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APRIL 29-MAY 5, 2012 | Issue 46

Read.



NO PAIN, ALL GAIN

While sports injuries are an occupational hazard when exercising, there are preventative steps that can be taken

FINDING THE LOST WORLD



CELEBS ON SALE

There's no need to shell out on designer brands to look like a celebrity; just follow our simple style tips on how to look the part



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



SUBDUED SPIRIT

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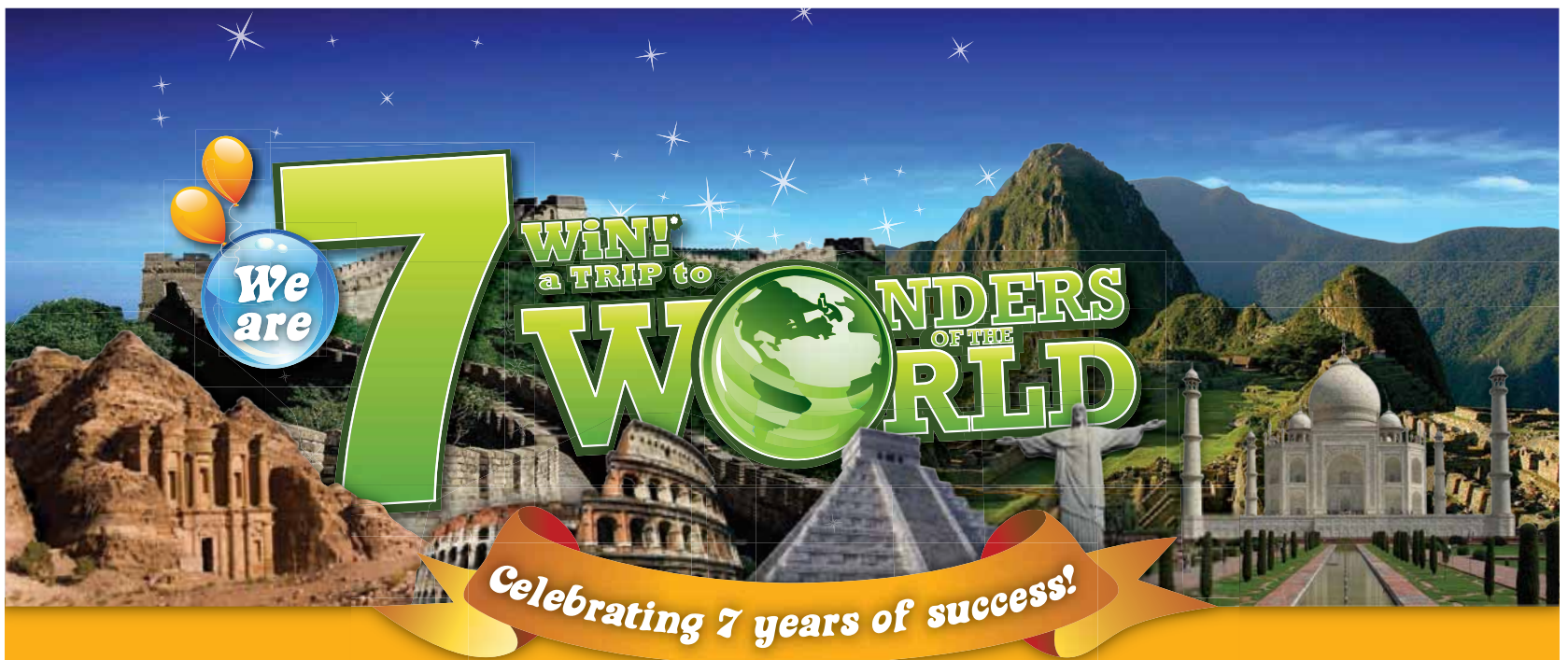
Run free

The importance of teaching kids to enjoy fitness at an early age



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

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Contents

Metro life 03
Community 10
Arts 12
Health 14
You 16
Fitness 18
Fashion 20
Tech 22
Motoring 24
Film 26
Listings 28
Travel 30
Public transport 34
Take a break 36

Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, Words can hardly describe how much I love the Metro service offered by the RTA, but, having moved recently, I've also found out that the RTA's bus services are just as impressive. Having moved further away from the Metro line, I found I was having to take cabs to the station, though one day, I decided to try the bus to get to work. It took me straight there and was actually quicker than if I got a taxi and then a Metro ride. Now, I always take the bus to work. Congratulations to the RTA for providing Dubai with a huge range of public transport options.

Bapikaa Durani

We're glad to see that you've taken advantage of all the great transport services Dubai has to offer, Bapikaa. But we hope that you'll still have time to look in on the Metro every once in a while, if anything just so that you can catch the latest issue of *Read.*

✉ Dear *Read.*, I recently moved to Dubai from the UK, and have been staying with a couple of family members while I get my life sorted out over here. I've been looking for apartments online so far, but I'm unsure of where I will be able to get the best value for my money, and—as much as they try to be—my family aren't much help as they're only versed in villa-hunting. Where do you suggest I start looking for a good deal on a one-bedroom apartment that's relatively close to where I work in Media City? Thanks in advance.

Nicole Dockery

Welcome to Dubai, Nicole! If you work in Media City, you're spoiled for choice when it comes to finding a great place to live. There are plenty of apartments just across the road in the Tecom area, though, according to the rumour mill, they're being snapped up pretty quickly. If you're willing to head a little further down the Sheikh Zayed Road, the Jumeirah Lakes Towers area is a popular choice; full of stunning apartments at reasonable prices.

Read. Poll

How many jobs have you switched in the last five years?

- 1-2
- 3-4
- 5+

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

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

Yes, by always recycling,	45%
reducing and reusing	41%
Yes, sometimes only	
No, not all	14%

QR codes



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CYNTHIA LANIT



KAIRAVPARIKH



ROMELLBISCARRA



SANDIP SUDHAKAR GUPTA



SETHU MEENAKSHI SUNDARAM

Station by station guide

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

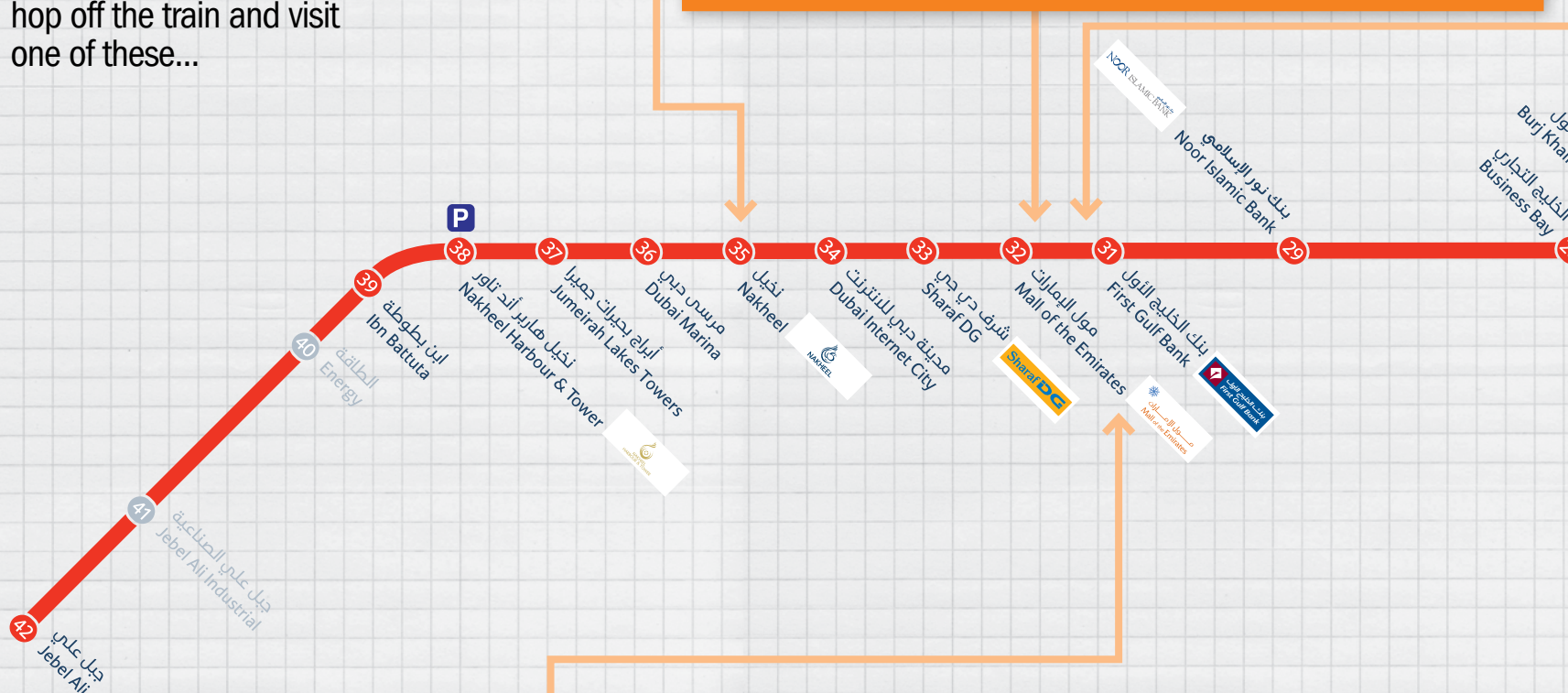


Introduction to Digital Photography

APRIL 30 - MAY 21,
AL WASL ROAD

If you're daunted by the settings on your new DSLR camera or stuck shooting in auto mode, this beginners course will teach you the nuts and bolts of digital photography in a practical way. Monday

morning classes run from 9:30am-1:30pm at the photographers studio on Al Wasl Road, Al Manara area (Close to Mall of the Emirates).



Desert Monologues

THURSDAYS AND SATURDAYS, DUCTAC, MOE

Registrations are still open for the next Desert Monologues workshop for adults starting on May 3 and 5. Culminating in monologue performances at DUCTAC, it doesn't matter if you are a seasoned professional or an absolute beginner—if you fancy taking the stage then this is the course for you. Classes on Thursday evenings 7:30pm-9:30pm or Saturday afternoons 3pm-5pm, visit www.dramaworkshopsdubai.com for more details.



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Through the Looking Glass

APRIL 25 - MAY 30, THE THIRD LINE, AL QUOZ 3

In her first solo exhibition, Emirati artist Lamya Gargash presents a provocative new body of work that examines

identity, perception and acceptance in modern day society. Gargash's photographs in *Through the Looking Glass* aspire to raise challenging and important questions about self-reflection and criticism in relevance to media representation of body image and beauty standards in today's society.

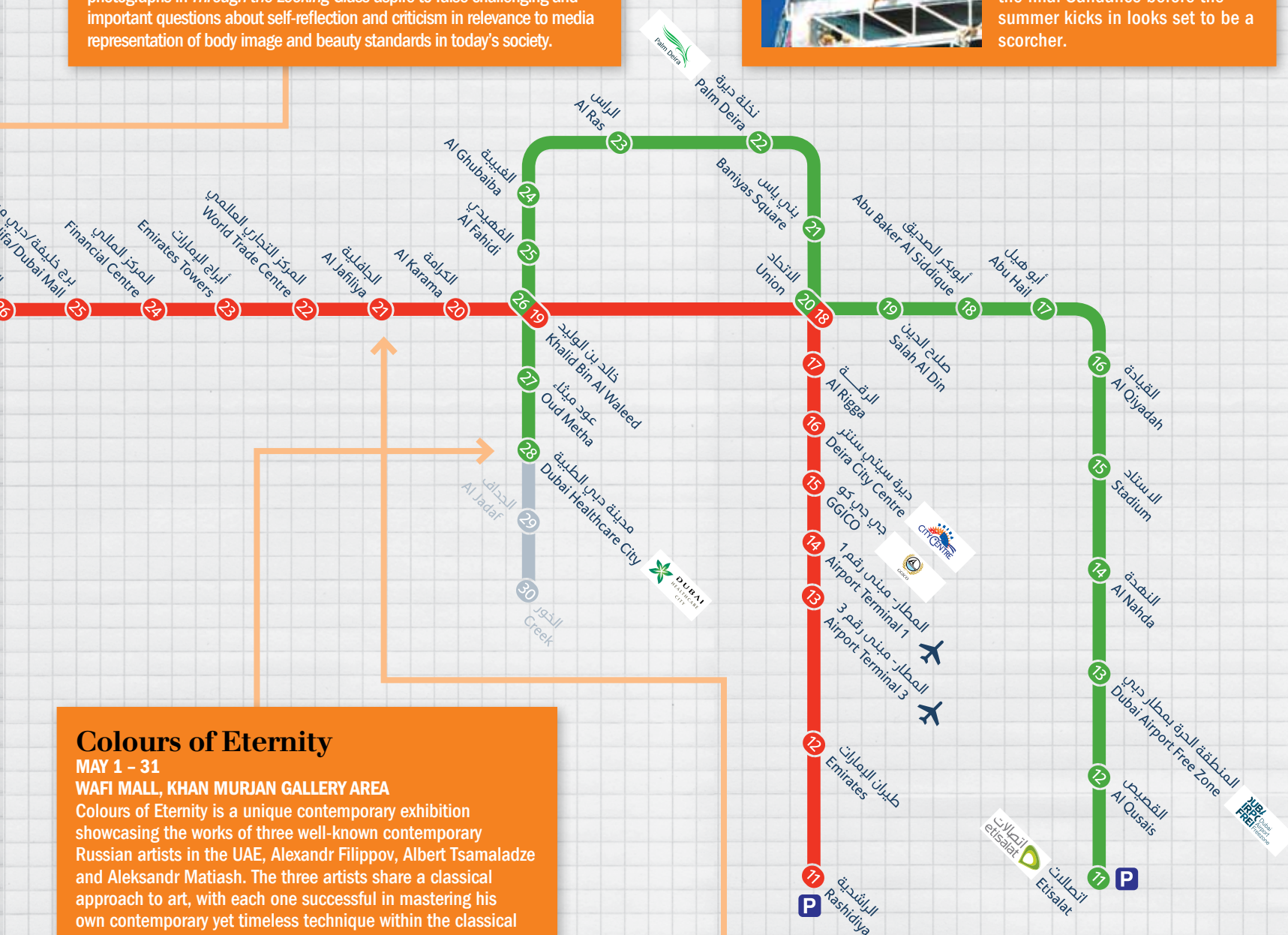


Sandance

MAY 4

ATLANTIS, THE PALM

The festival season is coming to a close, so head to the final Sandance of the season to see great acts such as Fatboy Slim, Morcheeba, Travis and Dizzee Rascal. With a line-up like this, and just a short taxi ride along the Palm from Nakheel station, the final Sandance before the summer kicks in looks set to be a scorcher.



