that are either Volvo exclusives or ones you would normally only find on more expensive flagship models.

What are the downsides? Well, sur-

prisingly, traction seems quite weak, with wheel spin and steering wobble evident at pretty much every traffic light start, lending a feeling more akin to battling deep desert sand. Ergonomically, for the more casual driver who like to rest their elbows on longer journeys, the cabin just misses the

point. The window panel rises slightly too high and the centre rest is too low, and a bit behind, leaving the driver's limbs twisted out of comfort.

The multi-media screen goes in to safe mode, turning itself off when in transit which does keep your eyes focused on the road, or flashing to

8.1

The amount of seconds it takes to reach 100kp/h.

the rear-view mirror to see what your passengers are up to, but when it comes to figuring out what radio station you're listening to or which direction you're driving, you lose focus scrambling for the right button to let you know. Of course, these are only small niggles that should be quick to get used to.

As it's a Volvo, the XC60 really excels when it comes to safety and practicality. There's no debate that this is a beautiful looking machine and, as an occasional off-roader, is good enough to rival most mid-sized crossovers. However, the true pleasure of the 2012 XC60 will become apparent when it's treated as a full-time family-wagon. ●



CONTROLLING YOUR BEHAVIOUR AT WORK IS IMPORTANT

Hidden reasons for dismissal

Could you be damaging your career prospects and increasing your chances of being fired without even realising?

CAREER ADVICE

Most people get paid just enough money not to quit and work just hard enough not to get fired, yet, there are a number of hidden reasons that you might not be aware of that can lead to your dismissal. Although there are plenty of legitimate reasons to fire someone, many of which vary by the company culture and employer expectations, all in all managers have no right to fire employees unless they have a valid reason for doing so. Most of the employees who have quit their jobs think that they have left the company by choice, but in fact it is very possible that the company was considering letting them go before they resign willingly. Akhtaboot presents four things you might be doing that may cause you to get fired.

Unstoppable negative attitude

Your management and colleagues can only cope with negative attitude for a limited time. However, your manager might start taking corrective actions once you begin poisoning your whole team or department with your unending display of negative attitude. Even if you feel you have been unfairly

excluded from a supervisory position or you have not been given the raise you were promised, don't start grumbling to yourself or to your co-workers. Managers may find negative attitude a cause for dismissal when it starts affecting the operations of the company. In this situation they may release an employee with a reasonable severance payment.

Being an office jerk

Many of today's employees spend their working days scrambling to please and prevent outbursts from the office jerk. An occasional fit of bad behaviour may be excusable, but if an employee's abusive behaviour reaches the point that it injures the other person either physically or psychologically then he may be asked to leave the firm. Do not underestimate the effect of repeated verbal insults, sarcastic jokes or name calling. The absurd actions or downright inappropriate behaviour of the office jerk reduces the productivity and morale of every other employee.

Performance problems

Some employees are sloppy and do not exert any effort in doing a good

“Employees don't usually get fired unless they have been warned numerous times and given sufficient time to adjust their behaviour”

job. Unless their attitudes change for more productive beliefs, they will most likely be fired. Employers are often reluctant to dismiss an employee over performance issues that have some potential of being solved and improved. They would usually give the poor performer several warnings and enough time to enhance his work quality. However, if the poor performer does not meet his employer's performance standards after they have been set and communicated directly to him, the employer can establish a legitimate cause for dismissal.

Bringing personal issues to work

You had an argument with your spouse in the morning, so you take it all out on a colleague. You have money issues and you can't meet your

home loan payment, so your productivity drops. As you get more stressed, it seems harder to keep your personal life under cover. If the complaining habit becomes obviously noticeable by your co-workers and manager and starts affecting your performance, as well as the productivity of others, then your manager might feel that something has to be done about it.

Reasons why managers would fire an employee may not be crystal clear at the first glance, yet, employees don't usually get fired unless they have been warned numerous times and given sufficient time to adjust their behaviour. Employees may not be aware of their disruptive behaviour and, when confronted, may immediately adopt a defensive approach or even deny the whole accusation. A more productive approach is to acknowledge your shortcomings so that you can shore up those areas with the appropriate solutions and skills and show signs of improvements to both your manager and co-workers. If you can improve in these areas on the job, you should take action now. Avoid an employment gap on your resume while achieving what you desire in your career. ●

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

Staff wanted for a women's beauty salon. Should have experience in manicure, pedicure, etc. Call 0508331311.

