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APRIL 22-28, 2012 | Issue 45

Read.

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THAT 'FIFTIES FLAIR

Fashion harks back to decades gone by with classic 1950s tailoring taking centre stage on the spring catwalks



THE CITY OF ANGELS



BURYING THE HATCHET

Hollywood hunk Ryan Reynolds attempts to hold the screen, and the audience's interest, in solo flick *Buried*



FIRE UP THE LASERS

Laser therapy continues to become increasingly popular in a variety of different disciplines, both medical and cosmetic



Painting for peace

Children imagine a world
with no nuclear weapons

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

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Letters

Email: letters@readme.ae

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

✉ Dear Read., I recently came to Dubai via an agent only to come and realise that the company I am working with is paying very low salaries, even though I have qualifications in tours and travel, sales and marketing. How can I change my job to another, better paying, one without getting in trouble with my latter company since they are my visa sponsors, or how long must I wait to move to another job despite my two years contract with the company? Please advise.

Anonymous

Unfortunately there is the potential to be served with a labour ban if you break contract within two years. However, the Ministry of Labour may still process a new work permit for banned employees which is determined on a number of factors—visit mol.gov.ae for more information. Alternatively, if your current employer is willing

to supply a No Objection Letter for a new job, you can transfer to another sponsor without a ban.

✉ Dear Read., Besides working I am pursuing a professional degree in finance. It requires at least two hours daily to get prepared for the exams. There is a lot of activity in my room: sound from the television, chatting and lots more that means I can't concentrate on my studies. Could you please suggest where I can go across Dubai, especially in the Deira/Clock Tower area where I can study in peace in order to be successful.

MM Ahmed

Have you considered using a library? There are at least two great public libraries in Deira—Al Ras and Hor Al Anz. If you join dubaipubliclibrary.ae you'll be able to avail of free internet and discounts at some academic bookshops. Failing that, you could always keep yourself from nodding off while you study in a coffee shop, most of which have a long standing tradition of welcoming students and writers.

Read. Poll

Earth Day 2012 will be observed globally on April 22. Do you do your bit for a better planet?

- Yes, by always recycling, reducing and reusing
- Yes, sometimes only
- No, not all

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

How many languages are you fluent in?

1-2	38%
3-5	52%
6-10	10%

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ROMELL BISCARRA



JOBIN DAS



ANJALI DATWANI



GILBERT BASA



MOHNISH GOVIND



JAY COLINA

Station by station guide

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

A Tribute to Glee



APRIL 26 - 28

FIRST GROUP THEATRE

Bursting with energy, feel-good fun and just a short taxi ride from the Metro station, *A Tribute To Glee And Other Gleeful Tunes* will have you singing along to classic pop hits such as *Don't Stop Believing*, *Don't Stop Me Now* and many more. Suitable for ages five and above, tickets are Dh195.



Scott Mills

APRIL 27 FROM 5PM

JEBEL ALI GOLF RESORT AND SPA

One of the UK's most well-known personalities, radio presenter and DJ Scott Mills, will be hosting a special one-off DJ set at the Jebel Ali Resort's Friday Beach Rhythms, a family-friendly, laid-back event on the sand, where you can enjoy music, tasty food, and the calming sea breeze while you unwind. The music kicks off at 5pm, with Mills taking the decks at 8pm. Just a short taxi ride from the station, the event is open to all ages and entry is free.



Black is the New White

UNTIL MAY 16

LAWRIE SHABIBI, AL QUOZ

A few streets away from the station, Lawrie Shabibi gallery presents six new works from Nadia Kaabi-Linke, a Tunis-born artist who was awarded the Abraaj Capital Art Prize in 2011. This multi-media exhibition, entitled *Black is the New White*, depicts social, political and historical ideas.

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'Built for One' T7 Jacket Project

SOLE DXB, SNEAKER SUMMIT 2012

APRIL 27, 2PM - 12AM

ALSERKAL AVENUE, AL QUOZ

PUMA is launching its 'Built for One' T7 Jacket Project as part of the 40-year celebrations of the classic T7 Track Jacket.

The design project is a collaboration with regional artists, bloggers, musicians and filmmakers to design and create their own version of the iconic T7 Track Jacket from various materials at Sole DXB. PUMA fans can pre-register at www.soledxb.com for the chance to win one of 30 limited edition PUMA T7 jackets that will be given away at Sole DXB.

Sharmila Dance Extravaganza 2012



APRIL 26 - 28

CENTREPOINT THEATRE

Sharmila and her team of dancers are ready to hit the stage again with a programme of slick numbers and impressive moves that will entertain and excite any dance fans out there. Tickets are Dh140 for stalls, Dh100 for balcony.



AcroYoga Immersion

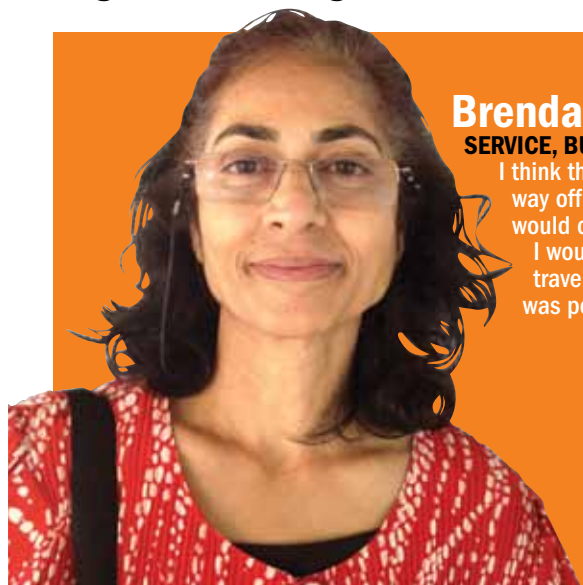
APRIL 28 - MAY 2

THE FRIDGE, AL QUOZ 4

A short car journey from the station takes you to The Fridge, where Dubai's first ever AcroYoga Immersion course will be taking place. An integration of yoga, acrobatics and healing arts, the course consists of five full days of acrobatics, yoga and Thai massage training in a safe, supportive atmosphere. The course runs from 9am to 5pm daily and costs Dh1,820 for five days.

The Burning Question

Q Virgin Galactic have predicted that, in the near future, passengers will be able to travel from Abu Dhabi to the USA in one hour via space shuttle. Do you think space travel will ever be a mainstream way for people to get across the globe?



Brenda Rodrigues

SERVICE, BUSINESS BAY

I think this is maybe still a long way off and its popularity would depend on the price. I would certainly like to travel this way, though, if it was possible.

Marvin Trinidad

SALES EXECUTIVE, SHARJAH

Everything is possible, so maybe it will happen as soon as within five years. I think it would be expensive, and perhaps might not offer the comfort and relaxation many people like when they travel.



Omar Faruk

ACCOUNT EXECUTIVE, BUR DUBAI

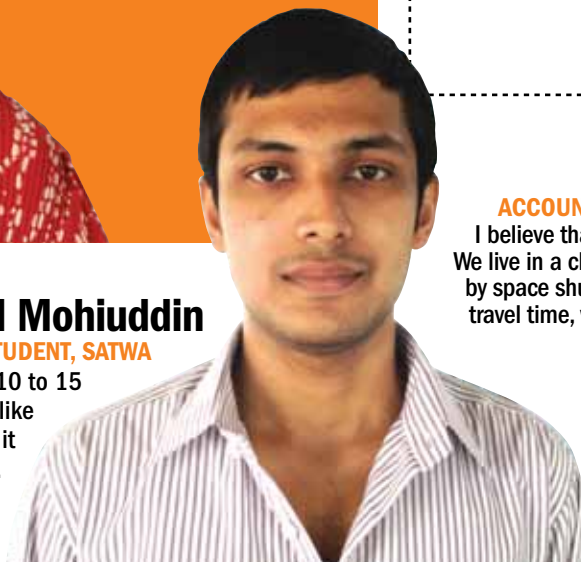
I believe that this is the future of travel. We live in a changing world and travelling by space shuttle in the future will reduce travel time, which in turn will be good for business in particular.



Syed Mohammed Mohiuddin

STUDENT, SATWA

It might be possible within the next 10 to 15 years, and I think most people would like to travel by space shuttle, although it would depend on the price.



Elvis Aruna

RELATIONSHIP OFFICER, KARAMA

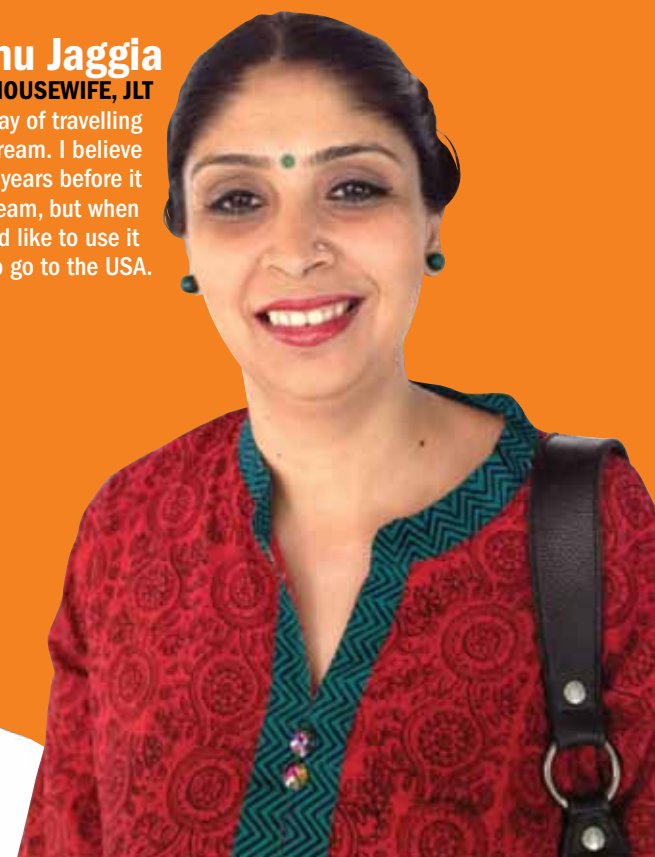
I don't think it's a dream; people can do anything nowadays. I would definitely use this way of travelling if it was available.



Anu Jaggia

HOUSEWIFE, JLT

I think that this way of travelling is still just a dream. I believe it will be many years before it becomes mainstream, but when it does, I would like to use it myself to go to the USA.



Arshik Ashraf

RELATIONSHIP OFFICER, JUMEIRAH

This kind of technology is the future of how people will travel. I think people would still mainly use airlines for 10 years or so after space travel was introduced, though, as the cost will be too much to begin with for many people.



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

Coming up this week



TODAY

The weekend's Middle East Film and Comic Con proved that the comic book scene is flourishing in Dubai, and, indeed, worldwide. 2012 is set to play host to some of the biggest blockbuster movies inspired by comic book characters, while millions have already been made with such franchises. But which comic book movies have made the most money and gained the most acclaim? Find out online today.



MONDAY

The Formula 1 season is in full swing, with plenty of unpredictable action having already happened over the past months. We profile the teams looking good to win this year's championship.



TUESDAY

The Pulitzer Prize board were recently unable to choose a fiction winner for the first time in 35 years. How many Pulitzer-winning books have you read? Check them against our list of the best.



WEDNESDAY

Christie's last week held an auction for a number of expensive art pieces in high demand. But compared to some pieces out there, these cost merely a pittance. Find out about the most expensive art today.



THURSDAY

Hollywood star and former governor Arnold Schwarzenegger has announced he is to release his memoirs. But writing memoirs can be a double-edged sword. We separate the good from the bad.



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

How important is equipping a country with weapons as a form of defence?

Well, to protect citizens of a country, 1st of all the Government should practice fair laws when that's done, they should see to it that they're being fair to each and every citizen!! Once that's on track, everyone is safe!

—Roma Nandwani

It is an advantage for a country to have the most advanced weapons as a line of defence. Compulsory military service for two years for citizens is one of the best ways to make the citizens aware of warfare. I prevent-

ly pray that one day, none of these would be necessary.

—Ferdie Salas Santiago Jr.

The world is going on the way of another world war. Lots of innocent and poor people will lose their way to live if it happens...ALL SHOULD THINK OF IT...Pray for PEACE and Live Peacefully

—Ashker Ch



ARE WEAPONS THE BEST DEFENCE?

It seems that the world is too busy developing instead of improving humanity!!!!!! Let's hope for the best.

—Sajid Phopplankar

If you could visit any event from the past, what event would it be, and would you try to alter history?

I would return to the time when the Egyptians built the pyramid..so I could know once and for all if they get help from the aliens.

—Ang Bubuyog

I would alter the "world war ii" where the atomic explosion at Nagasaki, Japan happened. I think it was too much and the people don't deserve those kind of event.

—Angel Lidasan

The parting of the Red Sea! I can't imagine how it really happened



HARD WORK OR ALIEN INTERVENTION?

that's why I want to stand witness in reality. History plays a significant role for humanity, from earliest times up to the present and in all places on earth therefore, we don't need to alter. History teaches us valuable lessons and experiences in life.

—Jill Tiamsing Onlayao

Paris hits the East coast

The opening of the new **Paris Gallery** outlet in Fujairah brings a touch of elegant shopping to the emirate.

RETAIL

The East coast of the UAE now has a new retail destination, following the opening of the luxurious new Paris Gallery showroom at Fujairah City Centre by His Highness Sheikh Mohammed bin Hamad bin Mohammed Al Sharqi, Crown Prince of Fujairah.

The large showroom, which opened its doors on April 4, 2012, features Paris Gallery's renowned premium collection of over 450

international brands across various product lines, including fragrances, cosmetics, watches, jewellery, eye-wear and accessories.