Colours of Eternity

MAY 1 - 31

WAFI MALL, KHAN MURJAN GALLERY AREA

Colours of Eternity is a unique contemporary exhibition showcasing the works of three well-known contemporary Russian artists in the UAE, Alexandr Filippov, Albert Tsamaladze and Aleksandr Matiash. The three artists share a classical approach to art, with each one successful in mastering his own contemporary yet timeless technique within the classical school. Hosted by Eternity Art & Culture Foundation, the exhibition is open to the public from 10am to 9pm daily. For more information call 04 447 0575.



Friends of Yoga Annual Day

MAY 4

**OUTSIDE ZABEEL PARK
5:30-7:30AM**

Friends of Yoga (Zabeel Park branch) will host its Annual Day just outside Zabeel Park (opposite Gate 3). The event will comprise yoga postures, breathing exercises, and meditation followed by entertainment and breakfast. The event is open to the public and is free of charge. Participants need only bring their yoga mat. For details visit www.friendsofyogaglobal.org

The Burning Question

Q Two people sadly lost their lives in the sea at Ajman beach last week. Would you know how to save a drowning person? Do you think basic lifeguard skills should be taught in schools?



Farrakh Azhar

CEO, JLT

There should be lifeguards available at all times but I think I would be able to save someone drowning. I think it would be immoral not to try. I absolutely think kids should learn lifeguard skills.

Ben Dale

CAR SALES, VISITOR

Yes I would be able to save someone and I think people should learn lifeguard skills and have some sort of awareness.



Nadia Banstein

DOCTOR, VISITOR

Yes I would be able to. I think basic lifeguard skills should be taught at school. It's important because this is a country with a lot of beaches. Children need to learn how to swim and how to help each other.



Laura Dale

HOUSEWIFE, JBR

I probably would be able to save someone depending on the current. If I knew the person drowning then I would go in and try to save them, but if it was a stranger I'd call for help. I think people should learn to swim before they get in the pool or water.

Kripa Aneesh

NURSE, DUBAI MARINA

Yes I would try. I think there's a lot of people in Dubai who can't swim and so I think it's important to teach children basic first aid at school, not just in a drowning situation but in other emergency situations too.



Gustav Wendal

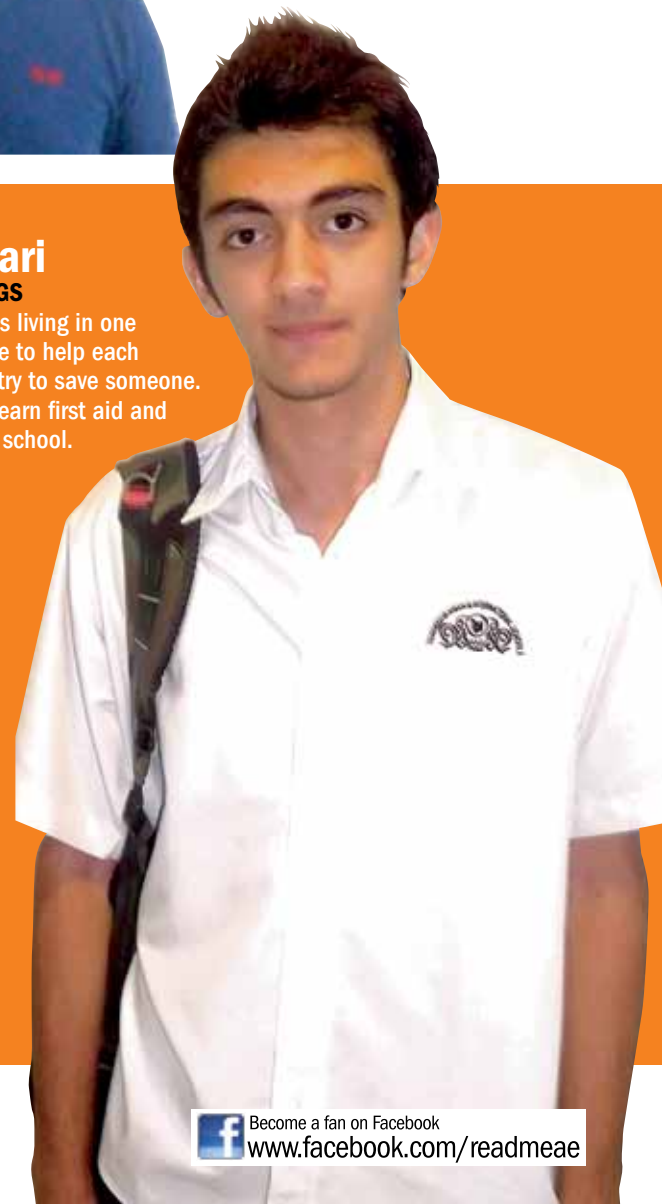
DOCTOR, VISITOR

Yes I could save someone as I am a doctor. I think it's important that people learn to swim here, as there are a lot of people in Dubai who don't know how to.

Erfan Safari

STUDENT, SPRINGS

We are all humans living in one world and we have to help each other, so I would try to save someone. It's important to learn first aid and lifeguard skills at school.



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

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

Coming up this week



TODAY

For years, people have brought non-native species into their countries to solve a problem. For instance, some might have imported amphibians or birds to eat insects that were destroying local crops. Except things didn't exactly work out as planned. Lacking natural predators, the non-native species have often thrived to the point where they have become problems—sometimes rather big ones.



MONDAY

Tupac Shakur appeared in a performance last month, more than 15 years after his death. It was an amazing 3D projection, but it wasn't a true hologram. What's the difference? It all starts with lasers.



TUESDAY

Home remedies are great for avoiding hospital visits or splashing out on unnecessary medical supplies, but does butter really help to heal burns? Readme.ae looks at some of the myths online today.



WEDNESDAY

Some athletes are paid to show aggression and controlled violence. Others, however, just have short fuses and bring their games into disrepute. We take a look at big name stars with equally big rage.



THURSDAY

The Industrial Revolution—an innovative period between the mid-18th and 19th centuries—thrust people from an agricultural existence into an urban lifestyle. What were the greatest inventions?



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)

Do you think a "fat tax" would work in the UAE and do you think it would lower obesity levels?

For some case it may help from others perspective but I believe discipline is still the best key in fighting obesity.

—Maria Yroll Lacaba Labella

What a suggestion! Well, as far as I concerned, we all know that food is the one of the basic necessity to every human. We cannot live without foods in any ways. This "fat tax" could not be a threat to everyone and will not help to lower obesity level because one thing is for sure, people will not think how

much cost he/she is spending for a particular meal just to feeds hungry tummy

—Ray Gargoles

For me it won't help obesity levels, its up to the person if he or she eats a lot of fatty foods... self discipline is a must to lower the obesity level.

—Ryan Arbigoso



COULD A "FAT TAX" ERADICATE OBESITY?

Cigarette packs may begin to carry graphic warnings and will perhaps also see a price hike. How far do you believe anti-smoking measures should be taken in the UAE?

It is good step to eradicate smoking provided more public awareness campaigns also to be encouraged. Every business should jointly take strict rules and steps to cut down smoking by staff while on duty rather providing place for them to smoke. It requires strong rules and guidance not mere advices.

—Francis Lawrence

Cigarettes cannot be totally banned due to its monetary value (of who-ever shall benefit). Even how gruesome the warnings are (graphic or verbal), the last choice will be on the hand of the smoker. If he wanted to die early, so be it.

—Alan Orong



STUBBING OUT SMOKING

Perhaps, hike in price will lead to decrease smoking but graphic warnings are of no use. Its already mentioned on the cigarette pack. If we conduct some special advertisement as done for marketing purpose, it will lead us to our destination.

—Muhammad Idrees

Students are in the picture

Advertising students from the **American University in Dubai** show their spark in conjunction with Fujifilm.

EDUCATION

Fujifilm recently partnered with the American University in Dubai (AUD) to host a competition for its advertising students. The competition revolved around creating a detailed campaign plan for the newly launched X-Pro1 camera, an all-new interchangeable lens camera system, which was launched at the Gulf Photo Plus 2012 photography event.

"The X-Pro1 was a huge hit at the CES 2012 earlier this year, bagging several awards. It is now our flagship model and we wish to create a strong campaign to showcase its innovative technology and vast capabilities to customers," said Keitaro So, General Manager of Fujifilm Electronics Imaging Division, MENA. "Fujifilm has partnered with AUD, a highly reputed university here in Dubai, and we have been presented excellent work from the students enrolled in



the advertising course." The winners were selected by the Fujifilm team along with the AUD faculty. The team which exhibited the best overall campaign was awarded the Fujifilm XP20 shockproof camera and will have their campaign integrated with Fujifilm's marketing campaign.

Dr Sara Kamal, Assistant Professor of Marketing Communications, AUD,

said, "I am a big advocate of co-operative education projects which bridge the gap between theory and practice. The students and I are excited to be entrusted with such an interesting initiative which showcases the students' talents and approach to communications problem solving."

After testing the X-Pro1 camera, students were asked to create a

campaign to promote the camera involving tools such as advertising, public relations and social media. They were allowed to select any or all of these tools for their campaign, working within a fixed budget of Dh1 million.

The winning team consisted of Lama Abdelqade, Salma Hussein, Sarah Kammoun and Zaha Sadek.

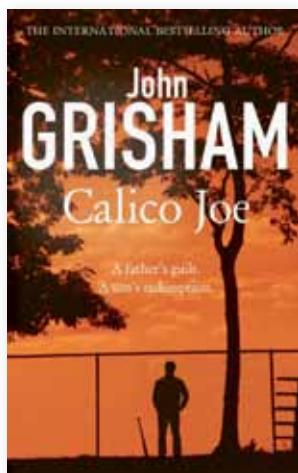
Calico Joe

By John Grisham

BOOKS

Look at the bookshelf of anyone even remotely interested in books, and it's almost guaranteed that there'll be something by John Grisham nestled within the paper collections. The best-selling author has churned out more hits than you could shake a stick at, meaning that it's no surprise that his latest book, *Calico Joe*, is nothing less than fantastic.

This story, set in the world of Major League Baseball, is a heart-rending story of fathers and sons, love and forgiveness. It begins with the first baseman for the Clubs AAA affiliate in Wichita injuring his back, and the team suddenly needing a new player, fast. They look down to the AA Club in Midland, Texas, and find a 23-year-old player making headlines. His



name is Joe Castle, and he's signed up straight away.

Before long, Castle is the greatest rookie anywhere, and becomes the idol of many, including Paul Tracey, the young son of another Major League player. Of course, the two rookies eventually must face each other on the pitch, but what happens off the pitch is what makes this book so special.

If you like this then you could try...

The Innocent by David Baldacci

This thriller leans towards the classic action style that makes such hits out of Baldacci's books. Will Robie is a hitman for the US government, asked to kill a target in Washington DC. However, something feels wrong and Robie refuses to take the shot, plunging him into a deadly chase that sees him become the target.

California 37

Artist Train Label Columbia ★★☆☆☆

ALBUM

The US pop-rock band probably best known for the Grammy award-winning single, *Drops of Jupiter (Tell Me)*, is back with their sixth studio album, and it looks like they've decided to meddle with the formula that made them so popular.

That said, the formula hasn't changed too much; it's still three core musicians making easy-going pop music with a bit of a rocky edge. The only difference with *California 37* is that it tests the listener with slightly more experimental tunes and lyrics, not to mention song structures. It's no longer simply a case of verse-chorus-verse-chorus-end, though that standard layout does pop up across the album, and instead the band offers a more considered approach to songwriting.

This all sounds great, and is exactly what a band whose last big hit was 2009's *Hey Soul Sister* needs. Unfortunately, though, the efforts hardly make up something groundbreaking. The opening track, *This'll*



Be My Year, is made up of mushy nothingness that makes it feel like it was written by default in about 10 minutes. The same can be said for other songs such as *We Were Made for This*, which sounds like it could just as easily have been written for Kelly Clarkson or Rihanna.

There are some interesting tracks, such as the fast-paced *Drive By* or the mighty *Mermaid*, though they're not enough to bring this album much higher than mediocre. Perhaps, then, it's time for the band to head back to the equation stage.



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Modern heritage

A new eco learning programme has given UAE schoolchildren the chance to picture a sustainable future.

ENVIRONMENT

In a modern world, it's all too easy to take what we have for granted. Among other things, gas-guzzling cars, global travel and endless electricity-hungry gadgets mean our carbon footprints are coming down on the earth with greater force than they ever have before.

While attitudes are beginning to change and people are becoming more aware of the need to go green, it is vitally important that children also learn how to maintain the environment, so that they—and future generations after them—can enjoy

our planet. It is with this in mind that a recent cooperation between the Abu Dhabi Tourism and Culture Authority, Panasonic and Unesco's World Heritage Centre in Al Ain was conducted, providing an eco learning programme that was attended by 100 school children, aged from 10 to 12, each day.

The programme aimed to give schoolchildren from the UAE an opportunity to learn and explore ways in which human beings can have an effect on the eco system around them. Seiji Koyanagi, Managing Director of Panasonic Marketing Middle East and Africa FZE said, "Educating our chil-



THE CHILDREN WERE ASKED TO ILLUSTRATE THEIR OWN IDEAS FOR SUSTAINABLE LIVING

“Educating our children and getting them involved and aware of the world they live in is very important if we want to leave behind a sustainable future.”

dren and getting them involved and aware of the world they live in is very important if we want to leave behind a sustainable future. Unesco is an authority when it comes to educating children, and we are privileged and proud to be working with it to teach schoolchildren the importance of caring for the environment.”

The children who took part in the programme visited various heritage sites including the Art Centre, Al Jimi Oasis and Al Qattara Oasis, where they took part in eco workshops, including Panasonic's Eco Diary programme, a competition that was designed to encourage the children to learn more about protecting the environment, and allowed them the opportunity to illustrate and express their own eco ideas in writing. The event and the various activities that the children took part in were also filmed, both in 2D and 3D, using an integrated twin-lens 3D camera recorder provided by Panasonic.

The Unesco World Heritage Eco Learning Programme is a product of an agreement made last year, when the Panasonic Corporation and Unesco's World Heritage Centre forged a strategic partnership to promote sustainable development through World Heritage conservation, as well as providing valuable environmental education for the next generation. Under the two-year agreement, Panasonic and the World Heritage Centre are undertaking communication and educational activities



to promote the World Heritage Eco Learning Programme and Eco Picture Diary Programme at World Heritage sites, combined with raising general awareness of the 40th anniversary of Unesco's World Heritage Convention.

The programme is not solely focused here in the Middle East, however, and has been successfully initiated in Brazil, Indonesia, Japan and the United Kingdom. Panasonic has also revealed strategic plans to subsequently initiate this programme at World Heritage sites around 10 countries in total, including the UAE and Turkey, and hopes to have reached out to approximately 4,000 schoolchildren by the end of 2012.