Wanted: Office coordinator, site coordinator, foreman, driver and salesman. Must have 5 years experience with UAE driver's licence. Call 0555568814.

Administration Assistant required, with good IT skills, 1-2 years work exp. Interested candidates send resume to reeftdrg@yahoo.com. Attn: Mr. Rawat.

Sales executive (freelance) required for a trading company focusing on building material. Excellent commission. Possible to work from home. Any nationality and gender. Call 0552713493 between 7pm & 10pm. Email: leadersmarket@gmail.com.

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.

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

JOBS WANTED

Indian male, 24, BBA, hardware & networking (Microsoft, Cisco, Linux) seeks job in IT/Business Administration. 2 yrs experience. On visit visa. Email: arif.live@hotmail.com. Call 0502775861.

Male, 30, seeks job. 6 yrs experience in banking/asset management as a relationship manager, fixed income analyst and investment manager. Call 0556637918 or email syed_khurram_hussain@yahoo.com.

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.

Pakistani male with 31 years experience in Banking and Finance work at Executive posts seeks job in Admin/Managerial/Consultancy/Supervisory/Banking and Finance. Have attended various seminars and banking courses. Fluent in English. Available for immediate interview. Contact Mr. AllahYar Khan 0575950084, email allahyar5@gmail.com.

Indian male (MCA) seeks job in Oracle Development/Support. 4 years work experience, on residence visa. Call 0557565930/email only_ashish99@yahoo.co.in.

Indian male seeks job as purchase/warehouse in charge/inventory/admin. 4 years experience. Familiar with computers. Fluent in English, Hindi, Tamil and Arabic. On visit visa. Call 0504985063 or email sait_haja@hotmail.com.

Male, BCom, seeks job (part time). 2 yrs experience, knowledgeable in Tally9. Call 0509104299.

Filipina seeks Secretarial/Receptionist/Logistics field job, 4 years experience, proficient in MS Office, Windows applications, Visual basic programming and Oracle system, with driving skills. Call 0567542256/0507390383.

Filipina, highly organised and detail-oriented with 5+ years experience in the UAE. Seeks job as Executive Secretary/Admin/Secretary. Email lalujennifer@yahoo.com or call 0506757172.

Indian male seek salesman/marketing/car cleaning work in near Deira or Baniyas. Call 0501703508.

ACCA qualified professional accountant with 2+ years experience in accounts and finance seeks job in the same field. Call 0554029021.

Indian female, BA/PGDCA seeks job, 3 yrs experience in teaching field as a sincere teacher in CBSE school. Knowledgeable in MS Office. Fluent in English. On residence visa. Email manchu2010@yahoo.com/call 0555619872.

Job wanted. Experienced in secretarial/administration. 5 years as yoga instructor. Fluent in English, computer literate. On visit visa in July. email: chanfarr@gmail.com.

Indian female, Master of Computer Application, seeks job in the IT/Administrative/Data entry/Sales field. On husband's visa. 2.3 years of experience. Call 0557223153/email: flora84@rediffmail.com.

Pakistani, 34, MBA, BCom, and having more than 10 years of experience in Finance, Accounts, Administration. Seeks job. Fluent in English, Urdu, Hindi, Punjabi. Call 0555882103.

Indian female, Master in Computer Applications (MCA) holder, 2+ years experience, proficient in creating applications using C, C++, HTML and Java. Email: sangeetha.m.nbr@gmail.com.

Indian male, seeks job as a store-keeper & purchaser. 4+ years Gulf experience. Fluent in English, Hindi, Tamil, Malayalam. Expert in MS Office. Knowledge of aluminum fabrication work. Call 0509394387/Email: sajumnambiar@yahoo.com. **I.T. technical** staffer seeks job. 10 yrs experience in IT. Call 0552065773/website 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.

Indian male looking for part-time job. Fluent in Arabic, English, Hindi, Gujarati and Marathi. Well experienced as salesman and catering. Call 0509412636.

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 vanithasuare@gmail.com.

Keralite male, 32, seeks job in free zone area. English literature and IT graduate. 5 yrs experience. Any job is welcome. Call 0558174059/email teltronix30@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

Spring Camp for children. From 8th to 19th April, from 2pm to 5pm. Sundays, Tuesdays and Thursdays. Drawing, Painting, Art, History, Film, Clay sculpture, Ceramic painting. Call 0503136758.

Fantastic offer on accounting software: Peachtree, QuickBooks, DacEasy, Simply Accounting, etc. Call 0551502636/Email: proton.international.me@gmail.com.

