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MAY 6-12, 2012 | Issue 47

Read.



TIME TO ASSEMBLE

The release of highly-anticipated blockbuster, *The Avengers*, sees a host of comic book characters finally unite

A MALTESE MOMENT



FASHION GETS LUCKY

We take a look at how to recreate the wardrobes of the latest hot Hollywood on-screen pairing, Taylor Schilling and Zac Efron



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



PUBLIC PAPARAZZI

How the rapid rise in popularity of smartphone photography apps has created a generation of point-and-shoot experts

Mobile magic

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

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UAE | KSA | Qatar | Kuwait

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Letters

Email: letters@readme.ae

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

✉ Dear *Read.*, I have a suggestion. In Al Fahidi Metro Station, we have a sign board on all four sides indicating the list of buildings on each exit. Can we have a similar arrangement in Khalid Bin Waleed Metro Station as well because it is always very busy as it connects to the Green Line.

Goldy

We think it's a great idea and could really help tourists and residents to get a greater grasp on their surroundings. Your suggestion has been forwarded to the relevant authority, so perhaps you may see it in action in the near future.

✉ Dear *Read.*, I'm going to have to have a lean month as I have a holiday coming up and I over-spent in April. However, I don't want to let my social life suffer. I could do with some tips to keep the cost of the month down, without doing boring activities that

my friends won't be interested in. Any ideas in mind?

Rory Devlin

You can't go wrong with one of Dubai's open beaches. Be it kicking a ball around or swimming in the Gulf, the parks are also immaculately kept and perfect for hanging out and socialising. Or, you can always find a range of great films on at the cinema for a cheap evening out.

✉ Dear *Read.*, I've been in my job for one year now. I'm really happy with it and my salary is fair, but that's not to say I wouldn't take a pay rise. Back home, for each year's service, an automatic increase in pay occurs. Am I entitled to the same here?

Rohan Midha

Your basic salary is a negotiated rate stipulated in your labour contract. This amount is important because it's the basis of your end-of-service gratuity pay. Your boss may be happy to give you a raise but—a lot of the time—if you don't ask, you won't get.

Read. Poll

What is your opinion of Dubai Metro commuters?

- Well behaved and polite
- Rude and inconsiderate
- No opinion

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

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

1-2	60%
3-4	36%
5+	4%

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NICEJOSEPH



RONDEL EARL BERONDO



RUBIYAYOUSUF



MARVIN E. LACAP



MARIA LUISA PENAFLO

Station by station guide

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

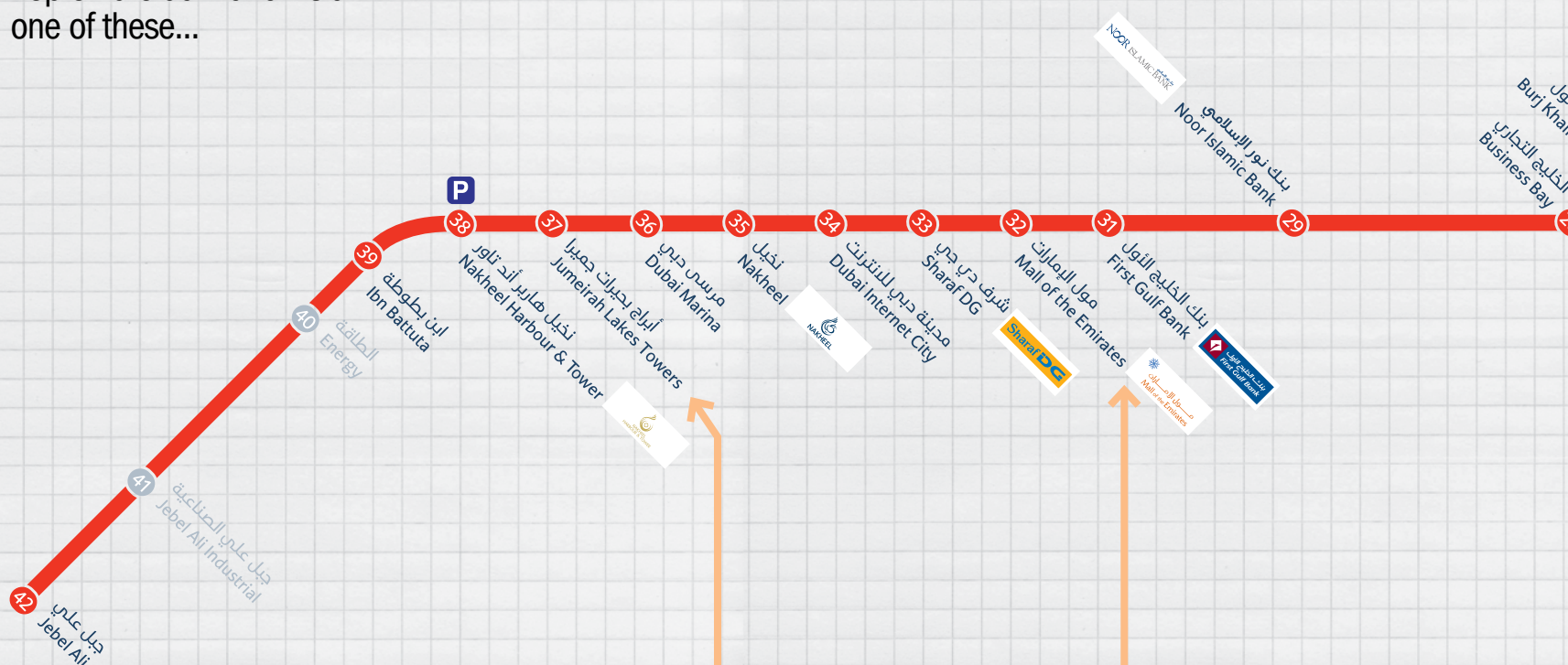
Kids Read celebrates World Book Day

MAY 12, 3 - 6PM, THE PAVILION, DOWNTOWN DUBAI



Open to children between the ages of six and 10, Kids Read Storytelling Afternoon, sponsored by HSBC Bank Middle East, is a free event aimed at motivating children in the community to read for fun. The interactive event will also offer workshops for parents on how to encourage reading in their families as well as hints and tips on how to connect to their children through books. Trained by the British Council, HSBC volunteers will be reading *I want two birthdays* and

Elmer and facilitating various games and arts and crafts activities. Parents can register for their children to attend this Kids Read event at English.projects@ae.britishcouncil.org



Zumba

SEE WEBSITE FOR TIMINGS

CORE STUDIO, DUBAI MARINA

Even to this day, Zumba is a favourite form of exercise for many, so—if you haven't already been converted—why not have a go at one of the hottest fitness crazes around? A great way to stay fit, make friends and have fun. Visit www.coredirection.com for class timings and price information.



TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE



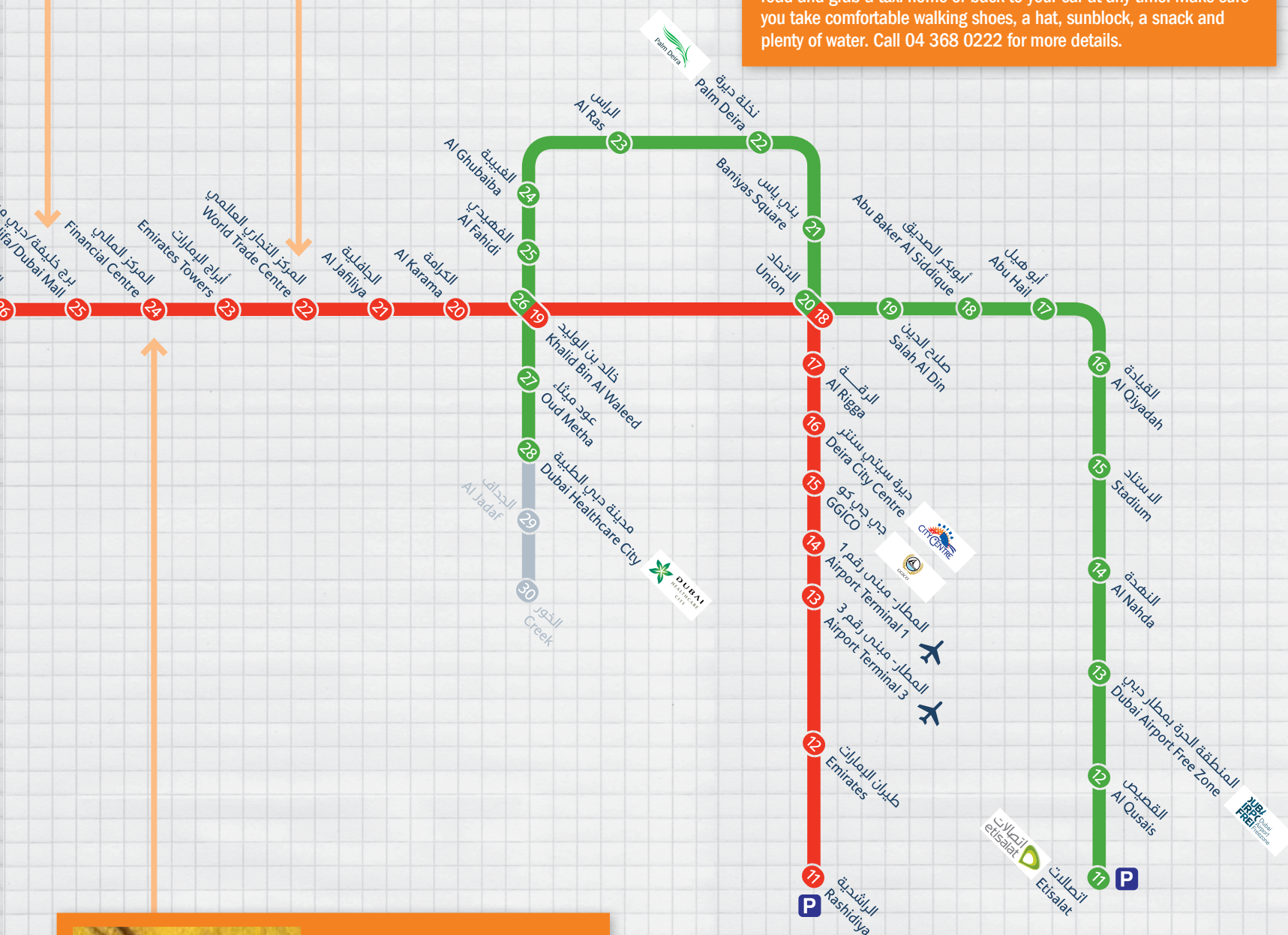


Beach hike

MAY 11, 8AM - 11.30AM
JUMEIRAH BEACH

Why not join the folks from Gulf for Good to enjoy a hike along one of Dubai's fine beaches? This hike along the length of Jumeirah Beach is about 13 kilometres from Dubai

Marine hotel to Jumeirah Beach hotel, but you can walk out to the road and grab a taxi home or back to your car at any time. Make sure you take comfortable walking shoes, a hat, sunblock, a snack and plenty of water. Call 04 368 0222 for more details.



'The Imprint' photography exhibition

MAY 8 – JUNE 7
CUADRO FINE ART GALLERY,
BUILDING 10, DIFC GATE VILLAGE
'The Imprint' is a solo photography show by Iranian artist Niloufar Banisadr that reveals a unique and delicate interplay between absence and presence, where the artist photographs towels bearing the imprints of individuals that have rested on them and then left. These impressions are almost sculptural, arousing curiosity in the viewer about the character of the sitter who has since departed.

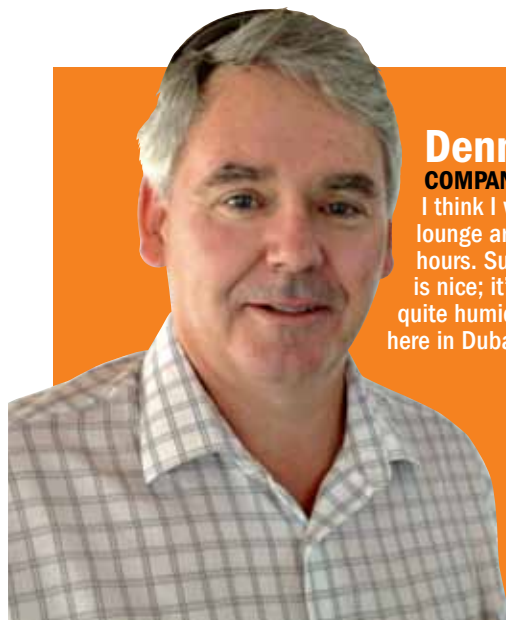


Kuch Bhi Ho Sakta Hai

MAY 11
DUCTAC
Don't miss the opportunity to catch this one-man show by actor Anupam Kher, which has proved so popular with audiences that the play—based on Kher's own experiences of failure—reached its milestone 200th performance back in January. For more information, call 04 369 2128.

The Burning Question

Q As the weather starts to heat up again, many outdoor activities and events are stopping for summer or moving indoors. What do you miss most when it's hot outside?



Dennis O'Brien

COMPANY PRESIDENT, VISITING

I think I would miss just being able to lounge around outside during daylight hours. Summer back home in Canada is nice; it's about 25 to 30 degrees and quite humid, but not as humid as it is here in Dubai.



Sini George

STUDENT, AL QUSAIS

For me, it has to be the beach. The beaches are a highlight of Dubai and the city has some of the best beaches. It just gets too hot to enjoy them during summer.

Kubra Fatima

STUDENT, SHARJAH

During summer I mostly miss going to the beach. I go quite often usually, but it just gets too hot in the summer months and the water isn't pleasant to swim in.



