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MAY 13-19, 2012 | Issue 48

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FRENCH FANCY



SCARLETT FEVER

As *The Avengers* enjoys huge box-office success, we take a look at how to steal the style of two of the film's main stars



A ROARING SUCCESS

The track-focused Jaguar XKR-S is a sleek and powerful machine, with a roar that would scare off any of its competitors



Poetic licence

Poetry clubs are becoming more popular among Dubai residents

Health | Fitness | Film reviews | Entertainment | Cars & gadgets | Culture | Homes

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Read. Poll

How often do you go on vacation?

- Every six months
- Once a year
- Once every two years

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What is your opinion of Dubai Metro commuters?

Well behaved and polite	70%
Rude and inconsiderate	16%
No opinion	14%

Letters

Email: letters@readme.ae

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

✉ Dear Read., I read your article in the last issue about the dress code for women in the UAE. My point of view regarding this is that the law should be concerned about the dress code too because I have seen many ladies and girls in inappropriate dress. But people just don't care about or abide by the rules.

Anonymous

We can only hope that readers will heed and respect the rules for dress codes within the malls and on the street.

✉ Dear Read., I am back in Dubai for a visit after seven years in my home country, during which I had my graduation in medicine. I did my schooling up to 12th grade in Dubai and left in 2005. Now, when I stay in my most beloved place in the world, Dubai, there are a lot of fascinating changes around. The most remarkable being the Dubai Metro. The Metro gave Dubai a new facelift with a modern outlook. The lifestyle of the emirate changed a lot when the Dubai Metro started rolling around. A traveller on the Dubai Metro will become a lover of Dubai forever. The beauty and comfort of travel is beyond words. Thanks to the RTA. May the pride and glitter of Dubai last forever.

Dr Mahroof T



LIMITED OFFICE SPACE CAN MEAN NO ADDITIONAL HIRING TAKES PLACE

The Metro has definitely changed the face of Dubai for the better. It was great foresight to complete it to world-beating standards and it not only helps residents to get to work effortlessly and on time, but it also allows tourists to explore the city with much greater ease.

✉ Dear Read., I work in a small office with a small team, and to be honest, sometimes we could do with a helping hand with the workload. There's more than enough space to fit some extra desks and I know the company

makes enough money to hire more members of staff, so why not hire someone else? Productivity would increase, no doubt, and it would be a happier place to work. Any insight as to why a company owner would refuse to increase productivity by taking on extra workers?

Carmel Salinas

That could be for any number of reasons, but the most likely is that your office space is limited to a certain amount of work visas to floor-space ratio and your employer is already at full capacity.

My Metro life

Kaleem Bukhari
Senior technician, Karama



I was recently sitting in the waiting area of Khalid Bin Al Waleed Metro Station. I got up to leave the station and completely forgot to pick up a paper bag that I had been carrying. Within 20 minutes of realising my mistake, I returned to the station and rushed back to the seating area, but nothing was there.

In that paper bag I had my used iPhone 3GS (black), a new Canon digital camera in a blue colour, plus a new Rivoli watch—still in its packaging—which was gifted to me by my colleagues at a farewell party

earlier that day, as—having lost my job—it was my last working day. The total worth of all these things is more than Dh3,000, which is a big amount, especially for a person who now has no job. I complained to the Metro police and the station manager, but no one has returned my lost belongings to them.

I am also trying to identify the person who took the paper bag by CCTV footage, but getting hold of this footage is a long process. I have no job now so am going back to my home country, and the person who took my belongings has simply added to a painful condition. I would like to

request that if he or she reads this, please get in touch with Read. and return the items on a sympathetic basis. I promise that I will not pursue this case any more; I simply want my belongings back.



Tell us about your experiences on Dubai Metro. Send your story to mymetrolife@readme.ae

QR codes



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RONCH



LUNA SALUNGA



RONDEL EARL BERONDO



ROMELL BISCARRA



JEYA VELU RAJENDRAN



DIOMYR SABIDO



RAY CLOSA



GLEN FRANCIS



JEFF ROWELL PUNO

Station by station guide

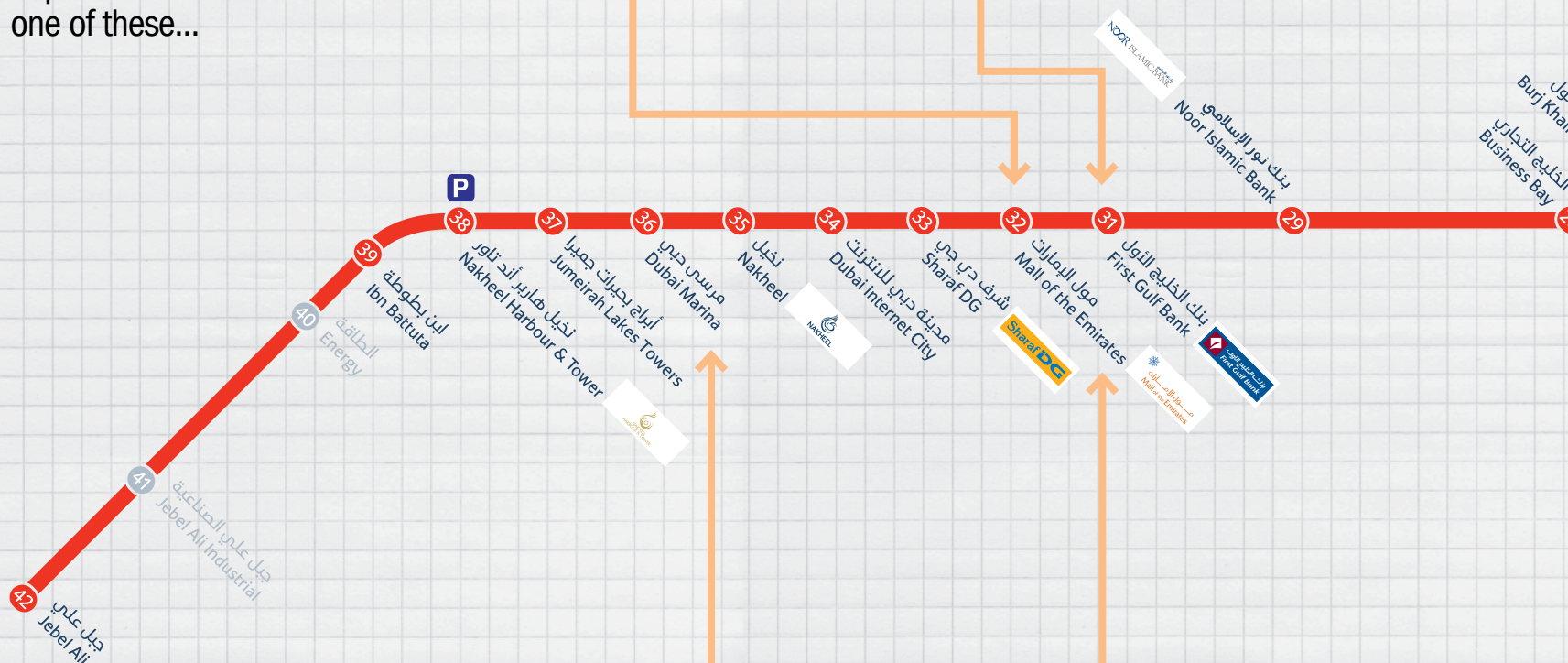
Looking for something to do? You could always hop off the train and visit one of these...

Referencing History

UNTIL JULY 15, GREEN ART GALLERY, AL SERKAL AVENUE



This new exhibition, curated by London-based curator Jane Neal, brings together a selection of work from renowned Eastern European artists Kamrooz Aram, Hale Tenger and Ali Banisadr. The works on display focus on historical processes and a common understanding among many of the Eastern European artists of living under a restrictive regime.



Cats open audition

MAY 15, 6PM - 9PM

DUCTAC, MALL OF THE EMIRATES

Although a fantastic cast of amazing local talent has already been assembled to star alongside the professionals, Spotlight Academy is still on the look-out for one very important feline. So if you are a male baritone singer aged 25 or over, why not take part in the open audition for the role of Old Deuteronomy in Andrew Lloyd Webber's *Cats*?



Mind - Body - Soul Festival

MAY 19, 3 - 7PM
THE HOLISTIC INSTITUTE,
JLT, CLUSTER V

The Mind - Body - Soul Festival welcomes you to connect with all of The Holistic Institute's consultants, try out the sample treatments they offer and finally sit with world renowned healer,



Helen Barton (pictured) for a free one-hour Q&A forum as a closing to the festival. For more information call 04 450 3525.

TO FEATURE YOUR EVENT,
EMAIL EDITORIAL@README.AE

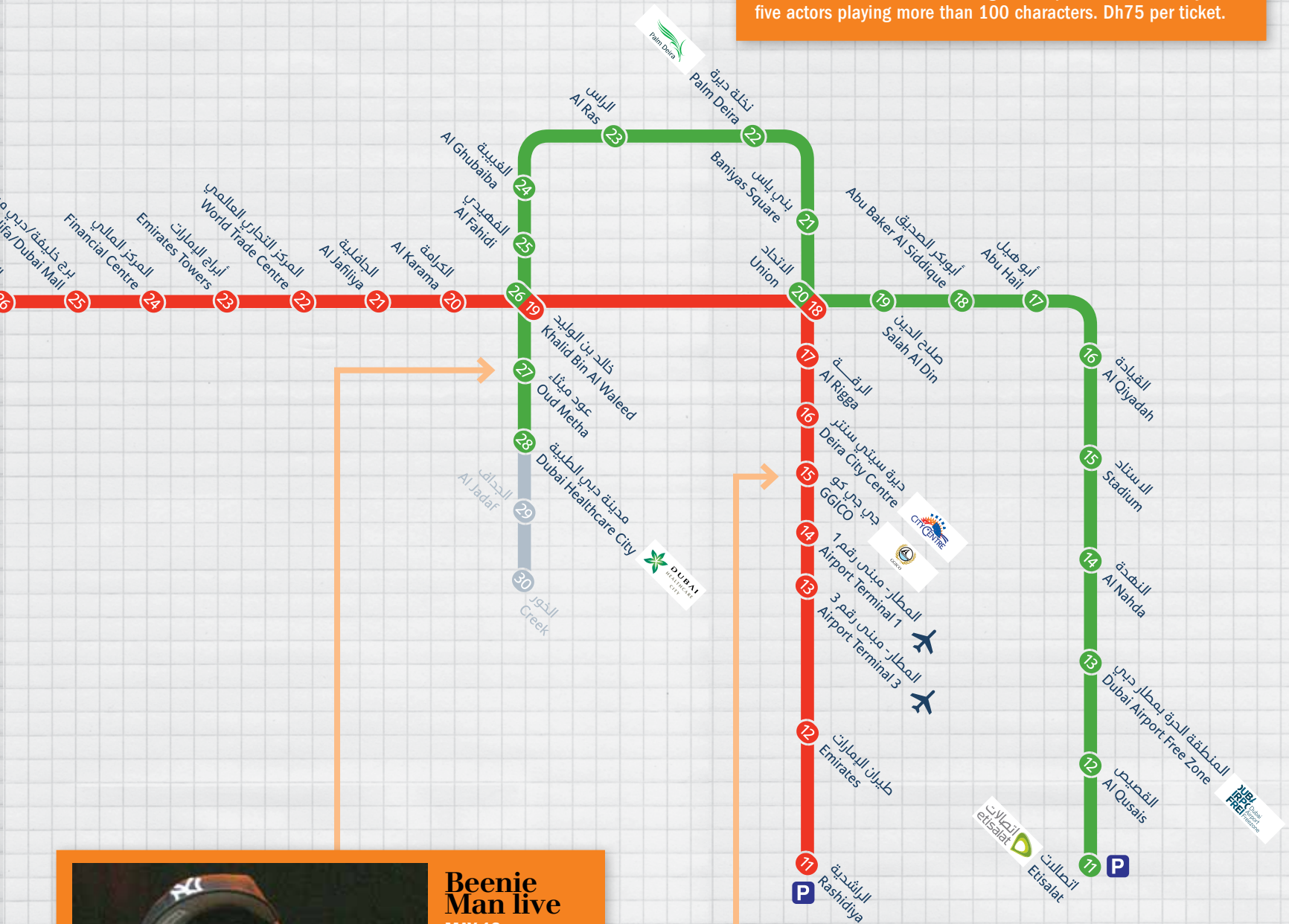


The 39 Steps



MAY 17 - 19
DUCTAC, MALL OF THE EMIRATES
 Community theatre group Backstage presents a parody on Alfred Hitchcock's famous movie, *The 39 Steps*, which promises an evening

filled with entertainment, unforgettable performances and just five actors playing more than 100 characters. Dh75 per ticket.



Beenie Man live

MAY 18
CHI GARDEN @ THE LODGE

Reggae and dancehall superstar Beenie Man will be bringing his own unique flavour and style of entertainment to Dubai for one night only at this open air event, which is guaranteed to get anybody moving and grooving to some serious dancehall rhythms.



Dave C's pop quiz

MAY 15, 7.30PM
THE IRISH VILLAGE, GARHOUND

This popular music quiz is back for one night only, with a series of trivia-testing rounds—including old favourites such as 'name that year' and 'guess the intro'—guaranteed to test your pop music knowledge to the max. Entry is free, call 04 282 4750 for more information.

The Burning Question

Q DEWA urges residents to choose energy-efficient appliances as part of their 'Do Good to Planet Earth' initiative. What energy-saving devices do you have in your home?



Anne Matthews

FASHION CONSULTANT, VISITING

Back home in the UK I have appliances that switch themselves off, plus things like the heating and hot water are on timers. Most light bulbs in the UK now are low-energy, I think around 90 per cent of the light bulbs you can actually buy now are energy-saving.

Manju Mathew

MARKETING EXECUTIVE, AL QUSAIS

I don't have energy-saving devices, but I always make sure I turn the lights and electricity off when things aren't being used.

I think it's important both for the environment and to save money.



Zohaib Ali

ASSISTANT DIRECTOR, RASHIDIYA

I think the thermostat on the air conditioning unit in my house is a good way of being energy efficient. It saves money on air conditioning bills and also helps the environment.



Faizan Khalife

HR OFFICER, BUR DUBAI

I try to be energy conscious by making sure the thermostat on the air conditioning is set right. I believe it's definitely good for people to be aware of saving energy for the betterment of our environment.



Wasim Abbas

MANAGING DIRECTOR, VISITING

I have a few solar powered gadgets at home, which sit on windowsills to get energy from the sunlight. I think it's important for everyone to do their bit for the environment.



Peter Fabella

FLASH DEVELOPER, VISITING

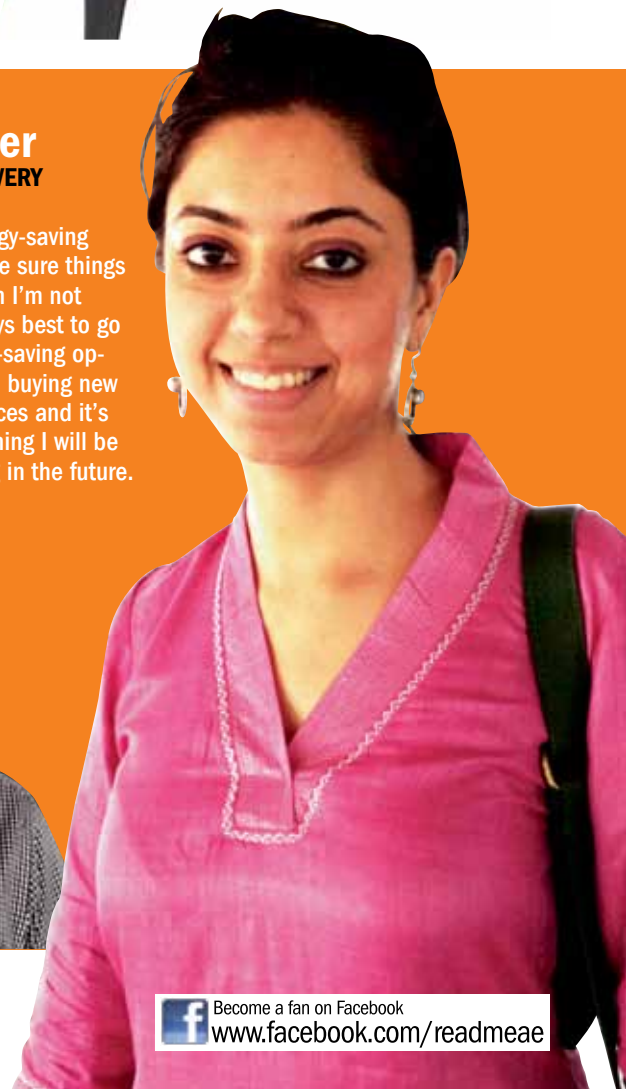
The air conditioning in my home is very energy-efficient. It cools the room down really quickly so you can switch it off as soon as it's at the right temperature.