Computer available, starting from 550AED with camera and headset. Call 0509815607.

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.

AUTO

KIA Sportage, 4WD model for sale. 2009 model. Excellent condition. Lady driven only. 90,000km. Dubai registration. Complete and regular service history with KIA dealer. One-year warranty on 4 tyres. CD player, power mirrors, etc. Dhs40,000. Call 0505273351 (after 7pm).

ITEMS

Ladies watch for sale: Kolber (Swiss made). Christian Marcel leather bracelet also for sale. Call 0504607958.

Items for sale: Ultimate wellness and beauty products. Glutathione, anti-ageing and Kojic Soap, L-Gultra Power (antioxidant), Spirulina (health food), Prime Ultimate supplement. Call 055 2310697 or email ayie.suarez@yahoo.com.

SERVICES

French tutor available. Can teach from kindergarten age onwards. Call 0504607958.

Tourist/Cancelled visa assistance. Call 0501149849 or email travelteam07@yahoo.com.

Tutoring services available for all commerce subjects: Accounting, Business Studies and Economics, for both CBSE and IGCSE syllabuses, near Dubai Airport Free Zone Metro Station, Al Qusais. Call 0553743578.

Maths & Science home tuition available, CBSE/ICSE/O-LEVEL. Classes I – X. Call 0552047190.

Tutoring classes for Maths and Science for British, American and SABIS curriculum from UAE experienced male teacher in Mirdif/Al Warqa area. Call 0554226740.

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

ACCOMMODATION

Furnished single room available for rent for an Arab lady only. In Al Nahda 2, behind Zulekha Hospital, near Carrefour Express. Call 0501145955/0504507126.

Bed space available for 2 bachelors in Satwa, near bus station. Attach bathroom/kitchen W/E. Contact 0556932581.

Looking for 1 Filipina lady to share studio flat near Jesco supermarket, Al Baraha. Own partition for privacy, internet, DEWA. Dh1,050 every month. Call 0501619265.

Sharing accommodation available for an executive lady to share with 2 Indian ladies. Rent Dh1,050 inclusive of DEWA and Wi-Fi. Near Al Rigga Metro Station. Contact 0507195202.

Furnished bed space available for executive Muslim bachelor in Al Rashidiya area, near the metro station. Call 0507535693.

Sharing accommodation. Bed space available for executive Indian bachelors, behind Hotel Millennium Plaza, near Emirates Metro Station, SZR. Rent: Dh500 + DEWA. Call 0508787695/0507082328.

Executive shared accommodation for professional bachelors working in Dubai. Furnished flat with all facilities, located near Satwa bus terminal. Rent Dh500 + DEWA. For more details call 0502674594/0508787695.

Two fully furnished bed spaces available for Dh400 per month. Only for Filipinas at Jamal Abdul Naseer street, Sharjah. Call 0557647469.

Bed space available. Kabayans only. Near Abu Baker Al Siddique Metro Station (Green Line) and United Hypermarket in Hor Al Anz. To be shared with 6 people in total. With internet, washing machine and kitchen facilities. Call 0502467914.

Accommodation available for bachelors at Hor Al Anz, near Abu Baker Al Siddique metro station and Talal supermarket and Holom hotel. Call Hakeem: 0506840836.

Family room available in Deira, near Karachi Darbar, with attached bathroom, kitchen, and well furnished. Call 0554648925.

Single male, 53, looking for small room in Bur Dubai, close to Al Ghubaiba Metro Station. Call 0509915178.

Single/Double Room wanted for Muslim bachelors only in Al Qusais area. Call 0503600740/0551590870.

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.

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.

Dubai Metro wins awards

RTA Chairman accepts Rail Visionary of the Year Award at Middle East Rail Awards ceremony.



MATTAR AL TAYER AND SENIOR RTA OFFICIALS AT THE MIDDLE EAST RAIL AWARDS CEREMONY WHERE THE RTA WON THREE REGIONAL AWARDS

DUBAI METRO

The Dubai Metro has bagged three excellence awards at the Middle East level by winning the Rail Project of the Year Award, the Rail Visionary of the Year Award, and the Special Merit Award for Commitment to the Environment.

The Middle East Rail Awards distribution ceremony, staged by Terapin, was held at Madinat Jumeirah in the presence of Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, Adnan Al Hammadi, CEO of the Rail Agency, and Abdul Rida Abu Al Hasan, Director of Rail Planning and Development, in addition to several officials.