Satyaprakash Menon

GENERAL MANAGER, BARSHA

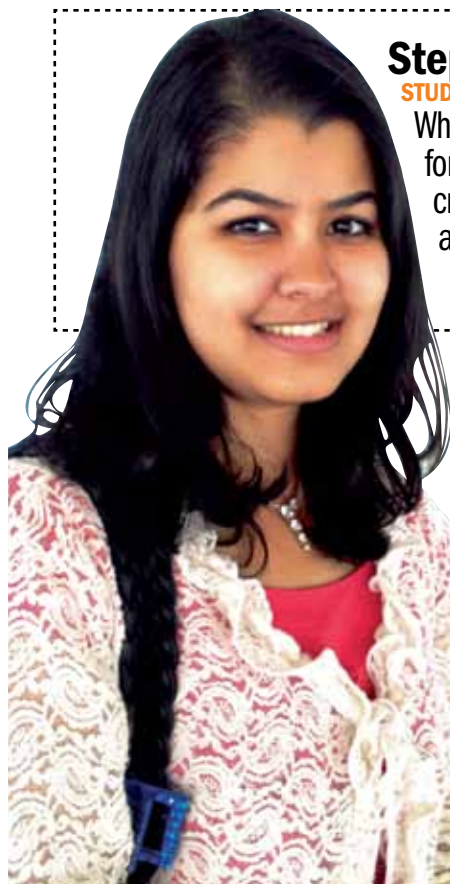
I miss the beach most during summer. I love going in the sea but you can't linger in the heat, so it's best to go very early in the morning. I also miss eating outside in the evening—you need to be inside with air conditioning.



Stephy Jose

STUDENT, KARAMA

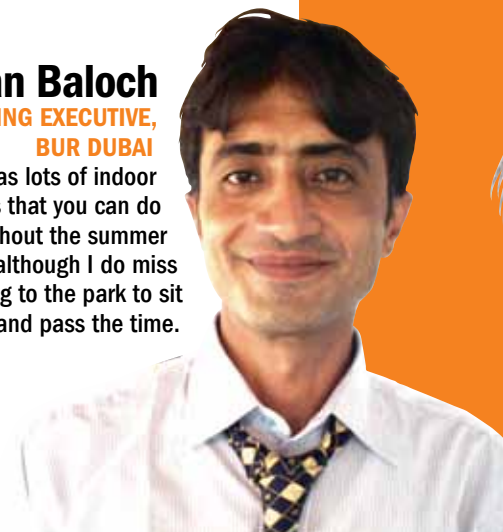
When it gets really hot, I miss going for evening walks around the creek, as this is something I usually do quite often.



Farhan Baloch

MARKETING EXECUTIVE, BUR DUBAI

Dubai has lots of indoor activities that you can do throughout the summer months, although I do miss going to the park to sit around and pass the time.



Darsana Kunham

STUDENT, RAS AL KHOR

During the winter months, I really enjoy going for outdoor barbecues in the park, but obviously during summer it's too hot, so I would say I miss this the most.



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Al Ain - Khalifa bin Zayed Street • Jimi Mall, **Abu Dhabi** - Al Najda Street • Dalma Mall
• Mazyad Mall • Mushrif Mall, **Fujairah** - Mohammed bin Mattar street

www.redtag.ae

What's happening this week on readme.ae?

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

Coming up this week



TODAY

Priced at barely four US cents per acre, the 2.1 million square kilometres signed over in the Louisiana Purchase Treaty of 1803 effectively doubled the size of America. Though it took a war and a slave uprising to get there, it's the largest land deal in US history. Find out more about large land purchases throughout history online today, and see who benefitted most from the deals.



MONDAY

Last month, Charles Taylor became the first head of state to be convicted of war crimes since World War II. Taylor supported rebels in exchange for blood diamonds. How can the trade be stopped?



TUESDAY

Major leaps in technology have more than doubled worker productivity since 1970. But many jobs are now becoming obsolete for various reasons. We take a look at 10 jobs in decreasing demand.



WEDNESDAY

You may already know about solar panels, but what about geothermal pumps and backyard wind turbines? Find out about the latest green technology, and how easy it is to create an eco-friendly home.



THURSDAY

The world is still reeling from the recession, yet people manage to waste money daily. We blame the banks and politicians, but are we being frugal enough? Avoid these money-wasting mistakes.



FRIDAY

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

Facebook chatter

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

(Responses only edited for length)

What are you most looking forward to doing over the summer?

I will prefer to go back m home kashmir India ,,,,,coldest place...i wish i can.....bt cnt.....everybdy here to earn money....so hav to face music.....of..... hot.....ltz play with hottttt...

—Umar Shafi Shah

I would really like to go to my village, KOOL located in TEERAH VALLEY. I can't explain the beauty over there, in words.

—Muhammad Idrees

Im prefer to stay at home than to

feel the heat of the sun but its nice to hve vcation in philippines since my country is not so hot during summer season; more fun swimming in islands.

—Michelle Rosales Muhammed

What do you think has been the biggest waste of a billionaire's wealth, and if you had the money, what would you spend it on?



WHAT ARE YOU DOING THIS SUMMER?

Is gud 2 be a marketer as i am nw.i cn market ur goods anywhere in world.base in dubai for nw.

—Stanislaus Kc Mbaezuo

So many "white elephant" projects all over the world but i dont think its a mistake. its a billionaire's choice in the end. if he/she/they want to spend their billions of dollars to a certain thing then its up to them but i firmly believe that its better to spend the money to something that is worthy and can empower people or lives.

—Angel Lidasan

How important do you think it is to have a national tongue?

Languages are the most expressive form of National Identity. Looks, Culture, Food, Passports everything can change. But Languages are one thing that last the longest. I believe



we should all have a native tongue because of that.

—Omer Chauhan

National Language is one of the things that gives a nation its identity. Though learning other language can be helpful at times.

—Ferdie Salas Santiago Jr.

Al Ain's adventure getaway

The beauty of Jebel Hafeet now serves as the backdrop to the exciting new Wadi Adventure water park.

WATER PARKS

Already popular in its own right as a local tourist attraction, Jebel Hafeet now boasts Wadi Adventure—the Middle East's first man-made facility offering white water rafting, kayaking and surfing.

Apart from the three world-class white water rafting and kayaking runs adding up to a combined length of 1,133 metres, the water park features a surf pool that generates three-metre high waves every 90 seconds. Located in Al Ain, Wadi Adventure enriches Jebel Hafeet's offering for thrill seekers through its activities such as a challenging rope course, tough climbing wall and a zip line.

With a capacity of up to 1,000 people, the Summits Event Centre at the park is ideal for hosting events such as product launches, corporate meets and team-building activities, as well as weddings and birthday parties. The



backdrop of Jebel Hafeet's mountains, lakes and rivers provides a picturesque location for events.

Joe Ong, Managing Director of Tamouh, said, "We are delighted to launch Wadi Adventure, which marks Tamouh's foray into the entertainment sector and adds a new feature to Al Ain's tourist map—the region's first man-made water park.

"We look forward to welcoming both UAE residents and international tourists to the park and offering ad-



WADI ADVENTURE WATER PARK OFFERS WHITE WATER RAFTING

venture and water activities in a safe environment." Ideal for professional surfers, amateurs and families, guests are briefed on safety instructions prior to entering the facility and monitored by professional guides during their visit. Watersport enthusiasts are also

taught to surf in a controlled environment with certified instructors, while the waves are adjusted to fit individual skill and experience. Wadi Adventure entrance prices are: Standard Adult Dh100; Children Dh50; All day Family Pass Dh200.

All Hell Let Loose: The World at War 1939-1945

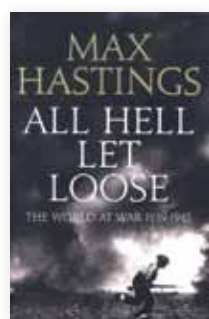
By Max Hastings

BOOKS

A **magisterial** history of the greatest and most terrible event in history, from one of the finest historians of the Second World War. A book which shows the impact of war upon hundreds of millions of people around the world from soldiers, sailors and airmen to housewives, farm workers and children.

Reflecting Max Hastings' 35 years of research on World War II, *All Hell Let Loose* describes the course of events, but focuses chiefly upon human experience, which varied immensely from continent to continent.

The book ranges from the agony of Poland amid the Nazi invasion to the 1943 Bengal famine, in which at least



a million people died. Among many vignettes, there are the RAF's legendary raid on the Ruhr dams, the horrors of Arctic convoys and jungle clashes. Some of Hastings' insights and judgments will surprise, while there are vivid descriptions of the tragedies and triumphs of a host of ordinary people, in uniform and out of it.

Blunderbuss

Artist Jack White Label Third Man Records

ALBUM

★★★★☆

Any fan of popular rock or indie music from the past decade will know of Jack White, who has come to be one of the most prolific songwriters of the era, driving bands such as the White Stripes and the Dead Weather to international stardom. But now, he's back with an album released under his own name, sporting songs that, he says, "had nothing to do with anyone or anything else but my own expression".

Fans of White's previous work will hardly be disappointed after finishing the final song on the album. It starts off with a number of sufficiently punchy guitar riffs in *Missing Pieces*, which also includes the usual lyrical imagery that White has become so famous for. From there, the likes of *Sixteen Salutes*, *Love Interruption* and the title track run through all the variables it could be possible to put into a rock album of this sort, though still sounding distinctly

White-esque.

But even though it's clearly a Jack White album, the variety of styles in *Blunderbuss* makes it something of a journey to listen through. From the harder-edged tracks at the beginning through the more experimental numbers in the middle—such as *Weep Themselves to Sleep*—to the more folky songs toward the end, it feels as if each track is an integral part to a wonderful piece of art. Certainly, then, it was worth him stamping his own name on the collection.



If you like this then you could try...

Savage Continent: Europe in the Aftermath of World War II by Keith Lowe
Across Europe, landscapes had been ravaged, entire cities razed and more than 35 million people had been killed in the war. Crime rates were soaring, economies collapsing, and the European population was hovering on the brink of starvation.



Malta: life and more

The rich diversity of culture and history in **Malta** beggars belief, given the tiny size of this picturesque state.

Few countries make more use of their space than Malta. Packed into this tiny island nation, which covers just 316 square kilometres, is 7,000 years of architecture, from crumbling prehistoric temples to the ornate, baroque buildings of Valletta. In addition to more history per square mile than almost any other country, tiny Malta boasts beautiful beaches, excellent cuisine and a rich culture inspired by the various peoples who have settled here over the centuries.

Malta is a melting pot of cultural influences. Greeks, Romans, Arabs, Italians and English are among the many nationalities that have left their mark on Malta. Over the years it has been occupied by a succession of rulers, including the Phoenicians, Carthaginians, Romans, Byzantines, Arabs, Normans, Sicilians, French and British,



each of which contributed something to the Maltese identity. One place this eclectic cultural history makes itself felt is in the Maltese cuisine. The island's proximity to Sicily and North Africa has contributed to the rustic character and Mediterranean flavour of Maltese food, which features a lot of rich pasta dishes, savoury pastries and crusty bread drenched in olive oil. Popular desserts include imqaret (date pastries) and Qubbajit (nougat) or Cassata (ricotta-filled sponge with marzipan).

Food plays a central role in Maltese daily life. The Mediterranean preference for big, noisy family meals is alive and well here and much of the social scene is centred around restaurants and cafés. The capital, in particular, has a thriving café culture, which rivals any in Europe. Spend an afternoon sitting on a sun-soaked terrace at one of the quirky book cafés and acquaint yourself with Maltese

Other things to see and do in Malta

The Blue Lagoon – Hire a snorkel and gaze at the rich underwater life in this pretty bay.

The Upper Barrakka Gardens – Admire a superb panorama of the Grand Harbour from these picturesque gardens, built for the Italian knights in the seventeenth century.

Mdina – Wander through atmospheric streets and drink in the historic architecture in Malta's medieval town.

Gozo – Escape the crowds and soak up the sun on this island.

Megalithic Temples – Take in the oldest free-standing temples in the world at Ggantija and explore the underground Hal Saflieni Hypogeum, which dates back to prehistoric times.

literature or catch up on some of the country's long history before heading off to explore the sites.

The capital, Valletta, is bursting with historical attractions. When Unesco granted World Heritage listing to Valletta, it called the tiny capital "one of the most concentrated historic areas in the world", and it's easy to see why. There are 320 monuments packed into a city the size of an average regional town and almost every turn in the road seems to bring you face to face with a different historical site.



ONE OF THE MANY TOURIST RESORTS IN MALTA

“There are 320 monuments packed into a city the size of an average regional town.”

Top on most tourist itineraries is St John's Co-Cathedral, built in 1577 by the Order of the Knights of St John. This magnificent structure is a feast of Baroque art and architecture and contains a number of famous works by rebellious Italian artist Caravaggio, who served as a Knight in the Order for a while, until his criminal tendencies got the better of him.

In the evening, catch a performance at Manoel Theatre, reputed to be Europe's third-oldest working theatre, or take a stroll along Republic

Street and drink in the lively atmosphere of Valletta's main thoroughfare. Cafés, souvenir shops, bookshops and clothes stores line the pavements and, in between, lie some of the capital's most significant sites, including the National Museum of Archeology, Palace Square and the 400-year-old Casa Rocca Piccola, which is still occupied by the Maltese noble family.

When you've had your fill of Malta's many old attractions, head along the coast to the fashionable residential towns of Sliema, St Julian's and Paceville, where beaches and nightlife abound. Alternatively, seek out the happy compromise between historic and modern at Vittoriosa or head out to the northern beaches and make the most of Malta's sunny climate. There is no shortage of variety here. Malta may be tiny but so eclectic and abundant are its attractions that each day can be spent exploring a different feature of its history, culture and environment. ●

flydubai's best destinations this summer

The best places for business or leisure are a short flight from Dubai – thanks to low-cost airline flydubai.