Commenting on the opening of the Paris Gallery showroom, Mohammed A. R. Al Fahim, CEO of the Paris Gallery Group, said, "We enjoy a healthy relationship with our customers, some, who travel between the various emirates to shop at the Paris Gallery showroom nearest to them. We always aim to provide our



customers with premium service and this milestone is one we are excited about as it means we can be within our customers' reach."

"The new showroom at Fujairah City Centre also contributes to the mall's 34,000 square metres area, its portfolio and the overall shopping

experience for both the residents and tourists in Fujairah emirate. We are confident that our customers will be thrilled with our expansion plans."

"Fujairah is growing very fast as an emirate and it looks to be very promising in terms of a retail and tourism destination," Al Fahim added.

Afterwards: A Novel

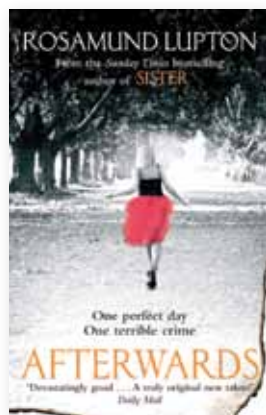
By Rosamund Lupton

BOOKS

From the get-go, this page-turning thriller is filled with suspense, intrigue and depth, which isn't surprising given that it's from the author of the *New York Times* best-seller, *Sister*. In her latest novel, Lupton catalogues the story of a mother who will do anything to protect her child with chilling effect and poignancy.

The book follows Grace, a mother who endures the fear of seeing her children's school burn to the ground while the two are inside. The children survive, but so does the threat to their lives, as it transpires that the school blaze is no accident, and that the person responsible wants her daughter, Jenny, dead.

Unfortunately, Grace is the only person who can find the culprit, so



she embarks on a journey to find them, doing whatever it takes to secure the safety of her family and bring to justice the person who rocked their lives with the terrible blaze. She delves deep into the psyches of the people around her, finding the courage that only a mother protecting her child could ever possess.

New Life

Artist Monica Label RCA Records ★★★★★

ALBUM

This might be the seventh studio album by American R&B singer Monica, but it's certainly gained just as much hype as that afforded by any fresh new face on the music scene. This is partly thanks to the Missy Elliot-produced singles that preceded the album, *Anything (To Find You)* and *Until It's Gone*, and partly down to the fact that almost everything the star has come out with has been a critical and commercial success —no mean feat in the R&B world.

Unfortunately, *New Life* fails to live up to most of the hype surrounding its release. Its preceding singles may have featured A-list stars such as Rick Ross and Lil' Kim, but even they failed to peak very highly on the R&B charts. There's a good reason for this; most of the material offered by the new album is made up of outdated breakdowns and cheesy choruses.

This kind of stuff might

have been a big hit back in the singer's heyday in the 1990s, but the music world has moved on since then. People are looking for more than the kind of pseudo-inspirational mutterings offered up by the likes of *Take a Chance* and *Cry*, which are both far too tear-jerking for their own good. At best, this album serves as a decent 1990s throwback, but when listeners have a lifetime's worth of emotional material to wallow in, this hardly stands up as a fantastic new release.



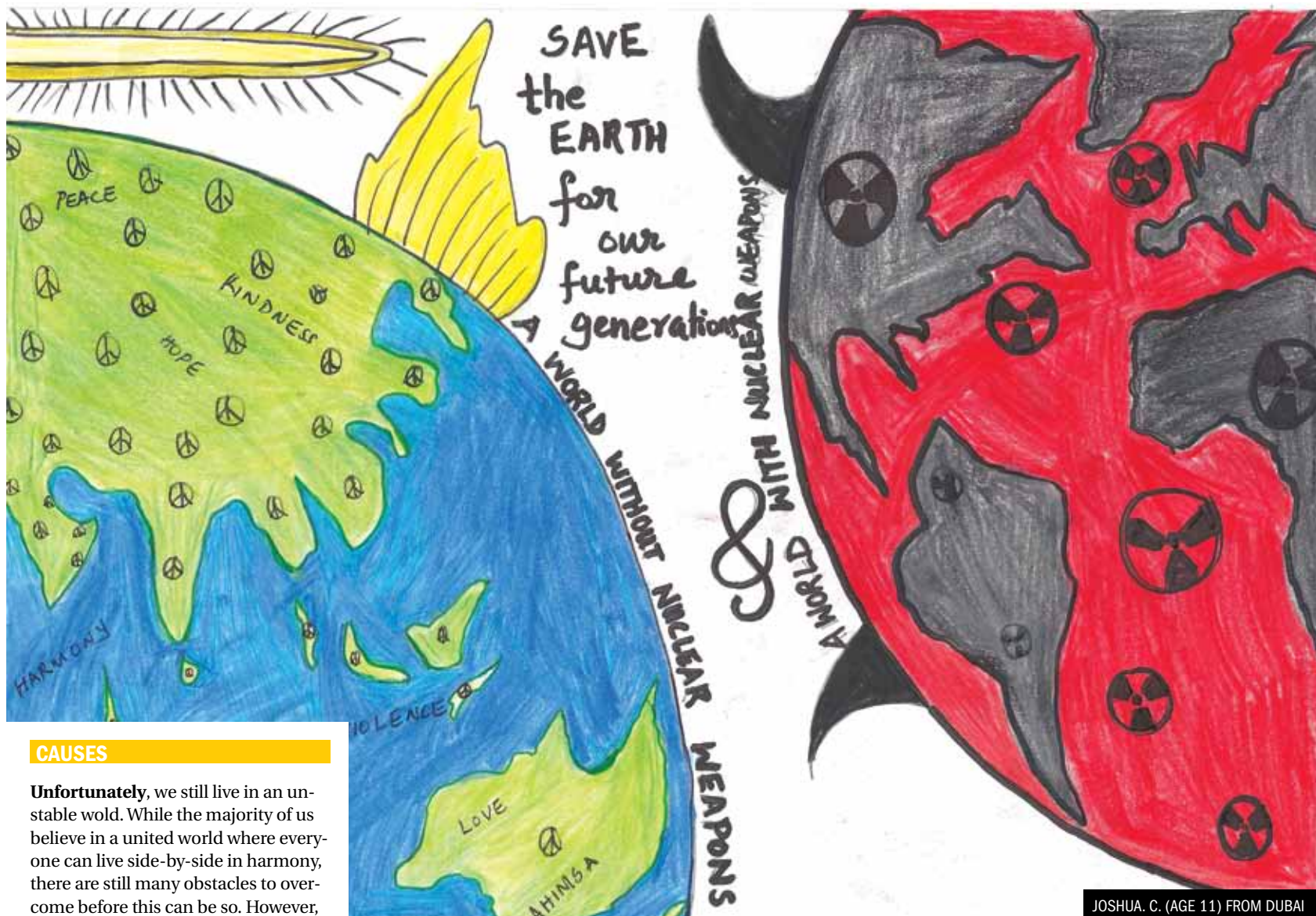
If you like this then you could try...

Defending Jacob by William Landay

Andy Barber is a well-respected attorney in his Massachusetts town, tenacious in the courtroom and experienced beyond his years. But a terrible crime shatters the community and Andy's 14-year-old son, Jacob, is set to stand trial for murdering a fellow student. A spellbinding tale of guilt, betrayal and control.

A peaceful picture

Children across the world put pen to paper in order to show a strong and unified display of peace.



JOSHUA. C. (AGE 11) FROM DUBAI

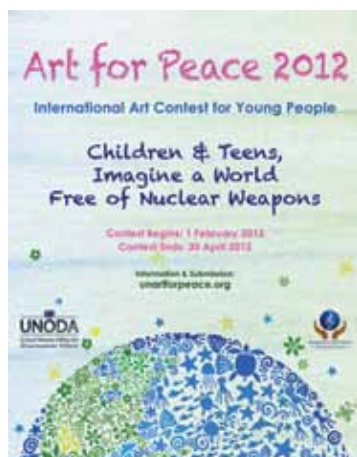
CAUSES

Unfortunately, we still live in an unstable world. While the majority of us believe in a united world where everyone can live side-by-side in harmony, there are still many obstacles to overcome before this can be so. However, as the famous song says, “the children are our future”, and it is with this in mind that they are being encouraged to envision a peaceful world without nuclear weapons for the UN Art for Peace 2012 contest.

The competition is aimed at children across the entire globe and is being held to promote nuclear disarmament under the slogan, “Imagine a World Free of Nuclear Weapons”. Children from any country are being asked to watch a short, age-appropriate video about the dangers of nuclear weapons and then imagine a peaceful world, free of nuclear weapons, wars, bombs and fear. Based on how this makes them feel, the children are then encouraged to use their creative talents—combined with their inner feelings—to draw, paint or sketch their vision.

The child's original artwork can then be uploaded onto the Art For Peace web site (www.unartforpeace.org).

org), where four winners from each age category (ages five to eight, nine to 12, and 13 to 17) will be picked after the closing date on April 30, and could win some fantastic prizes, including generous cash prizes for the oldest age group, along with a certificate



from the UN and the opportunity to see their artwork reproduced in a calendar. All of the entries, no matter which age group they fall into, will be judged using the same criteria: creativity, composition, theme and technique.

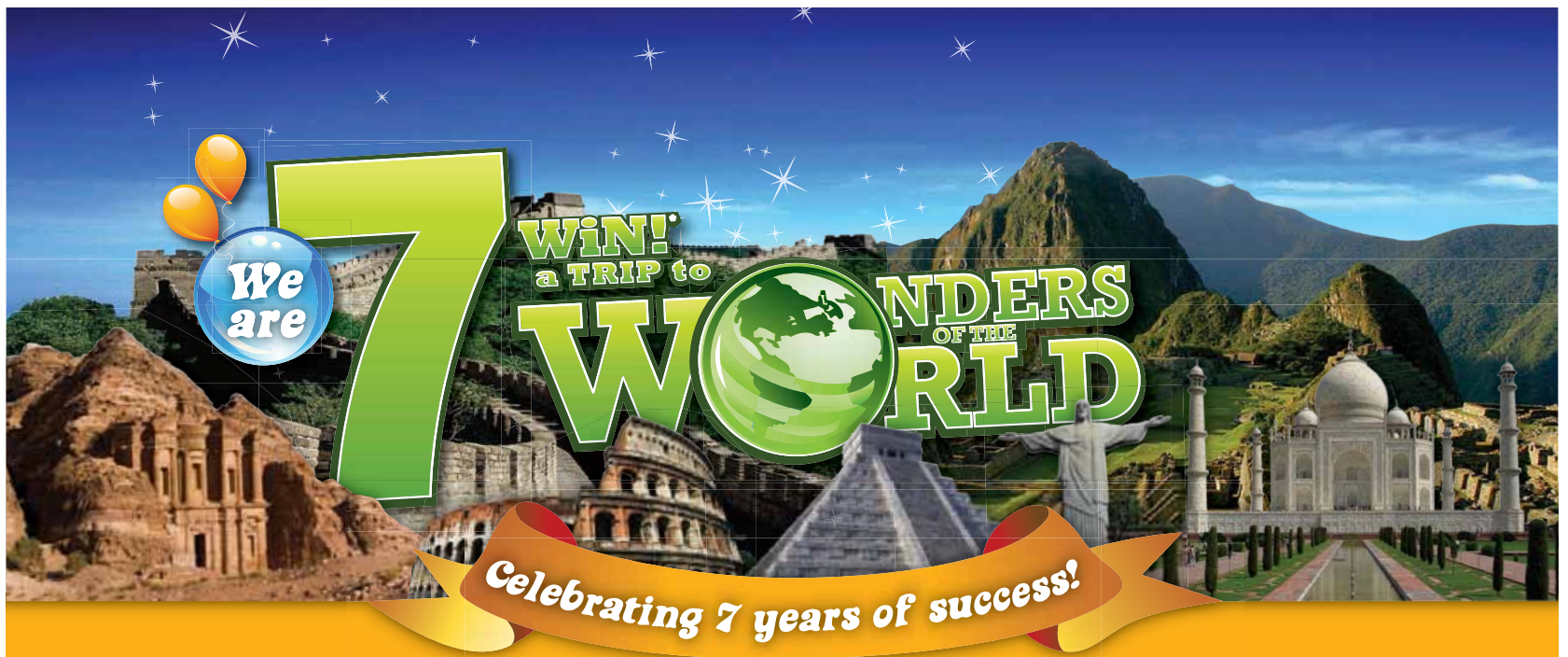
Although the competition was announced in the USA by the famous film actor, Michael Douglas, also a United Nations Messenger of Peace and disarmament activist, the message behind the contest has spread quickly across the globe, including the UAE, where children of all nationalities living in our region have been entering their visions of what a peaceful world could look like.

“Art is the universal language; art speaks to our hearts and minds; art can make a difference and so can you.”

A quick look at the contest web site reveals a host of different ideas and representations of peace. From simple crayon drawings to detailed sketches, the masses of entries can all clearly be deemed to

represent a vision of peace, whether it's using well-known symbols such as doves and joined hands, to more abstract ideas such as finding peace when smelling flowers, or war represented as a small fish being eaten by a much larger peace fish.

As Michael Douglas himself noted in a message to mark the launch of Art For Peace 2012, “Art is the universal language; art speaks to our hearts and minds; art can make a difference and so can you.” ●



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Rise of the comic culture

Events such as the recent Comic-Con in Dubai show the medium's growing popularity.

About a year ago, film director Morgan Spurlock released a documentary entitled *Comic-Con Episode IV: A Fan's Hope*, and with it brought to the world a glimpse behind the scenes of Comic-Con in California, one of the largest comic book conventions in the world. The film focused mostly on the fans, the people who spend hours perfecting movie-quality costumes or waiting in line to meet their heroes, and how much dedication the comic book scene has garnered.

And though California's Comic-Con, held in San Diego, is arguably

the most famous gathering of comic book lovers in the world, this is not to say that there aren't equally impressive events happening in other parts. Comic-Cons have spread over the Americas, through Europe and now, this year, to the Middle East, with the first Middle East Film and Comic-Con (MEFCC) having just finished last weekend in Dubai.