Al Tayer accepted the Rail Visionary of the Year Award in recognition of his expeditious efforts and follow-up of the Metro project with all stakeholders, keeping close touch with all project phases starting from the planning and designing phase up to the project completion phase, overcoming the difficulties and ob-

stacles encountered, and the commitment to the scheduled launch timing—September 9, 2009, for the Red Line, and September 9, 2011, for the Green Line.

The Rail Project of the Year Award, was awarded for the Green Line, which extends about 23 kilometres and comprises 18 stations in addition to two transfer stations with the Red Line—the Union and Khalid bin Al Waleed stations.

The Green Line runs through key Dubai districts featuring high population density, as well as business and service centres. The project is also integrated with other mass transit modes, such as the water transport and inter-city buses, and has yielded a high level of efficiency in terms of streamlined train movement and headway, which contributed to the enhancement of Metro riders' satisfaction rating.

The Dubai Metro clinched the Special Merit Award for Commitment to the Environment in recognition of the RTA's efforts in adopting

“These awards are a testament to the high profile and prominent standing of the Dubai Metro, which go beyond the Middle East to the world over.”

high-quality power systems in the operation and maintenance of the Metro, and adhering to accepted levels of vibrations and noise in a bid to minimise the onset of ensuing environmental impacts. The efforts of the Rail Agency in this regard have been rewarded by obtaining the ISO 14001, 9001 and 18001 certifications in addition to obtaining certifications pertinent to the Application of Health and Occupational Safety System and the Quality, Environment and Safety System.

“The Awards scooped by the Dubai Metro culminate the assiduous efforts of the RTA work team throughout the project construction period headed by H.E. Mattar Al Tayer, where the team adopted the best international practices in planning, designing, constructing and operating the Dubai Metro project. These awards are a testament to the high profile and prominent standing of the Dubai Metro, which go beyond the Middle East to the world over,” said Al Hammadi.

RTA revises pre-booked taxi fares

New flag-down rate of Dh10 applies to pre-booked taxis during morning and evening rush hours.

TAXIS

The Public Transport Agency at the RTA has approved a revised flag-down rate of taxicabs pre-booked only through the Booking and Dispatch Centre, from Dh6 to Dh10, during the morning rush hours from 7am to 10am, and evening rush hours from 4pm to 8pm, from Saturday to Wednesday.

The revised fare will be applied on Thursdays, Fridays, Eids, official holidays and official events from 4pm up to 12am (midnight). The decision comes into effect as of April 15, 2012.

Essa Abdul Rahman Al Dosari, CEO of the RTA's Public Transport Agency, said, "The revised flag-down rate aims to provide the highest level of service to the public by deploying as many cabs as possible, and ensuring their timely arrival to customers' points, especially during morning and evening peak hours."

"The RTA has taken this decision," he said, "after conducting a number of studies and field surveys to review the obstacles that plague cab



ESSA ABDUL RAHMAN AL DOSARI

drivers' daily work and impede the provision of better services to customers with the aim of sorting them out by adopting the best practices in this score."

Elaborating on the revised fare, Al

Dosari stated that all taxi meters have been reset to reflect the new tariff only during morning and evening rush hours. "Normal fares will apply during other times, as the hike will only apply to pre-booked taxis, which accounts only for 5 per cent of total taxi users," he explained.

Al Dosari also mentioned that the decision would apply to taxicabs run by the Dubai Taxi Corporation, as well as franchise companies operating under the RTA umbrella.

"This step also aims to up cabbies' daily business conduct and uplift their performance since the RTA views them as ambassadors to passengers and strate-

gic partners in implementing its plans and programmes to upgrade the customer service experience in the taxi sector, which is considered the most luxurious and upscale transport sector as it lives up to the

"The RTA has taken this decision after conducting a number of field surveys to review the obstacles."

highest standards of the industry.

"Additionally, this step will also boost cabbies' roles in advancing the calibre of taxicab services in Dubai and at the same time enable cabbies to increase their income," Al Dosari added.

On the other hand, the decision is set to minimise cabbies' reluctance to pick up passengers, and, accordingly, achieve a higher public satisfaction rating, and cater to the growing demand for taxi services.

RTA hosts research workshop

SCIENTIFIC RESEARCH

The RTA recently held a workshop in cooperation with the Hamdan bin Mohammed e-University to shed light on a number of key topics and core skills of scientific research in the context of the activities associated with the RTA Scientific Research Award, launched to identify talented and experienced employees and to capitalise on their potential to prop up the business process and knowledge management drive of the RTA.