TRAVEL ADVISORY

Whether it is for business or leisure, flydubai, Dubai's innovative low-cost airline, sums up its top destinations this summer with return flights costing as little as Dh472.

Top 3 business destinations

Doha, Qatar Doha exudes an atmosphere of dynamism, making it the perfect destination for energetic visitors.

Kuwait City, Kuwait From archaeological treasures to modern shopping malls, and from scuba diving to fine dining, Kuwait is an oasis of enjoyment.

Muscat, Oman Visiting Muscat is like stepping into a chapter from the 1001 Arabian Nights. All the buildings – old and new – have been built in the region's traditional style, with domes,



FLYDUBAI OFFERS VARIED DESTINATIONS WAITING TO BE DISCOVERED

arched windows and intricate mosaics around every corner.

Top 3 leisure destinations

Beirut, Lebanon Beirut boasts superb food, excellent shopping, striking colonial buildings and glistening sea views from almost all angles.

Colombo, Sri Lanka Street bazaars, malls, temples and colonial Dutch, Portuguese and British buildings jostle for space in this colourful capital, all evidence of its vibrant mix of cultures and bustling atmosphere.

Kathmandu, Nepal Bustling alleyways teem with vendors, rickshaws and Buddhist monks as they wind their way around the magnificent temples and squares of Kathmandu. Flights can be purchased from flydubai.com, its call centre (04 231 1000), flydubai Travel Shops and through travel partners.

Hidden horrors around the house

Germ is everywhere, but we can still fight against them.

No household is free from germs. Follow all the usual guidelines by washing your hands regularly, cleaning surfaces with antibacterial spray and keeping food in sealed containers, but those hazardous little monsters will still find hundreds of comfortable places around the house to set up camp. Germs aren't fussy. Dark, damp spots are their preferred environment but they can thrive almost anywhere, often hiding in plain sight in the most unlikely places.

There is no escaping them. Clean all over the house every day and the germs will still be there, posing a potential threat to the health of anyone who comes into contact with them. However, while we may not be able to win the battle against germs, we can still put up a good fight. Armed with powerful antibacterial cleaning agents and reliable intel on their likely locations, there is a good chance of keeping the worst at bay and maintaining a sanitary household environment.

Here are some of the places where germs are likely to be hiding in your home.

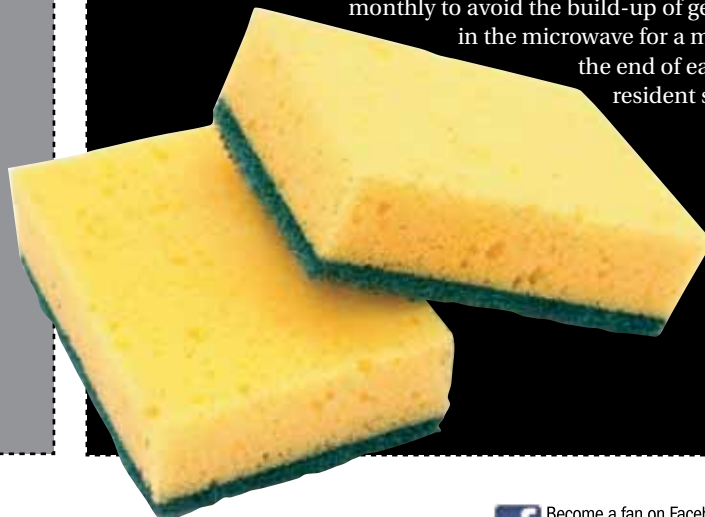
Keyboards and phones

If you have a white phone or keyboard then you'll be able to see just how quickly dirt, and consequently bacteria, builds up on the surface. Even if you are the only one that touches them, the germs can still pose a threat to your health—just think of how often you drink a cup of coffee and rub your eyes while sitting at the computer or nibbling on a bag of crisps while chatting on the phone. Include your electronics in your cleaning routine and disinfect them daily to avoid infection.



Sponges

A damp sponge is a dream come true for germs and the likelihood is that this is the most contaminated item in your home. Every day, we move sponges from surface to surface, picking up more bacterial hitchhikers on the way and then spread them over our bodies when we wash. Replace sponges monthly to avoid the build-up of germs and put them in the microwave for a minute or two at the end of each day to kill off resident squatters.





The make-up bag

Every time we use make-up or any other product, the germs on our hands contaminate it. Ideally, we should wash our hands before applying anything to the face, particularly the eyes and mouth, and clean out wash bags regularly to prevent the build-up of bacteria. Avoid using testers in shops or sharing make-up with friends as germs are often passed on in this way.

The TV remote

Consider how often people pick up the TV remote each day and whether they are likely to wash their hands before doing so. The chances are that they don't and, as a result, most remotes are teeming with bacteria. As many people snack while watching television, it's particularly important to clean the remote regularly with an anti-bacterial wipe to prevent the transfer of germs from the remote to the mouth and vice-versa.



Rugs

Carpets and rugs contain around 200,000 bacteria per square inch, and, in many households, are more germ-ridden than the toilet seat. Just because we rarely touch them with our hands, it doesn't mean that rugs don't collect germs as easily as other items in the house. Food particles, dead skin cells, dust and a host of other germ-carrying substances fall onto household rugs every day and a vacuum cleaner is not always powerful enough to dislodge them. Use a powerful cleaning solution once a month to keep your carpet fresh and germ-free.



Toothbrush

We use them every day to keep our mouths clean, but toothbrushes can be one of the surest ways to fill our mouths with bacteria if they are not stored properly and sanitised on a regular basis. Studies have shown that flushing a toilet sprays millions of tiny bacteria (such as salmonella and E.coli) into the air, many of which will land on your toothbrush if you keep it in range. Keep toothbrushes upright inside a bathroom cabinet, sanitise them weekly with a disinfectant solution and replace old toothbrushes every few months.



Stay safe in the kitchen

- Wash your hands before touching any food.
- Use an anti-bacterial solution to wash fruit and vegetables thoroughly before consumption.
- Use separate cutting boards for meat and clean them thoroughly straight after use.
- Eat leftover food within three days or less.
- Leave enough space in the fridge for the cold air to circulate.
- Store raw meats and fish on a separate shelf to other foods in the fridge.
- Clean the inside of the fridge weekly with warm, soapy water.
- Swap kitchen sponges for throwaway anti-bacterial wipes.
- Spread wet dishcloths out to dry after use and wash them at least twice a week.
- Disinfect the sink regularly, paying particular attention to the drain.



Do things right

Whether you're here for a holiday or to build a new life, these tips will show you how to get going.

For those of us who were born in the UAE, or who have lived here for several years, the rules and regulations of the country are ingrained into our minds by default. However, many people who are new to the emirate will have an array of queries. Here are the answers to some of the most commonly asked questions.

Connecting DEWA

Register with the Dubai Electricity and Water Authority (DEWA) for a water and electricity connection. Your DEWA number can be found on the door frame for apartments, or on the gate if you live in a villa. Simply fill in an application form—available at any DEWA office or online—then pay the deposit of either Dh1,000 (apartment) or Dh2,000 (villa), plus a new connection fee of Dh110. Applications are usually processed immediately and you should have water and electricity within one day. Visit www.dewa.gov.ae for more information.

Setting up a bank account

After you've decided which bank suits your financial needs, simply head into your nearest branch with your passport (including residency visa) plus a photocopy, a salary certificate and a letter of no objection from your employer. Alternatively, most banks can arrange for a representative to visit you at your office or home. Most banks will then send your bank card and cheque book via courier to your office or home, whichever is more convenient.

What not to wear

The sign at the entrance to all shopping malls makes this quite obvious: please wear respectable clothing. On the beach, swimwear is fine, however, as soon as you step off the sand, cover up. The Dubai Code of Ethics, published by the Government of Dubai in 2009, states that "business-casual dress code shall be adopted by all visitors of Dubai's official government buildings". In all other public places, shorts and skirts must be an appropriate length and "clothing shall not indecently expose parts of the body, be transparent, or display obscene or offensive pictures and slogans".

Hit the road

There are certain rules you must adhere to before taking the wheel. Firstly, you must hold a valid UAE licence. For information on how to easily transfer your existing licence to a UAE licence, visit www.dubai.ae.

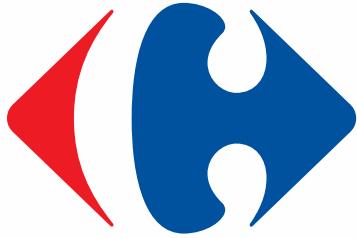
Once you're road-legal, all passengers must wear seat-belts, children must sit in the back, using your mobile while driving is forbidden, and tailgating other cars could lead to fines. Speeding fines are only imposed when you are 20 km/h over the signed speed limit on certain roads, as authorities understand that it may sometimes be necessary to pass another vehicle that is already driving at the maximum speed.



Mr and Mrs

One of the most common preconceptions surrounds the way in which a couple can behave in public. Holding hands is allowed between married couples. However, any couple, married or not, should not display intimacy in public. This could land you in trouble with the police, particularly during Ramadan, and could—in the worst case scenario—result in conviction or deportation.

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A joint decision

Joint replacement operations are becoming more common for many of us. What's involved in the process?

Hip replacement surgery

A hip replacement is a common type of surgery in which a damaged hip joint is replaced with an artificial one (known as prosthesis).



The hip joint is one of the largest joints in the human body and is what is known as a ball and socket joint. In a healthy hip joint, the bones are connected to each other with bands of tissue known as ligaments. These ligaments are lubricated with fluid to reduce friction. Joints are also surrounded by a type of tissue called cartilage that is designed to help support the joints and prevent bones from rubbing against each other.

It might be necessary for you to have a hip replacement if one

(or both) of the hip joints becomes damaged and causes you persistent pain or problems with everyday activities such as walking, driving and getting dressed.

A hip replacement can be carried out under a general anaesthetic (where you are asleep during the procedure) or an epidural (where the lower body is numbed). The surgeon makes an incision into the hip, removes the damaged hip joint and then replaces it with an artificial joint that is a metal alloy or, in some cases, ceramic. The surgery usually takes around 60 to 90 minutes to complete.

What happens after?

For the first four to six weeks after the operation you will need a walking aid, such as crutches, to help support you. You will also be enrolled on an exercise programme that is designed to help you regain and then improve the use of your new hip joint.

Most people are able to resume normal activities within two to three months but it can take up to a year before you experience the full benefits of your new hip.

Elbow replacement surgery

Elbow joint replacement is a more recent and much less common operation. Although the number of procedures performed remains small, it is regarded as a well-established surgical procedure. However not all



orthopaedic units will perform it.

Joint replacement surgery is performed when other interventions, medical and surgical, will not offer a satisfactory outcome.

The operation usually takes about one to two hours and it is usually performed under general anaesthesia but regional anaesthesia with sedation can be employed. An incision is made to expose the elbow joint. The surgeon removes the lower end of the humerus and the upper end of the ulna, along with any damaged tissue. The surgeon then drills out a portion of the centre of the humerus and ulna and inserts one stem of the prosthesis into each. Usually, the prosthesis is cemented into place. The two stems are joined with the hinge mechanism. The wound is closed, and a bandage is applied to splint the arm for stability.

What happens after?

The patient will stay in hospital for about three or four days and a splint may be used after surgery to help stabilise the elbow. Physiotherapy starts with gentle flexing exercises. Patients who have a splint typically start therapy a few weeks later than those who do not.

The patient will need help with everyday activities, such as driving, shopping, bathing, meal preparation and household chores for up to 6 weeks. Some patients may begin to regain function of the elbow as soon as 12 weeks after surgery, although additional recovery can take up to a year. The patient should not lift more than about 2.5 kilogram with the affected arm, even when fully recovered.

Knee replacement surgery

In knee replacement surgery (arthroplasty), a damaged, worn or diseased knee is replaced with an artificial joint. Knee replacement is a routine operation for knee pain when the knee joint has been severely damaged, most commonly by arthritis.

There are two main types of surgery, depending on the condition of the knee: total knee replacement and partial (half) knee replacement.

In a total knee replacement, both sides of your knee joint are replaced. The procedure takes one to three hours. The surgeon makes a cut down the front of the knee to expose the kneecap. The damaged ends of the thigh bone and shin bone are carefully cut away. The ends are precisely measured and shaped to fit the appropriately sized prosthetic replacement. A dummy joint is positioned to test that the joint is working properly. Adjustments are made, the bone ends are cleaned, and the final prosthesis is fitted.

What happens after?

Wear and tear through everyday use means that the replacement knee will not last forever. However, for most people, it will last for at least 15-20 years, especially if the new knee is cared for properly and not put under too much strain.



SPOTLIGHT ON...

Glaucoma



Glaucoma is a term that describes a group of eye conditions that affect vision. It often affects both eyes, although the severity can differ between eyes and one eye may develop glaucoma more quickly than the other. The condition occurs when the drainage tubes within the mechanism of the eye become slightly blocked. This prevents eye fluid from draining properly, which in turn causes a build up of pressure (known as intraocular pressure), which can damage the optic nerve and the nerve fibres of the retina.

There are four main types of glaucoma. Chronic open-angle glaucoma is the most common type and develops very slowly. Primary angle-closure glaucoma is more rare and can—in some cases—develop rapidly with a sudden, painful build-up of pressure in the eye. Secondary glaucoma occurs as a result of an eye injury or another eye condition, while developmental glaucoma (congenital glaucoma) is a rare form of the condition which is usually present at birth or develops shortly after birth.