Latika Grover

HR OFFICER, DISCOVERY GARDENS

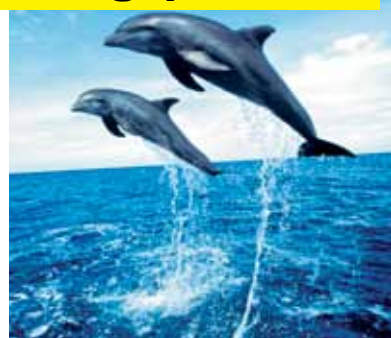
I don't have any energy-saving appliances but I make sure things are switched off when I'm not using them. It's always best to go for the energy-saving option when buying new appliances and it's something I will be doing in the future.



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

In 1985, trainers at Hawaii Sea Life Park were stunned when a grey female bottlenose dolphin named Punahele gave birth to a dark-skinned calf that partly resembled the male false killer whale with whom she shared a pool. The calf was a wholphin, a hybrid that was intermediate to its parents in some characteristics. What other amazing genetic hybrid animals are out there?



MONDAY

Imagine a pair of contact lenses wirelessly connected to a wearable computer, capable of overlaying your surroundings with information, warnings or even illusions. Find out more online today.



TUESDAY

The Avengers set a new record at the box office, becoming the first film to break the \$200 million barrier in its first three days. Readme.ae looks at the success of the comic-book heroes on the silver screen.



WEDNESDAY

Most of us take the "work" part of "housework" literally. However, there are many features you can build into your home to make your household chores easier and maybe even more pleasant.



THURSDAY

Manchester United have retained their status as the world's richest club. With their value having soared by 20 per cent, Man U is reportedly worth \$2.24 billion. What other teams have cash to spare?



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)

Claire Lomas, a paraplegic, finished the London Marathon in 16 days thanks to a pair of robotic legs. What do you think is the greatest achievement by an individual who faced adversity?

Two visually-impaired Filipino women, Roselle Ambubuyog (2001) and Minnie Juan (2010) topped their classes and achieved academic excellence (summa cum laude) despite their handicap.

—Clen Nicolas

Being hadicap is not a hindrance to achieve our goals, nothing is imposible if you believe. It's also an engcouragement to those who

have the same situation that never loose hope. Answers to our prayers is just around the corner, we are just lazy to search and try something to make worst better. In this life we are not battling to whoever around us we are battling ourselves, our weaknesses and fears will put us to the lowest point of our life. So... just believe!!!

—Kramenashi Duran Meliton



CLAIRE LOMAS

The man accused of being instrumental in the Bali bombings has begged for forgiveness from the victims' families. How accepted do you think remorse and repentance should be in these situations?

Its easy to say for others to just forgive and forget but if ur one of the victims or ur loved ones, it wud be so much harder. On the other hand, death shudnt be the penalty. Because after all death is an easy way out.

—Stanislaus Kc Mbaezuo

Forgiveness should be given to all who ask for it as long as they are sincere, but that doesn't acquit him from the punishment of the crime. The families of the victim will find it hard for they are the ones who suffered the pain off loss

—Ferdie Salas Santiago Jr.

TECHNICALLY A GOAL?



How important is technology in sport?

I would like to say a petition for the use of "Hawk eye" technology to be used in football. I think most people would like to see that! because of that.

—Arman Hossen

Poetry in motion

A brief look at the rhyme and reason that exists behind poetry's recent resurgence in popularity across Dubai.



“As with all other forms of artistic expression, times do change and the art form in question is forced to progress.”

man and Dubai. The poets who make up the group are of all nationalities and read their poetry in English, Arabic and French. Run by Palestinian filmmaker and writer, Hind Shoufani, the group was established in 2007 and has been reading and performing ever since, allowing an opportunity for poets' voices to be heard and their work to be shared.

The advent of social networking is allowing many more groups of this nature to form, often springing up out

of the blue and gaining a following rapidly. Online platforms such as Facebook, Twitter, and MeetUp provide a platform for poetry writers and enthusiasts to link up and form new groups, events and friendships. Just this month, a new group, Dubai Poetry Club, arranged their very first gathering in Dubai via social networking sites.

So, if you have a longing to turn the words in your head into verse, perhaps a poetry club is the outlet you need. Whether you have books of poems stored away or have only just picked up a pen, the opportunity to share and be inspired is one which is open to all. ●

Poetry is one of the longest-standing art forms in the Middle East. Along with painting, music, calligraphy and traditional dance, poetry has been considered a rudimentary art form of Arabia since the early days of the region's history.

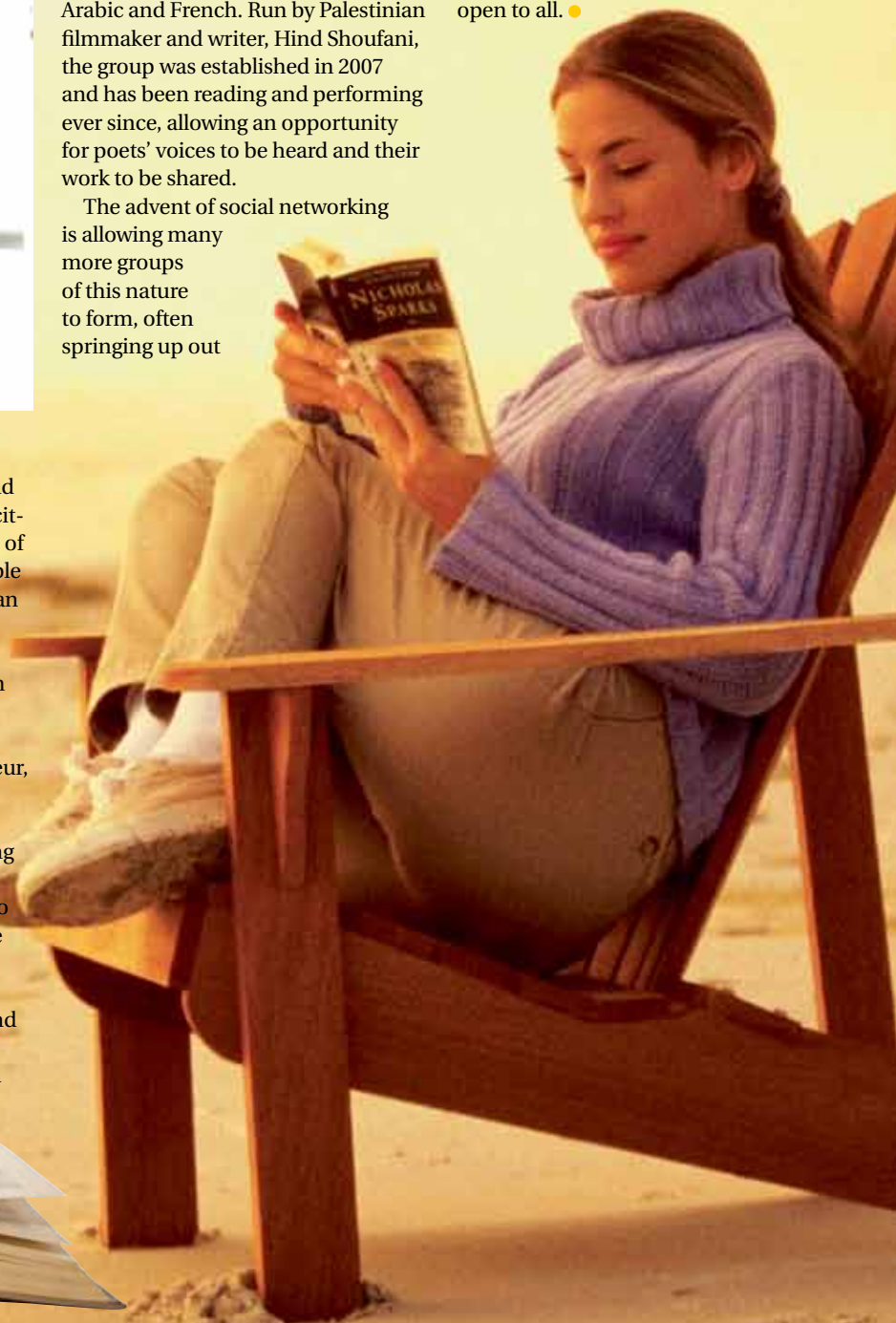
But in today's modern world, many people consider poetry to have an 'old-fashioned' image. While the works of William Shakespeare and the most famous Arabic-language poet Al Mutanabi hark back to an era passed, modern poetry is in fact moving and growing with the times. While it would be ignorant to discount the works of the poets of yesteryear, as with all other forms of artistic expression, times do change and the art form in question is forced to progress.

Luckily, thanks to the fluid nature of how poetry can be created, performed and appreciated, new forms have begun to emerge among younger enthusiasts. Beat poetry, where words are spoken to a musical rhythm,

improvised poetry, poetry slams and even rap battles are all new and exciting ways in which those with a love of the written and spoken word are able to communicate their thoughts to an audience.

In recent years, this revival has seen poetry groups and clubs begin to spring up across Dubai and the Middle East. These groups allow poets, both professional and amateur, to come together and share their work, thoughts and opinions with like-minded people. As well as being a meeting place where poets can perform their work, these clubs also allow for discussion, advice, debate and inspiration.

One such group is the Poeticians, a group of writers, readers and listeners, that unite on a monthly basis to share their work with small intimate audiences in Beirut, Am-



I'll keep annoying dad until he stops texting.



I WON'T LET IT HAPPEN

انتبه
takecare

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

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

معا نبني مستقبل دبي
TOGETHER WE BUILD THE FUTURE OF DUBAI

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[www.twitter.com/rta_dubai](https://twitter.com/rta_dubai)

It's all about crowd-funding success

Instead of finding funds from labels, a Dubai-based songwriter is supported by the masses.

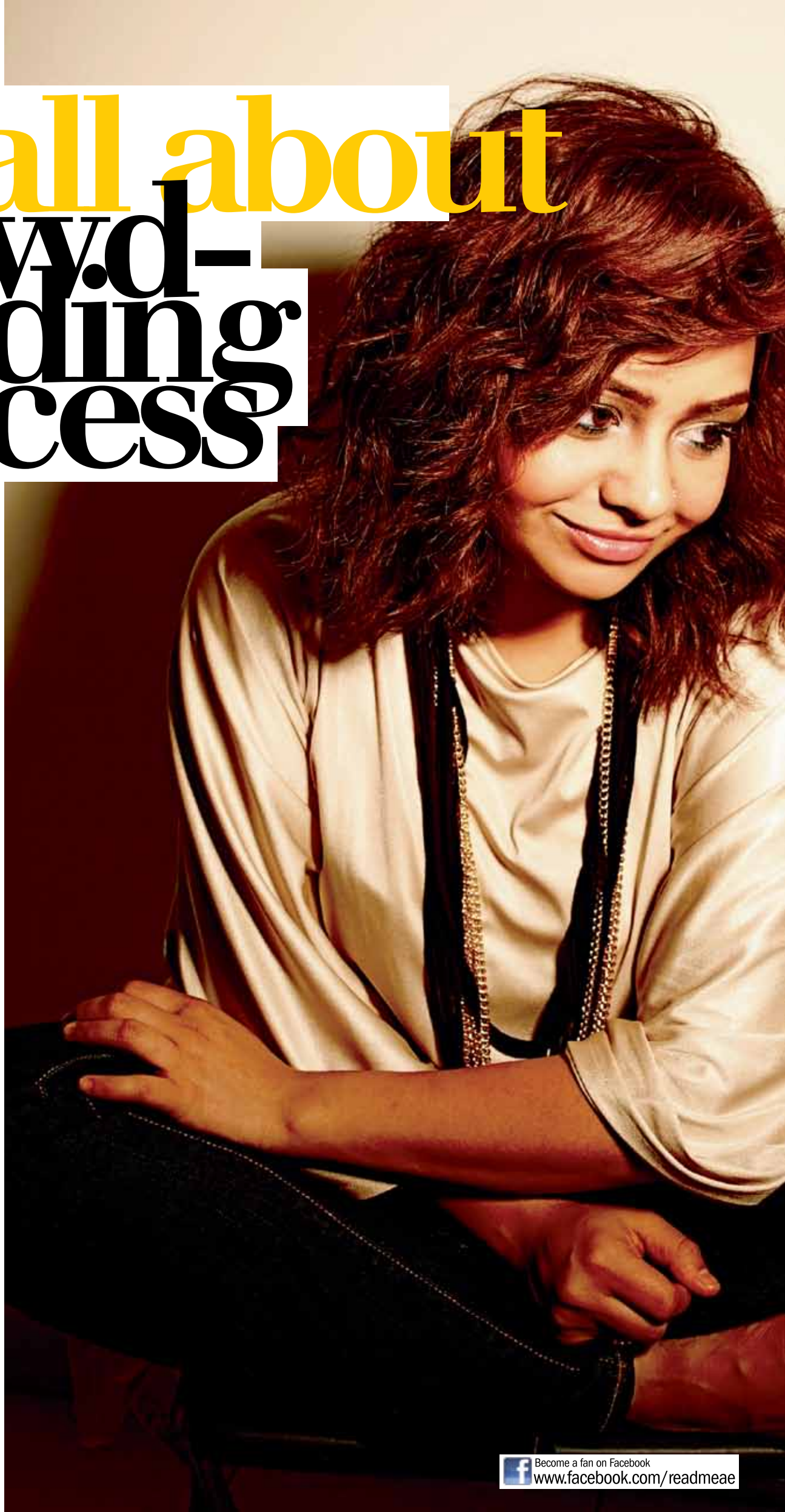
It takes more than raw talent to make it as a musician. Hours of practice, plenty of publicity and, most of all, money to buy equipment, rent studios and make the music are among the immediate requirements. For many musicians, the hardest part is raising the cash to record an album.

While the obvious solution for aspiring musicians is to sign a record contract, finding a company to sign them can take years and then it's only a select few that get chosen. "Dubai in itself doesn't have much of a record label culture for western styles of music," explains Dubai-raised musician, Gayathri Krishnan.

What it does have, however, is "an independent scene and a community of artists and musicians who work with each other, collaborate regularly and support each others' projects," she says.

It is this sense of solidarity that has helped Gayathri, who recently released her first music video, *Champion of Broken Hearts*, to get to where she is today. It is also what motivated and inspired her to find her own way of funding the album she has long wanted to record.

"Since I will be acting as my own record label for this album, that means that I will have to take on the



“Dubai in itself doesn't have much of a record label culture for western styles of music.”



Crowd-funding

In 1997, fans came together over the internet to raise the \$60,000 required for British rock group Marillion to tour the US. Since then, the idea of crowd-funding has taken off, with the launch of companies such as IndieGoGo, ArtistShare, Pledge Music, Kickstarter, RocketHub, Sponsume and Sellaband. Now, it is used for a huge range of purposes, from disaster relief and political campaigns to funding a start-up company or supporting aspiring artists.

- Top crowd-funding sites for entrepreneurs: WeFunder, Startup Addict, Believers Fund, RocketHub, Quirky.
- Top crowd-funding sites for musicians: PledgeMusic, Sell A Band, ArtisteConnect, Oocto, IndieGoGo, Feed the Muse, Tune Fund.
- Top crowd-funding sites for charities: Crowdrise, Kickstarter, IndieGogo, OpenIDEO, 33needs.

thousands of dollars' worth of costs associated with recording, producing, packaging and promotion myself. After investing everything I have and possibly could, and thoroughly doing the maths, I worked out that \$20,000 would put me in a great position to get things moving and help me begin this journey.”

That's when she decided to try IndieGoGo, a global funding platform that helps people raise money for all types of campaigns, from music and art to charities and small businesses. Potential contributors can browse the site and give whatever amount they choose towards any campaign

Artists who made it over the internet

- **Justin Bieber** - The teen pop idol was discovered on YouTube by Scooter Braun, who later became his manager.
- **Lisa Donovan** - The American actress rose to fame after self-producing short films and posting them on YouTube.
- **Perez Hilton** - Now the voice of Hollywood, Hilton earned his status through his catty blog, which has developed a reputation for spilling the secrets of celebrities.
- **Lily Allen** - The British singer and actress began to make a name for herself after creating a profile on MySpace, where she made some of her recordings public.



they wish to support. “I had stumbled across the concept of crowd-funding a number of times before I decided to give it a go. When one of the creative projects I'd been working on for over a year fell through due to funding issues, I began to seriously consider it.”