The presence of such a large show in Dubai pays testament to the growing popularity of the comic book scene in the Middle East. It's generally accepted that most of the content anyone consumes over here is imported from Europe or America, and, over the past few years, comic



Did you know?

- Over the past few years, toy companies such as Lego, Hasbro and Mattel have begun producing Comic-Con exclusive products to commemorate the events.
- Academics annually discuss scholarly studies at Comic-Con, talking about comics as an art medium.
- At the 2010 convention, the San Diego Convention Centre was filled to capacity with around 130,000 people.

The history of Comic-Con

While there are now a number of conventions that operate under the Comic-Con name, the most famous event is undoubtedly the San Diego Comic-Con International, which has been going strong since it was founded in 1970. It was founded by Detroit-born comic fans Shel Dorf, Richard Alf, Ken Krueger and Mike Towry, who started the Detroit Triple-Fan Fares in the mid-1960s. Dorf had also organised what he described as a "dry-run" for the larger conventions he hoped to stage, called the Golden State Comic-Minicon.

Following this, the first three-day convention, called the Golden State Comic-Con, attracted around 300 people, and was held at the US Grant Hotel. The event became an annual occurrence, with more people attending each year, and a new venue having to be found regularly. Eventually, the event grew so large that it was moved to the San Diego Convention Centre in 1991.

Now, the convention is

organised by a panel of 13 board members, around 20 full-time and part-time workers and about 80 employees. Comic-Con International is a non-profit organisation, and the events now cater to all manner of pop culture interests, such as horror, animation, anime, video games and fantasy.



JASON MOMOA



LAURIE HOLDEN

books and the so-called "geeky" franchises such as

Star Wars or *The*

Lord of the Rings have

garnered huge followings in this region. The quality of the celebrity guests at this year's MEFCC also testified to this, with *Lord of the Rings* star John Rhys-Davies, *Game of Thrones* star Jason Momoa and *The Walking Dead* star Laurie Holden all having attended the convention.

But this isn't a new fad that's simply swept the region over the past year or so. Indeed, an underground culture has been growing for years, buoyed by the ever-increasing population and its desire to consume more than what Hollywood simply serves up on a plate. Graphic novels, in particular, are making extremely good headway, as evidenced by the size of the graphic novels and comics section in the Dubai Mall's incredibly large book shop, Kinokuniya.

Nowhere in the Middle East is the region's newfound love for the geekier side of life more obvious than in the UAE. Last January, the Abu Dhabi Music and Arts Foundation hosted an event entitled *The History and the Future of Comics in the Middle East*. It was an education programme in the form of a panel discussion, featuring the likes of Marvel Comics editorial director Dez Skinn, Arabic comic *Gold Ring* writer Qais Sedki and ComicArts executive editor Charles Kochman. The discussion showed that, among other



FANS PUT IN PLENTY OF TIME AND EFFORT WHEN ATTENDING COMIC BOOK CONVENTIONS

things, the comic book scene in the region is really taking off, and has been brewing for a number of years.

And with huge events such as the MEFCC happening, the scene only looks to grow. Of course, it's not exclusively about comic books; rather it's for the growing new generation of artists, writers, filmmakers and fans to connect with and be around like-minded people, a prospect that was only previously possible by buying a flight ticket out to Europe or America in order to find an already established convention.

It's hard to place a finger on what's caused the scene to grow so much over the past few years. Perhaps it's the recent spate of comic book movies released by Marvel and DC, which have brought huge hits such as *Iron Man* and *Batman Begins* to much wider audiences. Or perhaps as the region begins to supplement the imported content with its own, home-grown content, more people begin to take notice. Either way, judging by the numbers and the obvious enthusiasm of the fans at last weekend's MEFCC, the comic book scene in the UAE is here to stay. ●

“An underground culture has been brewing for years, buoyed by the ever-increasing population.”

More exercisers are taking their fitness to the air these days, held aloft by technology borrowed from sources as far-flung as the space programme and the circus. Experts say that if you adhere to the learning curve, going anti-gravity can be just the thing to relieve overused joints and revitalise an earthbound routine.

Virtually everyone who runs regularly—whether competitively, for fitness or for fun—has gotten injured at some point. Running is stressful on your body, period. Originally built for Nasa to train astronauts, the Alter-G M300 treadmill encases your lower body in an anti-gravity chamber, allowing you to reduce the percentage of body weight that you carry in your steps.

If we remove a percentage of someone's body weight by altering the effect of gravity, we come up with a lot of different benefits for a lot of different populations. So marathoners can train for speed and endurance with reduced risk of injury, older adults can exercise with reduced pressure on their joints and the obese can work out unencumbered by their extra pounds.

Being on the anti-gravity treadmill allows the obese client to feel their target weight, what they'd feel like if they were nine, 14 or 18 kilograms lighter. First lessons on the Alter-G are supervised and clients get hooked easily because it's such fun. The closest thing to it is probably swimming, which is also a zero-to-minimal impact cardiovascular workout.

Wearing a pair of fitted compression shorts with a zippered skirt around the waist, users climb onto the anti-gravity treadmill and zip themselves into a plastic bubble



Did you know?

Participants in a USA study on Parkinson's Disease completed an eight-week session of twice-weekly G-Trainer workouts that focused on balance training, memory training and dual-task, aerobic treadmill training in which running was combined with another activity such as throwing and catching a ball or punching a boxing mitt. The initial results were impressive: The number of falls was down by more than 90 per cent; quality of gait increased by 50 per cent; and walking endurance rose by 25 percent.

If the down-to-earth work-outs are becoming a bore, perhaps it's time to look up for good fitness.

Gravity defying fitness

that surrounds the machine, thereby creating an airtight, pressurised enclosure around their lower bodies. By adjusting the amount of lifting force, users can reduce the amount of body weight on their legs and feet by as much as 80 per cent.

Anti-gravity exercises can be anything when you're physically suspended. Another hot anti-gravity trend turning the yoga world upside down is suspension yoga, with classes offered in major international cities in yoga studios and gyms. Using a specially designed silk harness, you can get the low-impact benefits of inversion therapy combined with yoga's emphasis on strength and flexibility, all while performing Cirque du Soleil-inspired stunts.

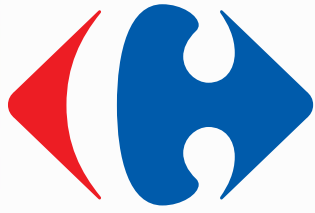
The goal is to bridge the gap between the performance and fitness worlds. Climbing silks, doing foot

locks and body wraps twice a week in lieu of resistance or weight training, definitely works the body hard. The mechanics of being in the air forces your core to work differently, but the focus of the work-out remains on the basic components of strength, flexibility and endurance.

Many women can't imagine doing a pull-up, but after this training, they will do a pull-up. Upper body strength will change.

Fitness experts say to look for more anti-gravity group fitness classes on the horizon to include aerial manoeuvres in lieu of weight or resistance training. Most won't contend that the aerial silks work-out is superior resistance training, but it might be more fun. It can't be stressed enough the enjoyment of the play. You'll feel like you're a circus performer. ●

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When lasers were first invented in the 1960s, the new technology, based on Einstein's theory of electromagnetic radiation, was dismissed by many as simply being "a solution looking for a problem".

However, opinions have changed rapidly over the last few decades and lasers are now recognised as having significant advantages over existing treatments. The precision that a laser offers has enabled surgeons to operate bloodlessly on the most delicate parts of the body with extreme accuracy. Laser technology has also had a huge impact on how cosmetic disorders can be rectified, which, in turn, has filtered through to the health and beauty industry in many ways.

Read. takes a look at some of the most widely-used forms of laser therapy out there.

Hair removal

A popular treatment, laser hair removal is a way in which unwanted hair can be removed with an intense, pulsating beam of light, which passes through the skin to the individual hair follicle. The intense heat of the laser damages the hair follicle, which inhibits future hair growth.

Although laser hair removal slows hair growth, it doesn't always guarantee permanent hair removal—periodic maintenance may be needed in the long term.

The lowdown on lasers

No longer the stuff of science fiction, modern lasers are used to treat a variety of conditions.

Laser eye surgery



Laser eye surgery has offered millions of patients from across the world freedom from glasses and contact lenses since its conception in the 1990s. The procedure is a fairly simple one; local anaesthetic drops are placed in the eye, then a flap is cut in the

cornea and folded back. The laser vaporises a portion of the middle part of the cornea then the flap is replaced. The patient's vision should—in ideal cases—be 20/20 within a couple of days.

Complications occur in less than five per cent of cases, however some people may have a problem with dry eyes following surgery. Laser surgery is also unable to cure age-related presbyopia, therefore older patients will often still require glasses for reading.

Skin resurfacing

Laser resurfacing is a popular treatment these days for reducing facial wrinkles and other skin irregularities, although it is important to remember that any laser treatment must always be carried out by a trained professional. The technique involves the use of short, concentrated pulsating beams of light, which remove skin very precisely, layer by layer.

The two types of lasers most commonly used are carbon dioxide (CO₂) and erbium. Each laser vaporises superficial, damaged skin cells and reduces any risk for the patient due to the fact the short pulses limit the



amount of heat absorbed by the skin. Laser resurfacing is an effective way to treat fine lines or wrinkles around the eyes, blemishes, or acne scars. However if a patient has active acne or very dark skin, the treatment may not be suitable.



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Beat the butterflies

There's no need to let anxiety or stress ruin a certain situation, particularly with these tips on how to beat it.

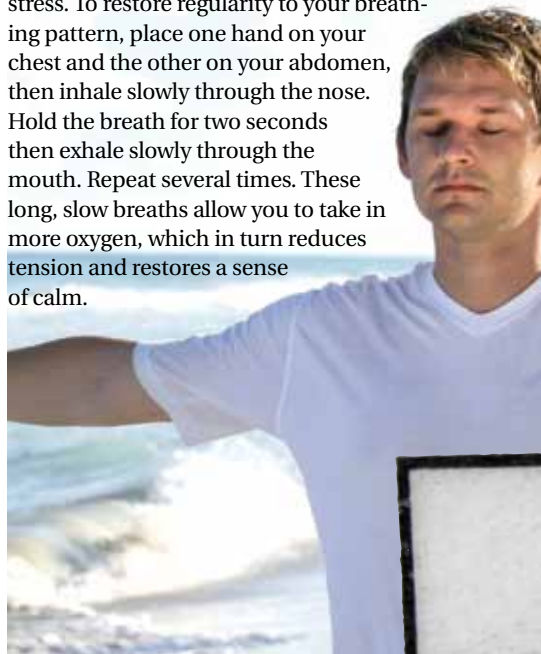
No one is entirely immune from nerves. According to author and motivational speaker Mathew Stern, even the most confident people are subject to anxiety symptoms when confronted with a daunting situation. Whether it's public speaking, exams or the first day of a new job, there is always something that brings on the familiar dry mouth, clammy palms and fluttering stomach sensations.

When kept under control, nerves can actually be beneficial, sharpening your focus and improving your performance through increased energy and enthusiasm. However, when the symptoms get out of hand and you can no longer keep the shakiness out of your voice, they can prevent you from performing to the best of your ability.

When this happens, it can help to know techniques to overcome the distracting signs of stress. *Read.* has gathered together a list of tips and techniques that can easily be carried out to help take the edge off.

Breathing exercises

Short, shallow breaths often accompany nerves and stress. To restore regularity to your breathing pattern, place one hand on your chest and the other on your abdomen, then inhale slowly through the nose. Hold the breath for two seconds then exhale slowly through the mouth. Repeat several times. These long, slow breaths allow you to take in more oxygen, which in turn reduces tension and restores a sense of calm.



Redirect your mind

When a nerve-wracking situation looms before us, we tend to build anxiety by dwelling on it. Sometimes, all it takes to keep the butterflies at bay is to take the pressure off by distracting yourself with something else. Try to refocus your mind on another activity, whether it's a work-out at the gym or a few episodes of your favourite series on TV. In the same way that the negative feelings from an argument can disperse after a good night's sleep, the tension built by dwelling on forthcoming events can ease when you take your mind off them for a short while.



Boost your confidence

Sometimes, all you need to face a challenging situation is a little boost to your self-esteem. Stand before a mirror and repeat positive statements about yourself or talk to a friend who can be relied upon to encourage you. Pretending to be confident is the next best thing to feeling it and, with enough repetitions, you can convince yourself that you really do have what it takes.



Don't fight it

Anxiety is a natural response to anything that instils fear in us, and sometimes, the best way to deal with nerves is simply to accept them. Instead of making nerves worse by worrying about how they will affect your performance, acknowledge their presence and observe how they are making you feel. Bringing nerves out into the open, rather than trying to pretend they aren't there, can make them easier to deal with and removes some of their power over you.

Heart rate control



One of the most common symptoms of nerves is an increased heart rate. This happens because anxiety releases adrenalin into the blood stream, making the heart race and sometimes feel as though it is missing beats (palpitations). Although this is perfectly natural and will not cause any physical harm, the effect on the mind can be distracting and unsettling just when you need to have all your wits about you. To slow it down, take long, slow, deep breaths and relax the muscles by performing progressive relaxation exercises. To do this, tense and relax your muscle groups, one at a time, starting from the feet and working your way through legs, torso and arms, finishing with the neck and head. Hold the tension for at least five seconds before relaxing for 30 seconds.

Be prepared

Nerves ultimately spring from uncertainty and fear, so one of the best ways of dealing with any nerve-racking situation is to make sure you prepare. Whether it's finding out all you can about the job you are interviewing for or putting in the extra revision hours prior to an exam, having an idea of what to expect and knowing that you have done all you can to prepare can make all the difference in those last, nail-biting moments.



A healthy lifestyle



Diet and exercise affect us physically as well as mentally, so it's important to pay extra attention to health and fitness in times of stress. Avoid stimulants like caffeine and sugar, which can cause anxiety and disrupt sleep, and exercise regularly to burn off adrenalin and help restore a sense of calm. Exercise also releases endorphins, the body's natural feel-good chemicals, which provide an instant mood boost.