If it is left untreated, glaucoma can—in the worst-case scenario—cause blindness. However, if it is diagnosed and treated early enough, further damage to a patient's vision can be prevented. Glaucoma tends to be more prominent in older patients, with around one in 50 people over the age of 50 years having chronic open-angle glaucoma and around one in 10 people over the age of 75 years being diagnosed.



Common sports injuries

We run through the basics of the most common sports injuries, explaining why and how they happen.

It doesn't take much to sustain an injury while exercising. An awkward twist when lifting weights or sustained pressure on the joints and back during a gentle jog is all it can take to cause damage to the body and, for people who play sports regularly, injury is almost inevitable at some point.

This doesn't mean that you should stop exercising. The health benefits of staying fit and active far outweigh the risk of most sports injuries, but it is worth being aware of the perils. With this in mind, *Read.* has created a list of the most common sports injuries and the causes behind them.

Shin splints

Particularly common in runners, shin splints occur when tired or inflexible calf muscles put too much stress on the tendons, which become strained and torn. The muscle responsible for raising the arch of the foot when you run is attached to the shin bone. When the arch collapses with each foot strike, it can begin to pull some of the muscle fibres loose from the shin bone, causing small areas of bleeding around the lining of the



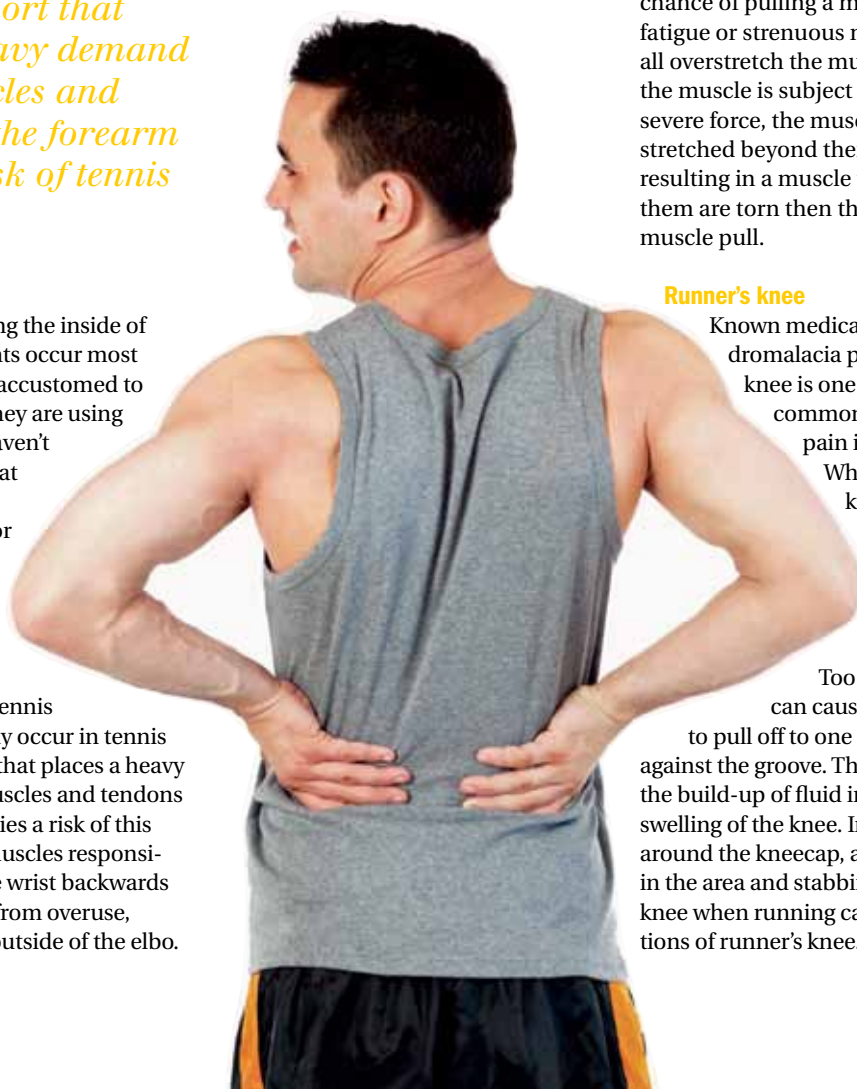
PULLED MUSCLES ARE AMONG THE MOST COMMON INJURIES

“Any sport that places a heavy demand on the muscles and tendons in the forearm carries a risk of tennis elbow.”

bone and pain along the inside of the shin. Shin splints occur most often in people unaccustomed to training because they are using leg muscles that haven't been stressed in that way before. Other causes include poor running shoes and running on hard surfaces.

Tennis elbow

Despite its name, tennis elbow does not only occur in tennis players. Any sport that places a heavy demand on the muscles and tendons in the forearm carries a risk of this injury. When the muscles responsible for bending the wrist backwards become inflamed from overuse, pain is felt on the outside of the elbow.



Tennis players can aggravate the elbow by hitting the ball late on the backhand side, straining the muscles and tendon, or by constantly turning the wrist to put more spin on a serve. Similarly, right-handed golfers who pull the club through the swing with the left wrist can suffer from irritation in the left elbow.

Lower back strain

Almost everyone who exercises regularly will experience lower back strain at one time or another. Most often, it is the result of overstretching the muscle fibres and tendons, causing them to tear. This can then send the muscles into spasm, causing backache and significant discomfort. Twisting awkwardly, lifting heavy weights, pushing the body harder than it is used to or remaining bent forward for long periods of time are all common causes of lower back strain. One preventative measure is to build up the core muscles—a weak core can force the lower back to take more than its fair share of pressure during exercise and increases the likelihood of strain.

Pulled muscle

Any athlete who has never pulled a muscle has had incredible luck, as this is among the most common sports injuries and can occur anywhere in the body. No matter how diligently you warm up, stretch and cool down, there is still a good chance of pulling a muscle. Overuse, fatigue or strenuous movement can all overstretch the muscle fibres. If the muscle is subject to a sudden, severe force, the muscle fibres are stretched beyond their capacity, resulting in a muscle tear. If most of them are torn then this classifies as a muscle pull.

Runner's knee

Known medically as chondromalacia patella, runner's knee is one of the most common causes of knee pain in athletes.

When we move, the kneecap usually goes up and down in its groove as the knee flexes and straightens.

Too much pressure can cause the kneecap to pull off to one side and rub against the groove. This can result in the build-up of fluid in the groove and swelling of the knee. Inflammation around the kneecap, a persistent ache in the area and stabbing pains in the knee when running can all be indications of runner's knee. ●



The feel-good factor of fitness

Endorphins are natural 'high' hormones that are produced by the pituitary gland in your brain. Endorphins act on your brain's opiate receptors to block their ability to receive pain messages

“Endorphins also work on your emotions; they create a sense of pleasure.”

from the sensory nerves. This makes you less sensitive to pain and is often associated with 'runner's high'—the euphoria sensed by those undertaking physical fitness

training and primarily those who run.

Those people who don't run but train hard, for long sessions or intense circuit training, for example, often claim to get a 'second wind' during exercise. This is the endorphins kicking in and creating that same feeling. After exercise, instead of being tired, you actually may feel more exhilarated and remain invigorated for the next couple of hours. This is due to the high level of endorphins that remain in your system.

Endorphins also work on your emotions; they create a sense of pleasure, making you feel empowered and good about yourself. They also work for up to 24 hours. Some studies have shown that happiness is a key factor in both mental and physical health, and, therefore, you should understand how you can increase your endorphin levels to help you both physically and mentally, such as with the foods you choose to eat and your approach to relaxation and positive thinking.

In my next column, we'll take a closer look at some of the ways in which you can increase your level of endorphins.

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.

Taylor Schilling

The Lucky One actress has been a fashion favourite for years. From glossy and elegant through quirky and cute to vintage chic, this is one American starlet who knows how to work a trend.

Her

DEBENHAMS

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MONSOON

TOPSHOP

Steal her style

Taylor Schilling has definitely been experimenting with her style and showing off an array of outfits on the red carpet while promoting *The Lucky One*. The star showed off a demure look in a knee-length coloured crocheted-style dress that showed off her long legs.

Opt for a coloured, patterned, fitted dress for a similar style to Schilling's, paired with stiletto heels for an edgy look.

The actress loves to show off her legs in shorts,

playsuits and flattering mini-dresses. Pair a fitted shift dress in royal blue with nude-heeled pumps for a classic Schilling look. For the younger style that Schilling is so good at, opt for a black playsuit or shorts and shirt combo with strappy black heels for a sultry, playful look.

For a more sophisticated look that can be worn at night or during the day, pair a fringed, cream sweater with high-waisted, paisley print shorts and peep-toe heeled boots. For a vintage style like Schilling's, opt for a pair of shorts in silk and match with a delicate, lace or chiffon shirt.

Zac Efron

Zac Efron is every inch the leading man both on-screen and on the trend scene. The actor manages to make old clothes look cool and his outfits effortless. From prim and polished on the red carpet to laid-back and handsome, Efron is one fashionable A-lister.

TOPMAN

Him

URBAN OUTFITTERS

NEXT

RIVER ISLAND

Steal his style

From teen heart-throb to leading man, Zac Efron's personal style has changed since he emerged on the big screen. The actor likes to go for the dapper look for a red carpet event. Get suited and booted like Efron in a simple, black or navy suit with shirt and tie for a smart look.

Efron upped the ante on a basic tee, opting for a leather jacket, and paired it with a pair of cream trousers. Finishing it all off with tan brown shoes and a killer pair of shades ensures the whole thing remains in casual territory, but one that's miles away from being care-less. To get Efron's laidback look, opt for a simple white t-shirt, cream chinos, shades and a leather jacket or black zip-up jacket.

The star loves to rock leather jackets, fitted t-shirts and skinny jeans. Get Efron's manly look with a pair of dark, denim jeans paired with a white, long-sleeved t-shirt and black biker jacket. Don a pair of high-top trainers and wear your jeans turned up at the bottom to show them off.

FASHION OPINION

ZOYA PASHA
FASHION BLOGGER
DESERTS AND DIAMONDS



Hot, hot, hot

The mercury is rising and I, for one, am feeling the heat. With the Dubai summer fast approaching, I know the question on everyone's minds is, "What do you wear when it's 50 degrees outside?"

With the temperatures sky-high, I cast my jeans aside and bring out the colourful mini-skirts and my beloved cut-off shorts. This season, Aztec prints have been seen everywhere, and this is a great trend to embrace, no matter what size or shape you are.

I bought a beautiful turquoise and red Aztec print skirt recently that I've been wearing constantly with different plain t-shirts. Denim shorts are another fail-safe, go-to option, as these can be dressed up or dressed down according to the occasion. Team them with a light pastel coloured blazer and some chunky arm candy, or just a vintage t-shirt,

for some dressed-down glam.

Denim shorts are a definite wardrobe stable for the summer,

so make sure you find a pair that fits you well and isn't too short.

These clothes don't need to be expensive—the pair of shorts that I'm wearing myself right now are from Khao San Road street market in Bangkok and cost approximately Dh35, minus the cost of getting there, of course. Long skirts are a pretty and feminine way to keep cool in the heat. Try wearing them in bright summery colours to keep your look for this season appropriate for the country we live in.

"Denim shorts are a definite wardrobe stable for summer."

Nokia has launched the Asha range of devices in the UAE, which includes four affordable smartphones that feature a stylish design. The Asha phones, derived from the Hindi word for "hope", allow people to download apps, surf the web, check emails, play games and chat at an affordable price.

"Nokia continues its mission to deliver high-quality, stylish devices that provide the best access to social networks, the Internet and information, and also offer a great overall experience and value proposition for the next billion mobile phone users. These consumers want access to innovations such as easy-to-use dual-SIM, a variety of engaging, local apps, attractive and colorful designs and the superior user experience for which Nokia phones are known for," said Vithesh Reddy, General Manager of Nokia, Lower Gulf.



CALIN TURCANU, HEAD OF MOBILE PHONES UNITS, NOKIA IMEA, TOM FARRELL, VP OF NOKIA MIDDLE EAST, AND VITHESH REDDY, GM FOR NOKIA LOWER GULF, SHOW OFF THE NEW ASHA RANGE

Nokia's new hope

Nokia's Asha range of affordable smartphones has landed in the UAE.

Nokia Asha 200

The Nokia Asha 200 is the brand's latest dual-SIM phone with Easy Swap functionality, allowing users to easily change their second SIM without switching the device off. It is a fun and colorful QWERTY phone designed to meet the needs of young, urban users who want to constantly stay in touch. The Asha 200 features integrated social networking, email and instant messaging, plus Orkut and Flickr support. The Asha 200 makes it possible to carry thousands of songs with support for 32GB memory cards, and it sports a battery that allows for an amazing 52-hour playback time. And all this comes in at just Dh288.



Nokia Asha 300

The beautifully designed Asha 300 is a touch and type device which also offers the convenience of a keypad. The Nokia Browser allows for fast, affordable and localised Internet access by compressing web pages by up to 90 per cent. The Asha 300 arrives preloaded with the popular Angry Birds Lite game. The phone also features a 1GHz processor, 3G, a 5-megapixel camera, music player, FM radio, Bluetooth connectivity and can handle memory cards up to 32GB. It costs Dh397.



Nokia Asha 303

The Asha 303 is a stunning phone designed with sophisticated materials and metallic finishes. It combines a large 2.6-inch capacitive touch screen with a high-quality QWERTY keypad. The device harnesses a powerful 1Ghz engine, 3G and WLAN to deliver a fast Internet experience. Angry Birds Lite comes pre-installed, together with support for other apps such as Facebook Chat, Whatsapp messaging and Nokia Maps for Series 40. This model costs Dh539.