Gayathri made a short video to describe her album and posted her campaign on April 22. It begins, “Hi, I'm Gayathri, and I need your support to independently release my debut album this winter.” Almost immediately, the money started rolling in from all over the world. At present, with still more than a week to go in the campaign, she has raised more

than the \$20,000 she set as the target, with contributions ranging from \$10 to the largest so far at \$5,000.

With this, she can set about making the album, which, she says, “Will be bold in spirit as well as in style.” Gayathri plans to travel around Europe, India and the UK, where she has recently relocated, to record with a diverse range of musicians. “As much as I love holing up in a room and making music, I'm just as crazy about working with other musicians, travelling around to discover new disciplines of music and collecting sounds that fascinate me.” And that is just what she plans to do now that the funds have poured in. ●

The benefits of bilingualism

Single language-speakers are often envious of those who can speak in two tongues, and with good reason.

Learning a new language may seem daunting at first, but the countless advantages to becoming bilingual far outweigh the hard work involved. Aside from the obvious convenience of being able to communicate in a foreign tongue and enhancing your career prospects by becoming bilingual, learning a new language has been shown to boost brain power, say researchers from Northwestern University in the USA.

In a new study, scientists monitored the brain responses of 48 healthy students, 23 of whom were bilingual, to different sounds. Against a backdrop of distracting noise, the bilingual students were found to be significantly better at processing sounds. "The bilingual's enhanced experience with sound results in an auditory system that is highly efficient, flexible and focused in its automatic sound processing," said Professor Nina Kraus, who led the study.

"People do crossword puzzles and other activities to keep their minds sharp but the advantage we've discovered in dual language speakers come automatically from knowing

and using two languages. It seems that the benefits of bilingualism are particularly powerful and broad, and include attention, inhibition and encoding of sound," said co-author of the study, Victoria Marian.

Some adults are put off by the common belief that the older you get, the harder it becomes to grasp a new tongue. However, according to language consultant Dr Virginia Rojas, this is a myth. Younger learners, she says, are often able to pronounce a new language with little or no accent, partly due to a lack of inhibition. However, older students are more efficient language learners, "because they are cognitively mature in their own language".

There is much debate among specialists in language acquisition as to the best time to develop

“It seems that the benefits of bilingualism are particularly powerful and broad.”

“People who learn a second language earn, on average, Dh17,797 more per year.”

a second language. Some claim that early childhood is preferable, as this is when our brains are most receptive to new information and less inhibited by the preconceptions imposed by the first language. Others, while acknowledging that younger learners will tend to have better pronunciation, warn of the dangers of double semi-lingualism for early learners of a second language, which comes when the child does not develop full proficiency in either language.

Research suggests that the best time to learn a new language is early adolescence, from around 11 to 13, when the first language skills are on the way to being well developed, but before puberty, after which the language centres in the brain become ‘set’. For

adults, most philologists agree that the best time to learn a new language is right before you plan to use it, as new vocab and grammar can slip away if they are not practiced regularly.

Whenever we decide to take on the task of acquiring another tongue, at an early or late stage, the advantages are considerable. For bilingual children, the chances of improved academic performance are high. Studies have shown that knowledge of a second language gives bilingual children an advantage in learning to read and higher scores on standardised tests in addition to improved cognitive skills and increased confidence.

For an adult, the advantages become financial as well as academic. According to a report published by Michael Thomas, the Hollywood language teacher who has helped the likes of Emma Thompson and Woody Allen master foreign tongues, people who learn a second language earn, on average, Dh 17,797 more per year. In a study by researchers at the University of Guelph, bilingual men were found to earn 3.6 per cent

more than their non-bilingual counterparts, while bilingual women earned 6.6 per cent more.

In the globalised world of today, there is no doubt that an ability to communicate across language barriers is an advantage from all perspectives. Whether it be negotiating a business deal, interviewing for a job, visiting foreign countries or building relationships overseas, being able to communicate in another tongue will open new doors and create possibilities that simply didn't exist before, not to mention the healthy effect it will have on the mind. ●

The best ways to learn a new language

- **Spend time around native speakers:** Ideally, the best way to fully grasp a new language, with all its colloquialisms and idiosyncracies, is to live in a country where it is natively spoken. Immersing yourself fully in the language you wish to learn and cutting yourself off from your native tongue forces you to adapt faster to the new grammar, vocab and pronunciation.

- **Language school:** Enrol in a language course at a nearby school or online and put in the study time.

- **CDs, books and TV:** Not all studying has to be done in the classroom. Try to incorporate your new language into your everyday life. If you are trying to learn Arabic then watch Arabic TV channels and listen to Arabic radio to help acquaint yourself with the local tongue. Read books in the language you wish to learn, keeping a dictionary on-hand to look up new words and improve your vocab.

- **Get a pen pal:** Go online and find a pen pal exchange where you can write to someone in your new tongue. It helps to diversify the learning process and makes it more exciting.

- **Flash cards:** When it comes to learning long lists of vocab, try putting flashcards around the home to familiarise yourself with new words.

FOR ADULTS, THE BEST TIME TO LEARN IS JUST BEFORE USING THE LANGUAGE

Women show their heart

Health campaign held at Deira City Centre shows more than 685 women how to avoid cardiovascular disease.

INITIATIVES

Deira City Centre recently supported the Go Red for Women campaign for the third year in a row, in partnership with Dubai Health Authority (DHA) to raise the red flag against heart disease in women. Offering free heart health tests and advice, medical practitioners from Dubai Hospital took over the mall's centre stage to educate women on healthy living and preventative measures. This year, more than 685 women took action by taking body mass index (BMI), blood pressure, blood sugar and cholesterol tests.

The success of the Go Red for Women campaign enabled Deira City Centre to reach out to the community and raise awareness about the threat of cardiovascular disease (CVD) in women, underscoring the importance of routine check-ups and health consciousness in preventing the disease. The event shed light on what has



GOING RED FOR HEART DISEASE

previously been considered a "man's disease" by empowering women to take charge of their health and join together to fight the number one killer in the world, cardiovascular disease.

"Deira City Centre is proud of a successful Go Red for Women event. Dis-

tributing up-to-date information and offering free health check-ups is an important way that we can help combat the disease and encourage females to lead a healthy lifestyle," said Fuad Al Najjar, Senior Asset Director, Asset Management, Shopping Malls. "Each



year we reach out to new women with information about cardiovascular disease, reiterating the importance and need for such a campaign. Deira City Centre is proud to be part of Go Red for Women in support of women living in the UAE."

Deira City Centre also showcased its Red Dress Gallery of fashionable red dresses donated by the mall's retailers during the campaign. The red dress is the global symbol for the Go Red for Women campaign and represents femininity, the heart and female empowerment.

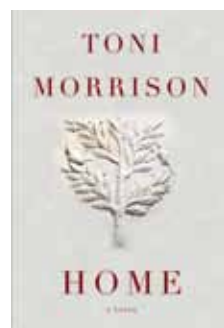
Home: A Novel Little Broken Hearts

By Toni Morrison

BOOKS

The new novel from Nobel Prize-winner Toni Morrison is nothing less than what one would come to expect from such a celebrated author; it's pure, unadulterated, beautiful literature. Following the story of Frank Money, an angry, self-loathing veteran of the Korean War, it's the story of a defeated man rediscovering his courage, morals and manhood.

Having returned from Korea, Money finds himself in a racist America, carrying with him the horrors and trauma of war. He is crippled by a sense of apathy and doubt, wondering what he bothered fighting for in the first place. But he is shocked out of his emotional coma by news that his sister has been medically abused in experiments, and



he quickly rushes to her rescue, taking her back to the town they came from, which he has always hated.

And yet, while there, he rediscovers his sense of self, finding the courage that he has lacked for so long. As always with Morrison, the sentences are superbly crafted, making each page an utter joy to read. Meanwhile, the story unfolds brilliantly and poignantly.

Artist Norah Jones **Label** Blue Note ★★★★★

ALBUM

When Norah Jones first came along in 2002, scooping up five Grammy awards with her debut album, *Come Away With Me*, she took the popular music world by storm. She was a woman with real talent, a harrowing, sombre voice and the lyrical prowess of any of the best songwriters out there. But her later releases, *Feels Like Home* and *Not Too Late*, failed to capture the same kind of magic, and by her fourth album, *The Fall*, the singer's albums had become somewhat predictable.

But Jones' newest release, *Little Broken Hearts*, aims to challenge the traditional way of doing things. And straight from the off, it's clear that this album is hardly as predictable as the previous ones. For one thing, it's darker and more eerie than before, with whispering piano lines and dissonant melodies, all wrapped together in the chilling reverberation of a dark, empty street.

Without Jones' voice, this music



could easily feature as the backing to a horror movie, but she thankfully brings a little light to the party, even if it's barely able to break through the melancholy shadow cast over the entire album. Every song dwells on heartbreak, loss, and emotional pain. On the whole though, it's a welcome step in a new direction for the singer, who only slips back into her default 'boring' mode on the album's final track, *All A Dream*.

If you like this then you could try...

Canada by Richard Ford

Dell Parsons finds himself in an emotional black hole, following his parents' imprisonment for attempting to rob a bank. The future of Dell and his twin sister, Berner, looks completely bleak and Berner flees, leaving Dell alone. But a family friend intervenes, taking Dell across the border to Canada to help find a new life.



Splash launches an impeccably made denim collection for summer available in a plethora of styles and fits.

Summer at Splash has just got busy as the brand launches its own denim collection, Splash DNM. The new entry is based on denim and its offering of a broad bandwidth of styles, fits, colours and designs. Providing denim for everybody and being an independent denim category, the collection symbolises a lifestyle and has an experiential campaign to its credit that was launched recently.

The new 'Get Dirty' campaign was conceptualised and launched on social media platforms and across various colleges in the UAE inviting a younger audience to be the face of the campaign.

To give customers the raw and edgy feel of denim, 'Get Dirty' was shot in a cement factory in Dubai with a slew of models and the three finalists chosen from almost 8,000 entries received on the brand's call to be the face of the campaign.

An extremely believable campaign that gives shoppers some-

thing to connect with and talk about, 'Get Dirty' was shot over a period of two days by ace fashion photographer Tejal Patni.

Speaking on the launch of Splash DNM, Raza Beig, CEO Splash & ICONIC, said, "Traditionally, denim as a category in Splash was all about brands within Splash and had certain limitations in terms of trends to explore. Given that denim is an iconic, essential part of the modern wardrobe, we decided to tap into this ever growing category by launching a destination that would showcase the newest trends and treatments and would justify the fashion offerings. We developed the range in a way that it would cater to the varied customer of value and fashion shoppers of the brand."

The new denim collection features an extensive line-up of fits and styles and is available at three price points: basic, mid-price and high fashion. Focusing on the 5Fs, the DNA of Splash DNM is fabric,

fashion, fit, feel and finish. High on quality and inner finish, the collection showcases the season's key denim trends.

Raw and Rinse which has the feel of a worker's denim is a big trend and so are Coated denims in the trendiest finish while Vintage wash denims in black and extreme blue remain strong. Super Stretch Fabrics in ladies denim are the flavour of the season while men wear lightweight and soft denim fabrics which are perfect for the summer. To complete the entire denim feel, the category also features a fresh colour palette of yellow, blue, green and red colour denims.

Splash DNM also features a concept line of heat sensitive denims that change color when subjected to body heat. The brand has also incorporated a lot of add-ons in terms of belts, chains and suspenders. The ready to wear Splash DNM collection is priced between Dh45 to Dh160.





Cutting the carbs

Is a low-carb diet right for you? Choosing a diet plan can be difficult, but if you want to see the best results, it's essential to select the right weight-loss method for your own body.

It should not surprise anyone by now to hear that there is no one diet that will work for everyone. Carbohydrate-free and restricted diets such as the Atkins, South Beach and Zone diets have gained popularity through the successful tactics that have aided many in their weight-loss efforts. Following such plans can help individuals eliminate sugary, starchy foods that hinder weight loss.

Carbohydrates are a type of macro nutrient found in many foods and beverages. Most carbohydrates occur naturally in plant-based foods, such as grains. Food manufacturers also add carbohydrates to processed foods in the form of starch or added sugar. Common food sources of naturally occurring carbohydrates include fruits, vegetables, milk, nuts, grains, seeds and legumes.

Many types of low-carb diets exist, each with varying restrictions on the types and amounts of carbohydrates you can eat. A low-carb diet or a non-carb diet means that you stop eating food with sugars and white flour, such as pasta, bread, cakes, white rice, and potatoes. This effectively cuts back on the carbohydrates in your diet,



especially the high glycemic types. However, there are also white foods, such as tofu, cauliflower, and onions that are low in carbs and good for you.

A low-carb diet is generally used to lose weight. Some low-carb diets say that they have health benefits beyond weight loss, such as reducing risk factors associated with heart disease, certain cancers, diabetes and metabolic syndrome.

Your body uses carbohydrates as its main fuel source. Sugars and starches are broken down into simple sugars during digestion. They're then absorbed into your bloodstream, where they're known as blood sugar (glucose). From there, the glucose

enters your body's cells with the help of insulin. Some of this glucose is used by your body for energy, fueling all of your activities, whether it's going for a jog or simply breathing. Extra glucose is stored in your liver, muscles and other cells for later use or else is converted to fat.

The theory behind the low-carb diet is that insulin prevents fat breakdown in the body by allowing sugar to be used for energy. Proponents of the low-carb diet believe that decreasing carbs results in lower insulin levels, which causes the body to burn stored fat for energy and ultimately helps you shed excess weight and reduce risk factors for

a variety of health conditions. In general, a low-carb diet focuses on proteins, including meat, poultry, fish and eggs, and some non-starchy vegetables. Low-carb diets may improve HDL cholesterol and triglyceride values slightly more than moderate-carb diets do.

However there are risks associated with suddenly and drastically cutting carbs from your diet. You may experience a variety of temporary health effects, including headache, dizziness, weakness, fatigue and constipation. And some diets restrict carbohydrate intake so much that they can result in nutritional deficiencies or insufficient fibre. ●

“Sugars and starches are broken down into simple sugars during digestion. They're then absorbed.”

The Atkins Diet

According to the core principle of the Atkins Diet, by limiting carbohydrates in a four-phase process, your body is forced to burn its stored fat, rather than carbohydrates, for fuel. The idea behind low-carbohydrate dieting is to restrict the amount of carbs you eat and increase the amount of protein and fat.

The Atkins Diet consists of a four-phase eating plan. The foods you eat vary, depending on what phase you are in and your own personal metabolism.

● **Induction** - This is the first phase of the Atkins Diet. You are limited to only 20 grams per day. The carbs you are allowed to eat consist of salad and other non-starchy vegetables.

● **Ongoing weight loss** - Phase two allows you to add some carbohydrates to your diet. In this phase, carbs are increased to 25 grams per day. Each week, you can increase the number of carbs you eat by five grams. You continue on the course of slowly increasing carbohydrates until your body stops losing weight. When that occurs, you subtract five grams of carbohydrates from your daily intake. This level will allow you to maintain your weight.

● **Pre-maintenance** - In this phase, you transition from weight loss to weight maintenance. You can increase your carbohydrate allowance by 10-gram increments each week, as long as you continue to keep the weight off.

● **Lifetime maintenance** - The final phase allows you to select from a wide variety of foods, while still limiting the amount of carbohydrates you eat. It is this phase that allows you to continue to keep your weight down as well as allowing you to eat more foods than in the previous phases.

ASK THE EXPERT

SAHAR MOUSSLY
MASTER LIFE COACH
AND YOGIC INSTRUCTOR



Living and laughing

Laughter yoga is an improvised, simple yet profound exercise routine that is sweeping the globe as the next well-being work-out for all age groups. It combines unconditional laughter with yogic breathing (*pranayama*). Laughter is simulated as a body exercise in a group, with eye contact and childlike playfulness that soon turns into real, contagious laughter. The concept of laughter yoga is based on scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits,

“Research has proven that laughter lowers the level of stress.”

proving a hearty laugh is a good way to jog internally. Clinical research has proven that laughter lowers the level of stress

hormones in the blood. It fosters a positive and hopeful attitude. It makes a person less likely to succumb to stress and feelings of depression, and more likely to be able to laugh away their troubles gradually. This concept is fast gaining popularity in schools, institutions, organisations and now even in the corporate world.

I would therefore like to invite Dubai residents to join me for laughter yoga therapy sessions, commencing on May 16 at Ductac from 7.15pm to 8.15pm. Let us learn to define what happiness to you is and adopt the habit of humour. Laughter can not only improve health but bring new perspectives, renew self-esteem and provide a sense of empowerment overall. It can help reduce the level of stress and anxiety. Laughter is the best medicine, and it comes without any side-effects.