The schedule for the UAE schoolchildren who took part in the programme involved the presentation and discussion of their own eco ideas, an environmental learning period where they were taught ways in which



be a part of Panasonic's Eco Ideas initiative to bring about a healthier future. The lead role that Panasonic has undertaken through this activity under the agreement with Unesco to encourage the learning programme is commendable. Panasonic is doing its part to make the environmental future brighter for everyone by planting the seed of environmental awareness in children's hearts.”

It is not the first time that Panasonic has been part of a project to maintain world heritage. The company, which aims to be the “number one green innovation company in the electronics industry” by its 100th anniversary in 2018, has previously made active contribu-

tions to environmental conservation, such as its 17-year collaboration with the World Heritage Centre to publish the World Heritage Calendar. The learning programme for children is just one of the ways in which the newly formed strategic partnership between the Abu Dhabi Tourism and Culture Authority, Panasonic and Unesco will contribute towards educating the younger generation on how to create and maintain a sustainable future.

After all, we will be leaving this world in the hands of our children, so let's make sure they know how to look after it properly. ●

CHILDREN FILM THEIR ECO ACTIVITIES



A spot of headbanging

Heavy metal superstars Avenged Sevenfold make their way to Yas Arena this May.



Having previously toured with the likes of Metallica, Guns N' Roses, and Iron Maiden, Avenged Sevenfold are on top form and ready to rock Yas Arena on May 4, 2012.

The members of the heavy metal group, sometimes known as A7X, were still attending high school in Huntington Beach, California, when they formed their band in 1999. Nevertheless, it didn't take long for M. Shadows (vocals), Zacky Vengeance (guitar), Synyster Gates (guitar), the Reverend (drums), and Johnny Christ (bass) to make an impression with their aggressive hybrid of metal, hard

rock, and punk-pop.

Shadows came up with the name as a reference to the story of Cain and Abel from the Bible, although they are not a religious band. Upon its formation, each member of the band also took on pseudonyms which were already nicknames from high school.

The band made its official debut in July 2001,



A closer look at heavy metal

The history of heavy metal music began around the late 1960s, with bands like The Kinks, The Who, Alice Cooper's The Spiders, Led Zeppelin and Black Sabbath. The genre borrowed heavily from rock and the blues, but moved towards a more aggressive direction than other bands from the era, incorporating energetic live shows

and darker melodies and themes.

In 1970, Black Sabbath made what many consider to be the first true heavy metal album, the self-titled *Black Sabbath*, followed in the next few years by *Paranoid* and *Master of Reality*. Guitarist Tony Iommi, vocalist Ozzy Osbourne, drummer Bill Ward and bassist



BLACK SABBATH

Geezer Butler churned out gloomy, heavy riffs and rhythms accompanied by Osbourne's eerie vocal style. The Birmingham act nearly single-handedly defined the essence of the heavy metal genre combining a fascination with dark mythological topics juxtaposed against the reality of a working class life in poverty-ridden industrial Birmingham during the early 1970s.

Newer bands like Queen and Blue Oyster Cult took up the mantle of these older bands and added their voice to an ever growing revolution in rock music. Queen was the most experimental of the groups, combining interesting and beautiful melodies with classically inspired harmonies which bordered on progressive and experimental rock. Kiss meanwhile took the genre to a fevered pitch using classic elements of theatre such as fire and fake blood to keep audiences interested.



QUEEN

“We played to some of the most amazing crowds when we toured the album there.”

releasing *Sounding the Seventh Trumpet* on the Good Life label before moving to the Hopeless roster for 2003's *Waking the Fallen*.

Warner Bros took interest in the band's aggressive sound and issued the breakthrough release, *City of Evil*, in June, 2005. The album reached number 30 on Billboard's Top 200, propelled in part by the top ten success of the single *Bat Country*. The accompanying music video was heavily rotated on MTV and Fuse, where live appearances also helped boost Avenged Sevenfold's growing profile, and the band ultimately won the Best New Artist award at the 2006

Did you know?

- Guitarist Zacky Vengeance is left-handed.
- Synyster Gates' father is Brian Haner, additionally well known as a guitar guy from Jeff Dunham's humorous entertainment shows.
- Vocalist M. Shadows' wife, Valary DiBenedetto, is A7X's former debate physical education instructor, and has contributed vocals and screams to the band's tracks.

MTV Video Music Awards.

As demand for their music increased, Avenged Sevenfold cancelled their tour dates for fall 2006 and set to work on a fourth studio album. Boasting a grittier sound than previous releases, the self-titled and self-produced disc

appeared in October 2007, debuting at number four on the Billboard Top 200 and spinning off the radio single, *Almost Easy*. The album also fared well in England, where three songs cracked the top five of the UK rock charts, and Avenged Sevenfold helped support the release by touring North America on the *Taste of Chaos* tour.

In 2009 the band announced plans to begin work on its next studio release. That same year, drummer Jimmy "The Rev" Sullivan tragically passed away at the age of 28. Despite his death, the band continued on with the help of former Dream Theater drummer Mike Portnoy, and released and toured in support of their fifth album, *Nightmare*, in 2010, debuting at the top spot of the Billboard 200 for the first time.

"We are excited to go back to the Far and Middle East," said front man M. Shadows. "We played to some of the most amazing crowds when we toured the album there, and we can't wait to bring our live show back to our friends in those regions."

And while Avenged Sevenfold, whose influences range from Iron Maiden, Pantera and Guns 'N' Roses to Billy Joel, Queen and Elvis Costello, may not be your typical hard rock band musically, they can hang with the best of them. ●



JOHNNY CHRIST

ACTIVE KIDS

Get your child to exercise

Children today could be losing out on a healthy lifestyle.

With so many distractions for kids not to exercise, from video games to computers, kids are more unfit than at any other time in history.

Since 2000, the percentage of obese children has been rising at a frightening two per cent per year. Around 35 per cent of the UAE's children are now obese. Television watching, electronic games, and inactive parents were implicated as major sources of the lack of exercise.

Children, teenagers, and adults need to accumulate at least 30 minutes of moderate activity each day. However, it's estimated that only one in three children participate in daily physical activity. And about one-fourth of all adults and young people from the ages of 12 to 21 are getting no vigorous exercise at all.

Kids need to learn at a young age that fitness can be fun. Children have a short attention span (20 minutes) when it comes to fitness, yet an unlimited capacity to watch the computer monitor or TV.

Fitness has to be fun and diverse to peak a child's interest and turn physical activity into a time of day that they look forward to. One of the best ways to increase the overall fitness of a family is by exercising together. Variety of activity is the key to keeping all family members enjoying exercise. The older the child, the more important it becomes for exercise to be fun. Motivation must come from mum and dad through example. Physical activity sessions do not need to last longer than 30 to 45 minutes but should be scheduled on a regular basis.

Everyone should enjoy the sessions, and they should not be rigid or competitive in nature, especially when young children are involved. Family

physical activity time results in family bonding. As each family member enjoys the activities, it should become easier to schedule the sessions. One of the most important results is the teaching of good health habits that can continue for a lifetime.

Going for walks, playing at the park or running around on the beach are all great ways to stay fit without children knowing that they are exercising. Everyone can benefit from regular exercise. Kids who are active will have stronger muscles and bones and they will be less likely to become overweight. ●

Fitness tips for your kids

● **Think outside the playing field** - Not everyone is drawn to organised sports such as football or basketball. Look for other activities your child will enjoy, like dancing, rock climbing, swimming or martial arts. And have patience, as it may take some trial and error before your kid finds the right fit.

● **Join in the game** - Kids love it when their parents play with them, so encourage children's fitness by taking a family hike, having a game of catch, walking or biking to school together or playing hopscotch. You don't need a lot of fancy equipment or special classes to encourage your child to exercise.

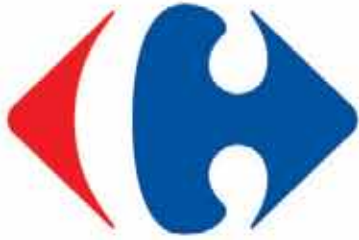
● **Limit screen time** - The American Academy of Paediatrics recommends that kids get no more than one to two hours of screen time per day, whether that's watching TV, surfing the internet, or playing video games. Encourage active alternatives to these passive pastimes, such as shooting hoops at the local playground, walking the dog, or a game of tag. To help keep temptation at bay, remove TVs from bedrooms and put the computer in a shared space where you can supervise. If you have teens, set guidelines about other pursuits like chatting on the phone or text messaging.

● **Lead by example** - If you vegetate in front of the TV every night, the remote control in one hand and a bag of chips in the other, you're not practising what you preach. And your kids aren't likely to respect restrictions you set on their screen time, either. So check your own viewing behaviour and serve as a role model by incorporating physical activity into your everyday life.

When you can, walk instead of driving. Climb the stairs rather than wait for the elevator. Regularly participate in active pursuits that you enjoy and let your kids see and hear about how much you enjoy them.



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Managing the household budget

Simple tips that can help you take control of finances.

It's a week to go before payday and you're down to the last few hundred dirhams. There are bills to pay and a week's worth of food to buy and you simply can't work out where all the money has gone this month.

If you frequently find yourself vowing to be more financially prudent and counting down the days until the pay cheque comes through, then you can take a look at our top tips for managing a healthy household budget.

Draw up a budget

It may sound obvious, but many people struggle to account for their outgoings, and a detailed budget can help them keep track. Spend a month writing down every thing you purchase, down to the Dh1.5 for a soft drink can at lunch. At the end of the month, use this information to identify areas where you might cut back then draw up a realistic budget, which takes into account all the necessities, including bills, rent and food. It's a good idea to leave aside a little money each month for unforeseen expenditures, like home repairs or trips to the dentist—there's always something you can't plan for.



Pay in cash

Somehow, handing over a bank card at the till and tapping in the numbers feels less like spending than paying in hard cash. One way to really take control of your expenditures is to withdraw set amounts each week for food and bills, and put it into labelled envelopes. This forces you to see exactly how much you're spending and avoids nasty surprises when you check your bank balance at the end of the week.

Start a savings account

If you find it difficult to put money aside then set up a standing order to transfer an affordable amount into a savings account each month. It doesn't matter if it's only a small amount. Just Dh150 a month will leave you Dh1,800 better off at the end of the year, or more if you put it in a high-rate savings account.

Keep the bills down

Little things like leaving the TV on in the background, letting the tap run while you brush your teeth and forgetting to switch off lights when you leave a room can really add up. Make a conscientious effort to use the minimum necessary water and electricity—not only will you reduce your bills but you'll help the environment, too.

Identify hidden expenditures

The Dh2 it costs to withdraw cash from the ATM may seem insignificant but if you withdraw money five times a week, it will have cost you Dh520 by the end of the year. Similarly, if you shop at a supermarket that charges for plastic bags, then you could be looking at another Dh300 or more. Work out where the hidden costs in your household expenditures are and take measures to reduce or prevent them—you might be surprised at how much cash this frees up for other things.

Shop sensibly

Write a shopping list of all the things you need each week then do a big shop at one of the cheaper supermarket chains to stock up on all of the basics. It works out much cheaper to buy in bulk, but don't be roped into deals like two for the price of one unless it's something you planned to buy anyway. Another way to cut back on the shopping bill is to consider the products you choose at the supermarket. Instead of purchasing more expensive, imported brands, go for local products.



Share the responsibility



For a household budget to work, everyone needs to help out. Make sure your family is aware of the budget limitations and cost-cutting plans and, if extra motivation is required, point out the things you can enjoy together with the savings you'll all make.

Eat wisely

After rent, food is the highest monthly expenditure for most families. To cut back try taking a packed lunch to work rather than buying food at the café and keep track of the coffees and snacks you buy throughout the day, which add up in the long term. In the evenings, cook enough for two meals and freeze the leftovers for another day to make the most out of your ingredients.

Keep your receipts

Once the budget is drawn up, it can be easy to let it slip if you don't keep monitoring your expenditures. For the budget to work, you need to be constantly aware of how your expenditures equate to the exact amounts you have set. Keeping all your receipts and organising them according to each category of expenditure provides an easy way of doing this. At the end of each week, add up the receipts for food, transport and bills and re-evaluate your spending for the next week accordingly.





If you are an athlete or exercise regularly then the chances are you won't be a stranger to sports injuries. You will also know that nothing is more annoying than having your marathon training interrupted by a twisted ankle or having to give up football for a month while your sprained knee heals.

While sometimes injury is inevitable after a violent tackle or an awkward fall, it is possible to take precautionary measures that significantly boost your chances of staying injury-free. According to sports scientists, injury rates could be reduced by up to 25 per cent if athletes took appropriate preventative action.

Here are some of the ways we can protect the body and build up resilience against injury when exercising.

Warm up

In any good exercise class or training session, the coach will dedicate the first 10 minutes to a warm-up. It is absolutely vital that you don't rush straight into strenuous exercise before the body is properly prepared, as cold, stiff muscles are much more susceptible to injuries than warm ones. Take time to do some gentle stretching and light jogging or similar exercises as this will increase the flow of blood and oxygen to the muscles, increase your flexibility and prepare you mentally for the exertions ahead.

Cool down

It may be tempting to rush straight off after a work-out or training session, but the chances are you'll pay later if you don't take time to stretch and cool down. At the end of an exercise session, the muscles need to recover and stretching can help prevent the uncomfortable stiffness that often follows an intensive workout. Cooling down also helps to remove waste products, like lactic acid, that can build up in the muscles during a vigorous exercise session, and it allows the heart and breathing rate to return to their regular levels gently.

Stretch properly

Poor flexibility is often to blame for common sports injuries and stretching helps to increase flexibility before, during and after a workout. However, if stretches are done incorrectly, they

Simple steps to prevent sports injuries

It can be hugely frustrating to have a training regime interrupted by injuries, but there are ways to minimise them.



KEEPING HYDRATED IS VITAL TO ANY WORKOUT OR EXERCISE PROGRAMME

can actually do more harm than good, so it's important to get the technique right. Bouncing on your muscles or stretching too quickly can cause damage to the tendons, ligaments and muscle fibre, so make sure you take the time to do it properly. Stretch each muscle slowly and gently to the point of tension, then hold the position for at least 30 seconds before easing out of it. This should be done before and after every exercise session.

Know your limit

If, like many athletes, you have a competitive streak, you'll understand why many injuries are caused when sportsmen and women push themselves too far. Striving for improvement is natural, but forcing the body to exert itself when it is over-fatigued will lay you open to injury and ultimately set you back in your training routine. Avoid exercise when you feel over-tired or in pain, as this is a set-up for a careless injury. Listen to what your body is saying; if it needs a

More injury prevention tips

- Increases in training should be matched with increases in rest time.
- Use appropriate training surfaces.
- Have a regular sports massage.
 - Introduce new exercises gradually.
 - Use the correct footwear.
 - Wear helmets, tooth guards and other safety equipment whenever advised.



STRETCHING PROPERLY CAN HELP PREVENT INJURIES



break then oblige it. Not only will you reduce the risk of injury but you'll probably perform better and longer after a quick rest.