Nokia Asha 302

The Asha 302 is Nokia's first Series 40 phone to support Mail for Exchange, giving people access to their emails, contacts and calendar on an exchange server, delivering a true mobile office experience. That and a stylish QWERTY keyboard make it ideal for young entrepreneurs and professionals seeking a beautifully designed phone. It only costs Dh425.



Tips and tricks for smartphones

It can't be denied that the UAE has seen something of a smartphone revolution. Looking around, it's hard not to see someone either playing with an app on an iPhone, typing a message on BlackBerry's BBM service or browsing the web on an Android. What's more, just what these phones are capable of is simply astonishing, given the relatively short amount of time that they've been around. And there are a number of tips and tricks across the range of brands that can help people get the most out of their products. Here's our list of some of the most useful tricks to make smartphones even more productive.



Android

Call your favourite contacts with one tap – Android allows you to create icons out of contacts, meaning one click is all it takes to make a phone call. To do this, simply press and hold on an empty space on the home screen until a menu comes up. Select Shortcuts > Contact, and choose whichever friends you want to put on the home screen.

Conserve your battery – One thing that plagues many smartphones is a short battery life, but it's possible to keep this in check on Android. For example, animated backgrounds spend plenty of battery life, so switch to a still one instead. It's also possible to turn off other animations by going to Settings > Display > Animations. What's more, the Running Services menu in the phone's settings will also allow you to close any battery-draining apps.



iPhone

Quickly scroll to the top – This is particularly useful when using the Twitter app, or else reading long articles on Safari, when it can seem like an effort to scroll all the way back to the top of the page. Thankfully, a quick tap on the phone's top bar, which houses the clock, battery and service bar icons, is all that's required.

Save any image from Safari – For saving an image straight from the web, simply press down and hold on the image until two options saying either "save" or "cancel" pop up. Press "save", and the image will be saved to your camera roll, so that you can use it, for example, as a background image.

BlackBerry

Make your BlackBerry look like an iPhone – No one can deny the sleekness of the iPhone's design, and now it's possible to enjoy it, on-screen at least, on the



BlackBerry. An app called bPhone from the BlackBerry App World will change the icons to make them look like an iPhone, though be careful; you must be running BlackBerry OS 4.2.1 or later to install this app, or else it could render the phone useless.

Save memory, browse faster – If browsing the web is taking too much time, try turning on JavaScript, which the BlackBerry browser usually has turned off by default. Simply click on Options > Browser > Configuration > Support

JavaScript, and turn it on for a smoother browsing experience.

THE LAUNCH

Toshiba unveils Portégé Z830 Ultrabook



Toshiba has launched the Portégé Z830 Ultrabook equipped with extreme portability, durability and connectivity features for mobile users. Measuring 15.9mm thick and weighing less than 1.2kg, the Portégé Z830 is rated as the world's lightest Ultrabook (for a 13.3" notebook PC with widescreen LCD). The Portégé Z830 Ultrabook is encased in a durable magnesium alloy casing with a honeycomb structure design for higher durability and reliability, optimal rigidity and resistance to flexing, drops and shocks.

The bright 33.8cm (13.3"), non-reflective high-definition display and powerful stereo speakers enhanced with Dolby Advanced Audio enables users to experience superb entertainment at home and on the go.

BenQ debuts GH600 camera



BenQ has launched the GH600, its first bridge-type digital camera combining the advantages of a point-and-shoot camera and DSLR-like imaging effects. The camera is equipped with 21x super zoom lens, 16-megapixel CCD sensor, 25mm wide-angle lens, a 3" 460K LCD display and a wide selection of shooting modes.

The GH600 camera is priced at Dh699 and is available at select retailers in the UAE in black and white.



Marvel-ous assembly

The Avengers avoids the usual superhero trap, wasting no time on back stories and throwing us straight into the action.

NEW RELEASE

Ever since a small but perfectly-formed teaser at the end of *Iron Man* heralded the coming of *The Avengers*, it's been tough to keep expectations reasonable. For every good Marvel film, there was a bad one. For every reason to get excited, there was a reason to be cautious. A complete disaster seemed unlikely, but anything less than genre-defining brilliance was going to be a let-down.

Marvel has had a plan for the best part of five years now, that began with the cinematic inception of *Iron Man* and Tony Stark, a character played to pitch perfection by Robert Downey Jr. The success of that film gave the fledgling studio the clout to set about its master plan; a film encapsulating the biggest heroes—Hulk, Thor, Captain America, Iron Man and more. The pressure to deliver here is immense, but writer/

director Joss Whedon and the cast manage to smash those expectations. *The Avengers* is everything a blockbuster should be and one of the most effortlessly entertaining popcorn flicks in some time. Of course, with seven lead characters, a villain backed by an army and a supporting cast pulled from multiple sources, it could never be anything but.

Thor's perpetually enraged sibling, Loki (a menacing and great Hiddleston), has intentions to invade Earth and crush us like insects. Nick Fury (a returning Samuel L. Jackson) has an inkling something like this may go down, so assembles a team of egotistical but noble superheroes who are the only things standing in the way of Loki and the destruction of the planet. Before they save the world, though, they have to figure out a way of simply being in the same room without knocking seven shades of blood out of

each other. Whedon's problems with *The Avengers* were plentiful. This is a production with a lot of movie stars and a lot of characters the audience want to see given their dues. Yet after the so-so *Thor* and *Captain America* outings, it must have been tempting for Marvel and Whedon to put Downey Jr. front-and-centre and rely on his sure-fire charisma to carry it through rough patches. Instead of doing that, however, they've managed to craft a true ensemble picture that doesn't just give all the main

players their time to shine, but actually sees the majority of them excel beyond their own headlined outings. When you see just what Whedon and new Hulk actor Mark Ruffalo have done with the character, you'll wonder why it took so long to get it right.

Legal rights issues prevented a number of Avengers characters from their inclusion in this film. Most notably, these include Quicksilver and The Scarlet Witch, the twin children of *X-Men* villain Magneto, and frequent adversaries Doctor Doom (nemesis in the *Fantastic Four*) and Norman Osbourne/Green Goblin (the primary antagonist of *Spider-Man*). Though all characters are owned by Marvel/Disney, the *X-Men* and *Fantastic Four*



SCARLETT JOHANSSON
AS THE BLACK WIDOW



WRITER JOSS WHEDON DOES WELL TO GIVE EVERY MAJOR CHARACTER A SHINING MOMENT



characters had all been licenced to Fox Studios, and those of Spider-Man to Sony before work began on an Avengers film. Marvel has said that in the future it hopes to regain the rights to all licenced properties, and that the aforementioned characters might have a role in subsequent Avengers

films, meaning we could be in for the long-haul when it comes to Marvel movies.

The action is slick, the effects impressive and even the peripheral characters are relevant. But what makes *The Avengers* stand out from the pack (and its predecessors) are its deft attempts at humour. Whedon simply knows how to time a gag, and he has a blast building some of these moments around the iconic superheroes, which are both knowing enough to delight fanboys, but broad enough to work as a wily play on slapstick. There are more than a few laugh-out-loud scenes, and they are continually complemented by some genuine fist-pumping, crowd-pleasing plot turns and character exchanges.

Providing everything that was expected of it and more, *The Avengers* has set the bar for blockbuster season. An endlessly entertaining, big-budget blast. ●

Did you know?

- With Samuel L. Jackson's role as Nick Fury in this film, he is now the second actor after Hugh Jackman (who has appeared in all X-men movies as Wolverine) to play the same comic book superhero in five different movies.
- Chris Hemsworth had to increase and expand his dietary/food intake in order to maintain the physique he built up for *Thor*.
- Lou Ferrigno has played the Hulk in almost every live-action version since 1978, including *The Incredible Hulk* and its subsequent three TV specials, and he voiced the Hulk in 2008's *The Incredible Hulk*. He has also voiced the Hulk in various animated productions.

Bollywood news



SRK in hot water

Bollywood star and co-owner of Kolkata Knight Riders Shahrukh Khan has been summoned to appear in court for publicly smoking at his team's match against the Rajasthan Royals in early April. Smoking publicly has been banned in Rajasthan since 2000, but the actor was broadcast live on TV while smoking.

Kapoor loses it

Sonam Kapoor is no stranger to Bollywood, but the daughter of actor and producer Anil Kapoor has come in for some abuse on Twitter. One of her followers made fun of her acting abilities, stating child actors "generally have no talent". Kapoor even lost her cool, telling @JayHind just where to go.



100 and still not out

Zohra Sehgal, one of the best known faces of Indian television, has celebrated reaching 100 years of age with the publication of a biography about her life. During the birthday celebrations guests were treated to a viewing of a new documentary, entitled *Zohra Sehgal: An Interview 2012*.

A-Z OF MOVIES

"G" is for Gimmicks



It takes a lot to get people's attention these days, when they're surrounded by billboards and commercials all day long. To make a movie stand out, filmmakers and studios have come up with some pretty outrageous gimmicks over the years to get more people into theatre seats.

If a film can engage your eyes, why not do something for your nose, too? That's the question a few brave titles have tackled over the years, and producer Michael Todd Jr. came up with one solution in 1960 with the offbeat thriller, *Scent of Mystery*. Various odours were pumped into theatres, ranging from the "happy odour of baking bread" to "the fresh, moist nose tingle of orange".

In 2006, people were surprised to suddenly get a phone call at work from actor Samuel L. Jackson, addressing them by name and urging them to go see *Snakes on a Plane*. The promotion was arranged through the film's web site, which allowed people to fill out information to send the call to their friends.

"No glasses—all you need are your eyes. See the hunter, see the hunted both at the same time!" That's how MGM promoted its 1973 thriller, *Wicked, Wicked*, the only film presented entirely in split-screen.

Of all the things that can be considered a gimmick, there is one constant truth: you usually have to pay more to see the movie.

"In 2006, people were surprised to get a phone call at work from Samuel L. Jackson."

The perfect picture

The advent of smartphone photography apps could lead to your first gallery exhibition.

Technology has been creeping into the art scene for quite some time now, and, in order to keep on trend and still have art enthusiasts preambulating through the galleries, the art scene has to move with it.

Instead of thinking of technology as something that is trying to replace traditional forms and media, we should think of technology as a means of creating artwork that could not have been created before. Now, our imagination has yet another outlet that has rarely been explored in comparison to art forms such as painting, sculpture, and drawing.

Having set the standard since 2005 for promoting artists and supporting the development of Dubai's arts scene, thejamjar has never been afraid to move with technology. Sole of the City—a photography competition run throughout May—is the latest effort by the studio to stay ahead of the pack.

Using your mobile phone, capture the soul of the city in a single photograph that represents urban Dubai to you. Then simply share it on Instagram with the hashtag #soleofthecity, where a judging panel will select the finalists to be exhibited at thejamjar from May 28 to June 6, with entries closing on May 17.

Instagram is not only a popular photography and social networking app with in excess of 33 million users worldwide, but around 5 million

“Pictures taken with your smartphone can evoke an emotional response in the same way a film photo can.”

Android users reportedly signed up for the app in the first few days of its Android release. However, it's also a genuine threat to Facebook, who offered US\$1 billion for the company recently.

The idea is that as you and your friends capture images and add filter effects, you all get to see the arty end results, which results in “a beautiful way to share your world”, as the Instagram rhetoric goes.

But does this mean that technology is in line to overtake skilled photography to make it a layman's art form? Pictures taken with your smartphone can evoke an emotional response in the same way that a film photo can. Filters can distinctly

change the way the viewer interacts with the photo. The bleached tones of a filtered picture make it seem aged, as if the lens has caught something in the distant past rather than a few minutes earlier.

Many of the editing techniques available on photography apps were previously only available to those with certain kinds of film or advanced photo-editing technol-

ogy. Even then, those with the equipment to create such effects needed a keen eye for colour and shading in order to achieve the desired effects.

Instagram, and similar apps, have removed the need for the photographer to have any knowledge of photographic arts, allowing even basic pic-

tures to become ‘artsy’ when treated to a filter.

Perhaps as a result of the layman's adoption of advanced photographic techniques, a new type of photography is being pioneered, that is just as deserving of attention and appreciation as the amazing photographs you've wandered past in art galleries for years. ●



I will not get in until she buckles up.



I WON'T LET IT HAPPEN

انتبه
takecare

If someone you know is refusing to wear a seat belt, don't get into the car. Or if a colleague is texting while driving, keep annoying him or her until they stop texting. Or if a friend is speeding, sing off key until he or she slows down. Don't let an accident happen. A safer road is everyone's responsibility.