Modern 1950s

This spring, designers are taking inspiration from all things 'Fifties and turning the classic trend into a modern mix-up of colour and fun. Be sure to choose elements that suit your look and figure. From poodle skirts, neck scarves, cat-eye glasses and button-up knitwear, there is something for everyone.

The bombshell

Thanks to Dolce & Gabbana, voluminous hair and the hourglass silhouette is back in full force. Cinched-in waists, straw handbags and fruit and vegetable motifs ruled the catwalk. For the perfect poster pin-up girl look like Sophia Loren, opt for tailored high-waisted shorts that create a feminine silhouette with matching knotted shirt. Pair with chunky wedges, cats-eye sunglasses and big hair for ultimate glamour.

RIVER ISLAND

Her

Designer favourites

While exuberantly feminine and undeniably ladylike, many designers introduced a twist to their collections, marrying notions from the 1950s with contemporary themes. Prada looked to *Grease*-style car culture as a counterpart to the sweet collection, complete with flaming cat-eye sunglasses. Nina Ricci turned to notions of purity for a very Grace Kelly-esque collection combining girly silhouettes with graffiti prints.

NINA RICCI

ROCHAS

The 1950s housewife

A high-waisted pencil skirt is one of those garments associated with 1950s imagery. Jil Sander's paisley print combo helps create that perfect hourglass shape. Pair a fitted pencil skirt in sea green with a fluffy sweater vest in candy pink for a feminine look.

TOPSHOP

CHRISTIAN DIOR

CAROLINA HERRERA

JILL SANDER

NEW LOOK

The youth of the 1950s fell primarily into two categories of fashion choice, commonly known as preppies and greasers. The preppy look, also known as Ivy League, was clean cut and often included either cardigan sweaters or letterman jackets.

College preppy

Designers have taken inspiration from decades past with this season's 'Fifties prepster look. Opt for a college, letterman-styled cardigan with a fitted t-shirt and chino trousers for a modern take on the trend.

TOPMAN

Him

1950s flair

If you don't want to don full-on 'Fifties flair like Sandy from *Grease*, opt for retro-styled pieces. Pair a fitted bustier or cute crop top with an embellished or patterned pencil skirt, or keep it simple with a pretty pleat dress in sorbet shades. Tight-fitted cropped trousers in summer's pastels look great with light-knit, embellished sweaters for an elegant casual look.

Grease lightning

Men's fashion trends in the 1950s were also influenced by the movies of the day. James Dean in *Rebel without a Cause* made blue jeans and white t-shirts a men's attitudinal fashion statement and fashion trend for younger men. Think skinny jeans, denim shirts and white vests. Whilst a leather jacket is a little too warm for this time of year, a denim shirt is the perfect supplement.

FASHION OPINION

HISHAM WYNE
COLUMNIST

Of malls and shades

We see you, sir. With the diamantes on your shades glistening softly in the low mall light. Behind those dark covers rest a pair of discerning eyes, never slow to appreciate a well-formed curve or a suitably short hemline. You look every inch a man of the world, sir. Until you take a left past Zara and crash into that palm tree. You hope no one has noticed, but you know it's far too late. All that mystique has irrevocably shattered, much like the lenses of your expensive aviators.

Some wars are bitter as old lemons in vinegar. And none, not even Beliebers taking on Justin haters, match the rancour surrounding the wearing of sunglasses indoors. On the one side are people who do wear sunglasses indoors; on the other, just about every other inhabitant of planet Earth.

Would it be wrong to presume the need for a direct positive correlation between sun and glasses? No sun, ergo no glasses. Sources of artificial light do not count. Places that offer limited exposure to sunlight are a grey area in the shade-wearing paradigm.

Admittedly, a true sense of fashion does not conform to the norm or just trawl the averages, but rebellion too requires taste and proportion. One wouldn't wear a snorkelling mask to a funeral. Hence, the next time you're tempted to wear shades while trawling indoor malls, do resist. Or, at the very least, watch out for that palm tree to the left of Zara.

"Places that offer limited exposure to sunlight are a grey area."



Talking tech at ArabNet

2012 marked the third installment of ArabNet, which brought together globally renowned experts, digital executives and entrepreneurs to discuss the latest trends and technologies for the web and mobile scenes. I had the pleasure of attending ArabNet 2012 as an official blogger and got access to some fantastic insights.

The conference was over a span of five superb days featuring panel discussions, specialised workshops, competitions, focused networking sessions, social activities and more. The first two days, entitled *Developer Days*, focused heavily on the mobile industry. Some of statistics shared included looking at mobile penetration globally, showing that 80 per cent of the world's population currently owns a mobile phone. Other numbers showed that there are currently five billion handsets globally, with 1.08 billion being smart phones.

This year also featured an industry day which focused on four major industries including healthcare, education, travel, and banking. I managed to attend the full day on travel, which had some fantastic panels and showed the growth of the region. It was also refreshing seeing regional entrepreneurs and home-grown projects. The forum days included talks from global social media monster SocialBakers.com with a focus on the Middle East.

The entire experience of ArabNet was fantastic and it is definitely not an event to be missed. 2012 will feature two more events in Cairo and Riyadh. Make sure you attend if you get the chance!

“Other numbers showed that there are five billion handsets globally.”

Dispelling the myth

With the recent Trojan virus outbreak, it's become clear that Apple computers are certainly not virus-immune.

Since the rise of the personal computer in the 1990s and the subsequent rise of Apple-made computers among a dedicated fan base, a certain myth has taken hold about the nature of Apple's highly celebrated products, thanks to plenty of heated debating over whether or not Apple's Macintosh OSX is better than Microsoft's Windows. Listen in to any one of these arguments, and it's almost guaranteed that the Mac fan will come up with one trump card—the idea that Macs are impervious to computer viruses.

Unfortunately for the Apple fans, though, this is not—and never was—true; the fact is that virus makers simply never bothered targeting Apple-made computers as much they targeted Windows ones. If we take as a given that the main aim of creating a virus is to gain personal information which can ultimately be used to steal money, then it stands to reason that creating a Windows-based virus, which can affect around 92 per cent of the world's computers, would certainly yield better results. Macs, on the other hand, make up little more than six per cent of the world's desktop market share, according to statistics from late last year.

But times are changing. Apple's market share has seen a consistent rise over the past decade. And the expense of its products means that Apple computers are usually bought by affluent people, who make ideal targets for virus builders looking to cash in on personal information. It's a question of quality over quantity, and it's been illustrated by recent reports that hundreds of thousands of Macs have been hit by a Trojan virus, designed specifically to harvest



THE TROJAN VIRUS HAS AFFECTED OVER 600,000 APPLE COMPUTERS

the personal information of their owners.

"The myth that Apple products are impervious to viruses is almost like a virus in and of itself," says technology writer Theresa Payton. "Only instead of infecting Apple products, it is infecting the way Apple users think about the product. This 'myth' continues to mislead Apple users into believing they are safe from viruses and there is no need for anti-virus programming."

The recent virus, known as the

92%

The estimated market share of Windows-based desktops in 2011, while Apple desktops accounted for just six per cent of the market.



Flashback Trojan, has made big news, given Apple's reputation for building seemingly immune computers. And it's been so far-reaching precisely because of the invulnerable mindset that Mac users have about their computers. Since the outbreak, Apple has released a security update, though anyone who has not yet installed it is still at risk. And what's more, some security experts have criticised the firm for its apparently slow reaction to the virus.

However, this is not to say that Apple computers are now more at risk than Windows-based PCs are. For the most part, security experts agree, the OSX system is more secure than, for example, the Windows 7 system, and all it takes to prevent the major threats is to take a few simple steps.

"Verify that your computer is pro-

tected by an anti-virus programme," advises Payton. "There are some free anti-virus programs available, such as iAntiVirus and ClamXav, however they are not considered as robust as the major companies such as McAfee, Intego, Norton and Symantec. Use common sense when surfing the web. Do not visit websites that are not known to be secure and do not download files or documents from an unknown sender."

This kind of advice is given to anyone using a PC, anyway. But the fact that it's now being given out to Mac users highlights the growing recognition that Macs aren't quite as impervious to viruses as their fans like to believe. As with anything, it comes down to common sense, particularly when the steps towards good protection are so easy to take. ●

Tech beat

SONY UNVEILS DEV-5 DIGITAL BINOCULARS IN UAE MARKET

Sony has launched the DEV-5, the world's first digital binoculars that has the capacity to record

Full HD video with stereo sound. Ideal for watching and capturing wildlife and sporting action in steady, sharply-focused close-up, Sony's new binoculars has a 3D record mode that captures the scene

as a thrilling stereoscopic video footage. Users can connect the binoculars via HDMI to any HD/3D TV for big-screen sharing. A USB terminal for transferring video clips to the PC for storing, editing and sharing is also provided. The DEV-5 is available for Dh6,999 at select Jumbo Electronics showrooms and other leading electronics retailers in the UAE.



ORACLE/GOOGLE TRIAL BEGINS

A trial over a lawsuit between Java developer Oracle and Google began last week. Tech giant Oracle has claimed that Google infringed on a number of its patents with the Android mobile operating system, and is claiming about \$1 billion (Dh3.67 billion) in damages, making this one of the largest technology lawsuits to date.

B-52 STILL GOING STRONG

Last week marked the 60th anniversary of the iconic B-52 Stratofortress bomber's maiden flight, with experts marveling at how the military aircraft is still used today. Not only this, the United States Air Force has stated that the Cold War-era jet could still easily be flying in the year 2040, thanks to its stunning capabilities.



A city of everything

Whether you're rich or poor, celebrity or nobody, Los Angeles has something for everyone.

Los Angeles is a city of many faces. In the trendy, macrobiotic cafés, beautiful people sip organic green tea, while nearby, a pizzeria dishes out enormous slices to hungry passersby. World-famous celebrities rub shoulders with penniless dreamers on the busy streets, where designer malls stand opposite ramshackle markets and exclusive restaurants roll out the red carpet next to grubby diners.

Illuminated by the glittering lights of Hollywood, LA is a city of dreams, where people come from all over the world to realise long-cherished hopes of fame and fortune. Optimism and ambition mingle in the air, and in the impossibly white-toothed smiles of friendly residents who never tire of telling you to have a nice day. The positivity here is infectious, and before long, you'll be cheerily wishing them a great afternoon back.

With so much going on here, it's hard not to have a great day. LA offers everything from the stylish and glamorous to the quirky and cheap, with a large dose of the surprising and extraordinary thrown in along

“LA offers everything, from the stylish and glamorous to the quirky and cheap.”





the way. One trip to Venice Beach on the west side of the city will yield enough of the latter to give you a taste of the colour and creativity of this eclectic place.

Three miles of sandy beach makes this one of LA's best places to come and catch the rays. But in LA, you go to the spa to tan, not the beach, especially Venice. The main reason to come here is simply to gawk at all the strange and wonderful things going on. The promenade is a virtual street circus, peopled by jugglers, acrobats, fortune-tellers, mimics and magicians and other assorted entertainers.

Wander through the crowds, past fortune tellers, hippy clothes stands and people with multi-coloured hair and pause to take in the extraordinary scene at Muscle Beach, where fanatic bodybuilders pump iron in a public show of strength before admiring onlookers. Stop for a bite at one of the vegan restaurants, watch a game of paddle tennis or simply find an empty bench and watch the eccentric world of Venice Beach go by.

For an entirely different, but equally surreal experience, spend the following day exploring Universal Studios, and experience the movies through eerily life-like sets, rollercoaster rides and special effects displays. Walk through the House of Horrors maze and jump as Frankenstein, Chucky and other horror movie characters leap out of the darkness and come face to face with King Kong in the world's largest 3D experience.

If anything, LA is even more colourful by night than it is by day.

When the sun sets, head down to Sunset Boulevard, home to many of the city's most famous clubs, including The Viper Room and Rainbow Bar & Grill. Stop for a bite on the terrace at the famous Chateau Marmont hotel, one of LA's most enduring celebrity hang-outs, or have a drink at the Sky Bar in the Mondrian Hotel and admire breathtaking views of the Los Angeles Basin.

For all of its city attractions, LA is also a paradise for nature and sports lovers. In the Santa Monica

Mountains, the high-rise towers and gleaming shopping malls give way to rugged hill trails, soaring peaks and plunging canyons. This is the LA of hikers, mountain bikers and action-adventure enthusiasts, where people come to escape the noise, glamour and excitement of the city below. Nearby is the famous Santa Monica Beach, where the chilled-out vibe of surfer-LA reigns supreme.

A day spent browsing the boutiques on Rodeo Drive and Melrose Avenue plunges you back into glamorous LA, while an afternoon exploring the mansion-lined roads of Bel Air and the Hollywood Hills reveals the LA of fame, fortune and celebrity. Taken as a whole, there are few adjectives that cannot be applied to Los Angeles. This is a city that can be anything you want it to be, a place where everyone fits in because there is, quite literally, an LA for everyone. ●

Other places to visit in LA

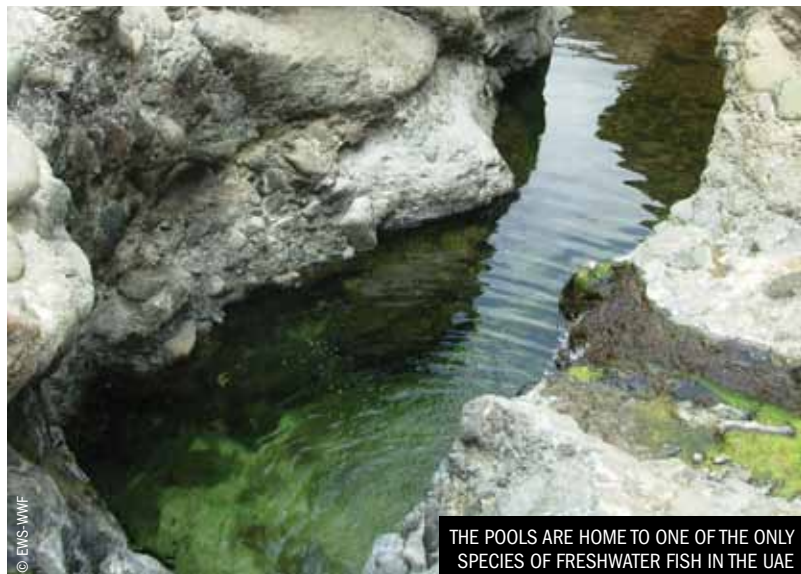
The Getty Centre
Walt Disney Concert Hall
Huntington Library
Runyon Canyon Park
Robertson Boulevard
Music Centre
Hollywood Walk of Fame
Grand Central Market
Petersen Automotive Museum
Hollywood Bowl



BEYOND THE HIGH-RISES LIE THE SANTA MONICA MOUNTAINS

The wilderness of Wadi Wurayah

For a chance to see the best of the UAE's natural wildlife, a visit to Wadi Wurayah is certainly in order.