Ahmed Bahrozian, CEO of the RTA licensing agency and head of the RTA Scientific Research Award Team, praised these scientific gatherings and seminars, which offer educative programmes capable of advancing the objectives of the award and enriching the knowledge of individuals. They also familiarise researchers with the



proper processes and principles of conducting scientific research in line with international standards.

The workshop was introduced by Professor Mustafa Hassan, Dean of the e-School of Health and Environmental Studies, who touched on a number of key topics relating to the concept, features, types, and main steps of compiling scientific research.

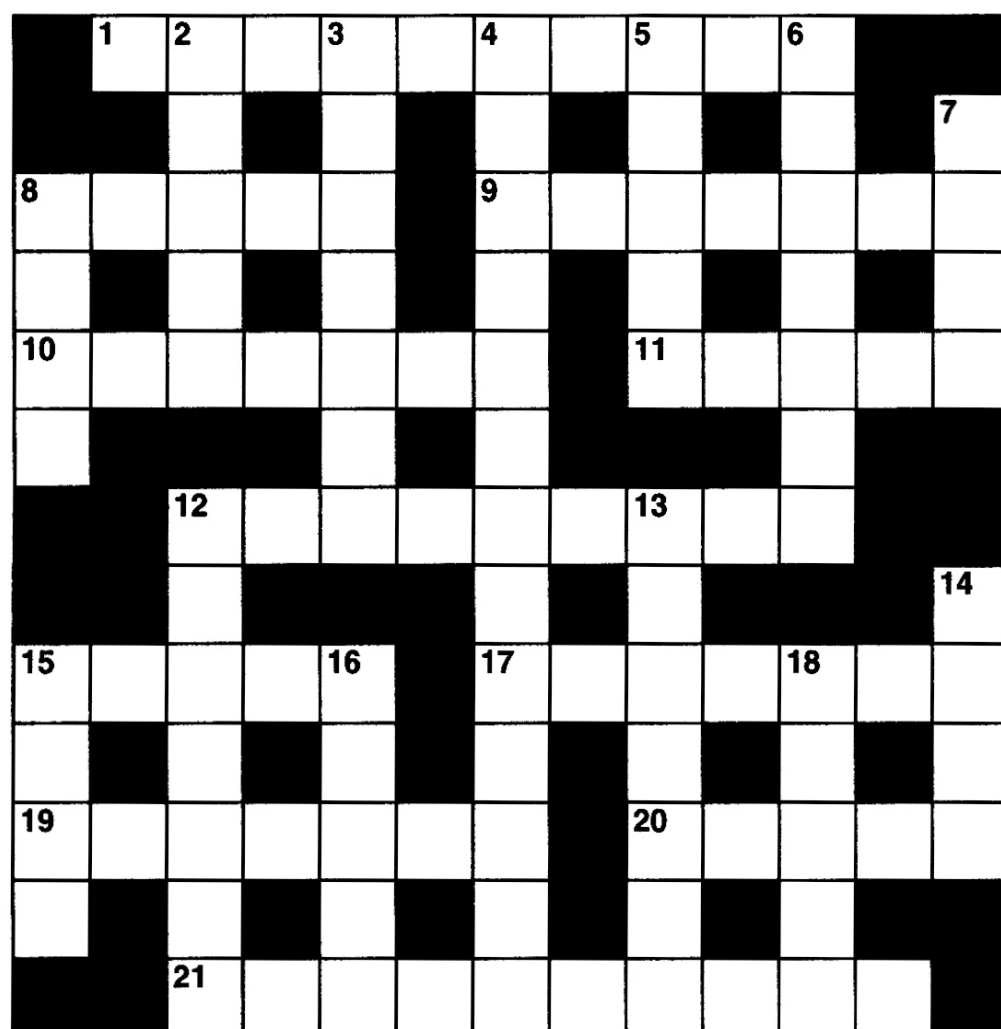
"No doubt, the scientific research is characterised by certain features, starting with the existence of a particular issue or question, planning the research methodology, and collecting diverse data and information captured in response to the question of the research. Scientific research comprises 'abstracts' for the sake of acquiring the knowledge, and

'applied' ones for the sake of figuring out solutions to address existing problems."

He also explained the basis of analysing and presenting data by incorporating the compiled data in spreadsheet and graphic formats and then performing a simple statistical analysis so as to conclude to the final shape of the research.