A marathon effort

Running a marathon can carry equal doses of comedy, tragedy, euphoria and agony, all at the same time.

Marathon training will be challenging, but should be fun and enjoyable. Finishing a marathon is an accomplishment that less than one per cent of people in the world can say they have achieved. Are you a budding runner? Already a runner? Haven't run in a long time? Either way, you can finish a marathon. Learning some of the basics will help you get started.

As more and more runners turn to the marathon to prove their running mettle, a sensible training programme is more important than ever for building safely to peak performance.

Befitting its Greek roots, the marathon unfolds as a classic drama, carrying equal doses of comedy and tragedy, euphoria and agony. For much of the time since this piece of road-running theatre was revived in the 1896 Athens Olympics, the starring roles of the marathon were reserved largely for a relatively small band of running fanatics. But in the last two decades, something amazing has happened—the rise of the average-Joe marathoner.

Building mental stamina is essential. It's one thing to be motivated to begin training; it's another to stay motivated every day. Naturally, we think running a marathon will not be easy. Even so, many finishers say it was even tougher than they thought. Staying motivated and developing the proper mindset is key to enjoying training and crossing the finish line with a smile on your face.

New runners, in particular, should not feel pressed to rush to the marathon; to begin the racing experi-



“You should not run a marathon unless you have at least a year of running experience behind you.”

ence with the marathon is to start at the wrong end. Give yourself time and experience racing the shorter distances. Running a marathon is not something to be done lightly or without adequate preparation. It requires seriousness and dedication. There are as many reasons to run a marathon as there are marathoners, but running to finish, to survive, is at the core of every marathon experience.

While virtually any runner can complete a marathon with enough preparation and determination, large reservoirs of both are required. You should not run a marathon unless you have at least a year of running experience behind you to prepare both mind and muscle for the miles and months of training ahead.

Preparing for a marathon, after all, is no easy thing. It is a big, big time commitment, and for most, it demands vast amounts of energy—physical, mental and emotional. The pay-off, of course, is equally enormous. Enhanced strength, confidence and stoicism are the treasures reaped by all marathon athletes, whatever their ability.

Treat your feet to a good pair of running shoes. Running shoes will be the most important piece of gear. Shoes are designed to fit feet with different arches, pronation, and more. Carbohydrates provide the fuel runners

need. During marathon training, 65 per cent of your total calories should come from carbohydrates, particularly complex carbohydrates, 10 per cent should come from protein—you need about 0.5 grams per pound of your body weight each day—and 20 to 25 per cent of your total calories should come from unsaturated fats. Be sure to get the nutrition you need to keep you strong and allow for adequate recovery.

Obviously, it is important to run often during marathon training, but recovery is equally important. You should not run every day. Your body



A GOOD SET OF TRAINERS IS A MUST FOR ANY MARATHON RUNNER

Training schedules

Beginner – Runners who currently run 15 to 25 miles per week and expect to run the marathon in about 4 hours for men, or 4.20 for women. You should have at least one year of running experience.

Intermediate – Runners who currently run 25 to 50 miles per week and expect to run the marathon in under 3.30 for men, or 3.50 for women.

Advanced – Runners who currently run 40 to 60 miles per week and expect to run the marathon in under 3 hours for men, or 3.20 for women.

Competitive – Runners who currently run over 50 miles per week and expect to run the marathon in under 2.30 for men, or 2.50 for women.

needs to rest between runs so it can recover from one run to the next, getting stronger between each run. Nutrition and eating the right foods at the right time also play a vital role in recovery. Take recovery days equally as seriously as your running days.

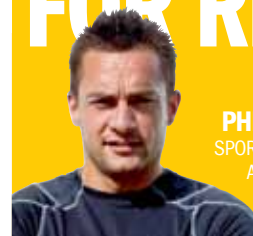
Use your non-running days to rest and recover. Ice down any soreness, particularly in knees or shins (most common) four times per day for 15 to 20 minutes. Injuries often sneak up without warning. Doing all the right things will minimise your chances of injury.

Tapering in the final weeks before the marathon will help your body recover from marathon training and be strong for your big day. You will also want to carbo-load the week leading up to the race. Given the atmosphere at most marathons, you will likely feel full of adrenaline after leaving the starting line. Remember, though, marathons are about endurance and pace is critical. Maintain pace in order to save everything you have left for your big finish. ●



ADRENALINE WILL SURGE AT THE START, BUT IT'S BEST TO KEEP THIS IN CHECK

FITNESS FOR REAL



PHILL ROBSON
SPORTS AND FITNESS
ACADEMY COACH

Feel-good fitness

Endorphins are made from fats and sugars. This is why some people who do not have enough body fat or have eating disorders are highly moody and often depressed. In order to properly maintain

endorphin levels, there needs to be a moderate amount of 'good' fats and sugars in your diet. Binging on sweets and fatty foods will actually change

the opiate receptors in your brain, which can make you feel depleted of endorphins. 'Good' fats, like those from fish, nuts, avocados and fruits, which provide you with natural sugars and essential vitamins, are needed for your emotional maintenance and overall well-being.

We allow how others may perceive us to prevent ourselves from smiling, laughing and thinking about the pleasurable activities, such as friends and happy events, in our life. These simple thoughts and processes provide psychological triggers for endorphins to be released. Some studies have shown that eight to 10 minutes of laughing aloud will create an extended elevation of endorphins that can contribute to a better night's sleep.

Meditation acts against your 'fight or flight' hormones and lowers your heart rate, creating a calming sensation in your body. This triggers the hypothalamus to produce and secrete beta endorphins, which are the key to the lingering calmness you feel after your meditation. Regular practice of meditation, such as yoga, can help you lower your blood pressure and cholesterol.

Scarlett Johansson

Look to the stars and see who shares your taste in the hottest fashion trends. Since the *Avengers* release, Scarlett Johansson has topped best-dressed lists everywhere with her glamorous red carpet gowns. Get her look now.

Star



JONATHAN SAUNDERS, DEBENHAMS



RIVER ISLAND



Her



RED HERRING, DEBENHAMS

Steal her style

Not only does the actress wow on the red carpet but the young beauty is also just as stylish when she's in a more relaxed mood, stepping out in a chic silk blazer, high-waisted silk trousers and elegant heels.

Love her look as much as we do? We reckon this fitted blazer is perfect for achieving her effortless elegance. Pair the look with a pair of dark-coloured trousers, a crisp, white blouse and comfortable heels.

Proving that less is more in a hot red tailored dress with minimal accessories, the actress looks every inch the screen siren. To get the Hollywood look, opt for a figure-hugging red dress and dazzling gold heels for that extra bit of sparkle.

The key to getting Johansson's look is fitted, flattering clothing. The *Avengers* star loves to rock vintage clothing and often opts for 'Twenties or 'Fifties-inspired outfits.



DEBENHAMS



DEBENHAMS

style

Chris Hemsworth

Him



BURTON

FASHION OPINION

HISHAM WYNE
COLUMNIST



Tailors, assemble!

Captain America has his shield. Every man needs protection from the vicissitudes of life on occasion. If you can't afford a disc made out of fictional metal with a garish star dead-centre on it, fear not. You too can have armour to get you through the travails of your day. Introducing the structured jacket, with more symmetry than Captain America's metal discus, and more élan than a Persian cat.

The structured jacket is the one thing every man of any denomination should have in the wardrobe.

Throw it onto a tattered outfit for an instant transformation to smart casual. Pair it with pressed trousers and a crisp shirt to go dressy. And possibly pair with a bowtie and matching pocket square.

Let there be no mistake, the gender war is alive and well, and weapons are being primed. The other side has that weapon of mass attraction, the LBD. It flatters, it deceives, and often flatters to deceive, but one can't doubt its practically irresistible allure.

"Let there be no mistake, the gender war is alive and well."

We have the fitted structured jacket, which, if done right, magically irons away imperfections. Anaemic shoulders will be bolstered, and bulging guts safely tucked away. So get a jacket that fits. If you can't find one off the shelf, get one made. It won't break the bank, and is an investment that starts paying off almost instantly.



RIVER ISLAND



URBAN OUTFITTERS



ASOS



ASOS



BURTON



BURTON



BURTON

Steal his style

The Australian actor stays true to his roots when it comes to fashion. His signature style when not on the red carpet is every inch the surfer and he loves the laid-back look.

Looking just as tough as his on-screen character, Thor, in *The Avengers*, Hemsworth's leather jacket and jeans combo is a winner. In the sweltering heat, leather just isn't an option. Opt for a sporty, varsity-style jacket with a striped t-shirt, jeans and patterned boat shoes for a modern look.

For an evening look, the actor loves nothing better than sharp tailoring. The handsome star donned a grey suit with a buttoned open white shirt at a recent premiere. We think Burton's grey suit and shiny shoes combo is a perfect match to Hemsworth's polished look.

To achieve Hemsworth's Aussie style, just pair a cotton V-neck t-shirt with jeans or a smart suit with an open shirt for the ultimate leading man look.



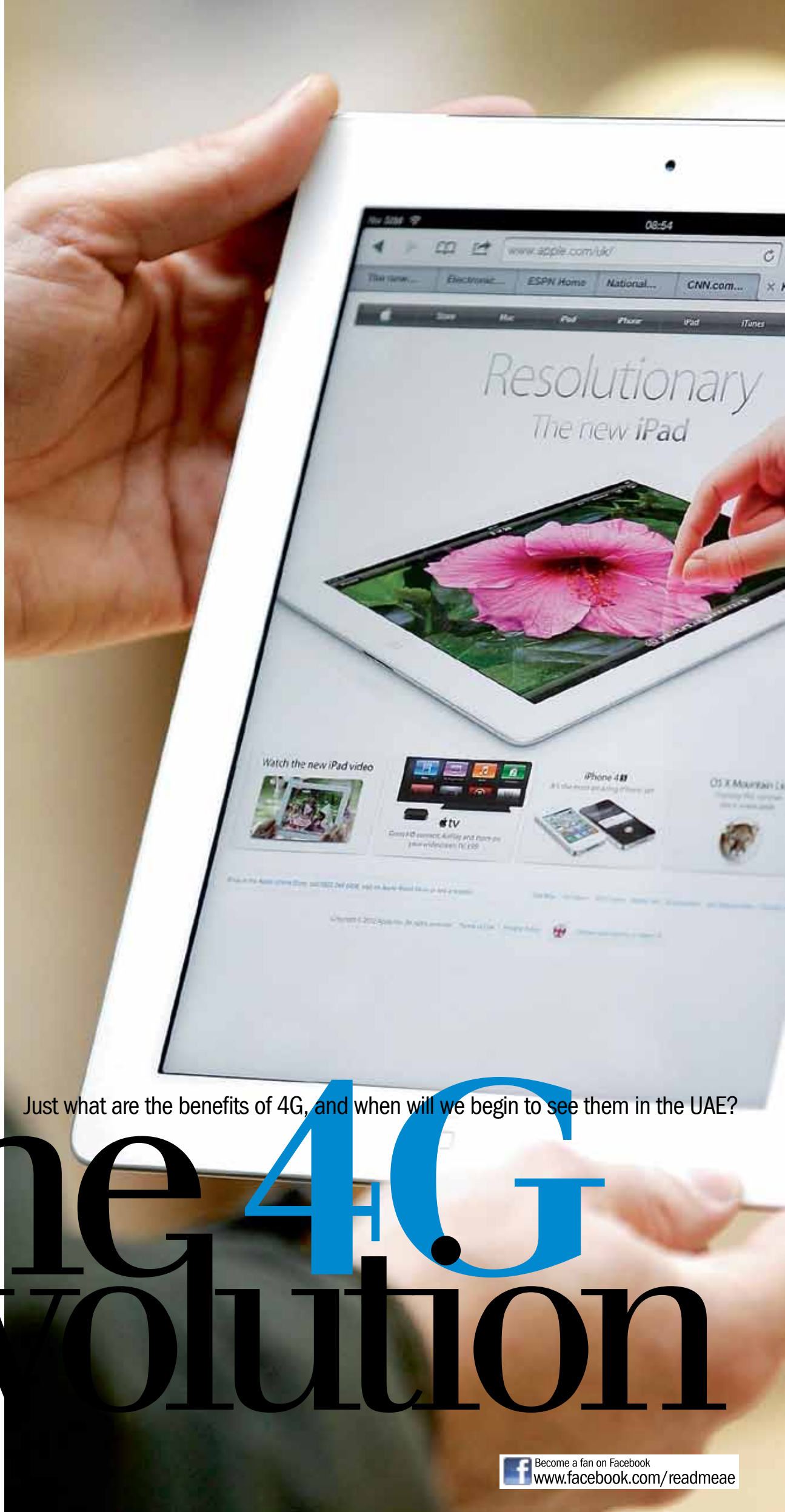
Every few months, news reports come out making it seem as if 4G mobile internet—the fourth generation of mobile communication standards—is about to take the region, or even the world, by storm. 4G will be the next “big” thing, it is insinuated, and yet, speaking to ordinary users, there seems to be little evidence of the high-speed mobile technology taking hold.

“You can’t get 4G phones over here yet, but even if you could, I’m not sure I would go for it—3G suits me just fine,” says Wouter Kerklaan, an Etisalat customer living in Dubai. “I know some people use 4G dongles for their laptops, and I suppose that’s good for people who need to have fast internet on the move, but, again, I personally don’t have a use for it.”

The Etisalat 4G network, launched last year, uses long-term evolution (LTE) technology, and should, in theory, be able to support speeds of up to 150 Mbps. That said, there are no devices that can support those speeds, with the dongles only supporting speeds of 100 Mbps. What’s more, 4G-ready devices haven’t yet hit the UAE market, and the service won’t be available on phones until the third quarter of this year, at the earliest.

And anyone hoping to stay ahead of the technological curve by buying 4G-capable phones abroad will be disappointed. There are currently major compatibility issues between 4G devices made on one continent and mobile networks residing in others. This is illustrated by the fire that Apple has come under recently, with the Australian government having ordered the firm to change its web site advertising 4G connectivity with the iPad 3—a service that is not available in Australia. A similar issue has affected UAE grey-market buyers.

However, for all of the apparent



Just what are the benefits of 4G, and when will we begin to see them in the UAE?

The 4G revolution



“As soon as 4G was made available, I jumped on it, and I haven’t looked back since.”



setbacks in bringing 4G to the masses, some headway has been made. Last year, mobile network Du said it was in the process of choosing the provider for its 4G network, which will offer around 20 times the highest speed of the current 3G network. And Etisalat is currently testing a number of tablets and smartphones, with plans to start selling 4G devices later this year, in addition to the dongles it already offers.

Across the region, 4G is also slowly but surely beginning to make more of an impact. Saudi Arabia’s Zain network has reportedly picked up a couple of thousand 4G subscribers, having launched the 4G network last year. And the operator has begun testing in Kuwait and Bahrain, expecting to have “hundreds of thousands” of 4G subscribers by next year, should compatible devices eventually make their way over to the region.

And a number of technophiles can’t wait for the 4G devices to take hold, including Dubai newcomer Sarah Taylor, who recently moved to the emirate from California. A self-proclaimed technology fan with a need to always

have the latest gear, she says she can’t wait for the UAE to embrace 4G networks and devices.

“I was spoilt by the speed with which California adopted new technologies,” she says. “As soon as 4G was made available, I jumped on it, and I haven’t looked back since. Imagine the usual broadband speeds you get when simply browsing the web at home, and then think about having similar speeds on your phone when you’re on the move. It’s fantastic—there’s just no waiting around for pages to load and it’s all seamless.”

Of course, since moving here, Taylor has had to make do with slower 3G connectivity, which, she admits, does the job fine. But when 4G does hit the country, she’ll be one of the first signing on to the service: “My 4G phone is waiting patiently in a drawer, and it can’t wait to come out again.” ●

THE LAUNCH

Britelite unveils Buzzer range



Britelite is introducing a new array of Buzzer flashlights with an innovative security buzzer function that enhances security for the user along with lighting function.

The tail cap of the new Britelite flashlights incorporates a buzzer, pressing of which raises an alarm of 110 dB. The sound level is equivalent to listening to a rock concert by sitting in the front row. This alarm alerts one and all in the vicinity thus rescuing the user from a possible crisis.

The three new models in the Buzzer range include Beaver, Octavia and Galloper and offer other innovative features like Night Glow and Plus function. The new Buzzer flashlights are available at Britelite and Vinverth outlets in the UAE.

Jabra HALO2 launched



The new Jabra HALO2 Bluetooth stereo headset serves as the ultimate smartphone or MP3 player by allowing you to make calls and making your favorite music sound even better.