Technique

There is no point in pouring all your energy into a sport or gym session and expecting to see results if your technique is poor. Lifting weights the wrong way, jogging with a bad posture or any other flaw in your training method can be a direct cause of injury and, if this goes on for too long, may result in permanent damage. Speak to trainers at the gym or your team coach to make sure that you are exercising correctly and spend time working on your technique to equip your body with the skills it needs to perform safely and at its peak.

Hydration and nutrition

It's wise to acquaint yourself with the best way to eat and drink before and after the exercise you do. Generally speaking, we need carbohydrates to provide an energy boost beforehand and protein afterwards to help rebuild and repair any damaged muscle tissue. Take a bottle of water with you whenever you exercise and stay hydrated throughout your session. Replacing the fluids you lose through sweat is an important part of recovery, especially when exercising outside in a hot climate. ●

FITNESS FIXES

Is coffee the key?



New evidence suggests that green, or unroasted, coffee beans can produce a substantial decrease in body weight in a relatively short period of time.

In a recent study, a group of scientists in the USA revealed how a group of overweight or obese people who consumed a tiny amount of ground green coffee beans each day lost about 10 per cent of their body weight.

The study involved 16 overweight people, aged 22 to 26, who took a mixture of capsules containing the extract and capsules containing an inactive placebo. The subjects alternated between a low

“The subjects alternated between low and higher doses.”

dose and a higher dose of the extract.

The overall diet of all the participants was monitored, as well as the amount of physical exercise they performed over the study period. The calorie, carbohydrate, fat and protein intake of each participant didn't change during the study, nor did their exercise regime. Participants lost an average of 17 pounds in weight and saw a 16-per cent decrease in body fat.

The weight loss effects of green coffee beans are believed to be due to a substance called chlorogenic acid that is present in raw coffee beans, which breaks down when coffee beans are roasted. Green coffee beans have little aroma and a slightly bitter taste.

Star style

Do you want to get that A-list look without the high-end price tag? If certain brand names aren't exactly in your budget, then fret no more. You can steal your favourite celebrity's style with our guide on how to look chic for cheap.

Kim Kardashian

The E! reality star is every bit the glamorous fashionista. From Balmain to Hermès and Vera Wang, this is one lady that knows how to work an outfit.

Steal her style

Although Miss Kardashian is a fan of sporting new trends, she has a few wardrobe staples that keep reappearing again and again. Like any girl, Kardashian loves rocking a blazer. Whether it's sleeveless, structured or layered, she loves to pair a blazer with leather trousers or a fitted, wrap-around dress.

Pair a chiffon, pussy-bow or button-up blouse in spring's pastels or colour-popping shades with leather trousers and a tailored jacket for that LA look. For a failsafe look, opt for black stiletto heels that you can pair with any look. Timeless fashion in an instant.

Kardashian loves to show off her figure in slim-fitting dresses. For that modern 'Fifties look, opt for a dress that nips you in at the waist and accentuates your curves. The high neckline and full tiered skirt in her retro number is demure and lady-like, perfect for an evening occasion.

Her



KIMKARDASHIAN



RIVERISLAND



TOPSHOP



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MISSSELFRIIDGE



TOPSHOP



Liam Hemsworth

The *Hunger Games* star's favourite outfits range from casual and cool to elegant, designer threads. When the young star isn't on the red carpet, he prefers to don plain t-shirts, country-style checked shirts and jeans.



Him

Steal his style

The talented actor loves pairing jeans with a plain shirt, jacket and sports shoes for a laid-back, youthful look. Opt for a pair of dark denim jeans and a colourful checked shirt for a fun, summer style. You can't go wrong with a navy cardigan and light-weight slippers for a 2012 look. Think beach shorts, espadrille shoes and V-neck t-shirts for that surfer look inspired by Hemsworth. When the actor is promoting his films or attending an event, he loves going head-to toe in designer suits. Opt for a navy or black three-piece suit and plain white shirt for timeless, elegant style.



FASHION OPINION

RACHEL DUGGAN

FASHION BLOGGER,
CLASSICWITHCOLOUR.COM



Fashion for a cause

Living among a city packed with malls, boutiques and shopping areas, indulging in the latest and newest designer item is almost unavoidable. Though it is surprising and enlightening how many options are available now in Dubai to make responsible fashion choices.

With more brands and businesses embracing Corporate Social Responsibility (CSR), fashion brands in Dubai have taken up the concept wholeheartedly. Frontline Fashion has created a dedicated fashion line called Zanmi to help with the rebuilding of Haiti, with stunning yet simple t-shirts and bags. Palestyle is the perfect accessory brand with an Arabic influence. Designed with Arabic writing embellishing the front of the bag, a percentage of the sale empowers refugee women in the Gulf by giving them an income against their work.

A favourite with some of Dubai's socialites is the Koko clutch by Ethical Muse. Dedicated to supporting initiatives throughout Africa and providing resources for women and families to empower themselves, Ethical Muse creates a beautiful range of living and homeware accessories.

Being fashion-forward doesn't mean you have to buy the latest pair of Louboutins; enjoy the fact that your purchase has empowered and provided an inspiring opportunity for a growing entrepreneur. That is responsible fashion.

"A favourite with some of Dubai's socialites is the Koko clutch."

Home-made magic

Not much more than 10 years ago, recording music was hugely expensive, but now it's possible to make high-quality recordings at home for much less cash.



combined comes to a pittance when compared with the cost of renting out a professional studio or hiring a sound engineer to do the work. Indeed, given the ease with which someone can now set up their own home studio, freelance studios have seen a lull in business, with most of the big money now going towards the cost of mastering tracks, which is still a highly skilled trade demanding extensive expense.

Even so, to get about 80 per cent of the way towards recording a professional track, all that's required is a decent computer, some recording software—preferably well-known, such as Cubase or Pro Tools—a mixer or external soundcard, a set of studio monitors and a good microphone. Then, it's just a question of learning how to use it all. Of course, it's possible to add more hardware, such as racks featuring machines dedicated to just one effect each, though these aren't strictly necessary when it comes to home recording, given that most good software provides reasonably high-quality effect generators.

Once all of the equipment has been set up and is working with the software, there are a few things to bear in mind that will help create the best quality recordings possible. The first is, unsurprisingly, to read the manual for the equipment. It sounds obvious, but, all too often, people set things up, work out the basics and

Not so long ago, recording well-produced music was the preserve of those with enough talent to secure a record deal, or else those with enough cash to either set up their own studio, or pay someone else who owned a studio. Either way, it was all very expensive.

But then, when the micro technology revolution hit during the last decade, the world of recording music changed. Suddenly, people were given access to powerful computers at reasonable prices, and they could handle all manner of music process-

ing software. Not to mention, they were compatible with a new generation of music-producing hardware, including USB soundcards, mixers and microphones.

All of this equipment started out being very expensive—and the top-of-the-range examples still are—though in recent years, cheaper options have hit the market, providing budding musicians with the capability to produce their own music to a high standard. That said, the software used to record and sequence music, such as Pro Tools, Cubase or Logic, can still cost a pretty penny.

Either way, the cost of the computer, software and equipment

NT2A

This microphone, made by Rode, is particularly good at recording warm vocals and acoustic guitars, and makes for a good compromise between price and quality.

think that that's all there is to it. But this means that they're only working out a fraction of what the equipment is capable of.

The second thing to think about is the microphone. Of course, it's possible to spend thousands of dirhams on good quality equipment, and, depending on the kind of music the person wants to produce, money can be saved in some areas. But microphones are an area where it's worth seeking out good deals and being prepared to fork out a little bit more. The Rode NT2A, for example, makes for a great compromise between quality and price, and is perfect for recording vocals and guitars.

Thirdly, when you get down to recording, remember that the performance still has to be good. The people who record the songs on the radio are all professional musicians, and play their songs perfectly every time. So it should be with home recording; effects can only polish songs, but they can't remove mistakes.

And finally, once everything has been recorded, it's worth mixing the song when listening to it through a range of speakers. The studio monitors will provide a great starting point, but then it's worth listening to the track back using other speakers, such as a regular home hi-fi system,

“The studio monitors will provide a great starting point, but then it's worth listening to the track back using other speakers, such as a home hi-fi system or a pair of iPod headphones.”

or else a pair of iPod headphones. Taking these steps, with a bit of practice, will help to produce relatively good recordings without the expense that's usually associated with recording music. ●

IT'S NOW POSSIBLE TO PICK UP MIXERS AND SOUND CARDS RELATIVELY CHEAPLY



Tech beat

FACEBOOK SNAPS UP PATENTS

Social networking giant Facebook has reportedly spent \$550 million buying up AOL patents from Microsoft, which are aimed at building an intellectual property portfolio to protect the site's interests. The social network is currently in a patent battle with Yahoo, which sued Facebook earlier this year.



SAMSUNG IN APPLE TEASE

Samsung has released a teaser for its upcoming Galaxy S3 smartphone, and taken a stab at Apple's iPhone in the process. In the teaser video, which does not actually show the phone, Samsung says that users will be able to "stand out from the crowd", while showing sheep on the screen. Apple detractors often call iPhone fans iSheep.

WINDOWS 8 PREVIEWS SOON

Microsoft has announced that its much-hyped operating system, Windows 8, will be available in special preview form in June. Windows 8 is said to be a radical overhaul, designed for both tablets and PCs. The preview will allegedly be very similar to the final version, with the software being formally released towards the end of the year, experts predict.



THE LAUNCH

LG unveils Cinema 3D Smart TV



LG Electronics (LG) has launched its latest 2012 Cinema 3D Smart TV line-up in the UAE. The 3D bezel TV is sized at almost zero mm, setting a new world record for the narrowest bezel 3D TV. The LG Cinema 3D Smart TV is equipped with the most advanced 3D technology and enables a smoother and more immersive 3D viewing.

Offering expansive, yet an easy-to-use Smart TV eco-system, the LG Cinema 3D Smart TV is composed of an impressive cinema screen, wireless display, premium content services, over 1,200 Smart TV apps globally and Magic Remote. The new line-up also features a dual play function for gamers and an expansive selection of 3D movies, sports and games.

D. Y. Kim, President of LG Electronics, Gulf FZE, said: "The new 3D Smart TV line-up endorses our endeavour to bring the biggest innovations that technology has to offer today. We have explored the Smart TV model to create a product that offers a superlative TV viewing experience, offering useful, easy-to-use TV apps and premium content. With a world record for the narrowest bezel 3D TV, the product is not only stylish in its design, but breaks boundaries in quality and content as well."



Stealth wealth

★★★★☆ What do you drive if you want to arrive in comfortable invisibility?



When the boss of Volkswagen, Ferdinand Peich, ordered the creation of the Phaeton, he wanted to create a halo car for the brand, a luxury saloon to take on the S-Class, 7 Series and A8 from his German rivals. There's no question Volkswagen has the engineering skills to pull off such an ambitious move, but how good is it at the marketing part?

Maybe not so good. The Phaeton is probably the finest car in the world that you have never seen. Which is a shame, because the Phaeton is really very good indeed. It just doesn't have a prestige image.

This is the facelifted 2012 version of the Phaeton. There have been some minor tweaks to the exterior styling, improvements in fuel economy and more kit has been added, but the car remains largely as it has been since launch. Large, low profile, discrete.

The Phaeton has been known for its superb mechanical refinement since it was launched. It is whisper-quiet, smooth-riding, and supremely com-

fortable. Our test car was fitted with the latest version of the VW Group's 3.6-litre V6 engine, here producing 280 bhp. This uses Fuel Stratified Injection (FSi) to promote economy and fuel efficiency, and it complies with the latest Euro-5 emissions standards.

The power delivery is silky smooth, and well-matched to the six-speed automatic transmission. VW claims that you can do the 0-100 km/h sprint in 9.2 seconds, which isn't exactly fast for a car in this class, but it does so in almost eerie silence. Grip is never in question, thanks to the standard-fit 4-Motion four wheel drive system, and the air suspension keeps you completely isolated from surface imperfections on the road.

The steering is American-style light, but accurate enough, and you can place the big Phaeton in traffic with relative ease for such a large car. But it is inside the cabin that you most feel the benefit of such dimensions—the space

inside is simply enormous. Specify the optional four individual seat layout, and it is like flying Club Class. Your seat reclines at the touch of a button, letting you kick back, relax, and explore the multiple options of the superb Dynaudio Temptation entertain-

“The engine and transmission came out of an Audi A8.”

ment system. It is much the same in the front. The front seats are 18-way adjustable and the clever draught-free ventilation system can keep the cabin at 22C all day, even when travelling at 250 km/h in 50C heat. This clever system features wooden covers that open up for maximum cooling when you get in, then close again when the temperature you set is reached to eliminate annoying drafts.

So as you waft around in almost total silence, consider this. Much of the chassis and technology underneath is used in the Bentley Continental and Flying Spur. The engine and transmission came out of an Audi A8. The interior is put together almost entirely by hand in a special eco-friendly glass factory (the Transparent Factory) in Dresden by the same team that used to build Bentleys. For sure, there's a standard VW badge in the middle of the grille. But behind it is one of the best-built, most comfortable and well-equipped cars in the world. Just don't tell anyone else how little you had to pay for it. ●



We'll keep singing
nursery rhymes until
he slows down.



I WON'T LET IT HAPPEN

انتبه
takecare

If you're in a car with a person who is speeding, do whatever you can to stop him or her. Or if your spouse refuses to buckle up, don't get into the car. Or if a friend is texting while driving, keep annoying him or her until they stop texting. Don't let an accident happen. A safer road is everyone's responsibility.