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

معا نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

Facebook: www.facebook.com/rtadubai Call center 800 go go
Youtube: www.youtube.com/rtadubai ask@rta.ae www.rta.ae



www.twitter.com/rta_dubai

Listings

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



THE AVENGERS

MOVIE GUIDE

Grand Cineplex - Wafi

The Avengers - 10:30, 11:15, 11:45, 13:15, 14:00, 14:30, 16:00, 16:45, 17:15, 18:45, 19:30, 20:00, 21:30, 22:15, 22:45, 00:15, 01:00
The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
Battleship - 11:00, 13:40, 16:10, 18:40, 21:15, 23:45
Jannat 2 - 12:00, 14:45, 16:00, 17:30, 20:15, 21:30, 23:00, 00:00, 01:30
Land Of Blood And Honey - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
The Lucky One - 10:00, 12:00, 14:00, 19:00
Main Street - 11:30, 14:00, 16:30, 19:00, 21:30, 23:45
Retreat - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Tezz - 10:30, 13:30, 16:30, 19:30, 22:30

Grand Megaplex - Ibn Battuta

The Avengers - 11:45, 12:15, 14:30, 15:00, 17:15, 17:45, 20:00, 20:30, 22:45, 23:15
The Avengers (3D) - 10:00, 10:30, 12:45, 13:15, 15:30, 16:00, 18:15, 18:45, 21:00, 21:30, 23:45, 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, 23:55

Buried - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00
The Hunger Games - 10:00, 12:40, 15:25, 18:10, 21:00, 23:50
Jannat 2 - 10:00, 11:00, 12:45, 13:45, 15:30, 16:30, 17:15, 18:15, 20:15, 21:00, 22:00, 23:00, 23:30, 00:30
Land Of Blood And Honey - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
The Lorax - 11:00, 13:00, 15:00, 17:00, 19:00
The Lucky One - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Main Street - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30
Mirror Mirror - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
My Summer Vacation - 19:00, 21:10, 23:20
Outback (3D) - 10:30, 12:30, 14:30, 16:30
Retreat - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Safe House - 21:30, 23:45
Tezz - 10:30, 12:00, 13:30, 15:00, 16:30, 19:30, 22:30

Grand Cinemas - Festival City

A Thousand Words - 19:00, 21:00, 23:00
The Avengers - 12:15, 15:00, 17:45, 20:30, 23:15
The Avengers (3D) - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15
Battleship - 11:00, 13:40, 16:10, 18:40, 21:15, 23:45
Buried - 21:30, 23:30
The Hunger Games - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20

Jannat 2 - 11:00, 13:40, 16:20, 19:00, 21:40, 00:20
Land Of Blood And Honey - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
The Lorax - 11:00, 13:00, 15:00, 17:00
The Lucky One - 10:30, 12:30, 14:30, 19:00
Main Street - 11:30, 13:30, 15:30, 17:30, 19:30
Retreat - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Tezz - 16:30, 21:00, 23:30

Grand Cinecity - Al Ghurair

The Avengers - 12:15, 15:00, 17:45, 20:30, 23:15
The Avengers (3D) - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15

Battleship - 11:00, 13:40, 16:10, 18:40, 21:15, 23:45
Jannat 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Land Of Blood And Honey - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
Retreat - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Tezz - 10:30, 13:30, 16:30, 19:30, 22:30

Grand Mercato

The Avengers - 10:30, 13:15, 16:00, 18:45, 21:30, 00:15
The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
Battleship - 18:40, 21:10, 23:40
Jannat 2 - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Land Of Blood And Honey - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55
The Lucky One - 11:30, 13:30, 15:30, 19:30, 23:30
Main Street - 17:30, 21:30
Outback - 11:20, 13:10, 15:00, 16:50
Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Vox Cinemas - Deira City Centre

The Avengers - 11:30, 14:30, 17:30, 20:30, 23:30
The Avengers (3D) - 10:15, 11:00, 12:00, 13:15, 14:00, 15:00, 16:15, 17:00, 18:00, 19:15, 20:00, 21:00, 22:15, 23:00, 00:00
Battleship - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
House Full 2 - 13:45, 20:00
Jannat 2 - 10:45, 11:45, 13:30, 14:45, 16:15, 17:45, 19:00, 20:30, 21:45, 23:15, 00:30



Main Street - 10:15, 14:15, 18:15, 22:15
Retreat - 12:15, 16:15, 20:15, 00:15
Safe - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Tezz - 11:00, 17:00, 23:30
Vicky Donor - 12:00, 14:45, 17:30, 20:15, 23:00

Vox Cinemas - Moe

A Thousand Words - 13:15, 17:15, 21:15
Alvin and the Chipmunks 3 - 10:00
The Avengers - 11:00, 14:00, 17:00, 20:00, 23:00
The Avengers (3D) - 09:30, 10:30, 12:30, 13:30, 15:30, 16:30, 18:30, 19:30, 21:30, 22:30, 00:30
Battleship - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
The Hunger Games - 11:15, 14:15, 17:15, 20:15, 23:15



IN THE LAND OF BLOOD AND HONEY

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



Jannat 2 - 12:30, 15:15, 18:00, 20:45, 23:30
Land Of Blood And Honey - 12:00, 14:45, 17:30, 20:15, 23:00
The Lucky One - 11:30, 14:15, 16:30, 18:45, 21:00, 23:15
Main Street - 11:15, 15:15, 19:15, 23:15
Outback (3D) - 10:00, 14:00
Pirates: Band Of Misfits (3D) - 12:00, 16:00, 18:00, 21:00, 00:00
Safe - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

Vox Cinemas - Mirdif City Centre

The Avengers - 12:15, 15:15, 18:15, 21:15, 00:15
The Avengers (3D) - 09:45, 10:45, 11:45, 12:45, 13:45, 14:45, 15:45, 16:45, 17:45, 18:45, 19:45, 20:45, 21:45, 22:45, 23:45
Battleship - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Jannat 2 - 12:00, 15:00, 17:45, 20:30, 23:15
Land Of Blood And Honey - 13:00, 18:00, 23:00
The Lucky One - 10:45, 15:45, 20:45
Safe - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Reel Cinemas - Dubai Mall

Amn Dawlat - 14:35, 17:10, 19:40, 22:10, 00:40
The Avengers - 10:40, 12:05, 12:35, 13:40, 15:05, 15:35, 16:40, 18:05, 18:35, 19:40, 21:05, 21:35, 23:00, 00:05, 00:35
The Avengers (3D) - 15:00, 16:20, 17:35, 19:25, 20:40, 22:25, 23:45, 01:15

Battleship - 11:00, 13:40, 14:40, 17:20, 20:00, 23:00
Buried - 11:20, 13:25, 15:30, 17:35
Flowers Of War - 14:15, 17:15, 20:15, 23:35
The Hunger Games - 15:00, 17:55, 20:50, 00:05
Jannat 2 - 12:35, 15:20, 18:10, 21:00, 00:10
Land Of Blood And Honey - 13:10, 15:50, 20:35
The Lucky One - 12:40, 14:50, 17:00, 19:10, 21:20, 23:30
Main Street - 14:00, 16:05, 18:10, 20:15, 22:20, 00:25
My Summer Vacation - 16:00, 18:15, 20:20, 22:30, 00:40
Pirates: Band Of Misfits - 11:00, 13:00
Retreat - 11:05, 14:10, 18:30, 23:40
Safe - 16:20, 18:10, 20:15, 22:20, 00:25
Tezz - 14:05, 16:40, 19:15, 21:50, 23:50
Wrath Of The Titans - 12:05, 14:15, 16:25

Reel Cinemas - Marina Mall

The Avengers - 11:30, 12:05, 13:10, 14:40, 15:10, 16:10, 17:50, 18:20, 19:10, 21:00, 21:20, 22:05, 00:10, 00:30, 00:55
The Avengers (3D) - 11:00, 14:10, 17:20, 20:30, 23:40
Battleship - 11:05, 11:30, 13:45, 16:25, 19:25, 21:45, 00:25
The Lucky One - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:40
Pirates: Band Of Misfits - 11:10

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Arab Media Forum

High profile speakers and senior delegates from the region will attend the Arab Media Forum, which is organised by Dubai Press Club.
Date: May 8 - 9
Duration: 2 days
Audience: Trade
Category: Conference
Venue: Grand Hyatt Dubai

Whose Line Is It Anyway?

The UK kings of improvisation are set to perform in this live show offering lots of laughter.
Date: May 10 - 12
Duration: 3 days
Timings: 8pm
Audience: Adults
Category: Entertainment
Venue: The First Group Theatre, Madinat Jumeirah
Admission: Dh185
Telephone: 04 366 6546



One Hit Jam Concert - Bamboo and Pupil live in Dubai



The One Hit Jam concert will rock your world upside down with two Filipino music icons.
Date: May 10
Duration: 1 day
Timings: 8pm
Audience: Public
Category: Music
Venue: Al Nasr Leisureland, Oud Metha
Admission: Dh100 general, Dh200 VIP
Telephone: 050 287 0786

Comedian Jason Byrne live in Dubai



Famous comedian Jason Byrne stars in his critically acclaimed *Cirque du Byrne*.
Date: May 10 - 11
Duration: 2 days
Timings: 9pm
Audience: Public
Category: Entertainment
Venue: Almas Tower conference centre, Bonnington, Jumeirah Lakes Towers
Admission: Dh100 show only, Dh190 for show, food and beverage package
Telephone: 04 356 0560

Asian 5 Nations International XV's Rugby Tournament



Watch the UAE face Kazakhstan in this decisive Asian Top 5 Nations match.

Date: May 11
Duration: 1 day
Timings: 4pm
Audience: Public
Category: Sports
Venue: The Sevens Stadium
Admission: Free
Telephone: 050 654 0510

Dubai Kartdrome Endurance Championship 2012 driven by MINI



If you like to be in the fast lane, don't miss this fast-paced challenge.

Date: May 11 - 12
Duration: 1 day
Timings: 9am - 9pm
Audience: Public
Category: Sports
Venue: Dubai Autodrome, Motorcity
Admission: Free
Telephone: 04 367 8700



Bruiser in a suit

★★★★☆ The BMW M5 may look similar to the rest of the 5-Series range, but it packs a whole lot more punch.

For a car manufacturer, getting people to take a sharp intake of breath and nod appreciatively at your products is worth more than gold. It has come to mean that you (the driver) has bought something quite special and obviously know your stuff.

One of the easiest ways to do this is to give your top-of-the-range cars a special badge, showing the world that the driver bought the good one. Mercedes does this well with AMG and Jaguar has recently made serious progress with its 'R' badge. But perhaps the most successful single letter ever attached to the back of a car is BMW's simple 'M'.

The German carmaker has stuck

the sought-after badge on the back of almost every model it has made, but two in particular, the M3 and the M5, have proved infinitely more popular and have become idolised by millions of car enthusiasts across the world. However, although the M3 is clever, compact and insanely fast, if you want the real 'M' deal, it can only be the astonishing M5.

The latest incarnation of the famous 5-series model is one of those rare cars that seem to be able to bend physics. A four-door saloon shouldn't be able to do what this car can do.

In the very German sounding 'efficient' mode, the car is as docile as a standard 535i. Switch it into 'sport' mode and things hot up a little and the car noticeably tightens up. Get serious and switch everything into





THE IDRIVE SYSTEM IS USER-FRIENDLY

560

The horsepower produced by the M5's engine.

'sport plus' and the M5 suddenly feels akin to a fully track-prepared racer. The suspension becomes extremely hard and the gearbox powers theatrically through the gears.

But the big change is under the bonnet. The engine turns from a powerful V8 in a luxury car to a fire-

breathing monster. To be honest, you'd hardly ever use the M5 in full 'sport plus' mode.

It's simply too extreme. It's also not something you can easily use for a few seconds and then switch back to 'efficient' mode, as you need to press so many buttons to change all the settings, the overtake opportunity you were planning would be long gone.

'Sport plus' is best reserved for the race track, where the M5 flatters and makes you feel like a touring car driver, without allowing you to go beyond your capabilities.

On full throttle, it kicks you in the

SPECS
(as tested)
Engine: 4.4-litre V8
Power: 560hp
Torque: 680Nm
0-100km/h: 4.4 seconds
Top speed: 250km/h (Limited)
Price: From Dh615,000

back and forces the air from your lungs. Yes, there are quicker supercars out there, but it's how it delivers the power to you.

Away from the clever technical stuff, the M5 is fairly subtle on the outside.

You get a few bodywork enhancements, a quartet of exhaust pipes and of course the all-important 'M' badges. But apart from those few things, it really can blend in with the rest of the crowd. The M5 is a rather cool racer in disguise.

Inside, it's well appointed and BMW's iDrive system is becoming

a lot more user-friendly than in the past. The textured trim might not be to everyone's taste, but the ultra-supportive seats will be. They can be adjusted to accommodate almost anyone and are extremely comfortable on long journeys. The lateral supports can be moved in and out to give a real racing feel, which is handy given the cornering capabilities of the car.

For some, the M5 is just too clever and too remote, but for many, it's a technical tour de force that has few rivals. To sum it up, there can't be many cars that can do a full track day, accelerate from standstill to 100 km/h in just 4.4 seconds and still drop the kids off to school. ●



THE INTERIOR IS WELL-APPOINTED

Red Bull dominance waning

The tough competition from rivals sees the defending champions lose out in three out of four races.

FORMULA 1

Following the last Formula 1 Grand Prix, the defending world champion, Sebastian Vettel, now sits at the top of the leaderboard with 53 points. Likewise, his team, Red Bull, sit at the top of the constructors' standings with 101 points to runner-up McLaren's 92. But to think that this season will be another Red Bull walkover, like it was last year, would be a mistake.

Over the course of four races this year, four drivers have come out on top. What's more, every winning driver has been part of a different team. McLaren impressed early on, with Jenson Button claiming first and Lewis Hamilton claiming second at the Australian Grand Prix. Then it was Ferrari's turn to take the lead, and Fernando

Alonso came out on top in Malaysia. At the next race, in China, Mercedes took a surprise victory, with Nico Rosberg beating the two McLarens to the top spot to take his first Grand Prix victory. And in Bahrain, Vettel reasserted his dominance, taking first place.

The last result may suggest that the Bulls are back on top, but this season has all the makings of an exhilarating thrill-ride, and what's more, even Vettel is erring on the side of caution. Despite being at the front of the pack, he has gone on record as saying that his confidence at Red Bull is not what it once was. And he has gone into every race this year changing various aspects of the car to try to find a perfect balance. Whatever happens this year, then, it won't simply be the Sebastian Vettel show.



Surviving the competition



A handful of tips on how to survive the workplace jungle in the face of tough competition from coworkers.