Taking your time

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



Crossword

Across

1 Opera glasses (10) 8 Concerning the head of the RC Church (5) 9 List (7) 10 Intrepid, gallant (7) 11 High-ranking noblemen (5) 12 First-rate (3-6) 15 Vibrate (5) 17 Paring (7) 19 Japanese creative art (7) 20 Reaches the highest point (5) 21 English flower-patch (4,6)

Down

2 Urge (5) 3 Portable light (3,4) 4 Boring (13) 5 Make adjustments (5) 6 Person avoiding responsibility (7) 7 Small green vegetables (4) 8 Form a surface for walking on (4) 12 Small active dog originally used for hunting (7) 13 Envelope (7) 14 Seemingly forever (4) 15 Sound a horn (4) 16 Family of wind instruments (5) 18 Angry (5)

ANSWERS



Recipe

Banana and walnut muffins

These moreish muffins are healthy but sweet, making them the perfect breakfast treat.

Ingredients

75g melted butter
250g self-raising flour
1 tsp baking powder
½ tsp bicarbonate of soda
½ tsp ground cinnamon
½ tsp ground nutmeg
115g caster sugar
1 tsp vanilla extract
2 large, ripe bananas
2 medium eggs
125ml milk
10 walnut kernels

Method

1. Heat the oven to 190C/375F/ Gas 5. Gently melt the butter and allow to cool. Mash the bananas in a small bowl. Sift the flour, baking powder, bicarbonate of soda, cinnamon, nutmeg and a pinch of salt together in a large bowl, add caster sugar and stir through.
2. With a fork, beat together the eggs, vanilla extract, melted butter and milk in a separate bowl. Add the mashed banana and stir well.

Serves
10



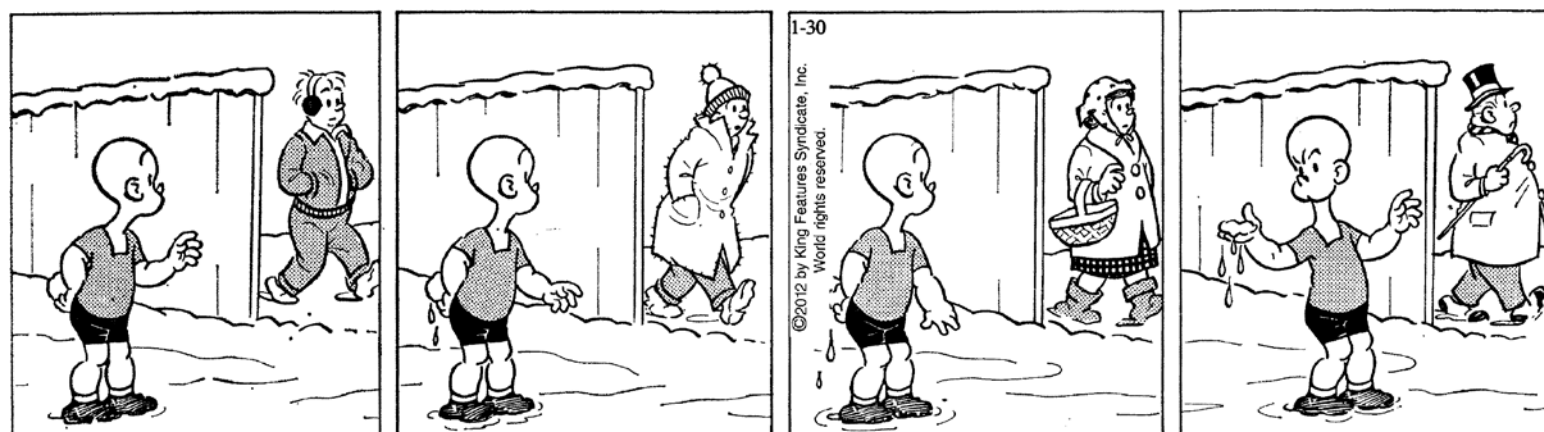
3. Make a well in the centre of the dry ingredients and add the egg mixture, stirring with a fork until you have a lumpy paste.