THE POOLS ARE HOME TO ONE OF THE ONLY SPECIES OF FRESHWATER FISH IN THE UAE

LOCAL TRAVEL

Fujairah is well known for its picturesque wadis, but few places can beat Wadi Wurayah for outstanding natural beauty. Tucked into the towering Hajar mountains, this lovely spot became the first protected mountain area in the UAE thanks to the spectacular scenery and large number of animals that roam freely here.

It's a haven for animal-lovers. Among Wadi Wurayah's many animal inhabitants are the Arabian tahr and caracal lynx, both rare and endangered species. Some conservationists also believe this to be one of the last places in the UAE where the Arabian leopard, which hasn't been seen since 1995, still survives.

Botanists and other plant-enthusiasts will also find plenty to lure them here, with more than 300 species of plant adorning the rocky landscape. However, the crowning glory of all these natural riches is the scenic waterfall that rushes through the rocks and the crystal clear pools, home to the Garra Barreimiae fish, one of only two freshwater species found in the UAE.

To make the most out of Wadi Wurayah, you need to be prepared to expend some energy. The Wadi covers 129 square kilometres and many of the most attractive views and interesting sights can only be reached by hiking over rocky terrain and scrambling through boulders. The effort, however, will be well-rewarded.

Dead and Buried

Although the suspense in **Buried** is quite gripping, the substance, unfortunately, is not.

NEW RELEASE

Sometime around the mid 1980s, the phrase 'high concept' became intertwined with a certain type of blockbuster. Tom Cruise is a fighter pilot; Eddie Murphy is a cop in Beverly Hills; Arnold Schwarzenegger and Danny DeVito are twins.

It came to be frowned upon, spelling out a film's storyline on the poster and giving little beyond that. Yet, even before the age of Don Simpson and Jerry Bruckheimer, two men synonymous with the art, people were making high concept movies. And perhaps none did it better than Alfred Hitchcock.

Buried is the type of high concept film Hitchcock might have made, filtered through the B-movie mind of Larry Cohen, who did more than anyone to continue Hitchcock's obsessions. He just did it with movies starring the likes of Eric Roberts and Michael Moriarty, rather than James

Did you know?

- Ryan Reynolds is the only person we see in the flesh. All of the other performances are either voiceovers or recorded on his cell phone. The whole film is shot from the interior of the coffin.
- Samantha Mathis, who plays Paul Conroy's wife, previously starred in a film in which she is buried alive, called *83 Hours 'Til Dawn*.
- Seven coffins were used in the movie during the 17 days it took to shoot it in a Barcelona studio.

RYAN REYNOLDS

Stewart and Cary Grant.

Buried is a horror movie with delusions of moral grandeur set in 2006. One minute, the nightmare endured by Paul Conroy (Ryan Reynolds), a non-military truck driver in Iraq who is buried alive and held for ransom, is a pulse-elevating thriller that wants to prick your deepest terrors of claustrophobic confinement.

The next minute, it asks you to be outraged at the supposed indifference of American bureaucrats, whether government officials or private contractors, to their employees in the Middle East. In the movie's cheapest, most exploitative, gesture—just as it is about to run out



“With that gimmick, the movie sacrifices its last shred of integrity.”

of tricks—a snake slithers into the pine box in which Paul awakens bound and gagged, not knowing where he is. With that gimmick, the movie sacrifices its last shred of integrity.

The film begins in darkness; the only sign of life is the heavy breathing of Paul as he regains consciousness. Waking in a panic, he frees himself from his restraints, grovels to find a cigarette lighter and surveys his underground prison.

Discovering a phone with a full battery and a pen that he uses to scrawl numbers, Paul begins making calls—to his family, to his heartless employer, to the FBI and to the State Department. At a certain point, the device rings, and Paul's Iraqi captor demands \$5 million for his release,

then delivers a half-baked political diatribe.

The nastiest running joke concerns technology. Paul's efforts to communicate are stymied by poor cellphone reception, answering machines and inane voice mail. He is repeatedly put on hold and transferred. At moments of crisis, the wonderful gadgets that are supposed to make communication easier turn out to make it more difficult.

Reynolds has never been a deep actor, and the emotional demands of his role are beyond his range. The crude screenplay does him no favours. As much as he sweats, screams and curses, you never feel that he has grasped the core of a man in such desperate straits.

If you shrug off its pretensions, *Buried* works as a manipulative stunt that gets your adrenaline pumping. If, however, the aim is to be unpredictable and to revel in cynicism, you run the risk—realised here—that the movie becomes more an authorial statement of purpose than a story the audience can believe in. ●

REYNOLDS STRUGGLES TO GRASP THE CORE OF HIS CHARACTER



A-Z OF MOVIES

“E” is for Experimental



Known to some as “avant-garde” and to others as “underground”, there is a distinct genre of film known as “experimental” that exists solely to further and explore the process of filmmaking. Usually made by artists who operate outside of the commercial mainstream, experimental films are usually made cheaply with very low budgets. They frequently contain non-linear approaches to storylines, radical filmmaking techniques, and a blatant disregard for the cinematic status quo.

“They frequently contain a blatant disregard for the cinematic status quo.”

The world of experimental film is so vast and unique that it can be next to impossible to pin down which films qualify as part of the genre. If a mainstream Hollywood film uses new or bizarre camera techniques, does that make it experimental? Does a film have to be made on a nearly non-existent budget for it to qualify as experimental? Does an experimental film need to be made by an underground artist?

However, there are certain films that have been widely embraced as pinnacles of the genre. The problem is wondering if there are any new tricks that can be considered experimental. Everything we see is a reimagining of something like *Wavelength* (1964), *A Movie* (1958) or *L'Age d'Or* (1930), which started the trend for using found footage in the cinema. If you're searching for a new twist, look to the past for your inspiration.

Bollywood news



Kapoor feeling flush

Kareena Kapoor's films may be a flop but her pay cheques continue to pour in. The actress has bagged an endorsement deal of Rs5 crore for a beverage brand. She now has 16 brands in her kitty including the latest one, easily making her the most sought-after face in the ad space amongst the Indian actresses.

Secret to success

Akshay Kumar may be seen just as an entertainer, but he has got his finger on the pulse. He says the sure-shot success mantra is to either make your own film or go for profit-sharing. “I have a very simple solution—make your films, because when you make your film, you will not include your remuneration and it takes off the burden from a film.”



Nothing boring

Priyanka Chopra has stated that she rarely feels bored and angry, saying, “I only get bored when I am ready to shoot and have to wait for the set to be ready, but even then there is something going on with me. Anger is something that you can vent out only on people who are very close to you.”

Listings

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



MOVIE GUIDE

Grand Cineplex - Wafi

Battleship - 10:30, 11:30, 12:00, 13:00, 14:00, 14:30, 15:30, 16:30, 17:00, 18:00, 19:00, 19:30, 20:30, 21:30, 22:00, 23:00, 00:00, 00:30
Cabin In The Woods - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
House Full 2 - 10:00, 11:30, 13:00, 14:30, 16:00, 17:30, 19:00, 20:30, 22:00, 23:30
The Hunger Games - 17:40, 20:30, 23:20
The Lorax - 11:00, 13:00, 15:00
Margin Call - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
My Summer Vacation - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Outback (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Street Dance 2 (3D) - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Tactical Force - 20:00, 22:00, 00:00
Vicky Donor - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Megaplex - Ibn Battuta

A Thousand Words - 11:00, 13:50, 15:50, 17:50, 19:50, 21:50
The Awakening - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Battleship - 10:30, 11:30, 12:00, 13:00, 14:00, 14:30, 15:30, 16:30, 17:00, 18:00, 19:00, 19:30, 20:30, 21:30, 22:00, 23:00, 00:00, 00:30
Cabin In The Woods - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Cobra - 12:30, 15:30, 18:30, 21:30,

23:00, 23:50, 00:30
The Cold Light Of Day - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Fly Paper - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
House Full 2 - 10:30, 13:30, 16:30, 19:30, 22:30
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
Margin Call - 11:30, 13:45, 16:00, 18:15, 20:30, 22:45, 00:50
Mirror Mirror - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Mission: Impossible 4 - 21:10, 23:50
My Summer Vacation - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Outback (3D) - 11:00, 13:00, 15:00, 17:00, 21:00, 23:00
Pirates: Band Of Misfits - 11:30, 13:30, 15:30
Rampart - 12:10, 14:20, 16:30, 18:40, 20:50
Street Dance 2 (3D) - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Tactical Force - 17:30, 19:30, 21:30, 23:30
Vicky Donor - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Cinemas - Festival City

A Thousand Words - 17:10, 19:20, 21:30, 23:40
Battleship - 10:30, 11:10, 12:00, 13:00, 13:40, 14:30, 15:30, 16:10, 17:00, 18:00, 18:40, 19:30, 20:30, 21:10, 22:00, 23:00, 23:40, 00:30
Cabin In The Woods - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
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 - 11:00, 13:00, 15:00
Margin Call - 11:15, 13:45, 16:30, 19:10, 21:20, 23:50
My Summer Vacation - 11:30, 13:30, 15:30, 17:45, 19:45, 21:45, 23:45
Outback (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Street Dance 2 (3D) - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Tactical Force - 20:00, 22:00, 00:00

Grand Cinecity - Al Ghurair

Battleship - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
Cabin In The Woods - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Cobra - 11:00, 14:00, 17:00, 20:00, 23:00

House Full 2 - 10:30, 13:30, 16:30, 19:30, 22:30
The Hunger Games - 17:40, 20:30, 23:20
The Lorax - 11:00, 13:00, 15:00
Outback (3D) - 10:00, 12:00, 14:00, 16:00, 18:00
Tactical Force - 20:00, 22:00, 00:00
Vicky Donor - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Grand Mercato

Battleship - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00
Cabin In The Woods - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
House Full 2 - 11:00, 14:00, 17:00, 20:00, 23:00
The Lorax - 10:50, 13:00, 15:10
Margin Call - 17:20, 19:30, 21:40, 23:50
My Summer Vacation - 18:00, 20:00, 22:00, 00:00
Outback (3D) - 10:30, 12:30, 14:30, 16:30, 18:30
Street Dance 2 (3D) - 20:30, 22:30, 00:30
Tactical Force - 10:00, 12:00, 14:00, 16:00

Vox Cinemas - Deira City Centre

Battleship - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00
Cabin In The Woods - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Cobra - 11:30, 14:30, 17:30, 20:30, 23:30

House Full 2 - 10:15, 12:30, 13:30, 15:45, 16:45, 19:00, 20:00, 22:15
The Hunger Games - 11:15, 14:15, 17:15, 20:15, 23:15
Margin Call - 12:30, 17:00, 21:30
My Summer Vacation - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Outback (3D) - 10:15, 12:15, 14:15, 16:15
Titanic (3D) - 18:15, 22:00
Vicky Donor - 12:00, 14:45, 17:30, 20:15, 23:00
Wrath Of The Titans - 10:15, 14:45, 19:15, 23:45

Vox Cinemas - Moe

A Thousand Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Battleship - 10:00, 11:45, 12:30, 14:15, 15:00, 16:45, 17:30, 19:15, 20:00, 21:45, 22:30, 00:15
Cabin In The Woods - 10:00, 12:00, 14:00, 16:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:00
The Hunger Games - 10:00, 12:00, 13:00, 15:00, 16:00, 18:00, 19:00, 21:00, 22:00, 00:00
Margin Call - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
My Summer Vacation - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Outback (3D) - 10:00, 12:00, 14:00, 16:00
Pirates: Band Of Misfits - 11:00, 13:00, 15:00, 17:00
Street Dance 2 (3D) - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Titanic (3D) - 18:00, 21:45

Vox Cinemas - Mirdif City



STREETDANCE 2

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



BATTLESHIP

Centre

A Thousand Words - 13:45, 18:45, 23:45

Battleship - 10:15, 12:00, 12:45, 14:30, 15:15, 17:00, 17:45, 19:30, 20:15, 22:00, 22:45, 00:30

Cabin In The Woods - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

The Hunger Games - 10:45, 15:45, 20:45

My Summer Vacation - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Outback (3D) - 10:00, 12:00, 14:00, 16:00

Street Dance 2 (3D) - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

Titanic (3D) - 18:00

Wrath Of The Titans (3D) - 21:45, 00:00

Reel Cinemas - Dubai Mall

Battleship - 11:00, 11:30, 13:30, 14:00, 14:30, 15:30, 16:00, 16:30, 17:10, 18:00, 18:30, 19:00, 20:00, 20:30, 21:00, 21:30, 22:35, 23:10, 23:30, 00:05

Cabin In The Woods - 12:10, 14:15, 16:20, 18:25, 20:30, 22:35, 00:40

Carnage - 14:00

Fly Paper - 14:10, 16:05, 18:05, 20:05, 22:05, 00:05

House Full 2 - 14:40, 17:50, 21:00, 00:10

The Hunger Games - 15:00, 17:55, 20:50, 00:05

John Carter - 14:05, 16:50, 19:35,

22:15, 00:55

The Lorax - 11:40, 13:45

Margin Call - 14:15, 16:45, 19:15, 21:45, 00:15

My Summer Vacation - 11:45, 13:50, 16:00, 18:10, 20:20, 21:05, 22:30, 23:05, 00:40, 01:05

Outback (3D) - 11:10, 13:20, 15:30

Pirates: Band Of Misfits - 11:05, 13:05, 15:05, 17:05, 19:05

The Raven - 11:30, 14:00, 16:30, 19:05, 21:35, 00:15

Street Dance 2 (3D) - 11:20, 13:20, 17:40, 19:30, 23:55

Titanic (3D) - 20:30

Vicky Donor - 15:30, 18:00, 21:10, 00:30

Wrath Of The Titans - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30

Reel Cinemas - Marina Mall

Battleship - 11:00, 12:30, 13:30, 15:00, 16:00, 17:30, 18:30, 19:30, 20:00, 21:00, 22:00, 22:30, 23:30, 00:30, 00:55

Extremely Loud - 12:10, 14:50

Pirates: Band Of Misfits - 11:05, 13:15, 15:25, 17:30

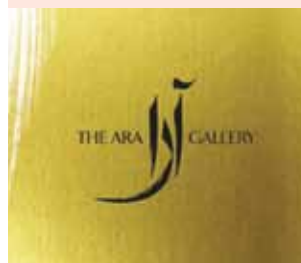
Project X - 11:15, 13:25, 15:35

This Means War - 17:45, 19:55, 22:05, 00:20

Wrath Of The Titans - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:40

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Art 4 Sight

Art 4 Sight is Dubai's only charity art auction and exhibition dedicated to restoring the gift of sight.