COMPETITION

Employers are always on the look-out for ways to keep their employees innovative and hardworking with incentives, be it monetary, acknowledgment or something else that only the best worker can earn. While this may sound manipulative, there is nothing wrong with a reasonable amount of healthy competition to help push employees outside their comfort zone towards more productivity. If an employee is too relaxed while on the job, he or she will only do the bare minimum and turn in mediocre results. So what is there to be done about it? Akhtaboot reveals six smart strategies to help you win in today's competitive workplace jungle.

Figure out what you can (and cannot) be the best at

Just because you've been doing the same job for years doesn't necessarily mean that you can be the best at it. You can be passionate about what you do, but if you can't be the best at it and it doesn't make sense from a financial point of view, then you might as well just change the game. We all want to be the best at something, but few of us

truly understand with egoless clarity what we have the potential to be the best at, and what we cannot actually do.

Be more than your job description

Sure, you can arrive at the office ahead of everyone, work overtime, do everything asked of you, but are you willing to take the extra step to do tasks that go beyond your normal job description? Nowadays, being good at your job is no longer enough. If you want to be exceptional at what you do, make sure that you increase your value by persistently updating your knowledge and skills beyond the regular scope of your responsibilities.

Build your relationships

In competitive work environments, employees almost always feel pressured to increase productivity and achieve personal goals, but this doesn't mean that your relationship with other coworkers isn't important for your own success. Finding a way to work

together as a team can help compensate each others' weaknesses and build on your collective strengths. Network internally with other departments and, if you have some free time on your hands, volunteer to assist in other areas of the company.

Play by the rules

It comes as no surprise that the chance of having backstabber coworkers in high-performing companies is much higher than it is in mediocre business settings. An excellent strategy to survive and shine in such a workplace is to make sure that

you reflect the regulations and policies of your company in your performance and attitude. If you play by the rules, your competitor cannot point you out as being a violator.

Streamline similar tasks

Every job requires a set of tasks during a typical working day. Regardless, staying on top of all the tasks you need to perform is essential to your success in competitive workplaces. Organising these daily tasks effectively helps you work smarter—not harder—and can definitely improve your productivity at the same time. Find ways to make your tasks go quicker, so the demands for your scarce resources get lower.

Competition among coworkers has always been there. We compete for promotions, raises and the ideal task. While it is true that the main interest is to get the attention of your direct boss, it is still indisputable that the company will benefit from this as well. A smart approach to workplace competition is to learn how to pick your battles. If a coworker is seeking credit for a relatively minor achievement, let it slide. Don't get too tangled up in the competition for praise that you ignore the importance of teamwork. ●



“Network internally with other departments and, if you have some free time on your hands, volunteer to assist.”

Post-it

To place your ad please email
advertising@readme.ae

JOBS AVAILABLE

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.

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.

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 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.

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

Filipina, cleaning lady, required. With a salary of 1,000AED. Free accommodation, food and transportation. Send CV to lhenne_18@yahoo.com.

Babysitter required for a family in Deira, Nasser Square. Keralite females only. Homely atmosphere. Call 0552502424.

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

Storekeeper and driver for 3.5 ton truck required for a company. Call 0509915178.

Staff urgently required for a ladies beauty salon. Should be experienced in threading, waxing and facial. Preferred nationalities: Indian, Pakistani or Filipino. Call 0508331311.

Sales executive required for a company. Should have a bachelor's degree (any field). 2-5 yrs experience in selling credit cards/sim cards is a must. Should have a good command in written and spoken English. Arabic speaking would be an added advantage. Must have UAE driving licence. Send CV to salesjobs.eurostar@gmail.com.

JOBS WANTED

Ugandan female, BAED certificate in flight operations seeks job. 10 yrs experience in flight administration. On residence visa. Email bagayapam@yahoo.com.

Male, Oracle certified DBA professional seeks job. 3+ yrs experience in Oracle APPS DBA and Oracle DBA with RAC administration. Call 0509178736/email afzal.apps@gmail.com.

Filipina seeks job as a secretary/admin/receptionist. 3 yrs experience. Knowledgeable in Microsoft Office. Can also provide administrative support. Call 0508652579.

Water dispenser technician seeks job. 2 yrs experience. Call 0558793181.

Kenyan female seeks job as customer service/sales assistant. 3 yrs experience. Fluent in English. Call 0529118093/email dmrs_mwikali@yahoo.com.

Indian, male, seeks job as an accountant. 6 yrs experience. Familiar with Oracle, Tally, MS Office. Fluent In English, Hindi. Call 0559961046/email jijoabhm@gmail.com.

Arab male seeks full-time job. 4 yrs UAE experience. Fluent in English and French. Computer literate. Owns UAE D/L. Email mails2ahmed@gmail.com/call 0552668009.

Indian male, 25, BCom seeks job in marketing/sales and promotion. 4 yrs experience in event management, banks and insurance. Call 0505946792/email alirabib_rizvi@yahoo.com.

Arabic male seeks job as salesman or accountant. On visit visa. Call 0509527753/email alaa_hashime@yahoo.com.

Indian male seeks a part-time job as civil post tensioning. Starting from 6.30pm to 1am. Available in Deira, Dubai, near Naif Hotel. Call 0502286963.

Sr. bank manager seeks managerial position. 7+ yrs experience in accounts, credit control, auditing, admin, etc. With good spoken English. For only those aspiring to hire a seasoned professional call 0553189801/satkaripody@yahoo.com.

Pakistani male, (BCom) graduate seeks job in accounting, auditing & admin. 7+ yrs experience in consumer banking sales. Call 0556525793/email s.abid_hasan@yahoo.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 fineroyson@gmail.com.

MISCELLANEOUS

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

Bombastic offer on website design for only 375AED. Call 0508864342/email hanifnoor@gmail.com/ www.hellixae.com.

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

Fantastic offer on all accounting software: Peachtree, QuickBooks, DacEasy, Simply Accounting, etc. Call

0551502636/Email proton.international.me@gmail.com.

Pakistani readymade salwar kameez and pieces available at very good rate. Call 0508612989.

Tutoring lessons available in Al Qusais area for all students till grade 8. Call 0567954457.

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

MacBook available for sale. 2.2CPU, 4GB RAM, 160HDD. With OSX Lion. In excellent condition. Price for 2,750AED. Call 0552827889.

Dell desktop available for sale. Dual core 3GHz, 1GB RAM, 80GB hard drive with DVD drive. For 325AED only. Call 0509815607.

Giant sexy eyes (wall sticker) available for sale. Sticker size is 80 x 150 cm. Colour black. For images log on to http://trydu.biz/DXh94M. Price for 125AED. Call 0551283493/0552885281.

Items for sale: Home Center, Wooden 4 black chairs, for 95AED each. Magrudy Oxford dictionary, paperback, for 55AED. IKEA wall shelves, dark chocolate colour, size L140 x D40 x 3cms, for 65AED x (2pcs). Hot pot case, 1.5 litres cream colour, stainless steel, for 50AED. Duchini suitcase, trolley luggage, size 62 x 40 x 22cms, for 135AED.

Brand new PLeo PLeo robotic toy available for sale. Call 0501260838.

Brand new packed Emporio Armani watch, AR 2427 for sale. Price 450AED. Urgent sale. Call 0506385767/0506448789.

LG washing machine (6.5 kg) available for sale. Top loading, automatic. In very good working condition. Call 0507456352.

SERVICES

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

IT services available for laptops, MacBooks, iPads, iPhones and iPods Call 0504293879/email dccdx@gmail.com.

Tutoring classes available for Accountancy, Economics and Business studies. All subjects are available up to grade 5. American and British curriculum. Experienced female teacher. Call 0507285250.

IT networks software/hardware solution available. With a monthly contract for 1,100AED. Call 0557414116.

Home tutoring lessons available in

graphic design. Including animation, 3D visualization and much more. Call 0555731512.

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

Painting services available in Dubai. We paint rooms, villas and offices. Call 0551243749.

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

Sharing accommodation available for 2 months with furnished room and kitchen facilities. Please contact 0557754598.

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 2,700AED. Behind Regent Hotel, opposite Burjuman Center. Gas and TFC free. Shared internet connection. Near metro station. Call 0503352284.

Shared accommodation available for rent. Starting first week of June. Spacious bedroom. For executive Indian bachelor only. In Al Qusais, near metro station. Furnished flat. Rent 1,250AED + DEWA. Call 0552605216.

Wanted: Single bed space in Al Barsha. Preferably Indian, Muslim roommate. Call 0505713685/0557562878.

Shared room available for rent. European females only. Call 0557414116.

Shared accommodation available for rent. Keralite executive ladies only. To be shared with 2 other ladies. Rent 1,050AED including DEWA + Wi-Fi. Near Al Rigga metro station. Call 0507195202.

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

Studio flat available for rent. Clean and neat building. Opposite Union metro station. For 2,500AED excluding DEWA. Deposit 1,000AED. Call 0508599241.

Bed space available for rent. For Arab nationals only. In Baniyas Square near Day to Day market. Call 0509954979.

Two bed spaces available for rent. Keralite Muslims only. Behind Al Qiyadah metro station. Internet also available. Call 0556437179, 042557066.

Single room available to rent. Kabayans only. Located next to Asiana Hotel, Muraqqabat, on Salahuddin Road. Comes with internet. Call 0504238467/043872162.

Bed space available for rent. Keralite executive bachelors only. Near fish roundabout, Deira. Fully furnished. Kitchen facilities. Rent for 400AED + DEWA. Internet also available. Call 0567821330.

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

Bed space available for rent. Filipina/Kabayans only. For 450AED including DEWA & internet. Behind Heroes village, Al Satwa, Dubai. Call 0505384193.

Two bed spaces available for rent. To be shared with two bachelors. Near Satwa bus stop. W/E included. Rent for 600AED. Call 0556932581.

Available: Big and clean room for rent/bedspace for Filipinos only, close to Reef Mall and Salah Al Din metro station. Contact 0555982940

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 Muraqqabat. 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.

Bed space available for rent. Filipina spinsters only. Near City Center and Day to Day. Call 0506921453/0509148524/0555271098.

RTA in employee health drive

Dubai Health Authority nutritional experts advise RTA employees on how to enjoy a healthy lifestyle.

INITIATIVES

The RTA continues to attach considerable importance and care to the health of its employees and always seeks to hold educative health lectures covering a wide range of key topics relating to sound nutritional habits, practising sports on a daily basis, and nurturing the culture of movement and activity to make it a lifestyle. Such practices are instrumental for maintaining physical and mental health, which will undoubtedly result in enhanced productivity.

Nabeel Yusef Al Ali, Director of the RTA's Administrative Services, said, "To turn this attention into substantial activities in response to the directives of Mattar Al Tayer, Chairman of the Board and Executive Director of the RTA, the department recently rolled out an initiative entitled 'Be Healthy Week', during which a bunch of nutritional experts from the Dubai Health Authority were hosted to deliver three lectures. The lectures were attended by scores of male and female RTA employees, who showed great attention to the lectures along with the ac-



RTA EMPLOYEES RECEIVE HEALTH ADVICE

companying activities as evident from their interaction with the experts and queries raised about sound nutrition, balanced food and the importance of exerting physical efforts in a way compatible with the practical life of individuals and employees and the importance of designating certain times for taking food, unwinding and sleeping for a better life of all individuals."

Lectures were run for three days from April 15 to 17. The first lecture, entitled 'Sound Nutrition Awareness', was delivered by Shima Qayed,

"Employees were also engaged in accompanying events."

nutrition expert at the Dubai Health Authority.

The second day's lecture was entitled 'Diabetes Awareness' delivered by Dr Wafaa Ayes, Director of the Clinical Nutrition Department at the Dubai Health Authority.

The third day's lecture, which was meant exclusively for female employees, was entitled 'Awareness of Osteoporosis, Breast Cancer and Vitamin D'.

"Male and female RTA employees also benefited from the free medical check-ups, made to identify optimal weight, healthy diet routines and other matters related to good health. Employees were also engaged in accompanying events including activities held in two health clubs at the RTA Head Office, where sports exercises can be practised after the official working hours," said Al Ali.

RTA supports thalassemia patients

DRIVES

The Rail Operation Department at the RTA recently held a blood donation campaign for the benefit of thalassemia patients, in collaboration with the Dubai Health Authority, as part of its efforts toward rolling out community-oriented initiatives that contribute to heightening awareness among all employees.

Ramadan Abdullah, Director of the Rail Operation Department, lauded this cooperation with community organisations, which was "aimed at achieving the common objectives such as raising employees' awareness about the importance and benefits involved as a result of blood donation, particularly as thalassemia patients are in a dire and constant need of blood. Such a practice prompts others to donate even a small amount of

blood to save a patient's life. "We have opted to undertake this initiative as a social responsibility incumbent on everyone in a bid to instil high values and loyalty for this country, which spares no effort in providing all means of decent life for citizens. Therefore, encouraging community members to donate blood and save patients' lives is an ideal step toward embedding the voluntary blood donation culture in the community, and passing this culture over to other generations so that it becomes a duty and a standing right for patients in need of blood transfusion," he said, adding that a blood donation bus was stationed in front of the RTA Head Office, which saw an overwhelming response from RTA employees who demonstrated a high spirit of cooperation and love of giving to others.

"At the beginning of each year, the



THE BLOOD DONATION DRIVE SAW AN OVERWHELMING RESPONSE FROM RTA EMPLOYEES

"Such a practice prompts others to donate even a small amount of blood to save a patient's life."

Rail Operation Department is keen on developing a variety of community-based initiatives to be undertaken on a permanent basis by involving all RTA employees, as we are aware of the importance of involving other community organisations in various humanitarian activities and initiatives capable of promoting the culture of solidarity among community members," added Abdullah.