The HALO2 allows users to make and answer phone calls wirelessly when paired to a mobile device. The Jabra HALO2 has a touch sensor on the side of the headset that lets users adjust volume with the swipe of a finger. The Jabra HALO2 is available for Dh379 at Jabra authorised retailers in the UAE.

Tech beat

‘REAL’ LIGHT SABER RELEASED

An American company, Wicked Lasers, has released what it is calling the most realistic light saber ever, in the form of a laser that is so powerful that it comes with a barrage of warnings. The product, the LaserSaber, is an add-on to the brand’s powerful Spyder laser, and is a 32-inch polycarbonate blade.



BIO-COMPUTERS CONSIDERED

A group of researchers has released a statement saying that magnet-making bacteria could be used to build computers in the future. The team, from the University of Leeds and the Tokyo University of Agriculture, has been experimenting with microbes that eat iron, creating tiny magnets similar to the ones found in current hard drives.

YAHOO BOSS UNDER FIRE

Yahoo’s new CEO, Scott Thompson, has found himself in yet more hot water since being appointed in January, after it emerged that he does not hold a degree in computer science. One of the key shareholders, investment firm Third Point, has now called for Thompson’s dismissal and demanded the company releases documents regarding his appointment.



Quebec: France away from France



With its steely French resolve, **Quebec** is quite the cultural destination.

“Is there any city in the world that stands so nobly as Quebec?” asked the English poet, Rupert Brooke upon arrival in 1913.

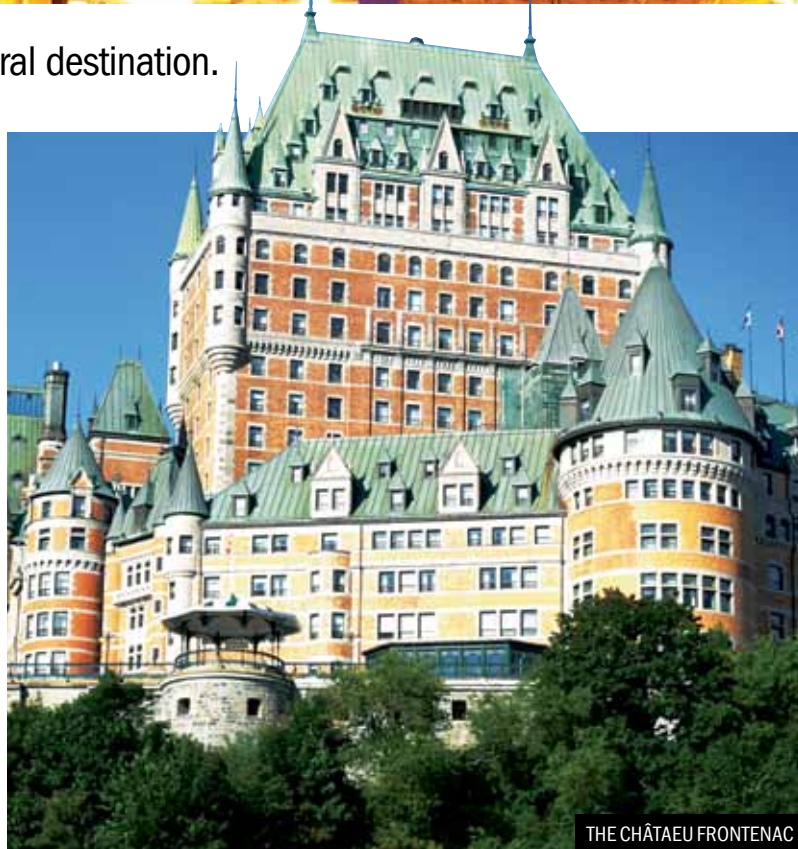
To Brooke, a young man exploring the world at the height of the British Empire, Quebec was “as refreshing and as definite after the other cities of this continent as an immortal among a crowd of stockbrokers”.

Almost a century has passed and Quebec still maintains the individuality that so charmed Brooke. According to the *Lonely Planet* travel guide, it is “the crown jewel of French Canada... there’s simply no other place like it in North America”. Stood in the middle of the charismatic Old Town, you can see why. It’s as though the walls that surround the citadel have held off the influences of its surroundings and allowed this to remain an enclave of Europe in North America.

The heavily Gallic flair is evident in everything from the food and culture to the people, language and architecture. Quebecois are extremely proud of their French heritage. They may have lost the battle to the British in 1759, when General Wolfe and his forces seized control of the city, but over the years, they have won the war. Cultural resilience has carried the day and the character of Quebec remains indisputably French.

Those who want to dig deeper into Quebec history can head out of the

“Quebec is the crown jewel of French Canada... there’s simply no other place like it.”



THE CHÂTEAU FRONTENAC



city walls to the Plains of Abraham, where the British victory was won. There's also the Musée du Fort, where a 30-minute multimedia show runs through the various attempts of invaders to wrestle the city away from the French. You can also join a tour at the military garrison, La Citadelle, and learn more about the contested history of Quebec, or simply admire the magnificent fortress, erected by the British in the nineteenth century.

Quebec brims with impressive, historic structures, many of which come complete with a background of struggles for domination. Since 1985, the entire old town has been listed as a Unesco world heritage site, and the chances are that most of your trip will be spent exploring the many significant edifices here. Among these is the iconic Château Frontenac, claimed to be the most photographed hotel in North America, and the Palace-Royale, the spot where Samuel de Champlain landed in 1608 and established the

first French settlement on the continent.

Admire sweeping panoramas of the St Lawrence River from the Dufferin Terrace and be outside the Citadel for the daily changing of the guards ceremony at 10am. If you get tired of walking, jump in a horse-drawn carriage for a tour of the old city and take in the spectacular Fontaine de Tourny, the imposing Parliament buildings and the beautiful Parc des Champs de Bataille. Pick a short guided tour of the highlights or hire the driver for the day and explore the city at your leisure.

It's not all history and architecture, however. Outside the Old Town lie a number of lively neighbourhoods packed with fashionable cafés and excellent shopping opportunities. Spend an afternoon exploring the St-Jean-Baptiste neighbourhood or New St Roch in the downtown area, both of which display the fresh, modernising side of Quebec. Until recently, these



Things to do in Quebec

- Take the ferry to Lévis and admire breath-taking views of the Château Frontenac and the lower Old Town.
- Join an evening cruise along the St. Lawrence river and see the city at sunset.
- Book a tour of the Ice Hotel, one of two in the world, and enjoy a very refreshing drink at the venue's ice bar.
- Take the cable car or hike up to Suspension Bridge to see the Montmorency falls and enjoy a picnic in the beautiful countryside surrounding the city.

newer areas of the city were run-down and impoverished, but over the past few decades, shabby shop fronts and grubby cafés have been knocked down and replaced with chic bistros and hole-in-the-wall art galleries.

However, despite all the modernisation going on outside its walls, the old city stands firm, refusing to submit to the external influences of culture or development. It is this refusal to let its character fade away and the determination of its inhabitants to uphold Quebec's identity that makes it such a remarkable place to visit. As Brooke said, "It has the pride and individuality of a city where great things have happened, and over which many years have passed." ●

The old way of life at Wadi Rum

Deep in the untouched wilderness of Jordan's deserts, this destination boasts spectacular scenes and sites.

REGIONAL TRAVEL

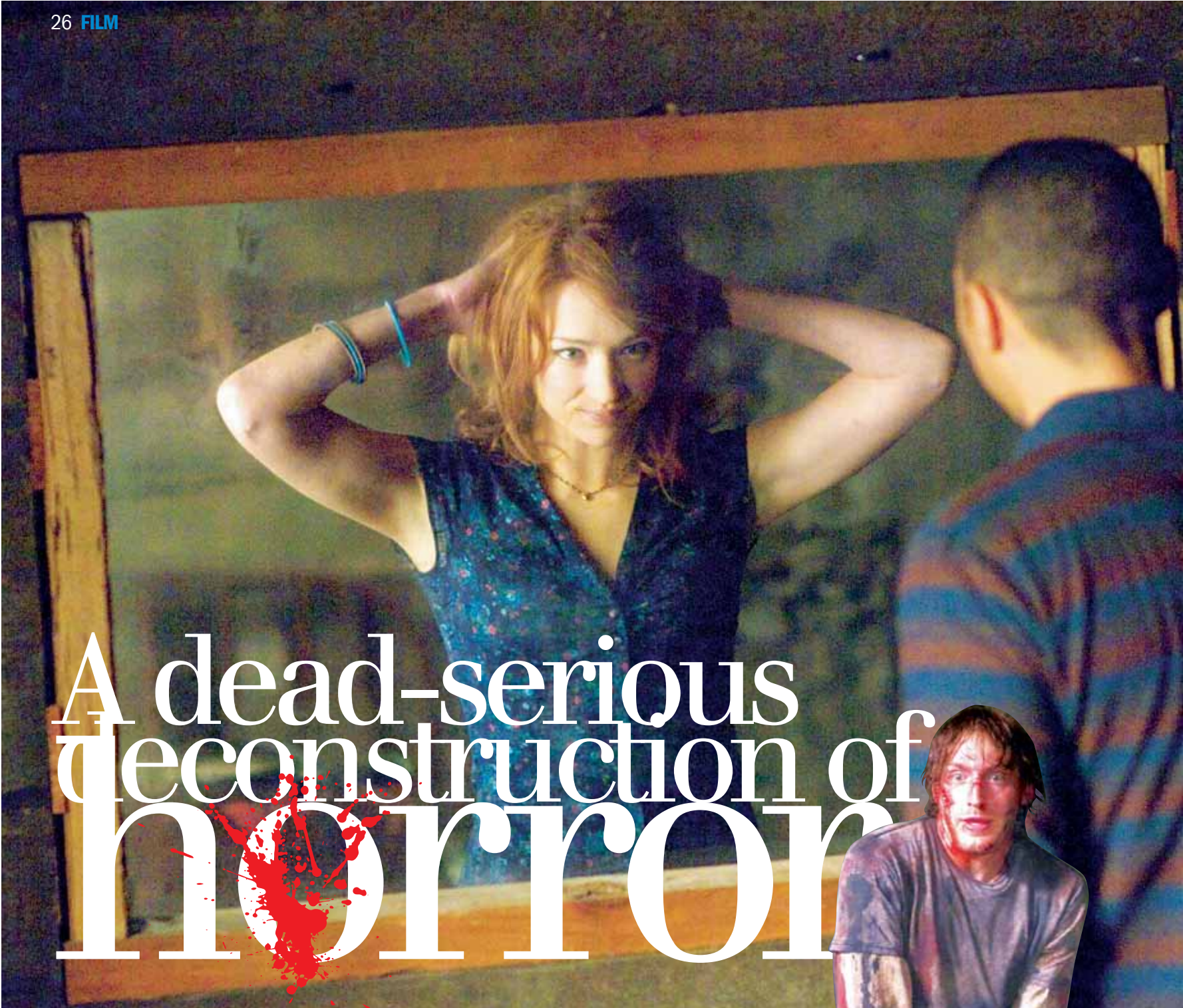
Also known as the Valley of the Moon, Wadi Rum, in Jordan, boasts some of the most spectacular desert scenery in the world. Soaring mountains and plunging valleys are set amid pink sand, which stretches as far as the eye can see. This is a place left untouched by modernisation and development, where the traditional Bedouin lifestyle perseveres in the same manner as it has done for centuries.

To make the most out of the Wadi Rum experience, book an overnight stay and camp out with the Bedouin in the desert. Watch the sun set behind the peaks and spend the night under the stars, eating

traditional Bedouin food and sleeping in simple tents. During the day, explore the desert by camel and drink in the extraordinary scenery of this silent and majestic place.

Aside from its natural beauty, Wadi Rum owes much of its fame to Lawrence of Arabia, who spent some time there in the early 20th century. Lawrence ingratiated himself with the local people by absorbing their culture and adopting their way of life. Today, tourists can follow in his footsteps and visit Lawrence's house and Lawrence's spring, in addition to numerous other sites, including the Nabataean Temple, the Anfashieh Inscriptions and also the famous Seven Pillars of Wisdom.





A dead-serious deconstruction of horror

Clever one-liners set against unspeakable evil makes **Cabin in the Woods** a thrilling watch.

NEW RELEASE

Trailers make this look like a clichéd exploitation film, with good looking young people murdered one-by-one in a spooky forest cabin by, as one of the characters says with understandable resentment, 'zombified, pain-worshipping, backwoods, redneck idiots'.

Basically the film opens with your typical college students heading off for a weekend of fun and frolics in the woods. On the way they meet a grumpy hick bearing more than a passing resemblance to your quintessential serial killer, who basically sign posts their deaths. As this intriguing production progresses, we cut to a government building of some sort where Bradley Whitford and Richard Jenkins are watching

the creepy goings on from what appears to be a control room.

The first picture to be written and directed by the co-writer of *Cloverfield*, Drew Goddard, *Cabin In The Woods* is a personal triumph for him, but also recognisably the work of his co-writer Joss Whedon, who helped give us *Buffy The Vampire Slayer*, *Lost* and (a credit less well known) *Toy Story*. Both men deserve acclaim for artistic integrity for this movie that was actually shot three years ago.

When films sit on the shelf for a couple of years generally it's not a very good sign. But funding studio Summit initially wanted to transfer it into 3D, which producer and co-writer Joss Whedon didn't fancy very much. Thus it stalled, and the rumours started to surface that it

was terrible. Regardless of the build up to its release, the resulting film that Goddard and Whedon have delivered is the proprietor of a witty form of satire not seen in this genre since the first *Scream* film.

In the basement of the house, during a game of truth or dare, the gang find a collection of creepy trinkets, baubles and assorted ephemera that looks like a horror-movie attic sale: sepia-toned photos of a long-dead family, a diary describing their violent past, blank-eyed porcelain dolls and puzzle boxes. Each one is a

GORE AND BLACK COMEDY
ARE UNITED SUCCESSFULLY

portent of bad things about to happen, which only the group's resident conspiracy theorist, Marty (Whedon regular Fran Kranz) seems to realise.

The catch is that as this crew of slightly too-stereotypical archetypes goes through the horror movie motions, their every move is being monitored by Hadley (Whitford) and Sitterson (Jenkins) back at that facility, along with an army of supporting staffers and technicians, both observing and working to influence the proceedings. Nothing in this film is quite what it seems.

Granted, it's not as straightforward

a slasher as Wes Craven's genre classic, and the cabin scenes aren't nearly as entertaining as Whitford and Jenkins' effortless bantering, but it still works both individually and collectively. The latter scenes are pretty much pitch perfect, and even when they move to a slightly darker place it still works cohesively, and builds towards an ending of gleefully unhinged fun.

Add to these ingredients five charming performances by the doomed college kids (you're actually sorry to see them die) and an unexpectedly lavish special-effects extravaganza for a finale, and you have an innovative mixture of at least three genres: horror, science fiction and black comedy. The actors, inspired by a screenplay that miraculously bothers to give them funny things to say, hang around long enough to suggest they are capable of more than the necessarily stereotypical characters they have to play here.

Worth watching for Whitford and Jenkins alone, *Cabin in the Woods* is easily the best satirical slasher since the better days of the *Scream* series. ●

Did you know?

- The film's release date was postponed because the studio wanted to convert it to 3D, despite objections from Joss Whedon and Drew Goddard. These plans were eventually scrapped, and the film was finally released only in 2D.
- The film was originally scheduled for release in Australia on July 12, 2012, but was pulled by its distributor, Roadshow Films, in late April. Already incensed by the delayed release, the news of cancelling its run altogether prompted a backlash from fans who filled Roadshow's Twitter and Facebook feeds with angry hate mail calling for reconsideration.



THE BASEMENT OF HORRORS

A-Z OF MOVIES

"H" is for Hitchcock



He was known to his audiences as the 'master of suspense' and what Alfred Hitchcock mastered was not only the art of making films but also the task of taming his own raging imagination. Through a career spanning a half-century, Hitchcock sounded the same themes again and again: mistaken identity, innocents falsely accused, ordinary people thrust into extraordinary peril, people who are not what they seem to be, hair-breadth escapes, perfect crimes and double-crosses.

Hitchcock and his off-screen collaborators pioneered many now-familiar tricks of the trade, including the "Hitchcock zoom", in which the foreground remains steady while the background swells closer, producing the sensation that the world is closing in on the helpless subjects.

Most of his films are studies in fear—fear of the unexpected, fear of being found out, fear of death, even fear of fear itself. As he once said, "The only way to get rid of my fears is to make films about them."

Alfred Hitchcock is a rare example of a filmmaker that defined his own iconic genre, and his uniquely stylistic contribution to the film industry has had an enduring influence on pop culture. Trends in filmmaking, inspired by his work, remain relevant and popular long after his death. The legacy of Alfred Hitchcock will never be forgotten.