Date: April 22 - 23

Duration: 2 days

Timings: 10am - 10pm

Audience: Public

Category: Arts and culture, charity, exhibition

Venue: The Ara Gallery, Burj Plaza, Downtown Dubai

Admission: Free admission

Telephone: 800 633

Dubai International Conference for Awqaf



The Dubai International Conference for Awqaf highlights the best practices and experiences in the field of endowment funds.

Date: April 22 - 23

Duration: 2 days

Timings: 9am - 6pm

Audience: Investment executives, professionals

Category: Conference

Venue: The Ritz Carlton, DIFC

Admission: Free admission

Telephone: 04 280 8888

Photoworld Dubai 2012

The Middle East's top digital and imaging show comes to town.

Date: April 25 - 27

Duration: 3 days

Timings: 11am - 8pm

Audience: Trade professionals

Category: Exhibition

Venue: Dubai World Trade Centre

Admission: Attendance to the workshops is free

Telephone: 04 282 4737



Johnny Lever and Shakil Siddiqui - Live in Dubai

Enjoy an evening full of laughter with Johnny Lever and Shakil Siddiqui.

Date: April 27

Duration: 1 day

Timings: 8:30pm

Audience: Public

Category: Music

Venue: The Indian High School

Admission: Tickets with free car parking: Dh500, Dh350, Dh250. Regular tickets: Dh150, Dh75. Free entrance for children below the age of 6 years accompanied by an adult.

Telephone: 04 337 3724



Sharmila Dance Extravaganza 2012

Sharmila's explosive and highly entertaining dance show is back.

Date: April 26 - 28

Duration: 3 days

Audience: Public

Category: Entertainment, music

Venue: Centrepoint Theatre

Admission: Ticket prices: Dh140 stalls, Dh100 balcony

Telephone: 04 341 4777 Ext. 209



The word opulent seems to have been created for the Bentley Mulsanne. It's hard to actually figure out what it is that makes this car special, until you stop for long enough to realise that it isn't any one particular thing. It's a combination of a huge number of small things that make this car feel like you've really reached the very top of the tree.

There are, of course, many other words that can be used when talking about Bentley's flagship model. You could use "huge", "extravagant", "bespoke" and "tactile", which all

spring neatly to mind. Whichever you choose, they simply don't apply to many other cars on the planet and certainly not with just one car.

On the outside, the styling is certainly striking. Other drivers could never claim that they didn't see you coming. The high waistline gives it a really solid look and the large round front lights hark back to the Bentleys of old, which is a nice touch. The Mulsanne is certainly less radical than its competitors, but also grand enough to make quite a statement.

The huge front grill is actually metal, rather than coated plastic, and the Bentley name is ringed inside the big headlights. Around the back, the



SPECS
(as tested)
Engine: 6.75-litre V8 twin-turbocharged
Power: 505hp@4,200 rpm
0-100km/h: 5.3 seconds
Top speed: 296 km/h
Price: From Dh1.3 million

Royalty on wheels

The Bentley Mulsanne offers the rare feeling of being right at the top.

car is somewhat smoother, with a rounded lower rear. Whichever side you approach it from, it's a solid-feeling machine, seemingly carved from a single piece of granite. Even the door handles are made of solid metal, rather than the flimsy items attached to most other cars.

Bentley's rival, Rolls-Royce, was always a car to be driven in, whilst Bentley was firmly in the to-be-driven category. But with the Mulsanne, most people would be more than happy sat in the back. There are simply acres of leg room and deep plush carpets to sink your tired feet into. Add to that some of the most comfortable seats available and you've got what is basically a very nice mobile gentlemen's club.

The rich feel is helped by what appears to be a forest of actual wood (you won't find any wood-effect plastic in here) ringing the cabin. It crosses the dashboard, runs down the sides and across the rear parcel shelf in a range of veneers of your choosing. But even more incredibly,

it is matched by splitting the veneers, so if you look at the pattern in the wood on the driver's door, it's the same as the pattern on the passenger door. Now that's attention to detail.

On the road, it feels as big as it looks. Amusingly, it's so long that the front appears to turn before the cabin, making you tend to swing it around bends. Parking it would be a nightmare if it weren't for the on-board parking sensors.

6.75

The size, in litres, of the Mulsanne's V8 engine.



THERE ARE ACRES OF LEG ROOM IN THE BACK



THE STYLING IS STRIKING AND IMPOSING

This is a very heavy car and needs a bit of a shove to get it going. However, once on the move, the six and three-quarter-litre V8 effortlessly pushes the Mulsanne along at quite a pace. It's deceptively quick and really can move when given a crack of the whip.

But weight can't be completely compensated for and in the corners the Mulsanne does wallow and pitch. It's simply impossible to have hard enough suspension for sports car handling and still have a smooth ride for the occupants, but Bentley does seem to have found a happy medium.

In all, this car is automotive aristocracy and everything about it screams quality. If you want a sporty drive, buy a Continental GT. But if you want to gobble up huge miles in effortless comfort, then short of a private jet, the Mulsanne really is the only way to travel. ●



And then there were four

Europe's best teams make their final push for the last remaining rounds of the Champions League.

FOOTBALL

The **semifinal** round of the UEFA Champions League is here and you couldn't make up a more motley crew of squads.

The new-look Chelsea from England's Premier League might be overshadowed by their three competitors, but that will only allow them to take on La Liga's Barcelona and perhaps stop them from capturing their third piece of Champions League silverware in four years.

Real Madrid, La Liga's other team left in the tournament, are more polished than Cristiano Ronaldo's hair, but how well will they match up with the well-oiled machine that is Bundesliga's Bayern Munich?

In spite of results from the first leg



last week, Bayern Munich will come out of the gate much fresher ahead of the deciding second leg, and be absent from the pressure of having had to play a tough league opponent just days earlier.

Barcelona are the overwhelming favourite by many, not only to win the semifinals, but to take home the Champions League silverware in May. Barca are notorious for starting matches quickly and, sadly for Blues fans, Chelsea are not.

With potentially only 90 minutes of football to decide this year's finalists, each player will know they're only one fluke or one bad refereeing decision from European football's showpiece, where a great performance could all but guarantee a spot on their national team's plane to Euro 2012.



FOCUS ON YOUR WORK TO IMPRESS

Adapting to your new role

With a few helpful hints, moving from one job role or company into another doesn't always have to be daunting.

CAREER ADVICE

Moving to a new job can be quite challenging and daunting. You will be going to a new position, not knowing the kind of boss or colleagues you might face or the type of environment you might have to work in. Some companies may use the interview to brief potential candidates about their corporate culture, their policies and their work environment. However, you will not be able to fully understand the whole picture until you are actually put in the situation. Akhtaboot presents a number of helpful tips to help you adapt to your new environment.

Prepare yourself for your first day

Your first day will for sure leave an unforgettable impression on your co-workers and your boss. Start by getting a good night's sleep in order to be well rested for the next day. Arrive to work ahead of time to show that you are organised and punctual. Dress the part, as people often judge you based on the way you look. No matter how professional and experienced you think you are, many people

will think less of you when you do not dress professionally.

Concentrate on your work

A great way to adapt to your new environment is by doing what you do best; work. Your colleagues will come to respect and admire you when they acknowledge that you are a well experienced, skillful person—they may even come to you for help in some areas where you are more knowledgeable than they are. Nevertheless, no one expects you to know everything, therefore don't hesitate to ask ques-

“Spend the first few weeks observing and listening to your colleagues and managers in order to figure out the best way to function.”

tions when you feel there is a need to do so. People usually like to help others and it generally makes them feel good about themselves.

Listen and observe

Each organisation differs in the way co-workers interact with one another and the way employees communicate with their managers. Therefore, spend the first few weeks observing and listening to your colleagues and managers in order to figure out the best way to function. By doing this, you may save yourself from making a public mistake. Do not try to impose new ideas and suggestions until you feel that the company has accepted you and that you

fully understand the way they work. Otherwise, any comment from your side would be perceived negatively.

Make friends

Making friends might not always be easy; it actually depends on the culture of the organisation and on your own personality. If you have a shy personality then you need to sharpen your people skills to actually get along. Be friendly, smile as much as you can—even to people who you don't know—and initiate discussions about interesting topics. If you find resistance then stop trying too hard. Give it a break until your colleagues approach you.

People prefer to stay in their comfort zone by staying in one company for many years and building upon their experience and seniority. Yet, if you feel unhappy, bored or unchallenged in your current job then you should realise it's about time to start thinking about changing it. No matter how challenging the transition period may be, don't allow it to stop you from seizing new opportunities. Believe in yourself and follow the above tips in order to be able to start a new and exciting chapter in your life. ●



LISTEN TO YOUR COLLEAGUES

JOBS AVAILABLE

Salesman required for an insurance sales company, the largest business group in the UAE. Employment visa will be provided. Fixed salary + commission. Send CV to shaju.george@alfuttaim.ae.

Bike messenger required for a full-time job. Education up to intermediate level is a must. Should have good English and Hindi communication skills. Send CV to Muhammad.junaid@transtech.ae.

A **PRO** is urgently required for a group of companies based in Dubai. Should have at least 5 yrs experience. Indicate visa status, salary expectation and notice period. Send CV to aj.humanresource@gmail.com.

Forex & Futures Traders specialists in Forex, Futures, equities & commodities required for an investment company in Dubai. Only applicants with broker's trading statements (at least 6 months) may apply. Salary would depend on experience. Send CV to aj.humanresource@gmail.com.

Hotel staff urgently required for a 4-star hotel. Should have 2-5 yrs experience in hotel hospitality. Must be fluent in English. Preferred nationalities: Indians, Filipinos, Africans, Russians, Sri Lankans. Any gender. Free travel + accommodation + food provided. Positions available: Housekeeping, F&B services, front office. Send CV to prshotel.jobs@gmail.com.

Working partner required for a general trading company who is ready to invest. Call 0505053235.

Male inventory controller required. Should have experience in any trading industry dealing with FMCG/consumer electronics goods with export/import functions. Good remuneration offered. Send CV to Zakir@tpcdubai.com.

Filipino/Malayalam barber is urgently required for a big beauty salon for gentlemen. In Al Qusais, Dubai. Call 05555813478.

Experienced marine safety technician required for a Marine Trading Company. Should be knowledgeable in servicing life raft & fire extinguishing. Send CV to info@sphinxmarine.ae/Fax 067482764.

Administration assistant required. Should have good IT skills. 1-2 yrs of work experience. Send CV to reeftrdg@yahoo.com.

Administrative assistant/receptionist required for an IT company in Tecom. Female candidates on husband's visa only. Should have good knowledge in computers. Fluency in English is a must. Send CV to b.career@ymail.com.

JOBS WANTED

Indian male seeks job as a part-time accountant in Deira, Clock Tower, Dubai. Call 0556946437.

Male seeks job in IT/Network administration. 2 yrs experience. Knowledgeable in hardware & networking, ADSL router, network printer installation. On visit visa. Email mansoor.husain57@yahoo.com/call 0555450290.

Indian male seeks job in system/network admin. 3+ yrs experience. On residence visa. Call 0558573201/email dondbk@gmail.com.

Male, 27, MA graduate seeks job as admin assistant/cashier/salesman. 5 yrs experience. Knowledgeable in computer software. Fluent in English and Hindi.

On visit visa. Call 0553247618/email thapabiren07@gmail.com.

Nepali male, 26, BBS, seeks job as an admin assistant/cashier/salesman. 5 yrs experience. Knowledgeable in computer software. Fluent in English and Hindi. On visit visa. Call 0553249588/email np_santosh@yahoo.com.

Male, MBA/finance seeks part-time job as an accountant. 10+ yrs experience in the accounting field. Call 0505863167.

Pakistani male, 33, MBA/BBA seeks job. 5 yrs experience in customer service/management/ administration/accounts & marketing. Call 0553288914.

Male, B-tech electronics engineer seeks job. Call 0558443510.