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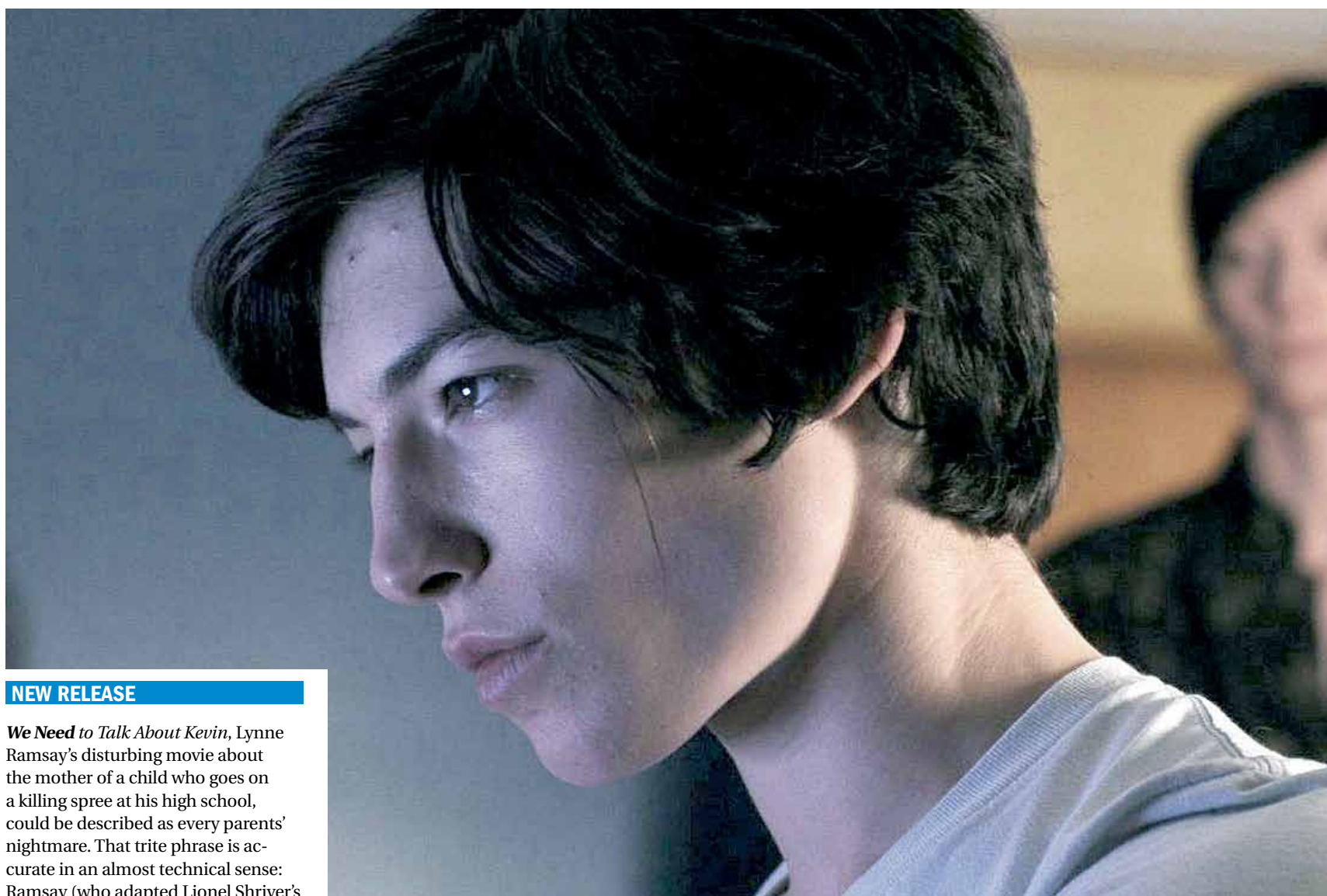
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Talking horror

We Need to Talk About Kevin is a film as compelling as it is repelling.



NEW RELEASE

We Need to Talk About Kevin, Lynne Ramsay's disturbing movie about the mother of a child who goes on a killing spree at his high school, could be described as every parents' nightmare. That trite phrase is accurate in an almost technical sense: Ramsay (who adapted Lionel Shriver's novel with Rory Stewart Kinnear) follows a kind of dream logic in telling a chronologically splintered story, weaving patterns of associated images and sensations into an intense and claustrophobic web of fear.

But the vividness of its effects makes the film very much a particular parent's nightmare, pitched at the extreme boundary of everyday anxieties. Much of the queasy fascination that the film exerts is the result of Tilda Swinton's uncanny ability to play against any imaginable type.

Her character, Eva Khatchadourian, is too complicated for pity, projecting a mixture of cold poise and extreme vulnerability that makes her predicament especially awful. We watch as she loses everything except her dignity, but it is precisely that noble, steely



“Her character is too complicated for pity, projecting a mixture of cold poise and extreme vulnerability.”

pride that places her just beyond the range of a sympathy that she would most likely refuse, in any case.

Eva, a travel writer who once enjoyed a life of free-wheeling Bohemian bliss—we catch glimpses of her in ecstasy at religious festivals in India and at ease in picturesque European cities—is brought down to earth by

Did you know?

● *We Need to Talk About Kevin* is a 2003 novel by Lionel Shriver about a fictional school massacre. It is written from the perspective of the killer's mother.

● Tilda Swinton funded and held her own very successful film festival in her small Scottish highland home-town, The Ballerina Ballroom Cinema of Dreams. It was a purely cinephile, glamour-free community event. For eight and a half days in August 2008, she personally introduced and showed an eclectic mix of classics and rare films from around the world. The admission price was £3 for adults, £2 for children or a plate of home-baked cakes.



TILDA SWINTON AS KEVIN'S MOTHER

pregnancy and motherhood. With her amiable, practical husband, Franklin (John C. Reilly), she abandons a downtown loft for a house in the suburbs and sacrifices her wanderlust on the altar of responsibility.

Does her son appreciate the sacrifice? That can hardly be expected, but little Kevin (played in toddlerhood by Rock Duer and latency by Jasper Newell) has been born with a filial ingratitude sharper than any serpent's tooth. More than that, he possesses, from infancy, an active and demonic hostility toward his mother. His incessant crying when he is in Eva's care comes to be the opening salvo in a long campaign to wreck her happiness and destroy her peace of mind.

The arrival of a younger sister (Ashley Gerasimovich), far from easing the tension in the family, only gives Kevin new opportunities to show what a manipulative little sociopath he can be.

The adolescent Kevin is played by Ezra Miller, whose narrow eyes and high cheekbones suggest more a clone of Swinton than a child she

might have had with the soft-featured Reilly.

The film shuttles back and forth between Eva's life in the aftermath of Kevin's crime and the events that led up to it. Horror movies tend to be relentlessly linear, moving in a crescendo of suspense that grows out of our panicked curiosity about what will happen next. Ramsay, with ruthless ingenuity, creates a deeper dread and a more acute feeling of anticipation by allowing us to think we know what is coming and then shocking us with the extent of our ignorance.

We Need to Talk About Kevin, with help from Seamus McGarvey's fever-flushed cinematography and Jonny Greenwood's heartsick, throbbing score, saturates the senses like illness or bad weather. It is beautiful and demonic, like Kevin himself, and the bad feelings it induces are likely to be accompanied by helpless and stricken admiration. You may well need to talk about it afterward, but then again, you may be left speechless. ●

A-Z OF MOVIES

"F" is for Festival



The origin of film festivals can be traced to the rise of film societies and cine-clubs, which sprang up in various countries during the 1920s, often as a reaction to what many regarded as the dominance of the newly powerful Hollywood film industry over the cinemas of less well-endowed nations. Such clubs and societies flourished in countries such as France, where they fostered the emergence of the historically important impressionist and surrealist cinemas, and Brazil, where they provided the only consistent outlet for domestically produced movies.

"Alongside the attention-grabbing festivals, over 1,000 events have cropped up."

Alongside the attention-grabbing festivals, over 1,000 more modest events have cropped up. Some have tried to establish uniqueness by using a word other than "festival" in their names, such as the French-American Film Workshop held in New York and Avignon, France, and the Lake Placid Film Forum in upstate New York.

A film festival offers an abundance of unique opportunities. Big name, big budget movies and independent films alike bring out the creators to talk about their experiences with the film. Perhaps the greatest benefit of film festivals is the opportunity to see movies that skirt the mainstream. For those of us who dig a counter-culture vibe, the opportunity to see movies presented by directors with a similar mindset is priceless.

Bollywood news



Rahman meets Oprah

The man who changed the face of modern Indian music, A.R. Rahman, was delighted to feature in the OWN original primetime series, *Oprah's Next Chapter*, as part of a two-part special episode titled *Oprah Travels to India*. The show featured a touching performance by the KM Music Conservatory children's choir.

Documentary star

Fresh from her success of *Zindagi Na Milegi Dobara*, Zoya Akhtar's next project will be a documentary on 100 years of Bollywood entitled *Sheila Ki Jawaani*. The documentary will be shot in Mumbai and it has recently been revealed that it will star none other than Bollywood beauty Katrina Kaif.



Kumar's safety net

Akshay Kumar is well known for thrilling audiences with his death defying stunts, which the actor adamantly performs himself in most of his movies. However, the makers of his latest flick, *Rowdy Rathore*, have reportedly insured the star for a whopping Rs50 crore as a precaution.

Listings

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



THE LUCKY ONE

MOVIE GUIDE

Grand Cineplex - Wafi

Amn Dawlat - 16:15, 18:15, 20:15, 22:15, 00:15
Battleship - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:25, 21:25, 22:55, 00:00
Buried - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Flowers Of War - 16:40, 19:20, 22:00, 00:40
House Full 2 - 10:30, 13:40, 16:50, 20:00, 23:10
The Hunger Games - 11:45, 16:30, 21:15
The Lorax - 10:00, 12:00, 14:00
The Lucky One - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
My Summer Vacation - 14:30, 19:15, 00:00
Outback (3D) - 11:00, 12:50, 14:40
Safe - 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00, 23:00, 00:00, 01:00
Tezz - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00

Grand Megaplex - Ibn Battuta

A Thousand Words - 10:20, 12:20, 14:40, 17:00
Amn Dawlat - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Battleship - 10:30, 11:30, 13:00,

14:00, 15:30, 16:30, 18:00, 19:00, 20:25, 21:25, 22:55, 23:55
Buried - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
The Cold Light Of Day - 21:30, 23:40
Flowers Of War - 10:20, 13:00, 15:40, 18:20, 21:00, 23:40
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 - 10:45, 12:45, 14:45, 16:45
The Lucky One - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Margin Call - 19:00, 21:15, 23:30
Mirror Mirror - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
My Summer Vacation - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
Outback (3D) - 11:00, 13:00, 15:00, 17:00, 19:00
Pirates: Band Of Misfits - 10:30, 12:30, 14:30, 16:30
Rampart - 19:45, 21:45, 23:45
Safe - 10:30, 11:30, 12:00, 12:30, 13:30, 14:00, 14:30, 15:30, 16:00, 16:30, 17:30, 18:00, 18:30, 19:30, 20:00, 20:30, 21:30, 22:00, 22:30, 23:30, 00:00, 00:30
Safe House - 19:20, 21:40, 00:00
Street Dance 2 (3D) - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Tezz - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00

Grand Cinemas - Festival City

A Thousand Words - 17:10, 19:20, 21:30, 23:40
Amn Dawlat - 19:40, 21:50, 00:00
Battleship - 10:30, 12:00, 13:00,

Safe - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Street Dance 2 (3D) - 18:00, 20:00, 22:00
Tezz - 16:15, 20:45, 23:15

Grand Cinecity - Al Ghurair

Amn Dawlat - 19:40, 21:50, 00:00
Battleship - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Cobra - 18:00, 20:40, 23:20
Flowers Of War - 15:40, 18:20, 21:00, 23:40
House Full 2 - 10:30, 13:30, 16:30
The Lorax - 10:00, 12:00, 14:00, 16:00
The Lucky One - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Outback (3D) - 11:30, 13:30
Safe - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Tezz - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00

Grand Mercato

Amn Dawlat - 19:40, 21:50, 00:00
Battleship - 10:30, 13:00, 15:30, 18:00, 20:25, 22:55
Buried - 16:15, 18:15, 20:15, 22:15, 00:15
Flowers Of War - 18:20, 21:00, 23:40
The Hunger Games - 11:00, 13:50, 16:40
The Lorax - 10:15, 12:15, 14:15
The Lucky One - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Outback (3D) - 11:00, 12:50, 14:40, 16:30
Pirates: Band Of Misfits - 10:15, 12:15, 14:15, 16:15

Safe - 11:00, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Tezz - 18:15, 20:45, 23:15

Vox Cinemas - Deira City Centre

Battleship - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Flowers Of War - 11:15, 14:15, 17:15, 20:15, 23:15
House Full 2 - 10:15, 13:30, 16:45, 20:00, 23:15
The Hunger Games - 10:45, 15:45, 20:45
The Lucky One - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
My Summer Vacation - 13:45, 18:45, 23:45
Safe - 11:30, 13:30, 15:30, 17:30, 19:30, 21:45, 23:45
Tezz - 10:30, 11:30, 12:30, 13:15, 14:15, 15:15, 16:00, 17:00, 18:00, 18:45, 19:45, 20:45, 21:30, 22:30, 23:30, 00:15
Titanic (3D) - 10:45, 14:30, 18:15, 22:00
Vicky Donor - 12:00, 14:45, 17:30, 20:15, 23:00

Vox Cinemas - Moe

A Thousand Words - 11:15, 13:15, 15:15, 17:15, 19:15, 21:15, 23:15
Alvin and the Chipmunks 3 - 11:30, 13:30, 15:30
Battleship - 11:00, 11:45, 13:30, 14:15, 16:00, 16:45, 18:30, 19:15, 21:00, 21:45, 23:30, 00:15
Flowers Of War - 11:00, 14:00, 17:00, 20:00, 23:00
The Hunger Games - 10:00, 11:15, 13:00, 14:15, 16:00, 17:15, 19:00,



SAFE HOUSE

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



THE LORAX

20:15, 22:00, 23:15

The Lucky One - 11:30, 14:15, 16:30,
18:45, 21:00, 23:15

My Summer Vacation - 17:30, 19:30,
21:30, 23:30

Outback (3D) - 10:15, 14:15

Pirates: Band Of Misfits - 12:15,
16:15

Safe - 10:15, 12:30, 14:45, 17:00,
18:15, 19:15, 20:30, 21:30, 22:30,
23:45, 00:30

Street Dance 2 (3D) - 11:00, 13:00,
15:00, 17:00, 22:45

Tezz - 12:30, 15:15, 18:00, 20:45,
23:30

Titanic (3D) - 19:00

Vox Cinemas - Mirdif City Centre

Battleship - 11:15, 13:45, 16:15,
18:45, 21:15, 23:45

Flowers Of War - 11:15, 14:15, 17:15,
20:15, 23:15

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

The Lucky One - 10:00, 12:15, 14:30,
16:45, 19:00, 21:15, 23:30

My Summer Vacation - 10:30, 13:45,
18:45, 23:45

Outback (3D) - 09:30, 11:30, 13:30,
15:30

Pirates: Band Of Misfits - 11:00,
13:00, 15:00

Safe - 10:00, 12:00, 14:00, 16:00,
17:00, 18:00, 19:00, 20:00, 21:00,
22:00, 23:00, 00:00

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

Tezz - 12:30, 15:15, 18:00, 20:45,
23:30

Reel Cinemas - Dubai Mall

Amn Dawlat - 17:10, 19:40, 22:10,
00:40

Battleship - 11:00, 13:40, 14:00,
14:10, 15:30, 16:20, 16:40, 17:00,
18:10, 19:00, 19:40, 20:40, 21:40,
22:10, 22:20, 23:30, 00:20, 00:55

Buried - 11:20, 13:25, 15:30, 17:35,
19:40, 21:45, 23:50

Flowers Of War - 11:15, 14:15, 17:15,
20:15, 23:35

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

The Hunger Games - 12:05, 15:00,
17:55, 20:50, 00:05

The Lucky One - 11:05, 13:20, 15:35,
17:50, 20:05, 22:20, 00:25

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

My Summer Vacation - 11:45,
13:50, 16:00, 18:15, 20:20, 22:30,
00:40

Outback (3D) - 11:10, 12:10, 13:20,
14:10, 15:30

Pirates: Band Of Misfits - 11:40,
13:45, 16:20

The Raven - 14:00, 16:30, 19:05,
21:35, 00:25

Safe - 11:55, 14:00, 16:05, 18:10,
20:15, 22:20, 00:25

Street Dance 2 (3D) - 11:10, 13:20,
16:20, 18:30, 00:10

Tezz - 14:30, 17:30, 20:30, 23:30

Titanic (3D) - 19:40

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

Reel Cinemas - Marina Mall

Battleship - 11:00, 12:30, 13:40,
15:00, 16:20, 17:30, 19:00, 19:30,
20:00, 21:40, 22:00, 22:30, 00:20,
00:30, 00:55

Best Exotic Marigold Hotel - 12:10,
14:50, 17:30

The Lucky One - 11:30, 13:40, 15:50,
18:00, 20:10, 22:20, 00:40

This Means War - 20:10, 22:20, 00:40

Pirates: Band Of Misfits - 11:05,
12:50, 15:00, 17:10

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

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Arabian Travel Market 2012

Arabian Travel Market is the travel and tourism event unlocking business potential within the Middle East for inbound and outbound tourism professionals. Tourism destinations from the Middle East and around the world showcase a diverse range of accommodation options, tourism attractions and new airline routes.