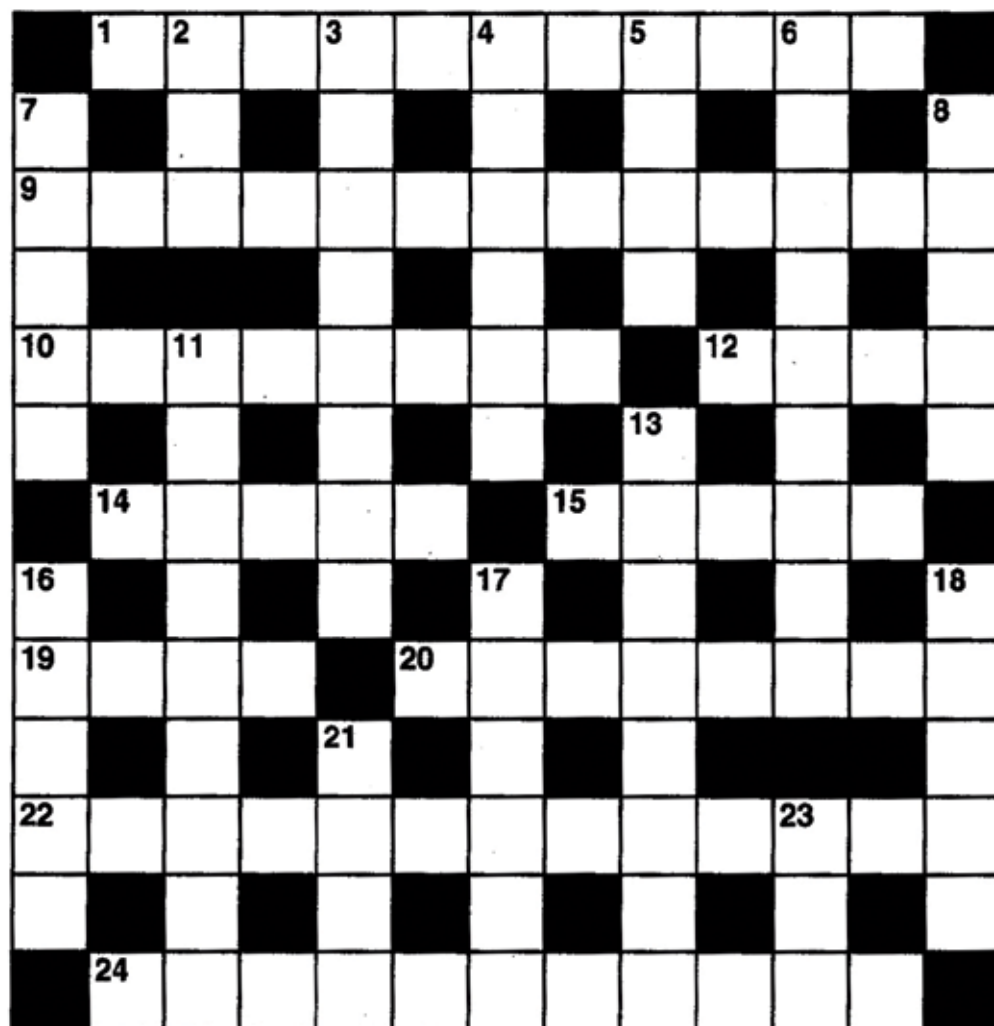
لن أكف عن تنبيه أبي حتى يتوقف عن المراسلة



أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

1 Guardians of law and order (6,5) 9 Country that joined the EU in May 2004 (5,8) 10 Computer's information collection (8) 12 Be informed (4) 14 Ridges on the fingerboard of a guitar (5) 15 Mix rapidly (5) 19 Skating area (4) 20 Puts forward (8) 22 US state east of Georgia (5,8) 24 All the time (3,2,3,3)

Down

2 Metal in an unprocessed state (3) 3 Impedes, obstructs (8) 4 Nevertheless (4,2) 5 Burden of responsibility (4) 6 Settlers (9) 7 Substances that turn blue litmus red (5) 8 Dirty look (5) 11 Tropical spider (9) 13 Gentle musical piece (8) 16 Force with a lever (5) 17 Quick trip or fetching chore (6) 18 Ordinary (5) 21 Language spoken on the island of Phuket (4) 23 Document acknowledging a debt (inits) (3)

ANSWERS



Recipe

Fairy cupcakes

Delicious fairy cakes that only take minutes to make.

Ingredients

1 medium egg
50g self-raising flour
50g caster sugar
50g butter
50g icing sugar
2 tablespoons of water, or as needed
Paper cases
Colourful sugar flowers or other edible cake decorations

Method

1. Preheat the oven to 180 degrees celcius or gas mark four. Place the paper cases into a 12 hole bun tin.
2. Sieve the flour into a mixing bowl,

add the sugar and butter, and then slowly mix while adding the beaten egg.

3. Whisk the mixture for approximately two minutes until smooth and creamy.

4. Spoon into the cake cases until they are half full.

5. Cook for 10-15 minutes and remove when light, fluffy and golden brown. Leave to cool for about five minutes.

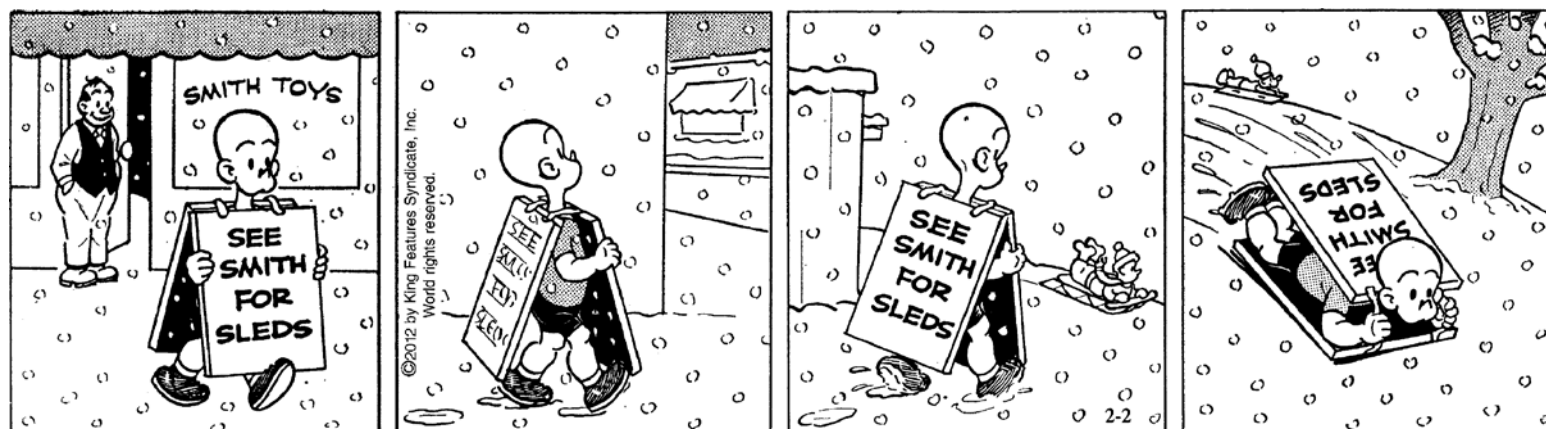
6. Mix the icing sugar with water until it is thick and glossy, then divide evenly onto the top of the cakes.

7. Place your chosen decorations onto each cake. Leave the icing to set, then eat and enjoy.

Serves
12



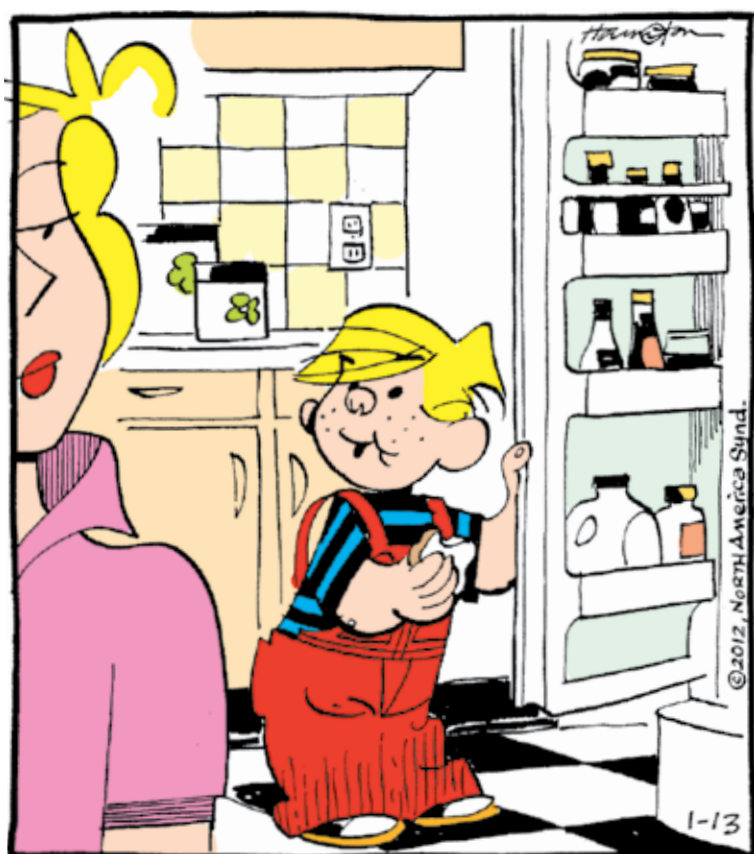
Henry



Spiderman



Dennis the menace



"Y'KNOW, IT WOULD SAVE ME A LOT OF STEPS IF I HAD A FRIDGE IN MY ROOM."

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Utters suddenly		Whitened		Give it a go		Assume (authority)		Air-circulator		Shoulder gesture		Horse's foot
						— Kutcher, US actor						
Lummock		Viral illness		Metal tea-making vessel				Light modelling wood		Soccer tournament (1,1,3)		Granada's country
			Very eager	Several		Music with words	Rubs					
Jewellery fasteners							Make of cooker				Carp-like pond fish	
— Speer, British actor					Nocturnal bird of prey				US spy group (inits)			
Traditional saying		Gulf state, capital Muscat					Citizen of Riyadh, eg					
					Indian resort state				Animal enclosure			

Sudoku 1

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

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - JAMIE OLIVER



Read.

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What's in your stars?

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

ARIES

(MAR 21 - APR 20)

Is it possible that for weeks you've been craving time with those who are more creative, fashion-conscious or just more upbeat? Might it be that you're actually being brought down by vibes that focus on what's gone wrong and not what's moving in a more positive direction?



TAURUS

(APR 21 - MAY 21)

Part of you might be more than a little irritated by those who don't seem to have their act together this week, while another part could show enormous compassion for someone in the office who can't seem to operate at 100 per cent presently.



GEMINI

(MAY 22 - JUN 21)

Initially and before next Friday, you could fall in love with an idea—later it could be a person. The point is that your aims and aspirations may be in a state of flux. You may also feel the need to acknowledge the passage of time and end of a chapter.



CANCER

(JUN 22 - JUL 23)

Preoccupation with home and with where to find space for a leisure activity could dominate thinking. Perhaps it's time to think about space-clearing? This time around you may have a better handle on what you really treasure and what you could reasonably live without.



LEO

(JUL 24 - AUG 23)

You want to address financial matters and it's most likely you're seeking better understanding of both where you are now, and where you could be. To this end, you might consider finding a mentor to help you navigate the coming months.



VIRGO

(AUG 24 - SEP 23)

This week it may be all too tempting to accept at face value what a good friend suggests is the only way forward. You would surely be right to listen to your inner voice however, as you could end up spending more than is either wise or necessary.



LIBRA

(SEP 24 - OCT 23)

This week, not allowing yourself to become too wound up and overly fretful—especially where experts' opinions are involved—would surely be wise. Unwittingly, those born under the Mutable signs of Gemini, Virgo, Sagittarius and Pisces could give you a headache.



SCORPIO

(OCT 24 - NOV 22)

There are indicators to suggest that an idea you've been planning for many months will find the energy it needs to develop into something profitable. First though, you may need to get someone born under one of the Air signs of Gemini, Libra or Aquarius on board.



SAGITTARIUS

(NOV 23 - DEC 21)

Over Thursday and Friday, signatures, business cards and general promotional material could have your attention. What you may sense is that getting these absolutely right would effectively act as a passport and open doors.



CAPRICORN

(DEC 22 - JAN 20)

Poised as you may be for lift-off in a new working direction, don't be surprised if you encounter setbacks. True, these could have been avoided had others been more efficient since late January. Information you're gathering could bring an unusual opportunity your way before Friday.



AQUARIUS

(JAN 21 - FEB 19)

Given a few slightly tricky aspects at work on Saturday, you might even have moments when you feel overwhelmed and disappointed. Yet perhaps this is a necessary phase to go through before your creative juices can really get to work.



PISCES

(FEB 20 - MAR 20)

In the run up to next Sunday's full moon, don't be surprised if ultimatums are delivered by certain people. The trick in this situation may be to ensure that, by doing things quickly, you don't spend more time and money than is necessary.



This week's local weather

SUN



SUNNY
HIGH 37C
LOW 30C
HUMIDITY 33%

MON



SUNNY
HIGH 35C
LOW 30C
HUMIDITY 35%

TUE



SUNNY
HIGH 30C
LOW 28C
HUMIDITY 34%

WED



SUNNY
HIGH 35C
LOW 29C
HUMIDITY 33%

THU



SUNNY
HIGH 36C
LOW 30C
HUMIDITY 36%

FRI



SUNNY
HIGH 36C
LOW 30C
HUMIDITY 35%

SAT



SUNNY
HIGH 35C
LOW 29C
HUMIDITY 33%

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