Male seeks job in the accounting and auditing field. 6 yrs experience. Knowledgeable in all types of computer software including Quick Book, Peachtree/Tally and Microsoft Office. Call 0567089672/email fawady123@yahoo.com.

Indian male BCom graduate seeks job. Have experience in Accounts. Computer literate, fluent in English. On visit visa. Email mohammed.rijin@gmail.com/call 0556203505.

Pakistani male, 23, seeks a part-time evening job in Dubai/Sharjah (Rolla area). 4 yrs experience. Familiar with Microsoft Office. Call 0552655191/email umi.jutt@live.com.

Indian female, PG in Journalism seeks full-time job. 4 yrs experience in the PR field in India. On family visa. Call 0558648014.

Bangladeshi male, 30, MBS in accounting seeks job. 5+ yrs experience in accounting. Can join immediately. Call 0557974708.

Indian male seek job in sales/marketing/cleaning/office chores. 2 yrs experience in the sales field. Call 0501703508.

Pakistani manager seeks job. 15+ yrs experience in import/local trading. Dealt with army and government organisations. Email mjavidmalik@gmail.com/call 0555660120.

Male seeks part-time job. Proficient in all kinds of graphic design and 3D visualization. Call 0555731512.

Indian male seeks job as a driver. Knowledgeable in Arabic, English, Hindi, Tamil, Malayalam and Kannada. 2+ yrs UAE driving experience. Call 0553376435/email burjmail@gmail.com.

Indian male, 26, BBM (finance)/Diploma in accounting, seeks job as an accountant/accounts assistant. 5+ yrs experience. Familiar with computers and accounting software. On visit visa. Call 0557510786/email adhilham@gmail.com.

Qualified professional accountant seeks job. 17+ yrs experience in auditing and accounting. Call 0501078937/Email homeindxb@gmail.com.

Male, 27, BCom seeks job. 3+ yrs experience in marketing. Owns valid UAE driving licence. Fluent in English, Urdu, Hindi and Punjabi. Call 0501434390.

Indian female, MCA holder seeks job as a teacher. 2+ yrs experience. Knowledgeable in computer packages and software. Proficient at creating applications using C, C++, HTML, Java. Email sangetha.m.nbr@gmail.com.

ACCA qualified professional accountant seeks job. 2+ yrs experience in accounting and finance. Call 0554029021.

MISCELLANEOUS

Personal Loan: Salary transfer loan, PDC loan, auto loan. Required salary 5K. Call 0558241991.

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

Pakistani readymade Salwar Kameez and pieces available at very good rate. Call 0508612989.

The best Asian & European travel packages and tours. Low prices. Call 0503958637.

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

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

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

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

AUTO

Looking for a good car, costing around 10,000AED. Email emadst@yahoo.com.

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

ITEMS

Used HP Elite book laptop available for sale. 2GB Ram, 160GB HD. In very good condition. For 1,299AED. Call 0557864477.

Used Dell 15.1in laptop available for sale. 1GB Ram & 40GB HD. In very good condition. For 549AED. Call 0557864477.

Items for sale: Acua-Life & Acua-Pointer therapy devices for joint pain, back pain and heart patient available for sale. Call 0556371994/email zeenatcare786@hotmail.com.

All types of used laptops available for sale at a business company. Items are all in good condition. Call 0552683258.

Brand new Italian wooden parquet (about 600 sqft) available for sale. Low price only. Call 0503958637.

Used computer available for sale. Comes with camera and headset. Starting from 550AED. In good condition. Call 0509815607.

LG washing machine (6.5kg) fully automatic available for sale. Top loading & very good condition. Call 0551943985.

Brand new watch "Bernhard H Mayer limited edition" available for sale. At a good rate. Email rajeshpnair25@gmail.com.

SERVICES

Maintenance services available. From electrical to plumbing repairs, in Dubai. Call 0551595093.

Computer networking & repairing services available. Just for 200AED per visit. Call 0557414116.

Car lift services available. For ladies only. Starting from Mirdif to Warqa. Also available during school hours. Call 0503860477.

Tutoring lessons available in all subjects (including Arabic). In Deira, Dubai. Classes starting from KG2 to grade 6. Call 042365950.

Tutoring lessons available in Sheikh Rashid Colony, Qusais. Classes starting from 1 to 8th standard. CBSE students. Email ryanashafeeq@gmail.com.

Home tutoring lessons available in graphic design. Including animation, 3D visualization and much more. Call 0555731512.

PC desktop/laptop repair services available. We install and navigate desktop and software performance. For 50AED only. Call 0509815607.

Tutoring lessons available in Mirdif/Al Warqa area. Courses in math and science for British, American and SABIS curriculum. Well trained UAE teacher. Call 0554226740.

Home tutoring lessons available. Courses in math & science for CBSE/ ICSE/O-LEVEL. Classes I-X. Call 0552047190.

Tutoring lessons available for all commerce subjects - accounting, business and economics. Compatible with CBSE and IGCSE syllabuses. Near Dubai Airport Free Zone metro station, Ghusais. Call 0553743578.

Pimples/blackheads/whiteheads extractor available. For 20AED per session. Call 0551283493.

Tutoring lessons available in Deira, Dubai by an experienced Hindi teacher. Classes from grade 1-10. Call 0566502570.

ACCOMMODATION

Bed space available for rent. Filipinos only. Near Dafza metro station, in Al Twar 1. Al Qusais. For 650AED including DEWA. Internet is also accessible. Call 0552597528/0556039093.

Shared accommodation available for rent. Indian executive bachelors/working couple only. Near Al Ras metro station, Gold Souk. Call 0508565932.

Flat wanted: Furnished studio/flat for a family. 15 days only. In Karama/Gardens/Jebel Ali. Beginning of April 15 to the 30th. Call 0559940340.

Room/bed space available for rent. Arab nationals only. In Baniyas Square. Near Day to Day market. Call 0509954979.

Bed space wanted: Senior Kerala Christian, looking for a clean bed space in Satwa, Al Quoz, Al Barsha area. For 500AED including DEWA & Wi-Fi. Call 0508027470.

New shared flat available for rent. For business or professional individuals only. Semi-furnished: comes with bed, bedsheets, washer/dryer machine, cooker, etc. 2 beds in bedroom. Near markets, restaurants, mosques, etc. Next to metro station/bus stop. Rent includes DEWA/internet. Call 0558753472.

Bed space available for rent in brand new flat. Executive Muslim bachelors only. Near Clock Tower, DNATA area. Call 0505975474.

Shared accommodation available for rent. In a clean and quiet location, In Al

Rigga. Walking distance to metro station. For 1,300AED, DEWA not included. Free Wi-Fi. Call 0502100388.

Fully furnished showroom/office with partial parquet flooring available for rent/sale at the Moroccan Cluster 1-14, shop # 2. Call 0505052325.

Bed space available for rent. Bachelor, couple only. In Satwa, near Almayya. W/E free. Call 0556932581.

Partitioned room available for rent. Filipino ladies only. Near Jesco supermarket, Al Baraha. For 1,050AED including DEWA & Internet. Call 0501619265.

Bed space available for rent in clean flat. Near fish roundabout. Includes washing machine, internet and Wi-Fi. Call 0567821330.

Executive bed space available for rent. Kerala Muslim bachelors only. In Rashidiya, Dubai. Call 0559267292.

Bed space available for rent. Indian executive bachelors only. Near Bur Dubai, Al Ghubaiba metro station. Rent for 650AED. Starting from April 1. Call 0555366740.

Shared accommodation available for rent. Spacious master bedroom. With attached bathroom and cupboards. Christian couple only. In Lulu Village, Ghusais. Call 0552634810.

Bed space available for rent. Keralite executive bachelors only. Starting from April 15. Internet and Wi-Fi also available. Attractive rent. Call 0567821330.

Bed space available for rent. Both genders acceptable. Filipinos only. Rent for 450-500AED. Free DEWA & TFC. Shared Wi-Fi. Opposite Union metro station. Facing Al Ghurair Center. Call 0552457706.

Shared accommodation available for rent. Indian Keralite females only. Rent for 1,000AED + DEWA including all facilities. Behind Lulu Hypermarket, Karama. Walking distance to metro station. Call 0556360637.

Studio wanted: Studio/1 BHK required near Abu Hail metro station or Al Qusais. Call 0559451859.

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

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

Shared accommodation available for rent. Executive Indian bachelors only. Behind Millennium Plaza Hotel, near Emirates metro station SZR. For 500/-AED + DEWA. Call 0502674594/0508787695.

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.

RTA makes community visits

Strategic Planning Department team visits Dubai Autism Centre and cancer-stricken children in hospital.

CAUSES

A team from the Strategic Planning Department at the RTA recently visited the Dubai Autism Centre and cancer-stricken children at Dubai Hospital as part of its community-oriented initiatives aimed at bolstering the links between these patients and various entities in Dubai, particularly those concerned with community issues. The overall objective of the visit was to garner support, be it moral or material, for those individuals in a bid to enhance the quality of services offered to them, and better identify their pressing needs as well as endeavouring to satisfy them.

Nasir Hamad Bu Shehab, Director of RTA Strategic Planning, said, "Such initiatives stem from our keen attention on establishing effective communication and interaction with these external bodies, particularly if they communicate noble messages related to community issues. The department has therefore opted to communicate with the Dubai Autism Centre and cancer-stricken children at Dubai Hospital in support of the ceaseless



THE RTA'S STRATEGIC PLANNING TEAM AT THE DUBAI AUTISM CENTRE

efforts made to ensure their welfare, extend all possible cooperation needed by these two categories and urge donors to renew their unlimited support to these sufferers.

"Our visit to cancer-stricken children at Dubai Hospital is a testament to our social responsibility towards supporting this segment, and reflects the sort of tangible assistance we can manage in a bid to alleviate their pain and suffering. It also comes in the

"Such initiatives stem from our keen attention on establishing effective communication and interaction."

context of our efforts to raise the community awareness of cancer, preventative measures to be taken, and how to cope with the victims," he added.

Bu Shehab noted that the visit "echoes our attention to shed light on autistic children and raise the community awareness of this growing plight, with particular emphasis on the huge role of the community in boosting the confidence in the victims of this disease."

RTA offers advice to Sports Council

DELEGATIONS

A delegation from the Dubai Sports Council has applauded the pioneering practices and excellent model of customer services adopted by the RTA, which was instrumental in achieving high performance and improvement levels, and yielded a package of advanced services spanning all spectrums of the community.

In a recent visit to the Customer Service Centre at the RTA Head Office, the Dubai Sports Council's delegation was received by Ahmed Hassan Mahboob, Director of RTA Customer Service, who briefed the delegation on the best practices and strategies adopted by the RTA in communicating with customers through introducing a wide range of services and products rendered to



THE SPORTS COUNCIL DELEGATION AT THE RTA CUSTOMER SERVICE CENTRE

the users of mass transit systems.

Mahboob reiterated the RTA's continued attention to supporting all public and semi-public entities in the UAE, and opening up communication channels with customers

hailing from all community segments in keeping with the current development seen by the UAE in general, and Dubai in particular.

"During the delegation's visit, we focused on reviewing the customer

communication systems, standards and practices in place developed by the Customer Service Department across the RTA with a view to raising the satisfaction rating of both the RTA customers and the Call Centre staff through motivating them to enhance the quality of the RTA service offering to the users of public transit means and beneficiaries of other services," Mahboob said.

"The systems and policies of the Customers Service Department are built on the RTA's strategic plan, key performance indicators (KPIs) and initiatives of the Corporate Support Services Sector. The department attends to framing up and implementing an operational plan, KPIs, an individual performance tracking system and plan, and a Call Centre employees performance tracking system," he added.

dnata

RTA

VISITING DUBAI? EXPLORE MORE WITH A TRAVEL PASS

2 NOL TRAVEL CARDS

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JOURNEY PLANNER

This helps you plan your trips across the city using multiple modes of public transport.

EXCLUSIVE COUPONS

These coupons give you exclusive offers and discounts at theme parks, desert safaris and more.

TIMEOUT MINI CITY GUIDE

Keep track of what's hot and what's not – the Mini City Guide gives you listings of restaurants, nightclubs and concerts across the city.



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The Dubai Travel Pass is now available in all open Metro Stations.