Date: April 30 - May 3

Duration: 4 days

Audience: Public, trade

Category: Exhibitions

PALME Middle East

PALME has established itself as the region's largest trade show for professional audio, lighting, music, entertainment, audio visual and systems integration solutions.

Date: May 1 - 3

Duration: 3 days

Audience: Trade

Category: Exhibition

Venue: Dubai International Convention and Exhibition Centre

Admission: Pre-register online



Middle East Event Show 2012



The Middle East Event Show is an exhibition for event professionals.

Date: May 1 - 3

Duration: 3 days

Timings: 10am - 6pm

Audience: Trade

Category: Exhibition

Venue: Dubai International Convention and Exhibition Centre

Admission: Pre-register online, admission is free

Telephone: 04 336 5161

Annual Investment Meeting (AIM 2012)



The United Arab Emirates Ministry of Foreign Trade has

taken the initiative to set up the Annual Investment Meeting (AIM) in order to bolster trade relations, renew reciprocal business commitments, and ignite strategic investments from global investors towards high growth economies.

Date: May 1 - 3

Duration: 3 days

Audience: Trade

Category: Trade

Venue: Dubai International Convention and Exhibition Centre

Admission: Register online

Telephone: 04 39 23232



Middle East Event Awards 2012

The Middle East Event Awards recognise and celebrate the outstanding achievements of the Middle East's event industry.

Date: May 2

Duration: 1 day

Timings: 7:30pm

Audience: Trade

Category: Other, trade

Venue: Dubai International Convention and Exhibition Centre

Admission: Ticketed

Telephone: 04 336 5161



Sandance with Fatboy Slim, Dizzee Rascal, Travis and Morcheeba

Make sure you don't miss the season's last Sandance music festival.

Date: May 4

Duration: 1 day

Timings: 2pm - 2am

Audience: Public

Category: Entertainment, music

Venue: Sandance Beach, Atlantis, The Palm

Admission: Dh200 early bird (limited), Dh250 advance (Dh295 door), Dh450 VIP

Telephone: 04 426 0700

A land of mystery and adventure

Perhaps not a destination for the faint of heart, **Venezuela** offers everything for any budding explorers.

Tales of prehistoric beasts and hoards of hidden treasure hang in the hot, humid Venezuelan air. There are stories of dinosaurs tramping through the vast Gran Sabana, otherwise known as the Lost World, and whisperings of enormous gold nuggets buried in the little-explored Tepuis mountains. Locals will relay accounts of famous explorers lost in the uncharted jungle, among them Colonel Percy Fawcett, a British explorer who disappeared under unknown circumstances and later became the inspiration for Indiana Jones.

It's a mysterious, bewildering and enchanting place, which lurks quietly behind its better-known and more widely visited South American neighbours. Get up close, however, and you'll quickly realise that Venezuela is no slumbering beast. This is

“The reality of Venezuela more than lives up to the expectations.”

a land for adventurers; challenging, untamed and potentially dangerous if you wander off into the wild without a guide. But to those who hunger for real mystery and adventure, there is nowhere better to sate the appetite.

While the legends cooked up by authors and explorers may be a little far-fetched, the reality of Venezuela more than lives up to the expectations these have created. There may not be actual dinosaurs in the Lost World area (as depicted in the novel by Arthur Conan Doyle) but the 15,000 square miles of rainforest here is teeming with exotic beasts, some of them big and scary

CARACAS, THE CAPITAL CITY





Other places to visit in Venezuela

Los Llanos – Exotic wildlife roams these grassy wetlands.

Pico Bolívar – Venezuela's highest mountain.

Lake Maracaibo – An exquisite spot with plenty of tourist facilities.

Parque Nacional Henri Pittier – Stunning beaches and excellent bird-watching opportunities at the country's oldest national park.

Coro – The old colonial town features beautiful architecture in a coastal setting.

Isla de Margarita – Glitzy resorts and new shopping centres in an idyllic natural setting make this a popular retreat for wealthy locals and tourists.

Delta del Orinoco – One of the world's greatest river deltas teeming with natural life.



ANGEL FALLS

enough to be mistaken for dinosaurs, including the blood-thirsty caiman alligator and the gigantic anaconda snake.

Similarly, the enormous, flat-topped Tepuis mountains are not known to contain vast stashes of gold but have certainly yielded unexpected treasures in the form of natural wonders, including the famous Angel Falls, the highest waterfall in the world. It's not easy to reach them and you have to be prepared to hike, trek or paddle in difficult conditions for several days to get there, but the spectacular sight of water plunging over a 3,212-foot cliff is more than enough reward.

The mountains themselves pose an extraordinary site, rising up at intervals from the jungle and ending

abruptly in flat summits, known as table-tops. There are about 100 of these strange, peakless mountains scattered throughout the Lost World, the most famous of which is Mount Roraima. It's an Aladdin's cave for botanists around here. Fifty per cent of the flora and fauna found on the plateau at Roraima's summit has never been seen anywhere else in the world and much of it is still to be documented by scientists.

It's as though, in making the Lost World, nature decided to explore the furthest reaches of her creativity. Everything hums with life from the sleepy, muddy rivers, filled with snakes, alligators and unidentifiable fish to the thick, steamy air, alive with birds, insects and other strange, winged creatures. Human visitors must put up with the constant onslaught of greedy gnats and the very real possibility of snake bites in addition to the gruelling terrain and unforgiving climate.

However, if risking potential health hazards and definite discomfort in trying to live-out an Indiana Jones fantasy really doesn't appeal then Venezuela has less demanding alternatives to offer. The capital, Caracas, is a cosmopolitan blend of oil-funded modernisation and traditional South American culture. Glitzy shopping malls and world-class museums stand beside noisy salsa clubs, and ramshackle shantytowns clamber up hills surrounding the city. It's a buoyant, exuberant and often exhausting urban jungle which, in its own way, can be just as captivating as the natural riches that lie beyond. ●

The tropical greens of Salalah

Unlike almost any other Middle Eastern city, Oman's Salalah is a tropical oasis of calm, beauty and relaxation.

LOCAL TRAVEL

Lush, green and often rainy, Salalah doesn't feel like a Middle Eastern city. Next to the hot, dry Omani capital, the tree-fringed river banks, papaya plantations and mist-shrouded hills of Oman's second city look as though they belong on another continent.

Salalah owes its abundant greenery to the monsoon clouds that sweep through from India every summer. From mid-June to mid-September there is a constant drizzle of rain, making this one of the few places in the region where you can escape the heat during the hot summer months.

At Wadi Darbat, Salalah's natural riches take on breathtaking proportions. Majestic waterfalls feed into



wide lakes, and towering mountains conceal dark caves. A number of these bear ancient rock carvings, depicting details of the lives lived by early inhabitants here.

There's plenty of cultural history to complement the natural beauties of this region. The tomb of the Prophet Ayoub lies nearby in Jebel Qara and in Khawr Rhoiri stands the ruins of an ancient palace, reputed to have belonged to the Queen of Sheba.

There's also the Salalah Museum and the impressive palace of Sultan Qaboos in the city centre. Equally worth seeing are the beautiful beaches that line the western coast, where you can lie back, soak up the sun and admire the unspoilt beauty of this tropical oasis.



Taking core values to heart

Corporate core values define the manner in which employees interact with one another and the outside world.

CORE VALUES

In the ever-changing business world, core values are constant. Core values are not descriptions of the work we do or the strategies a company employs to accomplish its mission. They actually define the framework in which employees go about their work and the way they are expected to interact with and treat other stakeholders both inside and outside the organisation.

The core values that Akhtaboot believes in and practises continue to guide the way the company operates and are fundamental to its success. They are as follows: integrity and ethics, respect, family environment, ownership and learning.

Why have core values for your company?

There are many obvious advantages that core values can bring to an organisation. The most important benefit is that they let clients, potential consumers and employees know what the company is all about. Core values provide key pointers to be followed when building and maintaining relationships with the media, customers, public and other stakeholders. Core values also represent a reference point

in the decision-making process. If an important decision is to be made, core values are always considered before making the final call.

Discovering your company's core values

Creating a set of solid corporate core values is one of the most significant aspects of strategic planning. With that being said, there are still many companies that do not give much weight to setting up their core values, and as a result they stand nowhere in today's business world. Core values are to be created by first allowing each and every member of your staff to determine all the possible positive points of your company, and then realising how these points can be used for the betterment of the services the company provides.

Discovering your personal core values

In order to discover your own core values, you must first understand who you are and what you're bringing to your workplace. This isn't an easy task; it needs lots of thinking and careful consideration. Ask yourself the following questions: "What are your values?", "What do you stand for?", "What do you believe in?", "What is important to

you?" It might take you days to figure out the right answers for you, however doing so will definitely help you figure out what your core values are.

It gives you a sense of purpose

When you don't know or you haven't clearly defined what you stand for on both the corporate and personal

“Going through life without core values is downright exhausting and leaves you feeling empty and worthless.”



levels, you end up drifting along with no sense of purpose. Instead of basing decisions on an internal compass, you make choices based on circumstances and social pressures. You end up trying to fulfill other people's expectations instead of your own, and before you know it, life has passed you by and you haven't even accomplished half of what you were hoping to do. Going through life without core values is downright exhausting and leaves you feeling empty and worthless. Conversely, living a life in line with your core values brings purpose, direction, happiness, and wholeness.

Who are you in business with?

When it comes to setting your own core values, another crucial question to ask yourself is: who are you in business with? You may have to ask yourself this question more than once throughout your career. It is often said that two things will actually determine who you become five years from now, the books you have read, and the people you deal with. Once you know what your own core values are, you can start to attract those of the same values, making your business connections that much deeper. ●

Post-it

To place your ad please email
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JOBS AVAILABLE

Skilled labourers urgently required for a company in Dubai. All should have 2 yrs of min. experience. Positions vary from masons, marble installers, painters, electricians, plumbers, gardeners, GRC workers to decorative painters. Email CV to Career.udd@gmail.com.

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

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.

Baby sitter required, preferably in Al Qusais area, Damascus Street. Call 0566408715.

Marketing executive required for an insurance company in Dubai. Experience is a must. Should have good communication skills. Good salary package including all benefits. Call 0507369196/0566983601.

Accounting clerk urgently required for an office in Al Quoz. Email CV to aelian@palinternationalllc.com.

US based multinational company operating in 40+ countries, offers part time/ weekend/after office hours. Income opportunity for professionals, housewives and students. Email murtazashj@gmail.com.

English teacher urgently required. 3rd grade maternity cover. PGCE educated. Can be a fresh graduate or an experienced teacher. Salary/visa sponsorship + discounted tuitions offered. Email CV to aiscareerscounselling@gmail.com.

Head of English department is required. Should have high school/secondary experience with good organisational and people management skills. Salary & visa sponsorship + discounted tuitions offered. Email CV to aiscareerscounselling@gmail.com.

Housemaid required for full-time job. Should have valid visa. From Sunday to Thursday/half day on Saturday, 9am-5pm. Call 0503947629.

Sales executive required for an insurance sales company, the largest banking group in the UAE. Employment visa will be providing. Fixed salary + commission. Send CV to farha@nguiuae.com.

Arabic FO Supervisor/Duty Manager/ AFOM; Room Attendants; Commis, Pastry Chef; F&B service professionals required for a hospitality institution. UAE residents preferred. Send CV to recruit@avari-dubai.ae.

JOBS WANTED

Working lady seeks job in hospitality industry. 2 yrs UAE experience. Prefers to work at any hotel apartments or internet cafes. Email fraskeen@gmail.com.

Filipina seeks job as a secretary/receptionist/logistics personnel. 4 yrs experience. Proficient in MS Office, Windows applications, Visual basic programming & Oracle system. Owns valid driving licence. Call 0567542256/0507390383.

Male, MBA/BBA, seeks job in accounting/sales and marketing. 6+ yrs of experience in the same fields. Call 0552579291.

Male 27, BCom seeks job. 3 yrs experience in marketing. Owns valid UAE

driving licence. Fluent in English, Urdu, Hindi and Punjabi. Call 0501434390.

Iranian female seeks job as office staff. Knowledgeable in MS Office & fast typing. On husband's visa. Fluent in Persian, English, Hindi, Arabic. Call 0529113283/Email sh_monfared66@yahoo.com.

Indian graduate seeks job in admin/accounts. 2 yrs experience in the same field. Able to work in any kind of business environment (transferable visa). Call 0557035845/Email thinkahead@live.in.

Male, 27, seeks job as an architect designer. 10 yrs experience. Fluent in English. Proficient computer skills. Call 0504217939.

Indian, male, seeks job as assistant accountant/office staff/cashier. 10+ yrs experience. Familiar with Ms Office, Peachtree. Fluent in English, Hindi, and knows Arabic. On visit visa. Call 0551587848/email mgm4000@yahoo.com.

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

Indian male, 24, BTech, electrical engineer seeks job in similar field. 2 yrs experience in India. Email rhbbabu@gmail.com/Call 0552578998/0506867195.

Pakistani male, 27, commerce graduate seeks job in sales/marketing/banking/finance/IT. 3 yrs experience. Fluent in English, Urdu, Punjabi. Call 05029323511/email naveedkazmi1@yahoo.com.

Indian male, 25, gym teacher seeks job. 5 yrs experience. Also teaches English, Hindi and Tamil. Email bharathjy2006@gmail.com/call 0551319417.

Male seeks full-time job in Dubai. Well experienced in accounts. Call 0557974708.

Indian female, IT engineer seeks job as an IT project manager. 3 yrs experience in handling IT projects. Expert in prototype design, project analysis, project planning, and coordinating. Excellent communication skills. Call 0554641121/tanvee.s@gmail.com.