"The only way to get rid of my fears is to make films about them"

Bollywood news



Investing in her future

Parineeti Chopra, whose first solo film *Ishaq Zaade* has just debuted, always dreamt of being a banker, but global recession changed her future. "I have done triple honours in Business, Finance and Economics. I have grown up wanting to be a banker, so studying finance was an automatic thing," the 23-year-old said.

He is no politician

Aamir Khan, who is taking up social issues in his first ever television programme *Satyamev Jayate*, wants to stay away from politics. "I don't have any offer from Rajya Sabha" Aamir told reporters when asked whether he would like to join the upper house of the Parliament of India.



Free as a bird again

John Abraham, who was recently found guilty for rash driving and sentenced to 15 days imprisonment, can finally breathe a sigh of relief as he won't be going to jail. The Bombay High court altered Abraham's prison term and ordered that the actor be released on probation.

Listings

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



THE AVENGERS

MOVIE GUIDE

Grand Cineplex - Wafi

The Avengers - 10:15, 11:00, 13:00, 14:45, 15:45, 16:30, 18:30, 19:15, 21:15, 22:00, 00:00, 00:45
The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15
Battleship - 11:00, 13:40, 16:20
Cabin In The Woods - 10:10, 12:10, 14:10, 16:10, 18:10, 20:10, 22:10, 00:10
Dangerous Ishhq - 11:00, 16:00, 21:00
Dangerous Ishhq (3D) - 13:30, 18:30, 23:30
Five Year Engagement - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50
The Hunger Games - 10:00, 12:40, 15:20
Ishaq Zaade - 12:45, 15:30, 18:15, 21:00, 23:45
Jannat 2 - 10:30, 13:30, 16:30, 18:00, 19:30, 21:00, 22:30, 00:00
Mercenaries - 11:00, 15:15, 19:30, 23:45
Reklam - 19:20, 21:40, 00:00
Safe - 11:50, 13:50, 15:50, 17:50, 19:50, 21:50, 23:50
Sector 7 - 13:00, 17:15, 21:30

Grand Megaplex - Ibn Battuta

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

16:45, 19:30, 22:15, 01:00

Battleship - 11:30, 14:00, 16:30, 19:00, 21:25, 23:55

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

Dangerous Ishhq - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00

Dangerous Ishhq (3D) - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Five Year Engagement - 11:10, 13:40, 16:10, 18:40, 21:10, 23:40

The Hunger Games - 10:00, 12:40, 15:25, 18:10, 21:00, 23:50

Ishaq Zaade - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20

Jannat 2 - 10:30, 13:30, 16:30, 19:30, 22:30

The Lorax - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

The Lucky One - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Mercenaries - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

Mirror Mirror - 10:30, 12:40, 14:50, 17:00, 19:10, 21:20, 23:30

Reklam - 10:00, 12:20, 14:40, 17:00, 19:20, 21:40, 00:00

Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Safe House - 21:30, 23:45

Sector 7 (3D) - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00

Grand Cinemas - Festival City

A Thousand Words - 19:00, 21:00, 23:00

The Avengers - 10:30, 12:00, 13:15, 14:45, 16:00, 17:30, 18:45, 20:15, 21:30, 23:00, 00:15

The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15

Battleship - 11:00, 13:40, 16:20

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

Dangerous Ishhq - 11:00, 16:00, 21:00

Dangerous Ishhq (3D) - 13:30, 18:30, 23:30

Five Year Engagement - 11:10, 13:40, 16:10, 18:40, 21:10, 23:40

The Hunger Games - 10:00, 12:40, 15:20

Jannat 2 - 18:00, 21:00, 00:00

The Lorax - 11:00, 13:00, 15:00, 17:00

Mercenaries - 11:00, 15:15, 19:30, 23:45

Reklam - 19:20, 21:40, 00:00

Safe - 11:30, 13:30, 15:30, 17:30, 19:30, 21:30, 23:30

Sector 7 (3D) - 13:00, 17:15, 21:30

Grand Cinecity - Al Ghurair

The Avengers - 10:45, 13:30, 16:15, 19:00, 21:45, 00:30

The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15

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

Dangerous Ishhq - 11:00, 16:00, 21:00

Dangerous Ishhq (3D) - 13:30, 18:30, 23:30

Five Year Engagement - 11:20, 13:50, 16:20, 18:50, 21:20, 23:50

Ishaq Zaade - 12:45, 15:30, 18:15, 21:00, 23:45

Jannat 2 - 10:30, 13:30, 16:30, 19:30, 22:30

Mercenaries - 11:00, 15:20, 19:40, 00:00

Sector 7 (3D) - 13:10, 17:30, 21:50

Grand Mercato

The Avengers - 10:45, 13:30, 16:15, 19:00, 21:45, 00:30

The Avengers (3D) - 12:15, 15:00, 17:45, 20:30, 23:15

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

Five Year Engagement - 11:10, 13:40, 16:10, 18:40, 21:10, 23:40

Ishaq Zaade - 10:00, 12:40, 15:20, 18:00, 20:40, 23:20

Outback - 11:00, 13:00, 15:00, 17:00

Reklam - 19:20, 21:40, 00:00

Safe - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50

Vox Cinemas - Deira City Centre

The Avengers - 12:15, 15:15, 18:15, 21:15, 00:15

The Avengers (3D) - 11:30, 14:30, 17:30, 20:30, 23:30

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



Dangerous Ishhq (3D) - 10:15, 13:00, 15:45, 18:30, 21:15, 00:00

Five Year Engagement - 10:00, 12:00, 14:30, 16:00, 18:30, 21:00, 23:45

Ishaq Zaade - 11:00, 11:45, 14:00, 14:45, 17:00, 17:45, 20:00, 20:45, 23:00, 23:45

Jannat 2 - 12:30, 15:15, 18:00, 20:45, 23:30

Mercenaries - 10:30, 15:00, 19:30, 00:00

Safe - 10:00, 12:45, 17:15, 21:45

Vicky Donor - 12:00, 15:00, 17:45, 20:30, 23:15

Vox Cinemas - Moe

The Avengers - 11:00, 14:00, 17:00

The Avengers (3D) - 10:15, 12:15, 13:15, 15:15, 16:15, 18:15, 19:15, 21:15, 22:10, 00:15

Battleship - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30

Cabin In The Woods - 11:15, 13:15, 15:15, 17:15, 19:15, 20:15, 21:15, 22:15, 23:15, 00:15



THE LUCKY ONE

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



FIVEYEAR ENGAGEMENT

Dangerous Ishhq (3D) - 18:30, 21:15
Five Year Engagement - 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
Ishaq Zaade - 11:30, 14:30, 17:30, 20:30, 23:30
The Lucky One - 09:45, 12:00, 16:45, 21:30
Outback (3D) - 10:30, 14:30
Pirates: Band Of Misfits (3D) - 10:15, 12:30, 16:30
Reklam - 14:15, 19:00, 23:45
Safe - 11:45, 13:45, 15:45, 17:45, 19:45, 21:45, 23:45

Vox Cinemas - Mirdif City Centre

The Avengers - 11:00, 14:00, 17:00, 20:00, 23:00
The Avengers (3D) - 10:00, 13:00, 16:00, 19:00, 22:00, 00:45
Battleship - 11:15, 13:45, 16:15, 18:45, 21:15, 23:45
Cabin In The Woods - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00

Five Year Engagement - 10:45, 13:15, 15:45, 18:30, 21:00, 23:30
Ishaq Zaade - 11:30, 14:30, 17:30, 20:30, 23:30
Safe - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15

Reel Cinemas - Dubai Mall

The Avengers - 10:40, 12:05, 12:35, 13:40, 14:05, 15:05, 15:35, 16:40, 17:05, 18:05, 18:35, 19:40, 20:05, 21:05, 21:35, 23:00, 00:05, 00:35
The Avengers (3D) - 14:30, 17:35, 20:40, 23:45
Battleship - 14:05, 16:45, 19:30, 22:15, 00:55

Cabin In The Woods - 11:25, 13:35, 15:45, 17:55, 20:05, 22:15, 00:30
Dangerous Ishhq (3D) - 14:15, 19:50, 01:15
Five Year Engagement - 14:10, 16:35, 19:10, 21:45, 00:15
Flowers Of War - 14:20, 17:20, 20:20, 23:35
The Hunger Games - 15:00, 17:55, 20:50, 00:05
Ishaq Zaade - 17:00, 22:30
The Lucky One - 11:15, 13:30, 15:40, 17:55, 20:15, 22:25, 00:35
Main Street - 14:00, 16:05
Mercenaries - 11:00, 15:25, 19:45, 21:55
My Summer Vacation - 18:15, 20:20, 22:30, 00:40
Reklam - 14:35, 16:40, 19:10, 21:40, 00:10
Safe - 12:30, 14:05, 14:35, 16:15, 18:25, 20:35, 22:45, 00:55
Sector 7 (3D) - 13:10, 17:40, 00:15
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
The Avengers (3D) - 11:00, 14:10, 17:20, 20:30, 23:40
Battleship - 11:05, 13:45, 16:25
Five Year Engagement - 11:20, 14:00, 16:35, 19:15, 21:50, 00:20
The Lucky One - 19:30, 21:40, 00:05
Pirates: Band Of Misfits (3D) - 11:10

TO FEATURE YOUR EVENT,
 EMAIL EDITORIAL@README.AE

What's happening this week in Dubai



Global Policy Conference



Organised by the Dubai Economic Council, the Global Policy Conference is a high-level policy conference to discuss lessons from best practices worldwide in financial restructuring and bankruptcy law.

Date: May 14 - 15
Duration: 2 days
Timings: 9am
Audience: Finance professionals
Category: Conference
Venue: The Address, Downtown Dubai, Downtown Burj Khalifa
Admission: Free. Register by emailing event@dec.org.ae
Telephone: 04 208 8157



Living and working in Dubai: cultural considerations

Get an insight into Emirati social and business culture from a Middle East expert.

Date: May 15
Duration: 1 day
Audience: Public
Category: Conference
Venue: Centre of Excellence, Gate Village 2, DIFC
Admission: Dh1,100 per ticket
Telephone: 04 313 2832



The Glee Show at Festival Centre

The Glee Club presents a musical tribute to the hit series "Glee".
Date: May 17 - 26
Duration: 10 day
Audience: Public
Category: Entertainment
Venue: Festival Centre, Dubai Festival City
Admission: Free
Telephone: Toll free 800 332 / 04 208 5261



The Office Exhibition

The Office Exhibition is the Middle East's premier trade event for commercial fit-out and design.
Date: May 15 - 17
Duration: 3 days
Timings: 11am - 7pm
Audience: Trade
Category: Exhibition
Venue: Dubai International Convention and Exhibition Centre
Admission: Free
Telephone: 04 438 0355



The Hotel Show 2012

The Hotel Show is all about leading hospitality solutions - all in one place.
Date: May 15 - 17
Duration: 3 days
Timings: 11am - 7pm
Audience: Public, trade
Category: Exhibition, trade
Venue: Dubai World Trade Centre
Admission: Free registration
Telephone: 04 438 0355



Ghazal maestro Ghulam Ali Live in Concert

Don't miss a live performance by Ghulam Ali with a special dedication to Jagjit Singh by Indian singer Zulfikar Khan.
Date: May 18
Duration: 1 day
Timings: 9pm
Audience: Public
Category: Entertainment, music
Venue: Crowne Plaza Hotel Dubai
Admission: Platinum Dh1,000, Diamond Dh500 (includes buffet dinner), Gold Dh250, Silver Dh125
Telephone: 04 337 3724

Growls and roars



★★★★☆ The Jaguar XKR-S is the brand's most track-focused car to date, and quite possibly its very loudest, too.

What do you do when you've created a really powerful GT that everyone loves? Well, you add more power, of course. Jaguar may have hit the sweet spot with the XKR, but now it's got a full-on GT racer to add to the mix.

The XKR-S is, without a doubt, the craziest Jag to appear in a long time, with a mad body kit, more wings than a bi-plane and a decidedly wicked exhaust note. The beefed-up body is the first thing you notice with the car (from about a kilometre away). It looks outrageous, with a flared front fender, gills and grills on every surface and carbon fibre splitters to keep the car glued to the road.

This is one seriously hot-looking car.

But it's not just good-looking; it's also got an engine to live up to the bodywork. Under the hood is the source of this car's power. The 5-litre V8 is the same engine as in the XK and XKR, but it uses revised fuel mapping and an active exhaust to boost power to 542 bhp. This makes the XKR-S the most powerful Jaguar road car ever. The 100 km/h mark comes up in

just 4.4 seconds and the engine will eventually push the car to an incredible limited top speed of 300 km/h.

The slick six-speed ZF automatic gearbox with steering wheel-mounted paddles has had to be tuned to deal with increased power and torque.

You also get Jaguar's Adaptive Dy-

namics system, which hardens everything up and gives the XKR-S the ability to translate all that power directly to the road, whilst cleverly still maintaining a smooth GT ride.

On the road, the XKR-S is like a big cat released from captivity. It is very quick, with acres of torque from that mad engine. If anything, it's a little too crazy. GTs are meant to be smooth tourers, with the power to perform at a whim. The S is



more like a race car, with an on/off throttle, brutal brakes and a sound like an actual Jaguar about to pounce. This is a seriously fast (and loud) car.

Inside, you get some of the best sports seats on the market, embossed stainless steel pedals and some stylish blue stitching to contrast the deep black leather. Everything else is very much the same as the rest of the XK range.

The dash is also standard XK, as is the software on the entertainment system. The rear seats are, of course, 'occasional' and only really any good for a child or a very small adult. The other option is to sit across the back, which sort of makes it a three seater.

At the back, you can get a set of golf clubs in the boot, but anything bulky would be a struggle, due to the sloping rear hatch. Mind you, most drivers won't need more than a sports bag and a toothbrush with a car like this.

SPECS
(as tested)
Engine: 5-litre V8 supercharged
Power: 542bhp@6,000-6,500 rpm
Torque: 680Nm@2,500-5,500 rpm
0-100km/h: 4.4 seconds
Top speed: 300 km/h (limited)
Price: From Dh599,000

But most people won't be thinking about luggage space or golf when driving the XKR-S, as this has to be the most focused Jaguar to date. That's good for when you want to get somewhere really quickly, but not

542

The horsepower served up by the XKR-S's boosted V8.

so easy when you just want a slow drive to the shops. The XKR-S may be the ultimate XK model, but for most people, it's a little too extreme and XKR is the better option. But if you're one of those people that has to have the best and loves a fire-breathing monster to play with, then the XKR-S is just the car for you. ●



VW supports cleanup of beach

Three multinational companies join volunteers at Emirates Marine Environmental Group's coastal sanctuary in Dubai.

ENVIRONMENT

Volkswagen, Siemens and Rotana recently joined forces as part of an initiative to help conserve a fragile beach ecosystem in Dubai by accompanying volunteers at Emirates Marine Environmental Group's coastal sanctuary on the western border of Dubai and carefully cleaning the beach of algae, litter and other man-made debris, recycling it where possible and ensuring that the beach remains an optimum environment for its inhabitants. The beach is home to some of the region's most endangered wildlife, including turtles.

The initiative is part of a series of environmental awareness campaigns that Volkswagen, Siemens and Rotana are leading in the hope they will highlight the importance of looking after the Middle East's unique natural environments.

"The Clean the Beach initiative, like the Clean the Desert one, was as much about raising awareness as it was about going there and making it happen," said Stefan Mecha, Managing Director of Volkswagen Middle East. "We believe that it is small, everyday actions that can bring



VOLUNTEERS HELPED CLEAN THE BEACH WHICH IS A NESTING SITE FOR TURTLES

about big changes in environmental responsibility and whether we're cleaning the desert, the beaches or the mountains, we want to encourage people to consider how they might help protect our natural world on a daily basis."

Erich Kaeser, CEO of Siemens Middle East, said: "Our participation in this campaign emphasised our commitment to helping raise public

awareness of the need to be more environmentally conscious. The thoughtful disposal of waste is an important issue here in the region – especially if already endangered wildlife is to make a recovery – and through this initiative Siemens hopes to encourage cleaner and more wildlife-friendly beaches for the UAE. Initiatives like this also enable us, as individuals, to demon-



VOLKSWAGEN HAS CLEANED UP THE DESERT TOO

strate how serious we are about our environment and about keeping it clean."

"The UAE's fragile ecosystems need protecting; waste material being disposed of in the desert, at sea and on our beaches is posing a genuine threat to some of the region's most endangered wildlife, such as the Arabian Oryx and Sand Gazelles, as well as camels, sheep, goats and marine life," said Thomas Tapken, Area Vice President, Rotana Dubai & Northern Emirates.