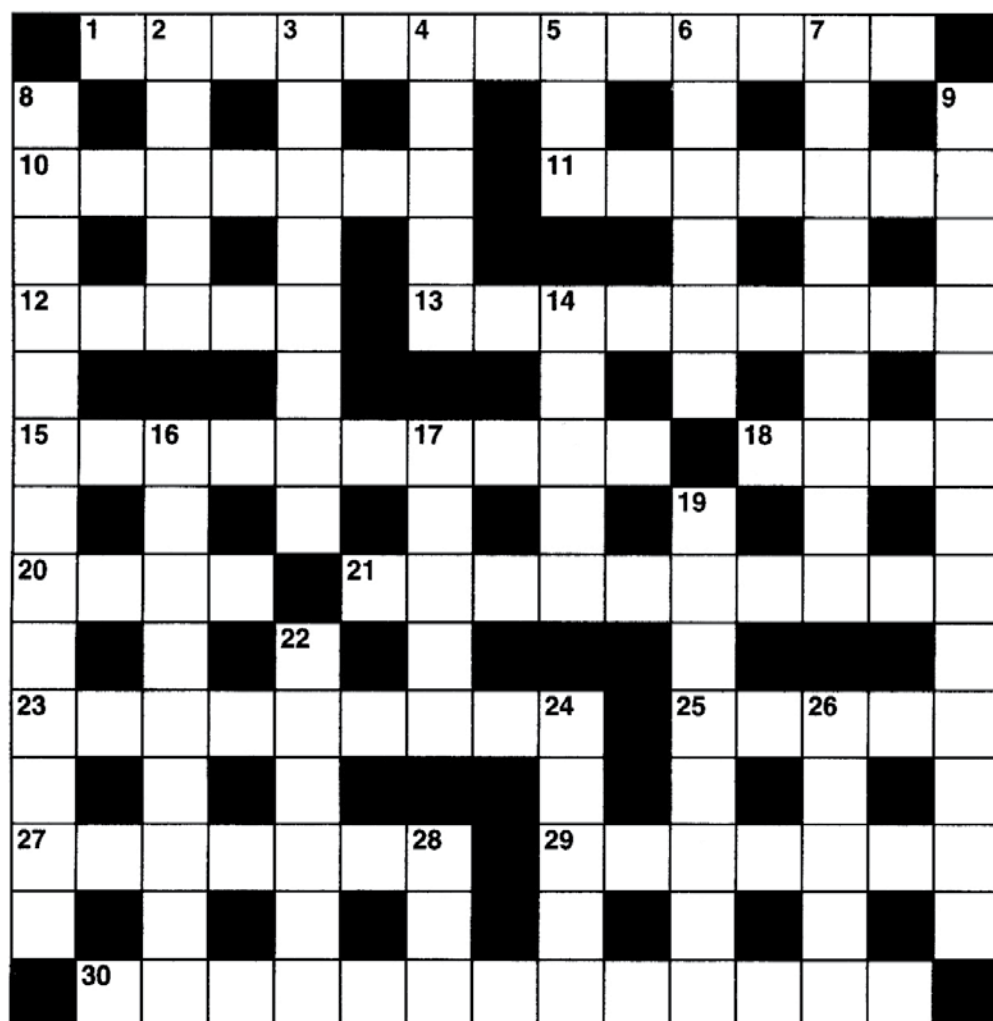
For further details please call the RTA call center on 800 90 90 or Dnata on 04 316 6666

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Youtube: www.youtube.com/rtadubaigov ask@rta.ae www.rta.ae



Taking your time

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



Crossword

Across

1 Touchy, irascible (5-8) 10 Substance used in the treatment of diabetes (7) 11 In the dim and distant past (4,3) 12 Agitated (3,2) 13 Dog like a sausage! (9) 15 Across the country (10) 18 Firmly mark (4) 20 False manners (4) 21 Be___, stand no chance of winning (2,2,1,5) 23 Invertebrate with many legs (9) 25 Nerve in the eye 27 Rowdy (7) 29 Celebrity tracker (7) 30 Oil and vinegar (5,8)

Down

2. Disturbed (5) 3 Caribbean songs (8) 4 Adjusted (an engine) (5) 5___Bevin, 1940s Labour cabinet minister (6) 7 Empties (9) 8 By common consent (4,3,6) 9 Be currently fastest (4,3,6) 14 Large stringed instrument (5) 16 Big spider (9) 17 1982 musical featuring the song *Tomorrow* (5) 19 Unsuccessful candidates (4-4) 22___Pagett, *Upstairs Downstairs* actress (6) 24 Follow on from (5) 26 Gift___, voucher present (5) 28___Vicious, 1970s punk rock star (3)

ANSWERS



Recipe

Lip-licking lamb samosas

These scrummy snacks can be tricky to start with, but the taste makes them more than worth the effort.

Ingredients

Sunflower oil - to deep fry
500g lamb mince
½ tsp cumin seeds
1 crushed garlic clove
½ red chilli, finely chopped
Small piece of finely chopped root ginger
½ tsp turmeric
½ tsp ground coriander
½ tsp garam masala
Small handful of finely chopped fresh coriander
1 finely chopped onion
3 sheets filo pastry, sliced in half lengthways
Basmati rice (optional)

Method

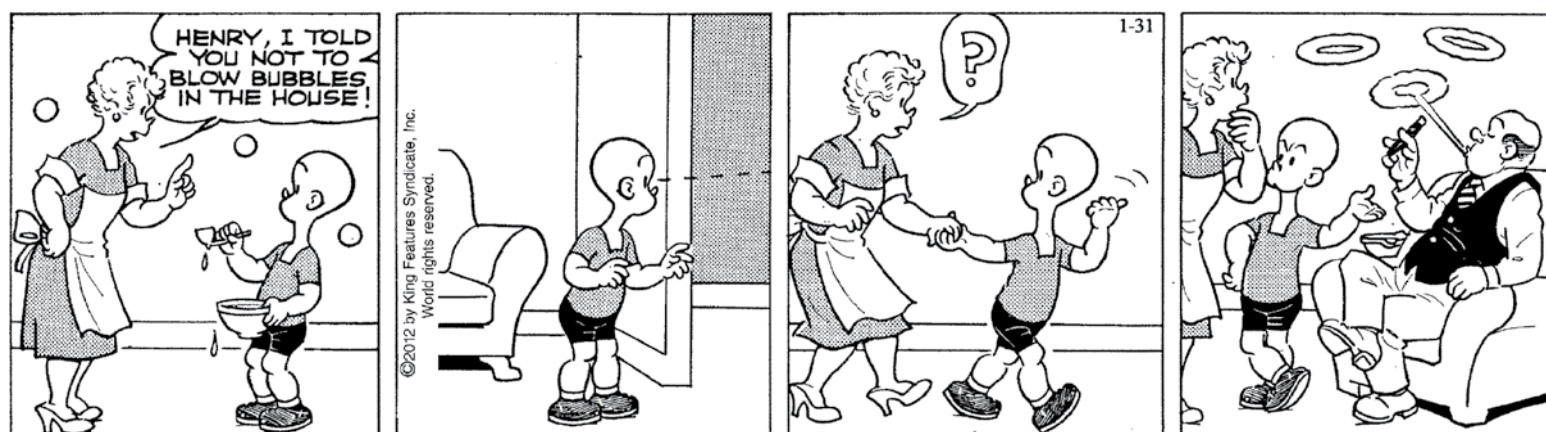
1. Heat a splash of oil in a frying pan and add the mince. Brown the meat thoroughly before adding the cumin, garlic, chilli, ginger, turmeric, ground coriander and garam masala. Stir well.
2. Stir through the fresh coriander and chopped onion and remove from the heat.
3. Heat the oil for deep frying (around 10cm deep) in a deep, heavy-bottomed pan. You can tell when the temperature is optimum when a breadcrumb dropped into the oil sizzles. Hot oil can be dangerous so do not leave unattended.

Serves
6



4. Lay a sheet of filo pastry on a work surface and pile a small amount of the mince mixture in one corner. Roll the filo around the mixture and keep folding on all sides until you have a sealed triangle. Repeat with the remaining mixture and sheets of filo.
5. Carefully place the triangles into the oil and fry for a few minutes until golden brown. Remove with a slotted spoon and drain any excess oil on kitchen towel. Leave to cool slightly before serving, either on their own as a snack or with rice as a main meal.

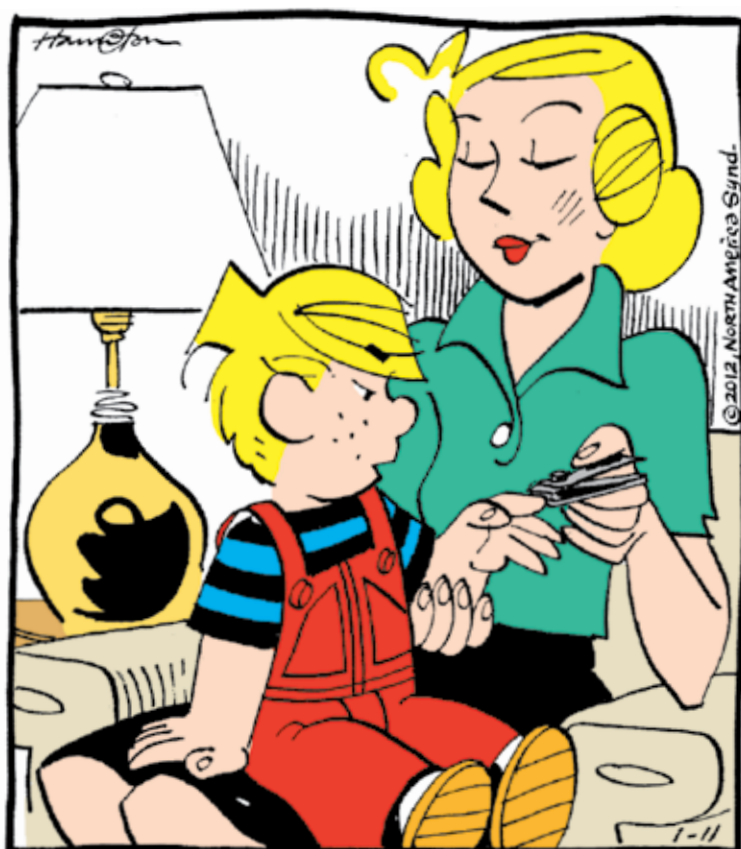
Henry



Spiderman



Dennis the menace



"DON'T CUT 'EM TOO SHORT, MOM. I WON'T BE ABLE TO SCRATCH MY ITCHES."

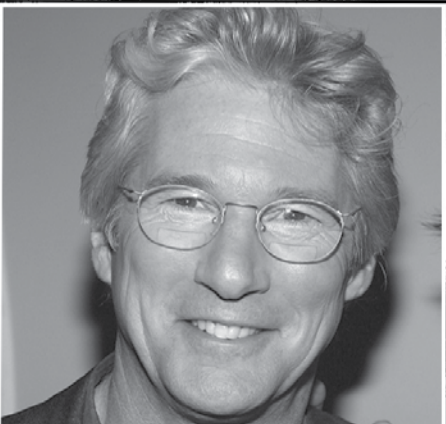
Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Doctors for animals	Richard _____, pictured actor	Old Russian emperor	_____ Disney, animator	Bother			
		Assists					
Undisclosed facts	Any ill-bred dog	Team of oarsmen	Heraldry's word for black	Loses energy			
			Wine sediment				
Sheep's neck joint	Employers' association (inits)	High playing-card	_____ Baba, panto character	Compassion		Wonderment	Indicate agreement
			Brussels resident				
Dalai Lama's homeland	Swiss cottage			Pair, couple			
			Attempted				

Sudoku 1

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

Sudoku 2

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

ANSWERS



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - DR. DRE

Read.

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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

You have been feeling under the weather and, as a result, your fitness could be starting to suffer. A good session in the gym or a long swim will make you feel much better, so—even though you may not want to—make sure you get some exercise.



TAURUS

(APR 21 - MAY 21)

You are close to burn-out point at work, and unless you step back soon, you could find yourself making a mistake that can't just be put down to tiredness. Other people may not realise how much effort you are putting in after hours, so speak up.



GEMINI

(MAY 22 - JUN 21)

It is easy to feel lonely at times, but recently you may have been feeling it more than usual. A relationship which recently ended has left you bruised and down in the dumps, but remember that your friends and family are always at the other end of the phone.



CANCER

(JUN 22 - JUL 23)

Having recently made contact with a face from the past, you may be left questioning some of your recent career choices. Maybe this is a good opportunity to sign up for some extra training or work-related courses in order to spruce up your work life.



LEO

(JUL 24 - AUG 23)

Your urge to explore is one that can sometimes lead you into tricky situations. While your heart may want to set off on an exciting new adventure, this time around it is important to listen to your head. Unfortunately, we can't always have exactly what we want.



VIRGO

(AUG 24 - SEP 23)

If you have a trip home planned, be sure to catch up properly with all your nearest and dearest relatives while you are there. It is too easy to get lost in the excitement of seeing old friends and overlook certain family members; they have missed you too.



LIBRA

(SEP 24 - OCT 23)

Money and finance is still a priority for you right now. Although budgeting and keeping an eye on what goes in and comes out may be an arduous task, it will soon start to pay off and you will be able to enjoy the finer things in life once again.



SCORPIO

(OCT 24 - NOV 22)

You may have been feeling as though things have lost their sparkle recently, particularly when it comes to your social life. However, time away from the hustle and bustle has given you a good opportunity to gather your thoughts and calm the pace of your life.



SAGITTARIUS

(NOV 23 - DEC 21)

Things continue to look hopeful for you, and any recent doubts or stressful situations have fully cleared. Don't feel as though you have to burn yourself out again, though; your friends and colleagues will understand if you can't attend every single function.



CAPRICORN

(DEC 22 - JAN 20)

Making the most of a weekend is not always about being out of the house. Maybe there is a project you have been neglecting at home or a hobby you have let slip, which simply pottering about with on a weekend could give you great satisfaction.



AQUARIUS

(JAN 21 - FEB 19)

You may have said some things you now regret to a partner or friend during a recent confrontation. While you didn't honestly mean what you said, it may have affected them in a deeper way than you imagine. Clear the air now before it's too late.



PISCES

(FEB 20 - MAR 20)

There may be more responsibility coming your way, possibly linked with a new apartment. While you are happy to take the lead in order to get things sorted, make sure the other people you will be living with pull their weight, too.



This week's local weather

SUN

22nd

WARM
HIGH 30C
LOW 25C
HUMIDITY 31%

MON

23rd

SUNNY
HIGH 31C
LOW 25C
HUMIDITY 33%

TUE

24th

WARM
HIGH 30C
LOW 26C
HUMIDITY 37%

WED

25th

WARM
HIGH 32C
LOW 26C
HUMIDITY 42%

THU

26th

LIGHT SHOWERS
HIGH 30C
LOW 24C
HUMIDITY 48%

FRI

27th

WARM
HIGH 31C
LOW 25C
HUMIDITY 47%

SAT

28th

SUNNY
HIGH 32C
LOW 25C
HUMIDITY 45%

ākshaya thriliya
A Golden Day to Prosper



PRE-BOOKING OFFER

JUST PAY 10% TO GET
THE LOWEST GOLD PRICE
+
BONUS CASH
+
FREE LUCKY GOLD COIN

DIAMOND OFFER

50% OFF
+
5% CASH BACK
+
FREE GOLD UPTO 40g &
LOTS OF FREE GIFTS



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FREE LUCKY GOLD COIN FOR EVERY PURCHASE OF JEWELLERY WORTH AED.3000

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