Indian male seeks job as a salesman. 3 yrs experience as shelf man in a reputed supermarket chain. Fluent in English, Hindi, Tamil, Malayalam. Call 0508450018/email sulunambiar@gmail.com.

Male, safety supervisor, seeks full-time job. 2 yrs experience. Call 0558793181.

Legal translator (English-Arabic), diploma in simultaneous translation seeks job as a legal translator, secretary/admin assistant. Computer literate. Fluent in English and Arabic. Call 0557065011.

Filipina seeks job as office staff or admin assistant/accounts assistant/cashiers/sales. 7 yrs experience. Computer literate. Fluent in English. Owns driving licence. On visit visa. Call 0504925845/email ngrenas0717@yahoo.com.

Indian male, 32, seeks job as a sales agent/development officer/ ticketing agent. Have experience with major airlines in Dubai. Call 0566022145, email Manish_JK99@yahoo.com.

Male, Egyptian with D/L experience seeks job in sales/customer service/accounting /marketing. Call 0554562424.

Male professor seeks job in computer science. 4 yrs experience as a lecturer. Familiar with Oracle technologies, C, Java, SQL, PLSQL, MS Office, UNIX operating system and basic troubleshooting

related to hardware and networking. Call 0509178736/email afzal.lecturer@gmail.com.

Male, MCom seeks job in a progressive organisation. 3 yrs experience in admin, accounts & sale. Good communication skills. Call 0505688742/email m.imran_ch1@yahoo.com.

Filipina, bachelor's degree, seeks job in customer service/admin/sales. On husband's visa. Email msvanj@yahoo.com. Call 0506744398.

Indian female, MSc microbiology seeks job. 5 yrs experience as microbiologist/quality controller in FMCG. Call 0501193714.

Indian male, mechanical engineer seeks job. 12 yrs experience. Owns UAE driving licence. Call 0508959259.

Female with a bachelor's degree, seeks job in sales and marketing. 3 yrs experience in retail/ sales/telecom. Call 0504362300.

Indian male seeks job as a logistics executive. Have experience in logistics and freight forwarding. Computer literate. On visit visa. Call 0509416954/email fineroysen@gmail.com.

MISCELLANEOUS

Time moves rapidly. Few days left, try to renew your ID without penalty. Only original passport & old ID required. Call 042214130 for help.

Tourist visa/service/ cancelled visa assistance available for assistance. Call 0558046287/email uaeprabhat@hotmail.com.

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.

AUTO

Nissan pickup, 2 cabins, 2007 model for sale. In good condition. Price for 35,000AED. Price negotiable. Call 0555591107/email adbm@live.com.

Wanted: Toyota Innova or Camry 2008 or later model. Must be less than 64,000km. Call 0504217945/Email rashidpagvr@gmail.com.

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

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

ITEMS

Brand new packed Emporio Armani watch, AR 2427 for sale. Price 450AED. Urgent sale. Call 050638576.

Wanted: sewing machine in good condition. Call 0566408715/email jomyjoh422@gmail.com.

Geco brand baby pram and stroller. Sure brand hot & cold water dispenser. Nikai brand washing machine. Haier brand 32-inch LCD TV. Imaion brand HD multimedia entertainer player built-in 1TB memory. All in good condition. At Astoria Hotel, Bur Dubai. Call 0505250569.

A reputed 21-year-old maintenance and interior decoration company (LLC) for sale. Fully furnished office and store. Near Maktoum Hospital, Deira, Dubai. Price for 100,000AED. Price negotiable. Call 0555591107.

Malaysian wood single cots, swing, fountain (marble and ceramic) and storage bin all available for sale. In good conditions. Call 0561337898.

Two watches for women available for sale. Kolber Swiss made. Price 450AED. Christian Marcel leather bracelet. Price 150AED. All in good condition. Call 0504607958.

White Macbook 13" core 2duo 2.4 available for sale. 2GHZ, 250GB RAM HDD. In good condition. For 1999AED. Call 0552683258.

SERVICES

Tutoring lessons available near Rashidiya metro station by an experienced Keralite teacher. For high school students in mathematics, physics and chemistry. Call 0553797445/0552137341.

IT support services available. For home & company, just for 200AED per visit. Call 0557414116.

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

We supply an extensive range of products and accessories. For brand new T-shirts and uniforms. Call 0508645387/ website www.quilldraws.com.

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

IT solutions available to meet your entire business and personal needs. Alam Technologies LLC operates in Dubai, KSA and Pakistan and provides full range of IT support and services at affordable rates. Call 0561533540/042502366/email info@alamtechnologies.com.

Baby sitting services available in a homely atmosphere in Al Qusais. Call 0559829075.

Tutoring French lessons available in Deira. Starting from kindergarten level. Call 0504607958.

Wanted: Car lift services that start from Sharjah National Paints to Rashidiya metro station. Reach metro station at 8am and back at 6pm. Call 0508246644.

ACCOMMODATION

Wanted: Bed space for a Tamil Muslim bachelor. Price range is not more than 400AED, including DEWA. Call 0567696312.

Bed rooms in villa available for sale. Comes with attached bathrooms. Play area, car parking facilities. Near Rashidiya metro station. Rent for 1,900AED including DEWA. Call 0552137341/0505789433.

Wanted: Two apartments with two bedrooms each. In Sharjah, Satwa, Al Quoz. Call 05024228971.

Furnished family room in a villa available for rent. Comes with attached bath and kitchen. Short term rent only. For June 2012. Rent for 2000AED including DEWA. Call 0502368829.

Bed space available for rent. Indian bachelor couples only. In Bur Dubai,

near Mini Punjab restaurant. Call 0506765302.

Studio flat available for rent. Clean and neat building. Opposite Union metro station. For 2500AED excluding DEWA. Deposit is 1000AED. Call 0508599241.

Married Keralite couple looking for studio flat, single room. For not more than 1300AED. Can be anywhere in Dubai near a metro station. Call 0567628791.

Bed space available for rent. Filipina spinsters only. Near City Center and Day to Day. Call 0506921453/0509148524/055271098.

Bed space available for rent. Executive Indian bachelors only. Clean and neat room. Comes with kitchen and washing machine. Near Al Rigga metro station. Free internet. Rent 500AED. Call 0552854854.

Accommodation available for rent. To be shared with 6 labour staff. In Al Quoz. Call 0509915178.

Executive room available for rent. In Sharjah, Al Nadha. Call 0559782233.

Executive room or bed space available for rent. In Bur Dubai. Call 0553247667.

Room available for rent. Executive bachelors only. Walking distance to metro station, Bur Dubai. Call 0505253121/0551197459.

Apartment available for rent. Well maintained. A/C, oak tile flooring and blinds. In Al Qassimiya, Sharjah. Rent 20,000AED per year. Call 0503495434/0508561200.

Wanted: Shared accommodation in International City. Keralites only. Call 0556367804.

Shared accommodation available for rent. Indian Keralite females only. No couples. 1000AED + DEWA including all facilities. Behind Lulu Hypermarket, Karama. Walking distance to Karama metro station. Call 0509038783.

Wanted: Filipina roommate. In studio flat near Jesco Supermarket, Al Baraha. With partitioned room. Internet/ DEWA available. Rent is 1050AED. Call 0501619265.

Three vacant bed spaces available for rent. Any gender. Filipinos only. Opposite Union metro station facing Al Ghurair Center. For 450-500AED. Free DEWA & TFC. Wi-Fi to be shared. Call 0552457706.

Fully furnished bed room available for rent. Keralite families only. Near United Hypermarket. In Muraqabat. Call 0506846970.

Bed space available for rent. To be shared with 2. Bachelors only. Rent for 600AED including W/E. Near Satwa bus stop. Call 0556932581.

Two bed spaces available for rent. Executive Indian bachelors only. Opposite Royal Ascot Hotel, Bur Dubai. Rent 500AED excluding DEWA & internet. Call 0566983601/0552657468.

Bed spaces and sharing rooms available for rent, in Karama. Call 0558521614.

Shared accommodation available for rent in Karama. Spacious room. Keralites only. Email rahulkesav@rocketmail.com.

Room available for rent. Kabayans only. To be shared with 6 people. Rent 2700AED. Behind Regent Hotel, opposite Burjuman Centre. Gas and TFC free. Shared internet connection. Near metro station. Call 0503352284.

RTA hosts Customs delegates

Contracts and Procurement Department shares latest practices on procurement with Dubai Customs.

DELEGATIONS

The Contracts and Procurement Department at the RTA's Corporate Technical Support Services Sector recently shared with a delegation of Dubai Customs the latest practices in use in contracting and procurement processes, along with the tendering mechanism, with a view to exchanging expertise, improving the business conduct and service level, and establishing benchmarks for assessing the individual performance of each entity.

Saeed Al Murri, Director of the RTA's Contracts and Procurement Department, praised the ongoing cooperation with various entities and organisations of the community with the aim of sharing with them the best techniques applied in contracts and procurement, and qualifying suppliers in a way capable of contributing to raising the level of service offering. "The exchange of visits has a positive impact on the work progress as well as the endeavours of attaining excellent standards. The RTA is always keen on applying the best technological programmes matching to the best global



practices in order to enhance the accuracy and speed of service delivery," said Al Murri.

"The meeting with the Dubai Customs delegation was intended to carry out benchmarks at the two entities for assessing the contractual procedures adopted by the Contracts and Procurement Department with the aim of exchanging expertise and knowhow in this field and adopting them accordingly," he continued.

The meeting was interceded by a visual presentation about the core contracting processes, models of RTA

"The exchange of visits has a positive impact on the work progress."

standard contracts, the roles and responsibilities of the Purchasing Board, and how it functions starting from invitation to tenders up to the awarding of contracts and the project completion. The visiting delegation was briefed on

the established procedures of putting projects to tenders in the RTA, the approved classification of contracts, be it engineering or specialist contracts, and a thorough explanation of the Maximo e-system applied since last February at the Traffic and Licensing Agency and the Technical and Corporate Support Services Sector.

The delegation was acquainted with the regulations and provisions that have to be observed by firms registered in Dubai Free Zones to make them eligible for taking part in various government tenders.

Two new Water Taxi stations unveiled

WATER TAXIS

The Public Transport Agency at the RTA has boosted its Water Taxi station list by adding two new stations at Rixos The Palm Hotel and Dubai Marina Mall, bringing the total number of stations to 25.

Essa Abdul Rahman Al Dosari, CEO of the Public Transport Agency, said, "Adding two new stations to the Water Taxis' route fulfills the vision the agency is seeking to realise in expanding the reach of mass transit systems, in general, and marine transport, in particular, in order to make them the first mobility choice of the entire community. This is particularly relevant as the Water Taxi has affordable fares, offers full privacy for passengers, and has a capacity to house up to 10 passengers. Besides that, it offers a dedicated compartment for special



ESSA ABDUL RAHMAN AL DOSARI

needs, a luxurious setting, and a stunning panoramic water view away from road congestion hassles.

"The agency opted to communi-

cate with the community in a bid to provide mass transit services for individuals by coordinating with selected entities the provision of designated places in mass transit modes, be it marine modes or public buses, based on the numbers of people visiting these places, accessibility to such places, and the need for the provision of all transit means. The selection of Station 56 of the Rixos The Palm Hotel, and Station 57 of the Dubai Marina Mall, was prompted by the huge number of visitors received by these two places, and the agency's endeavours to scale up the transit routes in Dubai in the near future," Al Dosari elaborated.

In a related development, Al Dosari noted that the RTA was keen on achieving multi-modal integration of all mass transit means by integrating all the Metro stations on the Red and

"Adding two new stations to the Water Taxis' route fulfills the vision the agency is seeking."

Green Lines with the marine transit stations and public buses, such as integrating the Dubai Marina Mall marine station with both the Dubai Marina and the Jumeirah Lakes Towers metro stations, integrating the Al Ghubaiba marine station with the Al Ghubaiba metro station and the Al Ghubaiba bus station, and integrating the Al Fahidi metro station with the Al Fahidi Water Taxi station.

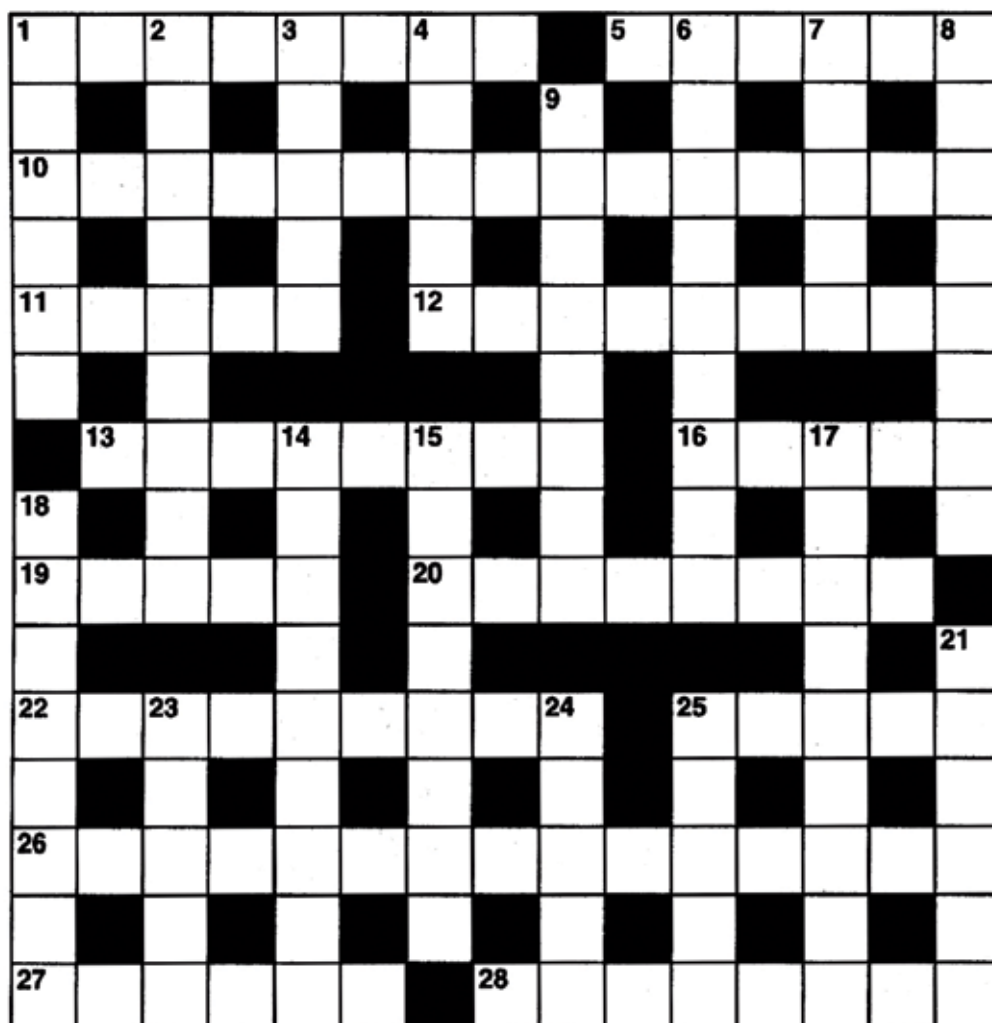
لن أدخل السيارة حتى تضع حزام الأمان



أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

1 Person who is energetically involved in politics (8) 5 Mel Gibson kidnap film (6) 10 Bucket down (4,4,3,4) 11 Direct people at a wedding (5) 12 Outer edge (9) 13 Holder for bees' produce (5-3) 16 Tortilla chip (5) 19 Relationship of Jemma Redgrave to Vanessa Redgrave (5) 20 Amount of labour to be done (8) 22 Not having been taught (9) 25 Twenty per cent as a fraction (5) 26 Pre-flight waiting area (9,6) 27 Inquisitively (6) 28 Removed the colour from (8)

Down

1 Pneumatic firearm (3,3) 2 Femur (5,4) 3 Member of the clergy (4) 4 Put off going to bed (3,2) 6 To do with the stomach area (9) 7 Howl (5) 8 Expand or increase rapidly (8) 9 Teller of tales (8) 14 Relating to voters (9) 15 Mighty (8) 17 Small songbird (9) 18 Relieve of trouble (8) 21 Clever (6) 23 Spanish snacks (5) 24 Reside (5) 25 Plants of a region (5)

ANSWERS



Recipe

Classic lasagne

This lasagne recipe is a simple and easy way to create a firm family favourite.