The Emirates Marine Environmental Group works to protect endangered wildlife, participates in conservation efforts and promotes environmental education. It also aims to conserve fragile ecosystems for future generations by preserving the UAE's unique biodiversity.

Talking employee satisfaction



Empowering your employees to act in your customers' best interests can have great effects on satisfaction all-round.

CUSTOMER SERVICE

There is a clear connection between employee satisfaction and customer satisfaction. While it is not an easy task to quantify the impact of employee attitude on the satisfaction level of your clients, one fact remains the same: satisfied customers will keep coming back and referring your company to their business acquaintances. That's why managers devote so much time and money to training programs that provide employees with guidelines on the specifics of dealing with customers. What managers don't fully understand is that such attempts are, to a certain extent, shallow. Real improvements in customer service start with providing superior service and support to the employees themselves. Akhtaboot provides tips on how to make sure your employees are happy and satisfied and—in return—are giving their maximum in providing the best services to your customers.

HIRE BETTER

While finding exceptional client servicing employees who can do efficient post-call work is important, it is actually not as important as finding employees who can listen and respond with empathy to clients with emphasis on first call issue resolution. By systemising the hiring process, using a more strategic approach and taking time to analyse the job and your

employee competency needs, you will be able to identify and hire candidates that better meet the needs of your organisation and who are more likely to stay in their positions for a longer period of time.

TRUST AND RESPECT

Trust and respect are the basis of pretty much all successful relationships, and it's certainly no different in employee relationships. One of the best ways to determine the level of trust in a company is to examine assumptions regarding intentions. Do policies and procedures seem to assume that employees act on their best intentions or their worst intentions? In other words, are the policies in place mostly to ensure employees don't do things they are not allowed to do, or to ensure employees have the right environment to do the things they should be doing?



SHOW APPRECIATION

Employee attitudes typically reflect the moral of the company as a whole. In areas of customer service and sales, happy employees are extremely important because they represent the company to the public. Satisfaction, however, is not linked solely to compensation. Sure, a raise or extra benefits will probably improve employee contentment, at least temporarily, but small, inexpensive changes can have a long-term impact such as showing 'appreciation'.

CREATE AN ATMOSPHERE OF GROWTH

A job is more than a source of income, it's actually a venue for employees to grow and learn. Companies that invest in their employees' growth will not only have happier employees; they will have more productive employees who generate better and better ideas for improving the company service level.

This means mentoring employees, training them in areas even beyond their current scope of responsibilities, being more transparent about aspects of the business that are interesting to particular employees and more.

MEASUREMENT IS KEY

Companies with a highly evolved sense

“The correlations are clear: satisfied employees generate satisfied customers.”

of the impact employee satisfaction makes on customer profitability constantly measure everything: customer satisfaction, employee satisfaction, process efficiencies and bottlenecks. This enables them to determine what's working and what's not. Periodic re-evaluation also enables your company to benefit from the fresh ideas of your current and new hires.

Many business owners think that they only need to pay attention to paying customers, providing them with exceptional service. Yet, it has been proven that keeping your employees satisfied with their work experience, providing them with challenges and allowing them to have a sense of ownership in the business can have a tremendous effect on customer satisfaction and loyalty. The correlations are clear: satisfied employees generate satisfied customers, who in turn build long-term relationships and spend more money. ●

Post-it

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JOBS AVAILABLE

Media Website Designer (freelance basis) wanted. Must be highly skilled in designing world-class English magazines/newspapers websites in Dubai. Must be able to understand and execute briefs quickly and be reliable. Must provide portfolio of media websites designed. Call 0505273351.

Indian/Nepali staff required for a newly opened Indian restaurant. Any gender. Interested applicants may call 042282384/fax CV to 042282385.

Firefighter/safety officer accredited by DHA and AHA required for a company. Should have first aid/CPR training. Call 0504925845/email ngrenas0717@yahoo.com.

Instrument sales engineer required for an instrumentation company. Should have B.E. in instrumentation electronics/minimum 2 to 3 yrs experience. UAE driving licence is a must. Good salary package. Send CV to reeftrdg@yahoo.com.

Housemaid required, full time, in Discovery Gardens. Should have valid visa. From Sunday to Thursday, 8.30am to 7pm. Call 0567195714.

Filipina urgently required for a secretarial position. Should have at least one year UAE experience. Send CV to info@worldbridgenet.com/fax 043297732.

Freelancers required to generate leads. Can work from home. Excellent salary. Send CV to 9210234@gmail.com/call 0503721321.

Store keeper required for a warehouse. Male Filipino preferred. Should have experience. Send CV to fatjenny2011@hotmail.com/call 042282384.

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

Experienced typist required for legal company. Should have excellent speed in Arabic & English typing. Should also have thorough knowledge in processing government forms, online transactions, and legal documents. Send CV to hr.section@gmail.com.

JOBS WANTED

Indian male, degree in commerce, seeks job. 9 yrs experience in accounting. Call 0507694916/email shibu12_raj@yahoo.co.in.

MBA/BSIT professional seeks job for IT/management position. 5+ yrs experience with good communication skills in English. Email zulfikar129@yahoo.com/call 0506710830.

Filipina, bachelor's degree, seeks job in admin/customer service/sales. Knowledgeable in MS Office. On visit visa. Call 0551286002.

Indian female seeks job as an AutoCAD draftsman (civil/interior). 2 yrs experience. On husband's visa. Email kut-tigene@gmail.com/call 0551063109.

Indian male seeks job as a secretary, office assistant/in admin, logistics. 11 yrs experience. Call 0505742260.

ACCA/BCom professional with experience seeks job in accounting and finance. On visit visa. Call 0553961620/email Qasimabbasme@yahoo.com.

Indian male seeks part-time job. Well experienced in catering/hotel management/sales. Fluent in English, Arabic, Hindi. Call 0509412636.

Sri Lankan male, BBA & CIM (UK), seeks job in operations, sales and marketing. 4+ yrs experience in similar fields. Call 0558374712.

Indian male, BCom seeks job as an accountant. 4 yrs experience. Familiar with SAP FI-CO. Call 0501674869/email sarfaraz_khan23@hotmail.com.

Filipino, 22, seeks job. Have experience in logistics and IT technical support. On visit visa. Call 0551140677/email roselio.viray@gmail.com.

Male seeks part-time job in graphic design and 3D visualization work. Call 0555731512.

Indian male, 34, seeks job as an accountant. 5 yrs experience. Familiar with Tally. Competent in all accounting jobs. Fluent in English and Hindi. Call 0567195714.

Male, 25, MS computer engineering seeks job in IT/system administration. 1 yr experience as assistant network engineer. Knowledgeable in server administration (Microsoft platform). On visit visa. Call 0557544108/email m_o_e86@hotmail.com.

Qualified professional, 44, MBA, CA, CMA seeks job as a project manager ERP & BPR/management. 20 yrs experience in practice management, project management of ERP, presales activities, business process reengineering, audit. Email mmoin69@hotmail.com/mmoin1969@yahoo.com/call 0557544108.

Male seeks part-time job in computer construction. Owns a qualified certificate. Call 0567696312.

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

Indian male, post graduate in applied electronics, seeks job. 4 yrs experience. Call 0561523351/email ajithkarichery@yahoo.co.in.

Indian male (MCA) seeks job in Oracle development/ support. 4 yrs experience. On residence visa. Call 0557565930/email only_ashish99@yahoo.co.in.

Pakistani male, 24, electronic engineer seeks job in sales/automation/IT/communication. 2 yrs experience. Email pervaz1987@hotmail.com/call 0507985903.

Sales coordinator seeks a full-time job anywhere in the UAE. 7 yrs experience. Call 0558228931/email fegin.dec@gmail.com.

MISCELLANEOUS

Healthy living products from Edmark Company for sale. For more details call 0554627937.

Visa assistance. UAE tourist visa available in 24 hours, call 0558046287/email uaepרבhat@hotmail.com.

Kabayan package for tourist visa/cancelled visa. Accept installment through agents. Email travelteam07@yahoo.com/call 0501149849.

Healthy slimming and beauty program available. Comes with great benefits, no side effects. At affordable price. Call 0509412332.

Photo booth rentals for events, birthday celebrations, weddings, etc. For booking/inquiries: email fmallari727@yahoo.com/call 0502422600.

AUTO

Honda Odyssey, 2008 model for sale. Silver colour/beige interior. Full options. Single owner. For 72,000AED. Call 0504789567.

Toyota Camry GL, 2011 model for sale. Lady driven. Red colour. Very well maintained. Ran 30,000km only. Call 0507025494.

Toyota Camry GLi, 2009 model for sale. White colour. Fully automatic. In very good condition. Rarely used. For 44,000AED. Price negotiable. Call 0555591107/email adbm@live.com.

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

ITEMS

Used Dell laptop available for sale. 2GB RAM and 60GB HD, Wi-Fi, DVD, Bluetooth, 14.1inc. Price for 799AED. In excellent condition. Call 0556789741.

Used HP laptop available for sale. 1GB RAM and 60GB HD, Wi-Fi, DVD, Bluetooth, 15.1inc. Price for 666AED. In excellent condition. Call 0556789741.

Etisalat USB modem and iPod Nano both available for sale. In good condition. Reasonable prices. Call 0503484125.

Brand new Seiko 5 wristwatch available for sale. In its original package. At reasonable price. Comes with warranty. Call 0553515733.

Nikon Coolpix P500 available for sale. Comes with warranty. In excellent condition. Price for 1,400AED. Call 0504152090.

MacBook, white, 13", Core2Duo 2.4 available for sale. 250GB. In very good condition. Price for 1,999AED. Call 0552683258.

SERVICES

Tutoring lessons available for CBSE students at Sheikh Rashid Colony, Qusais. Call 0503027090/email ryanashafeeq@gmail.com.

Baby sitting services available near Etisalat metro station. Call 0503172574.

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

Business card printing and designing services available. We offer a variety of printing options for business cards and other printing services. Call 0508645387/www.quilldraws.com.

Tutoring lessons available near Rashidiya metro station. For grades 1+ in mathematics, and science. With an experienced Indian teacher. Call 0555341606/0503080659.

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

ACCOMMODATION

Room available for rent. Comes with balcony. Indian families only. Near Bur Dubai bus stop. Rent for 2,000AED +DEWA. Call 0554338069.

Bed space available for rent. Clean room. Kerala bachelors only. Near Rigga metro station. E-life internet, kitchen, washing machine also accessible. For 500AED. Call 0554616987.

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

Bed space available for rent. Executive bachelors only. Near Mall of Emirates and Lulu Hypermarket in Al Barsha. Rent for 800AED including DEWA & internet. Kitchen also available. Call 0559013869.

Room available for rent. Comes with separate bathroom and balcony. Indian bachelors only. In Bur Dubai, Al Musalla road, near Al Fahidi metro station. Rent for 2,000AED. Call 0507958749.

Fully furnished bedroom available for two months rent starting June 1st. Luxurious building comes with gym and swimming pool. Behind Al Qiyadha metro station. Rent for 3,000AED. Call 0506772687/email rospalza@emirates.net.ae.

Big bedroom available for rent. Comes with attached bath and built-in cupboards. Keralite ladies only. In Ghusais, Lulu Village. Call 0552634810.

Two bed spaces available for rent. Working Kabayan ladies only. In MASCO supermarket building, Muteena opposite Marco Polo hotel. Call 0551931705.

Semi-furnished accommodation available for rent. To be shared with an Indian couple. In Bur Dubai, behind Palm Beach Hotel. Starting from June 1st. Call 0504501149.

Partitioned bed space available for rent. Filipino Kabayans only. Comes with Wi-Fi, dining table. Damascus road, near metro station. Call 0566717864/0555187476.

Three spacious bed spaces available for rent. Keralite bachelors preferred. In Karama. Call 0558521614.

Fully furnished accommodation available for rent in a 1BHK. Including all facilities. Keralite executive Bachelors only. Near Abu Baker Al Siddique metro station, Hor Al Anz. Call 0506762820/0552374205.

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. Bachelors only. At Al Qusais, near airport free zone metro station. Call 0507874007.

Rooms available for rent. Filipinos only. Located in front of Emirates Towers metro station. Spacious and convenient place. Call 0551158605.

Spacious furnished studio available for rent in Madison Residency in Tecom. Huge balcony, facing a view of Sheikh Zayed Road. Swimming pool and gym accessibility. Starting from June 2012 till September 2012. Call 0567128092/email ifroz1@gmail.com.

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

Bed space available for rent. In Deira, opposite to Palm Deira metro station. City Star building. Walking distance to metro station. Email ansari@toshibael-evator.ae.

Big, clean bed space available for rent. Filipinos only. Near Reef mall, next

to Salah Al Din metro station. Call 0555982940.

Bed space available for rent. Filipinos only. Near Dafza metro station, Al Twar 1, Al Qusais. 650AED, DEWA included. Internet facility also available. Call 0552597528/0556039093.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

RTA evaluates Salik policies

Officials examine ways of enhancing toll gate system taking community members' views into account.

SALIK

Mohammed Obaid Al Mulla, Board Member and Chairperson of the Customers Council at the RTA, has reiterated the RTA's standing commitment to deliver best-in-class services to customers hailing from all community segments under the ongoing endeavours to diversify the delivery channels of all services including the toll gate fee, Salik.

Al Mulla made this statement at a gathering held recently at the RTA Head Office in the presence of Ahmed Hassan Mahboob, Deputy Chairperson of the Customers Council and Director of Customers Service, and Mohammed Al Awadi, Director of Intelligent Transportation Systems at the Traffic and Roads Agency, which has a designated section for operating the Salik system, in addition to several community members who attended to express views, ideas and suggestions, as well as complaints.

"The RTA is always keen on broadening the scope of services offered to all spectrums of the community, including Salik services, through



SENIOR RTA OFFICIALS AT THE SALIK EVALUATION MEETING

"The toll gate system is not all-new to the emirate of Dubai."

providing the essential infrastructure and facilities as well as the advanced technologies that comprise top-ups, the buying of tags, payment of fines, handling of complaints and observations, and all processes that can help

facilitate the use of this vital service," stated Al Mulla.

The meeting also discussed a number of issues and questions that Salik users face daily and how to upgrade and optimise the use of this service.

Al Mulla heeded to a number of suggestions and ideas put forward by attendants and promised that the RTA would study them, and overcome the difficulties and hitches that might crop up during service to ensure a smooth flow of service delivery.

Among the suggestions raised is

the possibility of recharging Salik account via deduction from the mobile phone balance. Al Mulla promised to examine the suggestion and see if it is feasible.

"The toll gate system is not all-new to the emirate of Dubai, as a manual system was used in the 1960s, and the advanced technology of Salik is simply an extension of that era. The current system is highly sophisticated, as testified by many worldwide experts and specialists who visited the emirate," he added.

RTA hosts Chamber of Commerce

DELEGATIONS

A **delegation** from the Dubai Chamber of Commerce and Industry recently visited the Customer Service Department at the RTA to get acquainted with the systems and programmes adopted by the department for customer relations, especially in regard to suggestions made by internal or external customers, along with the mechanism adopted to motivate them to make feasible suggestions in the context of sharing experiences capable of improving overall business conduct.

The delegation was received by Ahmed Mahboob, RTA Director of Customer Service, who stressed the importance of communicating with various community organisations, as such exercises will have significant positive outcomes in contributing to

strengthening the communicative and cooperative links and sharing expertise needed for achieving the common aspirations for delivering improved services at world-class standards.

The meeting included a video presentation highlighting various sections of the Customer Service Department, and tasks entrusted to the seven customer service centres spread across Dubai. The presentation also touched on the role of the RTA Call Centre in communicating with the external customers by responding to their calls, complaints or enquiries. The delegation was also briefed on the integrated Customer Relations Management (CRM) system applied by the department in handling complaints, lost and found items, complaint reports, enquiries and suggestions, among others.

Mahboob highlighted various com-



BEST PRACTICES IN TERMS OF CUSTOMER SERVICE BEING DISCUSSED

"The delegation was also briefed on the integrated CRM management system."

munication channels through which all external suggestions are channelled, including customer service centres, the RTA Call Centre via the toll-free number, 800 90 90, the RTA's social communication networks, be it Facebook, Twitter, or the RTA's website, www.rta.ae.