4. Set paper cases into the moulds, or grease the moulds well with a little extra oil or butter and spoon in the mixture until almost full. Top each

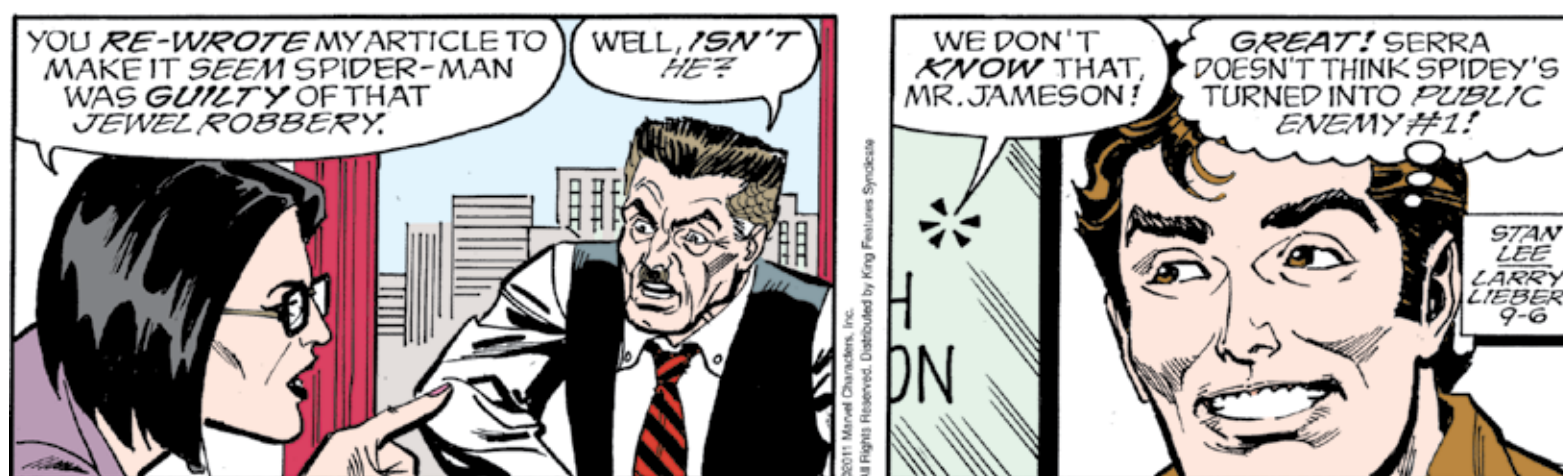
one with a walnut kernel.

5. Bake for 20 to 25 minutes or until the muffins come away from the side of the pan when touched. Rest the muffin tray on a wire rack for five minutes to cool then remove the muffins and leave on the rack for another five minutes before serving.

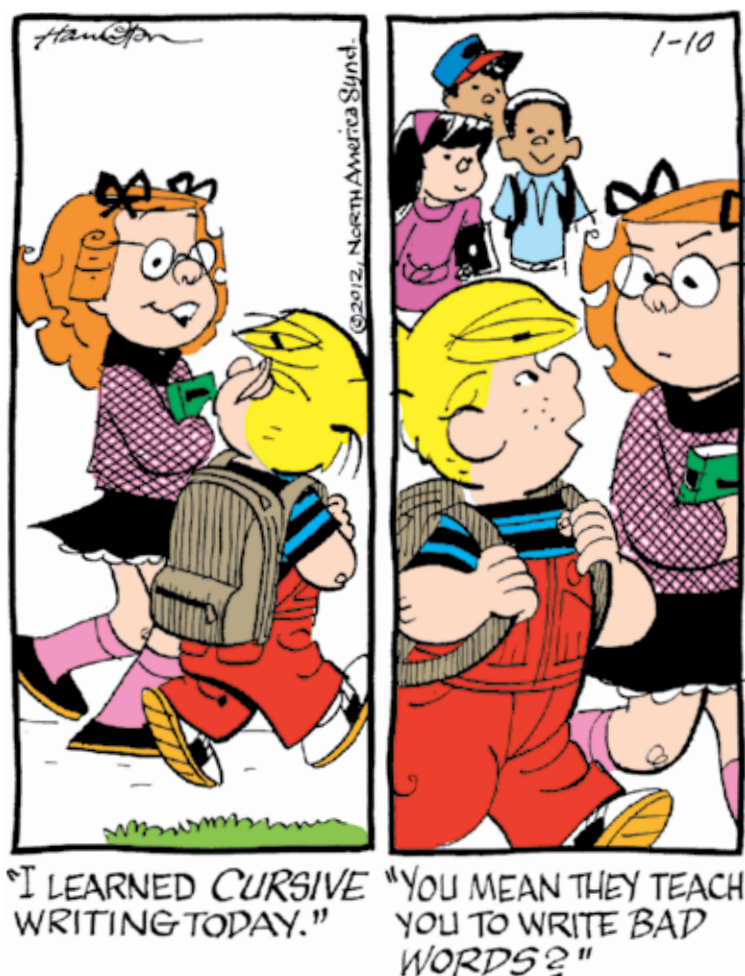
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Paint company (inits)	▼	Eggs, especially human	▼	Country bordering Iran	▼	Zimbabwean city	▼	Pictured actress, Ms Jolie	▼	Sir — Jacobi, actor	▼	Darkest black
Greek tourist island	▶		▼			Daughters of a sibling	▶					
				Haul	▶			Clamps		Compensate		Colorado skiing resort
Much-admired singer		Light bluish-green colour	▶			Eternally	▶				Observe	▼
				Supernatural power		Represents as similar	▶					
					▶					Fizzy drink	▶	
				Large lounge seats		Cancel out	▶					
					▶					Japan's monetary unit	▶	