Ingredients

450g lean beef mince
1 finely chopped onion
1 finely chopped red pepper
1 finely chopped green pepper
150g sliced mushrooms
200g tomato purée
2 x 400g tin chopped tomatoes
1 tsp dried thyme, parsley and oregano
Salt and freshly ground pepper
300g dried pasta sheets
300g cottage cheese
150g grated mature Cheddar cheese

Method

1. Preheat the oven to 180C/350F/Gas

mark 4 and grease a 25cm x 20cm baking dish.

2. Heat a dash of olive oil in a large heavy-based frying pan, then fry the mince gently until browned all over. Remove the mince from the pan.

3. Add another dash of oil to the pan, then fry the chopped onion, peppers and mushrooms until soft.

4. Add the mince back into the pan followed by the tomato purée. Cook for a further five minutes.

5. Add the chopped tomatoes and herbs then bring to the mixture to a gentle boil. Simmer for at least 30 minutes and season to taste with salt

Serves
6

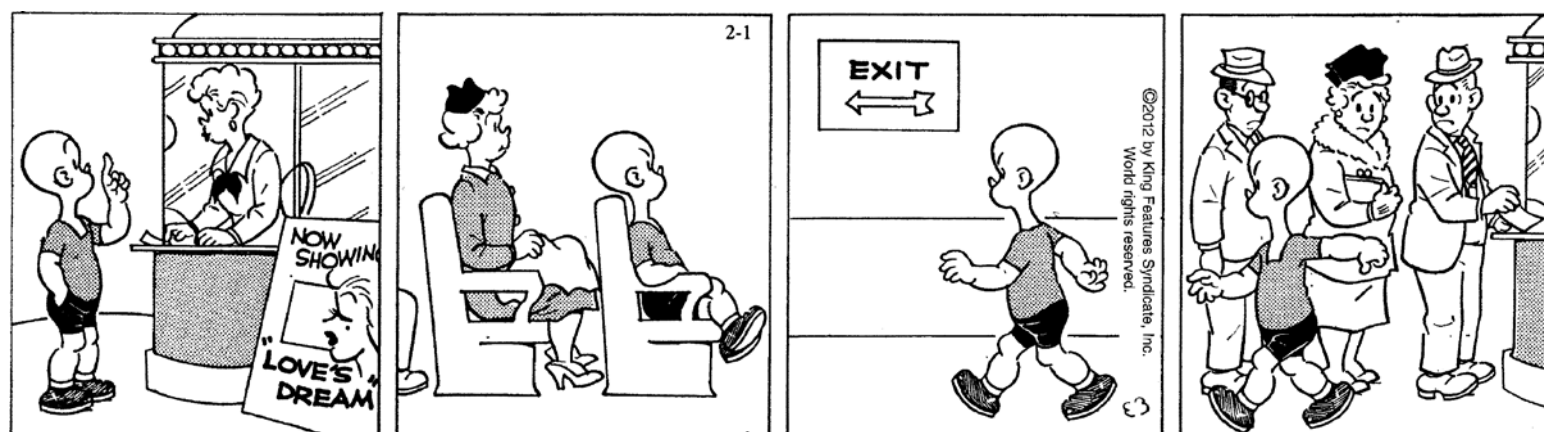


and freshly ground black pepper.

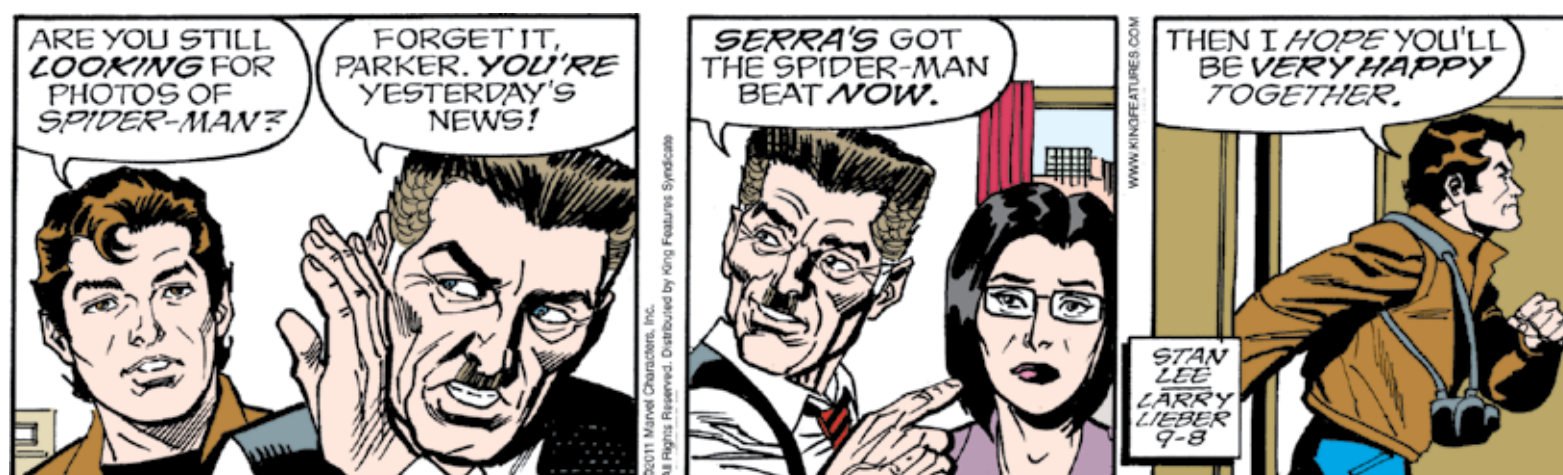
6. Line the base of the baking dish with pasta sheets and cover with about one third of the mince mixture. Place teaspoonful amounts of cottage cheese across the mince until you have used up one third of the cheese.

7. Repeat steps six and seven twice more, finishing off with a layer of pasta sheets. Cover the lasagne with the grated Cheddar cheese, then bake in the oven for 45 minutes to one hour, until golden-brown and bubbling on top.

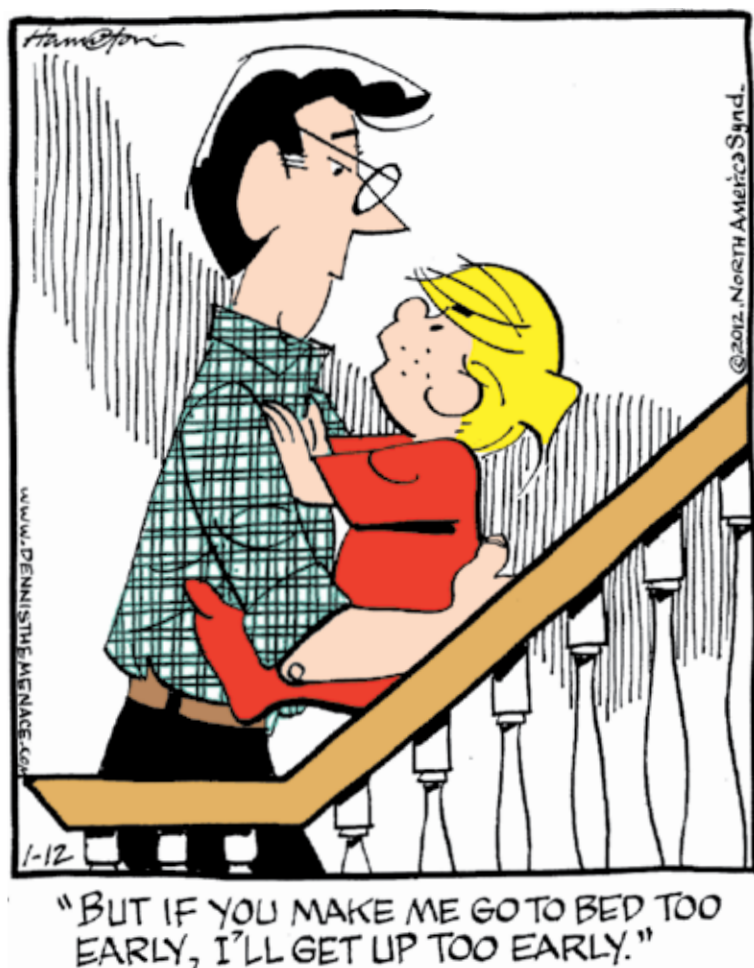
Henry



Spiderman



Dennis the menace



Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Author of <i>Robinson Crusoe</i>	Country bordering Ecuador	Cancelled, abandoned	Supreme Greek god	Sportsmen's organisation (inits)	Malingering	Common insect	Cable-free internet (2-2)
			— Schofield, pictured presenter				
Ends of sleeves	Mushroom-like plants				Helps oneself	— Knightley, actress	Canadian tree
			Non-scientific subject			— Basinger, US actress	
	Cube-puzzle inventor	— Thurman, <i>Kill Bill</i> actress	Danny —, Walter Mitty actor			— Bygraves, singer	
					Devilish youngster		
	Suspends		Relating to a nerve				
					Tomahawk		

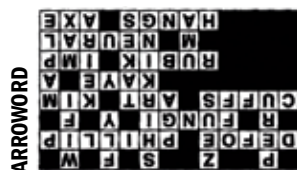
Sudoku 1

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

Sudoku 2

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

ANSWERS



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - JESSICA SIMPSON

Read.

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Fashion editor

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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

The focus is on your health and wellbeing at the moment. A drive to get in shape for summer is off to a good start, but don't let your fitness regime drop as you get busier at work. Exercise is a great way to clear your mind after a hard day at the office.



TAURUS

(APR 21 - MAY 21)

You still seem to be putting in a lot of extra effort at work which is going unnoticed. Perhaps it's time to bring up the subject with your boss and talk through any difficulties you are having with juggling your workload at the moment.



GEMINI

(MAY 22 - JUN 21)

After a recent lull in your self confidence, things are starting to slowly pick up again. Your friends have really been a great support through this fairly difficult time, so don't forget to repay the favour when they need you.



CANCER

(JUN 22 - JUL 23)

If you are thinking about taking up a new hobby or joining an evening course, now is the ideal time to do so. Your creativity and enthusiasm levels are running quite high at the moment so any new skills will be easily picked up.



LEO

(JUL 24 - AUG 23)

Don't ignore any nagging concerns that you may have been feeling about a close friend. They may not have said anything, but you can sense that something is wrong. They will appreciate your help and a shoulder to cry on right now.



VIRGO

(AUG 24 - SEP 23)

Have you been neglecting your health recently? It may be easier to grab something quick to eat or order takeaway after a hard day at work, but take a good look at your diet if you are wondering why your energy levels seem to be dropping.



LIBRA

(SEP 24 - OCT 23)

As one of the most well-balanced signs of the zodiac, you are often known for being sensible when it comes to taking risks or acting on impulse. Go with the flow once in a while and you may be surprised how easy it is to let your hair down.



SCORPIO

(OCT 24 - NOV 22)

The peace and quiet seems to be continuing for you, however it is important to remember the old saying "the calm before the storm". Make sure you are on top of all your tasks at work to avoid being caught out unaware when things start to get busy.



SAGITTARIUS

(NOV 23 - DEC 21)

There may be a new addition to your team at work. Remember how you felt when you were the new person? Make sure you welcome them and offer advice where you can—they will appreciate having a friendly face around.



CAPRICORN

(DEC 22 - JAN 20)

You may have started a new project around the house which is giving you great satisfaction. Perhaps it is even inspiring you to make other changes, which gives you a perfect opportunity to finally put your own stamp on your home.



AQUARIUS

(JAN 21 - FEB 19)

There may be some tension between yourself and a loved one following a recent disagreement. The only way to clear the air is to be honest and open about your issues and discuss things in a level and calm fashion.



PISCES

(FEB 20 - MAR 20)

If you are on the hunt for a new place to live, don't discount an area that you think you are not keen on. Take some time to explore the surroundings and you may be surprised to find that you can see yourself happily living there.



This week's local weather

SUN

29th

WARM
HIGH 33C
LOW 25C
HUMIDITY 31%

MON

30th

WARM
HIGH 34C
LOW 24C
HUMIDITY 30%

TUE

1st

SUNNY
HIGH 34C
LOW 28C
HUMIDITY 34%

WED

2nd

SUNNY
HIGH 34C
LOW 21C
HUMIDITY 31%

THU

3rd

SUNNY
HIGH 35C
LOW 29C
HUMIDITY 34%

FRI

4th

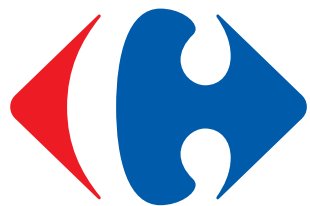
SUNNY
HIGH 35C
LOW 28C
HUMIDITY 35%

SAT

5th

SUNNY
HIGH 34C
LOW 30C
HUMIDITY 35%

كارفور



Carrefour

MAJID AL FUTAIM ماجد الفطيم

THE LENOVO IDEAPAD Z575G

IN GUNMETAL.

WITH ALL GUNS BLAZING!

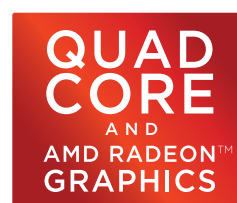
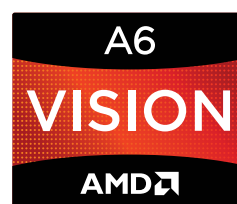
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