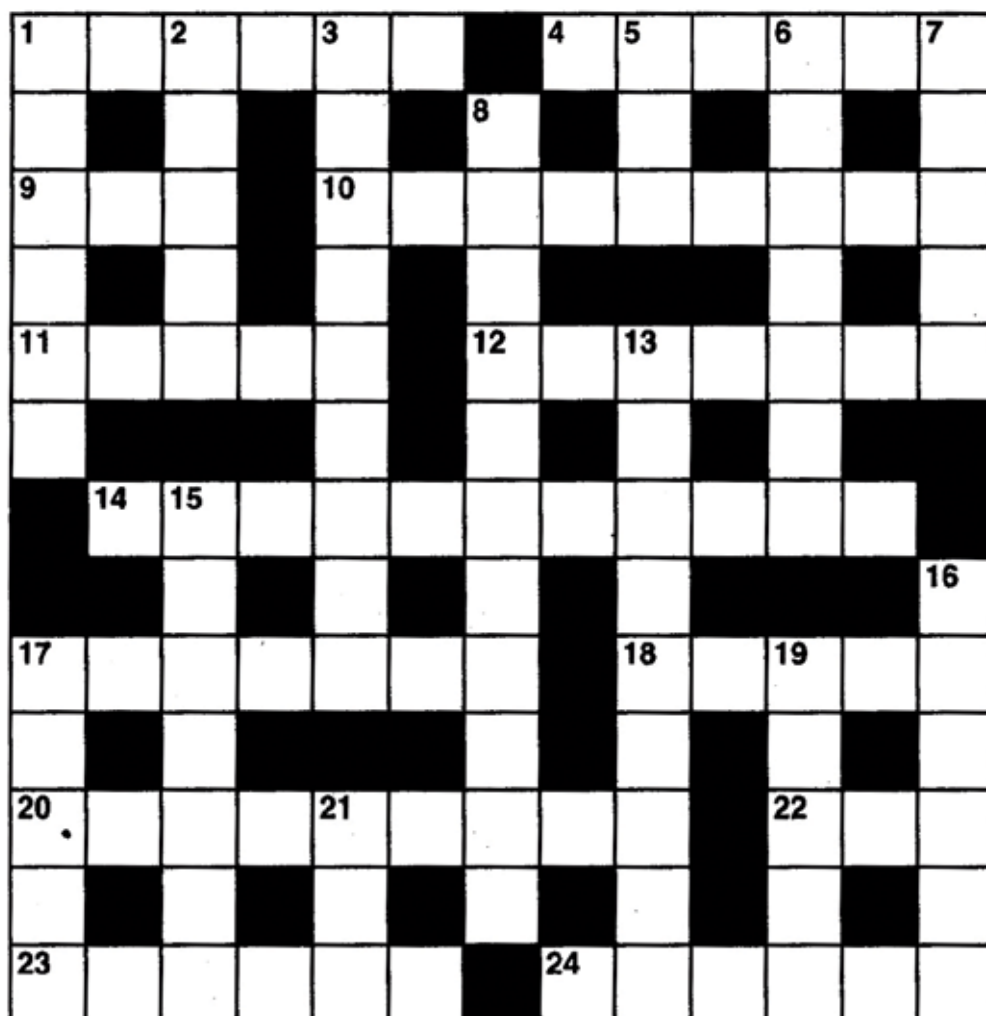


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صوت بأن يبطئ

أتعهد بتحمل المسؤولية

Taking your time

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



Crossword

Across

1 Italian city of canals (6) 4 Hotly followed (6) 9 The smallest room! (3) 10 Thinks back to (9) 11 Futurist genre (3-2) 12 Small pets (7) 14 Add up again (11) 17 Vivid purplish pink (7) 18 Made irritable (5) 20 Spinning top (9) 22 Move your head to show approval (3) 23 Large area (6) 24 Massages (6)

Down

1 Most detestable (6) 2 Model Ms Campbell (5) 3 Festive processions (Mardi gras, eg) (9) 5 Sing without words (3) 6 Track down (4,3) 7 Lightly cleans furniture (5) 8 Negligible amount of money (5,6) 13 Drawing up (7,2) 15 Engraving (7) 16 Brand of popular sportswear (6) 17 Smaller in number (5) 19 Nairobi's state (5) 21 Horoscope lion (3)

ANSWERS



Recipe

Spaghetti and Meatballs

This simple homemade dish makes a fresh, tasty and healthy meal.

Ingredients

For the meatballs

2 tbsp olive oil
150g chopped onion
1 crushed garlic clove
900g freshly minced beef
2 tbsp freshly mixed chopped herbs
1 egg, beaten
Salt and freshly ground black pepper
3 tbsp olive oil

For the sauce

1 tbsp olive oil
110g chopped onion
1 crushed garlic clove
150g grated mozzarella
1 tsp sugar

Salt and freshly ground black pepper
2 x 400g cans chopped tomatoes

Serves
4

Method

1. Heat two tablespoons of olive oil in a saucepan over a gentle heat, then fry the onion and garlic for about four minutes.
2. In a bowl, mix the mince with the cooled onion and garlic. Add the herbs and egg, then season the mixture with salt and pepper.
3. Divide into approximately 24 round balls. Cover the meatballs and

refrigerate until required.

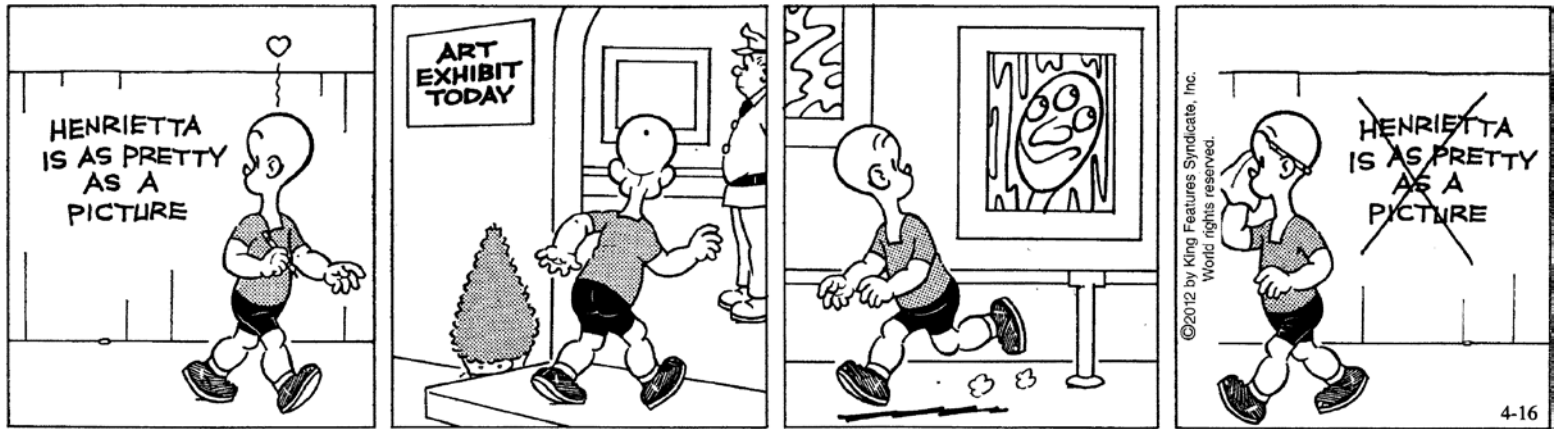
4. Meanwhile, for the sauce, heat a splash of olive oil in a saucepan then add the onion and garlic. Cook on a gentle heat until soft and golden.
5. Add the canned tomatoes (with juice) to the onion mixture, then season with sugar, salt and freshly ground pepper.

6. Cook the sauce for approximately 30 minutes. Meanwhile, heat some olive oil in a frying pan and cook the meatballs for about 10 minutes until cooked through.

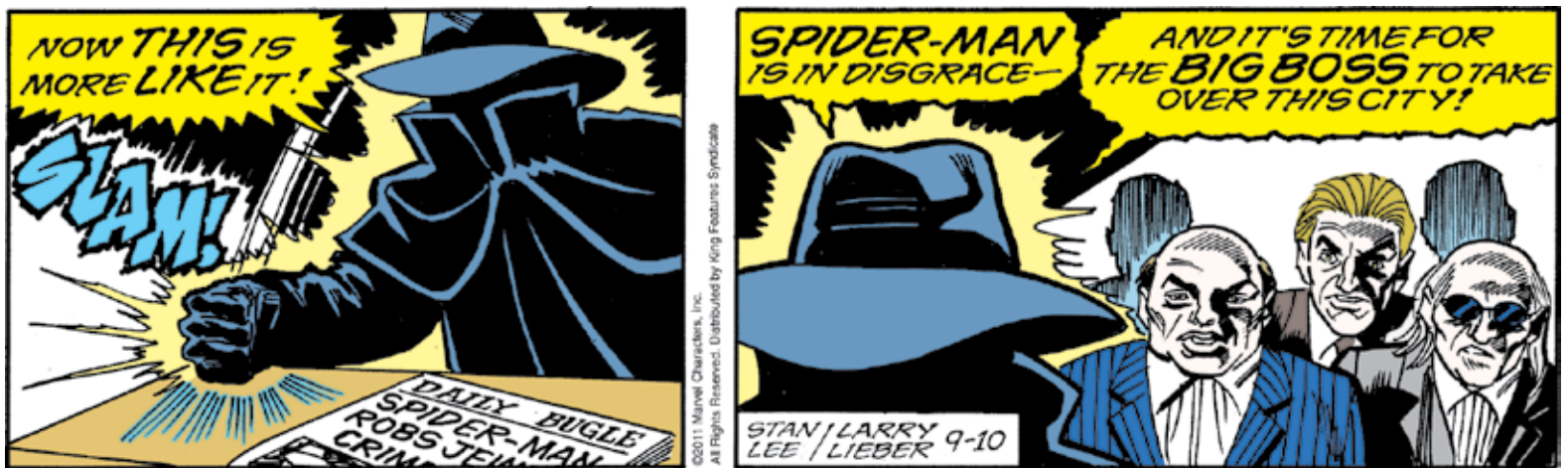
7. Mix with the sauce and top with the mozzarella. Place under a preheated grill until the cheese has melted, then serve with cooked spaghetti.



Henry



Spiderman



Dennis the menace



"CAN I GET A BANJO? MARGARET HATES THEM."

Who's this?

ANSWER ON PAGE 38



Puzzles

Arrowword

Undergarments		Cowboy		Spins round		Request for a reply (inits)		On ___, at the right time		Not cooked		Rebellious sailor
						Solar system planet						
Really keen about		In addition, as well		Battle (for)				Scottish river		Cut in two		Expiring
				Matted fabric		Shade	Disengage		Kept out of sight			
Eighteen-hole game					Area of west central Italy							
Fondness, affection					Indian ___, writing fluid				Hawaiian garland of flowers			
Bread's outer layer		S African antelope						Cooker				
					ZZ ___, US blues rock band				Unit of work or energy			

Sudoku 1

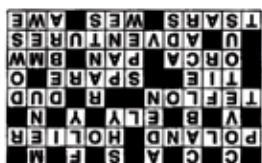
				1			9	5
			3					7
7				8			4	
			5	7		1		
	7	5				6	3	
		1		4	8			
	4			2				8
5					9			
9	2			5				

Sudoku 2

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

ANSWERS

ARROWWORD



SUDOKU 1

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

SUDOKU 2

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

WHO'S THIS? ANSWER - REESE WITHERSPOON



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)

If events around Sunday don't blow you away, then surely what happens midweek will do. All this appears to centre on a joint financial arrangement; who is responsible for what and what, if anything, you might purchase together.



TAURUS

(APR 21 - MAY 21)

What's suggested midweek could turn your head. And yes, the possibilities may be quite amazing. What you need to know is if you have the support in place to see these become real, without your physical system collapsing under the strain of expanding too far and too fast.



GEMINI

(MAY 22 - JUN 21)

This week could see an impassioned plea that takes you a few days to respond to. In your heart of hearts you probably know what you need to try next. It might help to draw up a 'what if' list, where you assess the consequences of taking different steps.



CANCER

(JUN 22 - JUL 23)

Your social world is set to expand and that could bring with it a potentially expensive wardrobe crisis. Travel could be a feature too—though to undertake this will surely require support from a small army of people and a degree of obligation that doesn't sit quite right.



LEO

(JUL 24 - AUG 23)

If you didn't find a mentor last week, then perhaps you could keep looking? Having someone to guide you through the next few months would be helpful. It's likely there's a decision to be made, which you can't put off beyond Friday; even then that could feel a little 'late'.



VIRGO

(AUG 24 - SEP 23)

It appears there's now even greater urgency to find someone you can really work with. Trade and sharing dreams is a strong theme presently. Those you're most likely to attract may have overseas connections or work within an educational establishment.



LIBRA

(SEP 24 - OCT 23)

Financial matters appear very high on the agenda. Contact with the legal profession is possible as is correspondence with an organisation that mainly benefits those living in another country but in which you are very, very interested.



SCORPIO

(OCT 24 - NOV 22)

It's possible that some much-needed good news is headed your way. It may be that this concerns a project with which you have a long history, and one which is only now starting to fulfil the promises it showed back in the early days.



SAGITTARIUS

(NOV 23 - DEC 21)

You seem to be taking an emotional hiatus, which could mean it takes you a couple of days to decide whether to follow an expert's advice or seek a second opinion. The next seven days seem to be about information-gathering and, quite possibly, planning a celebration.



CAPRICORN

(DEC 22 - JAN 20)

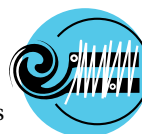
There's much to suggest that you might soon find a niche that boosts your career and does something to restore your work-life balance. With a solar eclipse at the end of May indicating the potential for a change of routine, it may be that a job offer is on its way.



AQUARIUS

(JAN 21 - FEB 19)

The full moon accents the backbone of your solar chart and could coincide with the feeling of being 'emotionally shaken'. It may be that property or health matters are involved, or that close relatives could give you a cause for concern.



PISCES

(FEB 20 - MAR 20)

This week Jupiter begins to form a key aspect to the Sun—usually seen as a time of blessings and yes, it's possible you'll have reason to be grateful to a neighbour or sibling for making your life a little easier. Transport issues may be involved.



This week's local weather

SUN



SUNNY
HIGH 39C
LOW 30C
HUMIDITY 33%

MON



SUNNY
HIGH 39C
LOW 30C
HUMIDITY 36%

TUE



SUNNY
HIGH 41C
LOW 31C
HUMIDITY 35%

WED



SUNNY
HIGH 40C
LOW 32C
HUMIDITY 39%

THU



SUNNY
HIGH 38C
LOW 30C
HUMIDITY 39%

FRI



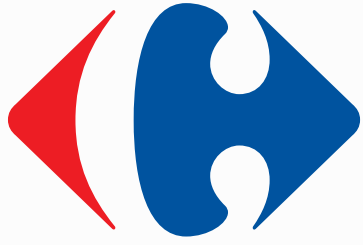
SUNNY
HIGH 38C
LOW 30C
HUMIDITY 36%

SAT



SUNNY
HIGH 38C
LOW 30C
HUMIDITY 35%

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عوامات (ميكي ماوس كلوب)
متوفر أيضاً
(توي ستوري) بـ ٩ درهم
Bestway Mickey Mouse club
house assorted inflatable
Also available Toy story Dhs 9

39.00 Dhs
حوض سباحة (بيستواي)،
مقاس ١٤٨ x ٢٦ سم
Bestway Play pond pool
set 148cm x 26cm
EXCLUSIVE
86.00 Dhs
حوض سباحة (إنتكس) بشكل الزرافة
Intex giraffe spray pool

29.75 Dhs
بلوزة، أشكال متنوعة،
مقاس S-XL
Blouse assorted
sizes S-XL
14.75 Dhs
خف شاطئ، مقاس ٣٦ - ٤١
Beach slipper, sizes 36-41
39.75 Dhs
بنطلون واسع، مقاس S-XL
Assorted pants, sizes S-XL

PER PC 49.75 Dhs
قميص رجالي، مقاس M-XXL
Shirt cargo sizes M-XXL
PER PC 49.75 Dhs
برمودا رجالي، مقاس M-XXL
Bermuda, sizes M-XXL

29.75 Dhs
لباس سباحة، مقاس ٢ - ٩ سنوات
متوفر أيضاً (تيكس)، مقاس ٢ - ١٤ سنة
Swimsuit, sizes 2-9 years
Also available Tex swimsuit, sizes 2-14 years
19.75 Dhs
شورت سباحة، مقاس ٣ - ٩ سنوات
متوفر أيضاً (تيكس)، مقاس ٣ - ١٤ سنة
Swimshort, sizes 3-9 years
Also available Tex swimshort sizes 3-14 years
19.75 Dhs
خف شاطئ، مقاس ٢٥ - ٣٣
Beach slipper sizes 25-33
19.75 Dhs
بونشو
Poncho

24.75 Dhs
منشفة شاطئ (ديزني)
Disney beach towel

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