Sudoku 1

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

Sudoku 2

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

ANSWERS



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - LINDSAY LOHAN



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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)

While you may have tried your hardest to avoid any illnesses going around, it is not possible to create a force field around yourself and, unfortunately, some bugs may have crept through. Relax, look after yourself and rest—you'll be fighting fit again in no time.



TAURUS

(APR 21 - MAY 21)

Are you keeping an eye on your spending at the moment? Or have you fallen into the trap of 'putting it on the plastic'. It would be worth clearing any outstanding debts or credit card bills before you decide to make any more big purchases.



GEMINI

(MAY 22 - JUN 21)

You have been thinking a lot about the type of person you want to be recently. While we could all improve ourselves in some way, there is no need to change completely. After all, those who love you do so for the person you are, not who they wish you were.



CANCER

(JUN 22 - JUL 23)

An old colleague could surprise you with a phone call this week. What they have to offer sounds tempting, but make sure you think carefully before making any commitments. The grass always seems greener on the other side, but it's not always the case.



LEO

(JUL 24 - AUG 23)

An idea that has been bubbling away in the back of your mind for a while is starting to grow rapidly. Your natural creativity and sense of adventure is also pushing to the forefront, which could make for an exciting time ahead.



VIRGO

(AUG 24 - SEP 23)

You may be lacking the motivation you used to have when it comes to progressing further within your chosen field. Maybe it's time to think about why you got into your industry in the first place. Was it for the love of the job or simply a means to an end?



LIBRA

(SEP 24 - OCT 23)

It's time to take a good, long look at your finances and make sure you have everything covered. While it's very easy to spend without noticing, the amount you owe can soon stack up. Getting a handle on things now can prevent this happening.



SCORPIO

(OCT 24 - NOV 22)

Life seems to be moving along at a nice, comfortable pace for you right now. The calmness of it all has given you a fresh outlook and you may find that you are able to start relaxing and taking time out for yourself more often.



SAGITTARIUS

(NOV 23 - DEC 21)

After a recent difficult period, things are starting to look up. What seemed like an end-of-the-world situation is on its way to being resolved and your homesickness will start to ease away as you get back to enjoying time with your friends.



CAPRICORN

(DEC 22 - JAN 20)

An exciting time is coming up for you. Don't expect any dramatic changes, just an increase in your overall happiness levels and a busy social diary. You work hard so it's about time you started enjoying your weekends to the max.



AQUARIUS

(JAN 21 - FEB 19)

You seem to finally have a firm grip on your financial situation, with some fairly surprising results. Once all the bills and any debts have been taken care of, you may be quite pleasantly shocked by what is actually left over for you to enjoy.



PISCES

(FEB 20 - MAR 20)

The stress levels are beginning to creep back up at work, so be sure you are not trying to juggle too many balls at once. Don't feel you must be a martyr to your job; try sharing the workload around more evenly between team members.



This week's local weather

SUN

15th

WARM
HIGH 31C
LOW 25C
HUMIDITY 47%

MON

16th

WARM
HIGH 29C
LOW 24C
HUMIDITY 44%

TUE

17th

SUNNY
HIGH 30C
LOW 24C
HUMIDITY 43%

WED

18th

SUNNY
HIGH 31C
LOW 25C
HUMIDITY 41%

THU

19th

SUNNY
HIGH 32C
LOW 26C
HUMIDITY 36%

FRI

20th

SUNNY
HIGH 33C
LOW 25C
HUMIDITY 35%

SAT

21st

SUNNY
HIGH 32C
LOW 26C
HUMIDITY 39%

